



Review Article

THERAPEUTIC USE OF A CURD IN DIGESTIVE DISORDERS IN AYURVEDA

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ABSTRACT

Curd, a tasty popular staple diet consisting therapeutic importance too. *Chikitsa* has mentioned as *Aahar* (diet), *Vihar* (regimen) and *Aushadhi* (*Shodhana, Shaman*). Curd consists various properties and it is mentioned to include as a diet in diseases as *Atisara* (diarrhoea), *Grahani* (malabsorption syndrome), *Arsha* (haemorrhoids), *Peenas* (chronic rhinitis). It is found that indication of a curd is commonly mentioned in Ayurveda regarding the digestive disorders. Curd as a diet consists *Deepan* (appetiser), *Ruchiprada* (enhancing taste) and *Vataghna* property. Search had been performed in ancient and modern literature and research publications related to use of a curd in digestive disorders considering probiotic property of a curd. It is easily available and economic. Adding a curd in a diet of patients suffering from digestive disorders is beneficial for effective recovery. The important significance of therapeutic use of probiotics is prevention and treatment of gastrointestinal diseases. This article is a review of available literature related to research question to enlighten role of a curd in digestive disorders. The study was planned for having focused information related to digestive disorders only with preventive, promotive and therapeutic use. Observations are suggesting that curd is a probiotic source of lactobacillus with a nutritive value. Being the richest source of probiotics, curd offers beneficial and healthy microflora to our alimentary canal. Fermented milk improves diarrhoea by improving and regulating the intestinal microbiota and environment as per research conducted. Habitual consumption of fermented milk containing lactobacillus prevented constipation in Vietnamese children as per mentioned in studied article. The yoghurt has also been associated with a decreased risk of developing colorectal cancer. This review article has emphasised on *Aahar Chikitsa* in digestive disorders related to use of a curd.

INTRODUCTION

Ayurveda consists of a detail description of dietetics. Dietary sources are classified and described with their properties and therapeutic uses.^[1] *Pathyapathya* is an important applied aspect of Ayurveda to treat diseases. *Aharchikitsa* (therapeutic diet) is one of the essential concepts in *Chikitsa* classified under *Yuktivyapashraya chikitsa*.^[2] *Charakacharya* has described qualities of *Pranabhisar*

(life saving) *Vaidya* who consists knowledge of *Swasthavritta* (preventive and promotive health related life style), diet, methods of consuming diet and all about diet.^[3] In Ayurveda, diet therapies are mentioned in details. Diet is one of the important factors in digestive disorders.

AIM

To study therapeutic use of a curd in digestive disorders in Ayurveda.

OBJECTIVES

1. To understand properties of a curd as a dietary source.
2. To study mode of action on body and mind in healthy and diseased persons.
3. To study its therapeutic use as diet therapy in digestive disorder.

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MATERIAL AND METHODS

Related Material is collected from texts of Ayurveda. Online search was conducted on various database as Scopus, Web of Science, Google Scholar, PubMed. Ayurveda basic *Samhitas* with commentaries were referred for therapeutic use of a curd related to digestive disorders. Use of a curd in other diseases and collection related to hazardous effect of curd were excluded. Review and research references had been collected related to modern medicines. Review contains properties of curd, therapeutic uses, preparations having curd and all about understanding therapeutic use of a curd limited to digestive disorders.

Classification of a curd as per Ayurveda

Curd is included in following *Aharvargas*.

1. *Gorasa varga* or *Ksheera vikruti* (milk products) [4]
2. *Pranija Dravya* (animal source) [5]
3. *Sneha varga* (fats)
4. *Dadhi varga* (fermented milk)

Curd is described with various do and don'ts, method to consume, seasonal indication and contraindication, therapeutic use and *Pathyapathya* (do and don'ts). Curd is said to be *Mangal* and tradition of eating curd sugar while going to outside from home has been practised from centuries in India.

