

॥ स्वास्थ्य पुस्तिका ॥



Greeshma Rшту

SWASTHYA PUSTIKA 2022

Greeshma Rшту arrives after Vasant Rшту. It is an Ushna Rшту. Due to the heat of sunrays, the atmospheric temperature increases and causes depletion of Sneha in environment as well as human body. Kapha ie Shleshma decreases. This leads to gradual increase of Vata Dosha. Hence eating Lavana, Katu and Amla Rasa are not adviced in this Rшту. Exercise and exposure to heat of sun should also be avoided.

Inclusion of Madhur, Snigdha and Laghu food is necessary in Greeshma Rшту. Liquids such as cold water, milk etc are Pathyakar. Just like water, milk also possesses Jeevaeeya properties. Vagbhatacharya has advised to have Buffallo milk at night time during Greeshma Rшту.

In Swasthya Pustika Greeshma Rшту issue. We have discussed Dugdha Varga. Milk is included in the diet right from infanthood to old age and it is suited (satmya) to most people since birth. Being Balavardhak and Ojavardhak it is not only useful for maintaining health, but it is also useful in Dhatukshay Avastha and other ailments. Milk is used as an Anupan and at times in form of medicine in treatment of diseases such as 'Udar'. We hope that you like this issue of Swasthyapustika.

Thank You!

Introduction

Charakacharya in Sootrasthan Adhyay – 1 has described eight types of milk. 'Goras Varga' is described also in Sootrasthan 27th Adhyay. As milk also has Jeevaneeya property like 'Jala', Goras Varga is described immediately after Jala Varga. Cow milk is described as best in 'Goras Varga'.

यथा सर्वोषधी – सारं क्षीरोदे मथिी पुरा।

सम्भूतममृतं दिव्यममरा येन देवताः॥

तथा सर्वोषधी – सारं गवादीनां तु कुक्षिषु।

क्षीरमुत्पद्यते तस्मात् कारणाद् अमृतोपमम्॥

जरायुजानां भूतानां विशेषेण तु जीवनम्। का. खि. २२/७-१०

Just as Gods drank Amrut which evolved from churning 'Ksheer Samudra' and became immortal, similarly milk, evolved as essence of all medicines in mammals such as cow etc. It is as beneficial as Amrut itself. Milk is believed to be 'Jeevan' for Jarayuja animals (Mammals) such as humans, cattle etc.

According to modern science, milk and milk products such as curd, paneer (cottage cheese) etc contain nutrients necessary for nourishment of the body. Milk is a good source of calcium, proteins, iodine, Vitamin A, Vitamin B12, Vitamin D as well as zinc. It also



contains saturated fats, hence it should be consumed carefully.

In the evolution process, humans started domesticating animals parallel to farming. Some of the animals were used as help in farming. Also some animals were reared for their meat. Milk obtained from these animals was also included in the diet. Various animals were domesticated according to the geographical regions. The ancient texts describe properties of milk obtained from various animals. In texts such as Charak Samhita properties of eight different milks is described.

In majority of the states in India, cow milk and buffalo milk as well as products made from these milks are consumed. After cow milk and Buffalo milk, goat milk is most commonly consumed. In Rajasthan the tribals consume camel milk. In the northern states Yaks are domesticated and Yak milk is used commonly.

Common properties of milk

स्वादे पाक रसं स्निग्धमोजस्य धातुवर्धनम्।

वातपित्तहरं वृष्य श्लेष्मलं गुरु शीतलम्। अ.ह.सू.५/२०

Mostly milk is Madhur Rasa and Vipaki, Snigdha, Ojavardhak, Dhatuwardhak, Vatapitta Shamak, Vrushya, Kapha-karak, Guru and Sheeta.

Charakacharya has described milk as Medhya and Manaskar. Manaskar means 'Milk being Ojaskar, it improves Oja and thus helps to improve the functional capacity of mind'. Thus milk has continuous effects on mind and improves the qualities of mind, which helps in proper functioning of mind.

Use of milk in treatments :

नस्यालेपावगाहेषु वमनास्थापनेषु च।

विरेचने स्नेहने च पयः सर्वत्र युज्यते॥ च.सू.१/११२

Milk is used for Nasya, Lepa and Avagaha. It is also used in Vaman, Niruha Basti, Virechan and for carrying out the Snehan treatment.

In the condition of Asthi kshay (osteoporosis), milk treated with Dravya of Tikta Rasa is used in form of Basti, which is well known as 'Tikta Ksheer Basti'. Milk proves beneficial for Vata Shaman and nourishing Asthi Dhatu.

Properties of Ama and Pakwa milk :

पयोऽभिष्यन्दि गुर्वमं युक्त्या शृतमतोऽन्यथा॥

Raw milk is Abhishyandi and Guru and milk which is heated properly is not Abhishyandi and Laghu.

