

# ॥ स्वास्थ्य पुस्तिका ॥



Varsha Rшту Visheshank

SWASTHYA PUSTIKA 2022

‘विसृजति ददाति बलम् इति विसर्गः कालः’ Visarga Kala means the one which generates Jaleeya Ansha in the nature. In Visarga Kala, people typically gain strength. Visarga Kala, includes three Rштуs-Varsha, Sharad and Hemant Rшту. According to Marathi calender, Shravan and Bhadrapada are the two months which come under Varsha Rшту. Like Greeshma Rшту of Adana Kaal, in Varsha Rшту digestive power or Agni is low and body strength is also decreased. In healthy people, Pitta Sanchay and Vata Prakop are observed naturally in Varsha Rшту. If a healthy person consumes Vata Prakopak Ahar and Vihar in Varsha Rшту, the chances of Vata Vikar increase.

This issue of Swasthya Pustika, Varsha Rшту, contains details of Dadhi Varga.

We believe that you will like this issue and the information shared will be helpful for your patients.

Thank You!

Dadhi is considered as auspicious and pious. Dadhi is a holy food and has got significant importance in daily routine. When one leaves home for any crucial work, there is practice of serving Dahi and sugar before leaving. Detail interpretation of Dadhi Varga is given in Bhavprakash Nighantu. Acharya Charak in Sootrasthan 27th chapter explains properties of Dadhi after Dugdha Varga. Acharya Sushrut has explained Dadhi Varga in 45th chapter of Sootrasthan.

This issue of Swasthya Pustika contains properties of variety of Dadhi prepared from Cow milk, Buffalo milk and Goat milk. Also properties of Pakwa Dugdha Dadhi, Nisaar Dugdha Dadhi, Gaalit Dadhi and Sharkara Dadhi are described.

## Dadhi -

रोचनं दीपनं वृष्यं स्नेहनं बलवर्धनम्।  
पाकेऽम्लमुष्णं वातघ्नं मंगल्यं बृंहणं दधि॥  
पीनसे चातिसारे च शीतके विषमज्वरे।  
अरुचौ मूत्रकृच्छ्रे च काशे च दधि शस्यते॥  
शरद ग्रीष्म वसन्तेषु प्रायशो दधि गर्हितम्।  
रक्तपित्तकफोत्थेषु विकारेष्वहितं च तत्॥  
त्रिदोषं मन्दकं, जातं वातघ्नं दधि शुक्लः।  
सरः, श्लेष्मानिलघ्नस्तु मण्डः स्रोतोविशोधनः॥

च.सू.२७/२२५-२२८

Dadhi being Ushna Veeryatmak, it increases the digestive fire. It's Vipaka is Amla, Kashay Anuras and

has Snigdha, Grahi Guna which causes Raktapitta, Shotha, Meda Vardhan and Kaphavardhan. Dadhi is useful in disorders like Mootrakrucchra, Pratishyay and Visham Jwar. Acharya Charak and Sushrut has mentioned Dadhi as Mangalkarak, Prana Shakti Vardhak, Bala Vardhak and Vrushya. Properly formed Dadhi, if consumed in appropriate Rhutu, time and quantity it becomes beneficial to the body.

## Bhavprakash has explained five types of Dadhi-

1. **Manda** - Dadhi, which is not properly formed. It is Tridoshakar and Dahakar.
2. **Swadu** - Dadhi that is properly formed and is Madhur Rasayukta. It is Abhishyandi, Veerya Vardhak. It helps in Vatanashan and Kapha Meda Vardhan.
3. **Swadwamla** - Thick Dahi having Madhur Rasa and Kashaya Anuras.
4. **Amla** - Amla Rasatmak Dahi is Agnideepak and Kaphavardhak.
5. **Ati Amla** - This type causes Danta and Roma Harsha, Kantha Daha. It is Vata Pitta Vardhak and Agni Deepak.

Acharya Charak has explained Mandak as half formed Dadhi, which is Tridoshakar. Jaat Dahi i.e. properly formed Dadhi, is Vata Shamak. Cream of Dahi is Shukra Dhatu Vardhak. Dadhi Manda causes Kapha Vatanashan and Srotas Shodhan.

## General guidelines for consumption of Dadhi

### Contra indications for Dadhi Sevan

न नक्तं दधि भुञ्जीत न चाप्यघृतशर्करम्।

नामुदगसूपं नाक्षौद्रं नोष्णं नामलकैर्विना॥ (भा.प्र.)