Properties of Curd

Susrutacharya has described three types of *Dadhi* (curd) according to taste. [6] Sweet, sour and excessively sour, curd has astringent as subsidiary taste, unctuous and hot, alleviates chronic coryza, irregular fever, diarrhoea, anorexia, dysuria and emaciation. It is aphrodisiac, vitaliser and auspicious. Curd made of boiled milk is of good quality, pacifies *Vata* and *Pitta*, promotes *Dhatu*, *Agni* and strength and it is relishing as mentioned by *Susrutacharya*. [7] *Dadhi*

is *Guru* (heavy to digest), *Sneegdha* (unctuous), *Ushna*, *Abhishyandi*. It vitiates *Kapha* and diminishes *Vata* and *Pitta*.

Dadhi mastu, a liquid part of a curd is sour, astringent, sweet in properties It diminishes *Kapha* and *Vata*, (easy to digest) *Laghu* and having *Prinan*, *Sadhya* *Balavardhan*, *Pralhadankarmas*. It removes thirst, *Klama* and works as a *Strotovishodhana* and *Ruchikarak*. [8] The supernatant fatty layer of curd is heavy, aphrodisiac, *Vata* pacifying, decreases *Agni* and promotes *Kapha* and semen. [7] Curd without the supernatant layer is *Ruksha* (rough), *Grahi* (checking), gas forming, *Vatakarak* (aggravates *Vata*) *Laghu* (easy to digest), stimulates digestive power and relishing. Curd mixed with jaggery is unctuous, wholesome for heart and *Vata* pacifying. [7]

Charakacharya has mentioned *Rochana* (enhances taste), *Deepan* (enhances digestive power), *Snehana*, enhances strength. It is sour, *Ushna*, *Vataghna*, *Mangalya*, *Shukrakara* and *Brimhana*. [9]

Rules for *Dhadhi sevan* (rules for curd consumption)

Curd should not consume daily. It should not consume in *Vasant* and *Sharad rutu*. One should not eat curd at night. It should not eat without mixing sugar, ghee, *Aamalaki*, *Mudgayusha* or honey (any one of it). It is a tradition that a spoon of curd with sugar has to be eaten while going to important work. It is auspicious. In southern parts of India, curd is a staple diet. It consists of *Mahabhishyandi* (produces excessive secretions) properties. It should be consumed with combination of *Mudga* (green gram), *Amalaka* (gooseberry), *Sharkara* (sugar). It also has seasonal indications to consume only in rainy and winter season.

Table 1: Effects of a curd in *Dosha*, *Dhatu*, *Mala*, *Agni* and *Strotus*

Effects on <i>Dosha</i> : <i>Vatashamana</i> , <i>Pittashaman</i> , <i>Kaphakar</i> (<i>Madur dadhi</i>)
Effects on <i>Dosha</i> : <i>Vatashamana</i> , <i>Pittakararak</i> , <i>Kaphakar</i> (<i>Amla dadhi</i>)
Effects on <i>Dosha</i> : <i>Vatashamana</i> , <i>Pittakararak</i> , <i>Raktadushtikar</i> (<i>Atyaamla dadhi</i>)
Effects on <i>Dhatu</i> : <i>Dhatuvaradhan</i>
Effects on <i>Mala</i> : <i>Mutravardhan</i>
Effect on <i>Agni</i> : <i>Deepan</i>
Effect on <i>Strotus</i> : <i>Abhishyandi</i>

Table 2: Properties of various types of *Dadhi* [10]

S.No	Type of <i>Dadhi</i>	Properties and actions of <i>Dadhi</i>
1	<i>Gavya dadhi</i> (cow curd)	<i>Sneegdha</i> (unctuous), <i>Madhur vipaki</i> (sweet in final transformation), <i>Deepan</i> (stimulates digestive power), promotes strength, alleviate <i>Vata</i> , relishing
2	<i>Mahish dadhi</i>	<i>Madhur vipaki</i> (sweet in final transformation), aphrodisiac, pacifies <i>Vata</i> and <i>Pitta</i> , increases <i>Kapha</i>
3	<i>Aajya dadhi</i> (goat curd)	<i>Laghu</i> (easy to digest), pacifies <i>Kapha</i> and <i>Pitta</i> , alleviates <i>Vata</i> , useful in <i>Kshaya</i> , <i>Swasa</i> , <i>Arsha</i> , <i>Kasa</i>

Table 3: Therapeutic indications of curd in digestive disorders from Charak Samhita

S.No	Disease	Text	Reference	Preparation
1	<i>Aruchi</i>	Charak Samhita	C. Su 27	-----
2	<i>Atisara</i>	Charak Samhita	C. Chi 19	<i>Yusha</i> with curd
3	<i>Grahani</i>	Charak Samhita	C. Chi 15	With <i>Deepan Dravya</i> preparations, as <i>Anupana</i>
4	<i>Aamdosha</i>	Charak Samhita	C. Chi 15	Buttermilk
5	<i>Mutrakriccha</i>	Charak Samhita	C. Su.27	----

Aruchi (anorexia): It is advised to consume curd in anorexia.