Now a days milk available in tetrapacks / sealed

packets is pasteurized. In this process milk is heated to a certain temperature so as to stop growth of any bacteria. It also increases its shelf life.

1. Cow Milk

स्वादु शीतं मृदु स्निग्धं बहलं श्लक्ष्णपिच्छिलम्।

गुरु मन्दं प्रसन्न च गव्यं दशगुणं पयः। च.सू.२७/२१७

Cow milk has these ten properties. It is Madhur Rasatmak, Sheeta, Snigdha, Bahala, Pichchhil, Guru, Manda as well as Prasanna. (Prasanna means without any fault/ shortcoming) निर्दोषता तु प्रसन्नत्वेन गुण इति उच्यते। च.क्र.) Oja also possesses these same properties. Hence cow milk is able to increase Oja with these similar properties. It also does Rasayan function.

These properties are found in the milk obtained from indigenous cows. But today, milk which is available in the market is generally obtained from cow breeds from western countries like Friesian cows, Jersey cows etc. This is also known as A1 milk. The Indian breeds are Gir, Sahiwal etc. which produce comparatively less amount of milk. Hence its commercial availability is less. It is known as A2 type of milk. A1 type of milk contains A1 protein (casein) and A2 type of milk contains A2 protein. Both varieties of proteins break down differently during digestion. During digestion A1 protein (casein) produces the component BCM-7 which is harmful for health. Also A1 type of milk contains 'histidine' which may cause various allergies. The properties described in the texts are also about the milk obtained from Indian breed cows. Hence it is beneficial to include this milk in the diet.



2) Mahish Dugdha (Buffalo milk)

माहिषीणां गुरुतरं गव्याच्छीततरं पयः।

स्नेहान्यूनमनिद्राय हितमत्यग्नये च तत्॥ च.सू.२७/२१८

Buffalo milk in comparison to cow milk is more Guru and Sheeta. It also contains more Sneha. It is said to be beneficial to those suffering from insomnia (Anidra) and excessive appetite (Teevraghni).

Buffalo milk is Bruhan, increases Mansa and Meda Dhatu and difficult to digest. It is seen that Buffalo milk contains 7-8% fat and cow milk contains 3-4%

fat. Buffalo milk contains around 10% more protein than cow milk. As it is difficult to digest, people with low appetite (Mandagni) and children should not consume Buffalo milk. Obese people and those suffering from Santarpanjanya Vyadhi should also avoid Buffalo milk.



3) Properties of Camel milk

रुक्षोष्णं क्षीरमुष्ट्रीणामीषत्सलवणं लघु।

शस्तं वातकफानाह क्रिमिशोफोदरार्शसाम्॥ च.सू.२७/२१९

Camel milk is Ruksha, Ushna, slightly Lavana Rasatmak and Laghu. It is useful in Anaha, Krumi, Shotha, Udara, Arsha and Vatakaphaja Vikar.

Though Camel milk is described as Ushna, It means that it is Ushna when compared to milk obtained from other animals. Its use was limited to desert regions only. But now a days it is available in market in some regions. It contains about 3% fats and amount of lactose is also less as compared to cow milk.



4) Properties of milk obtained from horse, donkey and other one hoofed animals :

बल्यं स्थैर्यकरं सर्वमुष्णं चैकशफं पयः।

इषदम्लं सलवणं रुक्ष शाखावातहरं लघु॥ च.सू.२७/२२०

Milk obtained from one hoofed animals such as horse, donkey etc is Balya, brings about stability in the body and has Ushna Veerya. Along with Madhur Rasa, it is slightly Amla and Lavana Rasatmak. It has Ruksha property and it destroys Vatavikar which are Shakhagat (developed in arms and legs or in Raktadi Dhatu).

Just as explanation about Camel milk, this milk is Ushna when compared with other milks. While describing common properties of milk it is said to be Sheeta. Hence in comparison with milk obtained from other animals, this milk is Ushna Gunatmak. Similarly though being Madhur Rasatmak it has Amla and Lavana as Anurasa. Also, it is comparatively slightly Ruksha or in other words, it is not as Snigdha as cow

milk or Buffalo milk. This milk is generally used in disease conditions. It is said to be beneficial in Shakhagat Vata Vyadhi. This has two different interpretations. It is useful in Vata Vyadhi affecting the limbs or another meaning is that it is useful in Vyadhi of Raktadi Dhatu which are included in Shakha Marga.