Dadhi is Madhur and Amla Rasatmak. Because of which there is Kapha and Pitta Dosha Vruddhi in the body. Naturally, during night time there is Kapha predominance. Hence, Dadhi should not be consumed at night. If Dadhi is consumed at night, it causes abnormal increase in Kapha Dosha leading to Kaphaj disorders. Pitta Prakop is seen due to Ushna Guna of Dahi. Consumption of Dadhi in the afternoon is just like exposure to extreme sunlight.



Inspite of these contra indications, if one has to consume Dadhi at night then it should be taken with ghee, sugar, Moong dal soup, honey or Amla. In Ayurveda eating Dadhi after heating is strictly prohibited.

In Chikitsa Sthan Acharya Charak has mentioned Dadhi as a causative factor of some of the diseases as it blocks the Srotas, leading to Shotha, Hikka, Shwas Vyadhi. Dadhi being Tridoshakar causes Rakta, Lasika, Twak, Mansa vitiation thereby giving rise to Visarpa disease.

Dadhi if not consumed with a specific procedure, it causes Kapha Pittajanya Vyadhi like Jwara, Raktapitta, Visarpa, Kushtha, Pandu, Bhrama, Kamala.

## Procedure to consume Dadhi

अतिसारेऽरुचौ काश्यं दिवा च दधि शस्यते।

यो.र.दधिगुणः

According to Yogratnakar Dadhi should be consumed in day time. It can be consumed in diseases like Atisar, Aruchi, Karshya.

## Consumption of Dadhi as per Rhutu -

Dadhi Should be consumed in Hemant, Shishir and Varsha Rhutu. Both Hemant and Shishir Rhutu are cold Rhutu. Naturally, the strength of digestive fire and the body are excellent in these Rhutus.

Dadhi being Ushna and Guru Gunatmak, it can be easily digested in cold Rhutu.

In Varsha Rhutu, Dadhi Sevan causes Agni Deepan and Vata Shaman. Sharad, Greeshma and Vasant Rhutu have excess heat. Hence, Dadhi Sevan in these Rhutu is not recommended.

## Products obtained from Dadhi

1. **Sara** - Snehayukta part present above the Dadhi.

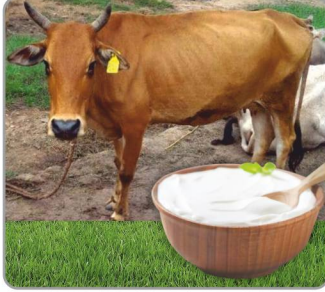


Properties - Guru, Veerya Vardhak, Jatharagrinashak.

**2. Mastu** - Watery part present above the Dadhi. Properties - Balavardhak, Vataghna, relieves fatigue by doing Srotas Shuddhi. It also causes Mala Bhedan.

Bhavprakash explained varieties of Dadhi obtained from different animals -

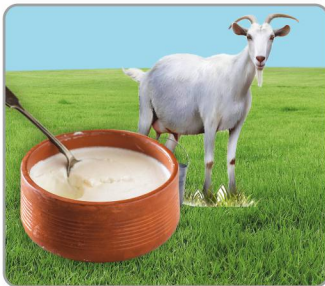
**1. Godadhi (Cow Dadhi)** - Godadhi is the excellent Dadhi amongst all Dadhis. Godadhi is Madhur and Amla Rasatmak, which increases inclination towards having food. It pacifies



Vata thereby providing strength to body and is beneficial for heart.

**2. Mahish Dadhi** - Dadhi obtained from Buffalo milk has more Sneha content. It is Madhur Rasatmak. It increases Kapha and mitigates Vata Dosha. It is helpful in Shukra Vardhan. Mahish Dadhi is Guru Gunatmak because of which its digestion is hampered causing Rakta Dushti. It is said to cause blockages in Srotas.

**3. Aja Dadhi** - Aja means goat. Goat is one of the most active animal. This activeness in goat makes goat milk Laghu Gunayukta and Roga Nashak. Dadhi obtained from goat



milk has similar properties like milk. It is Grahi, Laghu Gunatmak and Tridosha Shamak.

As it is Grahi and Laghu Gunatmak, it increases the Agni and thus it is useful in Shwas, Kas, Arsha, Kshaya and Karshya Vyadhi.

## Some more types of Dadhi according to Bhavprakash

**1. Dadhi from Pakwa Dugdha** - Pakwa Dadhi is formed from properly boiled milk. This Dadhi imparts

Ruchi towards food, Snigdha, Vatapitta Shaman and Sarva Dhatu Pushti.