Atisara (Diarrhoea): Curd with raw *Bilwa* and *Tila* (black sesame).^[11] Vegetables are advised to consume with curd and pomegranate juice.^[12] Rice, green gram, *Yava* (barley) *Bilwa*, and sour Indian jujube are contents of *Yusha* mentioned to consume with curd in *Atisara*. *Dadhi sara (Malai)* heated with ghee, mixing with jaggery and dry ginger is recommended. Thick and fatty part over curd is called as *Sara*. Sweet *Sara*: Is *Guru* in nature, aphrodisiac, balances *Vata*.^[8] *Grahani* (malabsorption syndrome) buttermilk is advised in combinations. *Yavagu* prepared with digestive spices, ghee and curd is recommended as a diet.

Arsha (Haemorrhoids): Buttermilk is recommended. A few references about curd are available in Ayurveda texts. Curd or buttermilk prepared in a vessel having a coat of paste of *Chitrakmula* (root bark of *Chitrak*) is effective as a therapy. Medicated ghee preparations including curd as an ingredient are mentioned. Vegetables are advised to consume with curd. *Dadhimanda* (whey) is recommended to use as *Anupana* effective for *Mala Vata Anuloman* (regular bowel habit). A review study consists information as thick and incompletely fermented curd is one of the causative factors of *Arsha*.^[13,14] Previous review articles consists observations about curd and its therapeutic use. A study conducted with the objective to explore the Ayurvedic properties of *Dadhi* (Curd) and its correlation to health and diseases. *Dadhi* is promoted as probiotic and nutritive source.^[15] Another study have shown findings *Lactobacillus* abundance in fermenting curd peaked sharply at 12 hours survived exposure to acid (pH 3.0) for at least one hour, survived in the presence of pancreatin or bile salts for 3 hours.^[16]

DISCUSSION

Clinical studies published from various database have related references. It improves the immune system and enhances strength. It strengthens natural immunity by stimulation of mucosal with improvement of systemic host immunity.^[17] One study about role of probiotic, plant based shown results as the prebiotic powder taken twice per day for 21 days was effective in reducing symptoms of functional

constipation in individuals having low fibre intake.^[18] Yoghurt maybe an effective diet in malnourished children due to lactose intolerance as per conducted research.^[1]

The literature has been collected from various Ayurvedic and modern texts and research articles and it had concluded that *Dadhi* taken with Ayurvedic principles is healthy.^[15] A study conducted in Vietnamese children has been concluded as habitual consumption of fermented milk prevented constipation and in Vietnamese children, and it may be useful for treating diarrhoea and improving nutritional status leads health benefits to children in Vietnam. The incidence of diarrhoea was significantly lower in the probiotic group than in the Control group.^[20] Probiotics as curd are beneficial to enhance gut function as carbohydrate metabolism.^[21] Ayurvedic classical texts contains references about therapeutic use of a curd in a few digestive diseases.^[22] Tradition to consume a curd regularly have digestive benefits but same time in Ayurveda it is not advised for regular use.^[23]

CONCLUSION

Therapeutic uses of a curd in digestive disorders have been searched in ancient Indian medicine and modern literature as well as conducted studies. The curd is found beneficial as a diet in *Aruchi*, *Atisar*, *Grahani* and *Mutrakriccha*. Curd also consists important role in strengthening digestive system hence may be useful as a preventive diet in digestive disorders. It is concluded that curd is effective as therapeutic and preventive diet. Modern studies show probiotic role of a curd in disorders as constipation. Further scope may be to review references according to age, *Prakruti*, *Agni* and *Satmya* in various disorders as *Pravahika*, *Visuchika*. Study may be useful with comparative studies by using various types of curds available.

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