5) Properties of Goat Milk :

छागं कषायमधुरं शीतं ग्राहि पयो लघु।

रक्तपित्ततिसारघ्नं क्षयकासज्वरापहम्। च.सू. २७/२२१

Nishamalaki

Ashtanga Hruday Chikitsasthan (Prameha) 12/5

This kalpa which comprises of Haridra and Amla is extremely beneficial for patients of Prameha to maintain health. Excess Kleda is produced in the body in Prameha Vyadhi, which leads to Dhatu Shaithilya. Due to this, over a certain time, deformities develop in important organs such as eyes, kidneys, peripheral nerves etc, which in turn cause diabetic retinopathy, diabetic nephropathy, Diabetic neuropathy etc.

Haridra present in Nishamalaki is excellent Kledaghna, Raktashodhak and has Jantughna (anti microbial) property. Haridra removes Kleda produced in the body and reduces Dhatu Shaithilya. Amalaki is an excellent Rasayan Dravya. It nourishes all seven Dhatu. Amalaki has Netrya, Varnya and Keshya property. Hence regular consumption of Nishamalaki reduces the probability of development of Upadrava caused due to Prameha.

Dosage and Anupan : 1 to 2

tablets 2 to 3 times a day with luke warm water or as directed by the physician

Nishamalaki is available in Liquid form also



Dosage and Anupan :

15 ml (1 tsf) 2 times a day with luke warm water or as directed by the physician.



Goat milk is Kashay, Madhur Rasatmak, Sheeta Veerya, Grahi and easy to digest. It is useful in Raktapitta, Atisar, Kshay, Kas and Jwar.

Sushrutacharya has described its special benefits in treatment of Shosha. He has described benefits of not just milk, but also use of Aja Mootra, Aja Shakrut etc for bathing, application etc and explained that spending time with goats also proves beneficial for patients suffering from Shosha.

अजाशकृन्मूत्रपयोघृतासृङ्मासालयानि प्रतिसेवमानः।
स्नानादिनानाविधिना जहाति मासदशेषं नियमेत शोषम्।

सु.उ. ४१/५६

According to modern science, it contains about 6% fat. Also as compared to cow milk, it is easy to digest. Due to less amount of fat, it can be consumed by people suffering from liver ailments. It contains chorine and flourine which have natural germicidal property.

6) Avi Dugdha (Sheep Milk):

हिक्काश्वासकरं तूष्णं
पित्तश्लेष्मलमाविकम्।

च.सू.२७/२२२

Sheep milk is Ushna Veerya. It increases Pitta and Kapha and also Hikka and Shwas Vyadhi.

----- अहृदयं तूष्णमाविकम्।

वातव्याधिहरं हिष्माश्वासपित्तकफप्रदम्॥ अ.ह.सू.५/२६

According to Ashtanga Hrudy, Sheep milk is harmful for heart (Ahrudy). It helps to destroy Vatavyadhi.

7) Hasti Dugdha (Elephant Milk):

हस्तिनीनां पयो बल्य गुरु स्थैर्यकरं परम्। च.सू.२७/२२२

Elephant milk is extremely Balya (provides strength to

body) and develops stability in the body. It is difficult to digest.

8) Human Milk:

जीवन बृंहणं सात्म्यं स्नेहनं मानुषं पयः।

नावनं रक्तपित्ते च तर्पणं चाक्षिशूलिनाम्॥ च.सू.२७/२२३

Human milk is Jeevaneeya, Bruhan, Satmya and produces Snigdghata. It is used in Raktapitta for Nasya purpose and in Akshishoola for Tarpan purpose.

Importance of Breast feeding:

In new born babies, breastmilk provides complete nourishment. The antibodies present in mother's body are passed along with the breast milk to the baby, which helps to improve immunity.

क्षीरं सात्म्यं हि बालानां क्षीरं जीवनमुच्यते॥ का.खि.२२/१०

Breast milk is Sahaj Satmya to babies. It is a lifeline (Jeevan), hence during Ksheerap Avastha, it is the best source of nourishment.



Swadishta Virechan Choorna

Rasatantrasar and Sidhaprayog Sangraha Part 1

Just as the name suggests, this Kalpa has good taste. Along the Swarnapatri, it contains Mishreya and sugar, due to which it does Anuloman of Mala, without being bitter in taste. This Choorna also contains Shodhit Gandhak, hence it proves beneficial in various skin diseases. When there is chronic constipation many Lakshan such as irregular bowel habits, Udargourav (heaviness in abdomen), flatulence, hemorrhoids, Twacha Vaivarnya, itching etc develop. In such conditions Swadishta Virechan Choorna proves useful by doing Ama Pachan and relieving Mala Vibandha.

It is useful for children as well as old age people as it has good taste.

Dosage and Anupan : 1 tsf (5 gm) once or twice a day after food with lukewarm water or as directed by the physician



Shree Dhootapapeshwar Standards
SDS Monograph No. 030062
Swadishta Virechan Choorna