**2. Dadhi from Nissarak Dugdha** - This type of Dadhi is Sangrahi, Vata Vardhak, Sheeta and Laghu Gunatmak. Causes Vishtambha as it has Sheeta and Sangrahi properties. Also useful in Grahani Roga.

**3. Galit Dadhi** - Dadhi prepared after straining the milk. It is Guru, Madhur, Ati Snigdha causing Vata Shaman and Kapha Vardhan which in turn gives strength to body.

## Bhaskar Lavana Choorna

Bhaishajya Ratnavali - Agnimandya

Bhaskar Lavana Choorna is known for its superior Ama Pachan and Agni Vardhak property.

Due to large amount of Lavana content in this Choorna it acts on Amaj Vikar like Mandagni and Ajeerna.

This Choorna is easily palatable because of its good taste. Consuming this Choorna after meals prevents from all digestive problems. Bhaskar Lavana Choorna is found to be useful in Sangrahani caused due to Mandagni. All disorder's root cause is Mandagni. Bhaskar Lavana Choorna in such situation is found to be very beneficial by digesting the Ama thereby increasing the Agni. This Choorna is effective in Kushtha, Arsha, Krumi, Malavibandha, Udarshool.

Because of Agnimandya seen in Varsha Rhotu many diseases occur. In such condition Bhaskar Lavana Choorna seems beneficial in maintaining the Agni, thereby increasing the immunity.

**Dosage and Anupan** - 1 - 2 teaspoon (5 - 10 gm) or 4 - 6 tablets twice or thrice a day with buttermilk or lukewarm water.



Shree Dhootapapeshwar Standards  
SDS Monograph No. 030023  
Bhaskar Lavana Choorna



**4. Sharkara Dadhi** - This Dadhi is considered as excellent Dadhi. It is useful in Pitta Vikar, Rakta Vikar, burning sensation and thirst.

**5. Guda Dadhi** - Dadhi mixed with Guda (jaggery). Due to its Guru Guna it is Vata Nashak, Trupti and Veerya Vardhak.

## Comparison between Homemade and Market Dadhi

Now a days, food industries prepare Dahi in large quantity which is readily available in market.

Method of preparation of Dadhi at home and in industry is different.

Homemade Dadhi is prepared by boiling milk and allowing it to cool properly. After cooling small amount of fully formed Dadhi (Natural culture) is added and kept stable for few hours. After few hours Dadhi is formed. In this type of Dadhi there are more varieties of bacteria. As per modern science, these bacteria are useful to keep gut flora healthy. But when Dadhi is prepared in industry, milk is boiled and only one type of bacteria is added (specific culture) which is helpful in forming Dadhi. In industry formed Dadhi, only one bacteria is present due to which home made Dadhi becomes more useful. Dadhi helps to maintain gut flora healthy which is required for proper digestion of food.

In some industries, gelatin is added in small amount to make Dahi thick. Even industry prepared Dahi is

added with some preservatives to maintain it for longer time thereby increasing shelf life of Dadhi. According to modern science, Dahi contains essential nutrients like Calcium, potassium, Vitamins, Probiotics etc. These nutrients are helpful in strengthening body. Dairy products contain lactose as major component. This lactose becomes difficult to digest in some people. This difficulty is called as 'Lactose intolerance'. Lactose intolerance is specifically due to intake of milk. Lactose intolerance causes symptoms like loose motions, pain in abdomen. In such condition Dahi can be consumed as there is less possibility of lactose intolerance, rather it may help to correct the condition



## Kutajarishta

Bhaishajya Ratnavali - Atisar

Kutajarishta formed from Stambhak Dravya is found beneficial in Atisar, Pravahika and Grahani Roga by improving digestion. Kutaj is Kashaya Katu Rasatmak and Ruksha Gunatmak. By digesting Ama Kutajarishta proves beneficial in Ama yukta Malapravrutti with symptoms like passing stool frequently in small amount, defecation with straining, sticky and Amayukta stool seen in Pravahika which subsides after use of Kutajarishta.

Lakshan such as Rasakshay and Dourbalya seen in patients of Atisar are relieved by using Kutajarishta. Kutajarishta is effective in Jeerna Vyadhi like Sangrahani.

Atisar, Pravahika are caused due to Agnimandya especially in Varsha Rhotu. Hence, Kutajarishta seems helpful in these conditions.

**Dosage and Anupan** - 2 - 4 teaspoon (10 - 20 ml) twice a day with equal quantity of lukewarm water.



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