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Survey Study on Role of *Ksheera* and *Ksheerotpanna Padartha* for Longevity

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ABSTRACT:

Ayurveda, the science of life emphasizes on *Dincharya*, *Ritucharya*, *Ahar* that brings in cumulation 'swasthya' (Health) to the individual. *Ksheer* (Milk) is one of the *Pranija Aahariya drava dravya* enriched with *Gunas* essential for the efficient smooth functioning of the body. This article is a survey study conducted under *Nirogi* Rajasthan programme on 1500 people aged above 60 years irrespective of their gender. The data contained in this research was obtained from a study, that consisted of set of questionnaires which reflects on subjective health parameters stated in Ayurveda, achieved after consumption of dairy products. The effect of regular intake of *ksheera* and *ksheerotpanna padarth* in context with longevity is explained here. The overall percentage of *dugdha Sevana* was 84.20%. Same as 1101 person take proper *dadhi sevana* and overall percentage 73.40% and *ghrita sevana* 1336 -89.07%. This shows that the people taking *Rasayana* have better life expectancy (longevity).

Key words: *Ksheera*, *Dadhi*, *Gavya Dadhi*, *Mahish dadhi* etc.

INTRODUCTION

Ayurveda states, "nothing heals better than food" and Acharyas considers food as the best healer¹. Ayurveda, the science of life, has categorically described various types of milk and milk products, which include milk, curd, buttermilk, butter, *Dadhi*, etc. The life of a new-born depends on the mother's milk. And that makes milk an elixir to life. According to ayurveda, milk provides special and unique nutrition that cannot be derived from any other type of food. Milk, when digested

properly, nourishes all the dhatus, promotes balanced emotions, and helps to balance all the doshas. It is one of the most important foods to promote *Ojas*.² According to Ayurveda, *Ojas* is a refined substance the body produces from the most subtle level of proper digestion. Of the eight types of milk mentioned in Ayurveda, cow's milk is said to be the best.³ Cow's milk is rejuvenating (*Rasayana*). *Rasayana* enhances physical strength, ensures youthfulness, increases longevity,



strengthens the immune system, sharpens *dhee*, *dhriti*, *smriti*, increases *Ojas*, improves skin lustre, and also strengthens sense and voice. *Ajasrika rasayana* taken regularly provides nourishment to *rasa-raktadi dhatus* and enhances *Ojas*. being one of the simple methods of practicing *Rasayana* helps people to restore their immunity naturally.

Ksheera – *ksheera* has been defined as excellent *rasayana dravya* as it's essential for people of all ages and as a nutritional supplement. According to trendy technological know-how, cow's milk has all of the crucial vitamins that are wanted for the frame, viz energy, carbohydrates, proteins, calcium, vitamins, magnesium, potassium, and so on. so, it's taken into consideration as an excellent food plan supplement.

Ksheer is *Preenana*, *Brihmana*, *Vrishya*, *Madhya*, *Balya*, *Jeevaneeya*, *Shramahara*, *Deepaneeya*, *Pathya*, *Satmya* and it is indicated in *Shwasa*, *Kasa*, *Raktapitta*, *Trishna*, *Pandu*, *Amlapitta*, *Gulma*, *Shosha*, *Udara*, *Atisara*, *Jwara*, *Daha*, *Shwayathu*, *Yonivikara*, *Shukravikara*, *GrathitaPurisha*, *Vata-Pitta vikaras*.

Milk has been known as nature's most complete food. The proof is that a newborn baby does not need any other foods except mother's milk. However, the traditional and contemporary view of the role of milk has been remarkably expanded beyond the horizon of nutritional subsistence of infants. Milk is more than a source of nutrients to any neonate of mammalian species, as well as for growth of children and nourishment of adult humans

Properties of *ksheera* – [chakra sutra 27]⁴ (Table 1)

Now starts the phase on cow's milk and its products. Cow's milk has ten houses viz. Goat's milk is an astringent, is sweet, bloodless in efficiency, mild and is powerful in treating *raktapitta* (bleeding disorders), diarrhoea, wasting, cough and fever. It is likewise beneficial in numerous sicknesses. It is utilized in such a lot of sicknesses as *pathya*.

Clinical importance of *ksheera* – *Goksheera* is very useful in healthy individuals. It is also useful in various diseases. In *bahudoshaavastha* of *pitaja-atisara* for *samsrana* *goksheera* is used, in patients of *deeptagni*. It acts on *vata* and *pitta dosha* and also it is useful in mental disorders, *daha*, *trishna*, *udavarta*, *gulma*, *atisara*, *shrama*, *klama*, *kshatakheena*, *mada*. It is used in so many diseases as *pathya*. It is used as *anupana* in so many preparations.(Table 2)

Importance of *ksheera* in old age – It is critical that older human beings get sufficient calcium a good enough deliver can assist to preserve bone energy and preserve bones wholesome at some point of older age. Vit D is likewise critical for wholesome bones in older human beings as it's far wanted for the absorption of calcium from food. Cow milk is ideal supply of calcium and vit D as a result it's far critical to devour cow milk in antique age consequently *goksheera* utilized in *jara* as preventive, curative, and fitness promotive purpose Milk is consumed after meals to supply nourishment to the body. If milk has an unpleasant odour or flavour, is sour or salty, or has changed colour, it should not be used. Children, elderly, those suffering from elevated *vata – pitta*, those in need of nutrients, those with decreased tissues such as bone deterioration, and those in the summer season – *ksheer* is beneficial in all of these situations.

Indications for *ksheer* intake – Children, aged persons, persons suffering from increased *Vata – pitta*, persons who need nutrition, who have diminished tissues like bone degeneration, etc, in summer season – in all these usages of milk is good.

Contra – indications for *ksheer* intake - When *Kapha* is increased in the body, who are suffering from vomiting, diarrhoea, fever, cough, breathlessness, cold, etc should avoid intake of milk.

Properties of *Mahish ksheer*- The milk of buffalos is heavy for digestion, cold in potency, reduces *Vata & Pitta*, Good in excessive appetite, Useful in loss of sleep. When a person has excessive hunger & digests the food very quickly, buffalo curd can be given with rice. (Especially curd rice prepared with previous night cooked rice is said to be good but must be taken after proper advise).

DADHI⁵ – Ayurveda clearly mentions the conditions where it has to be used & not used. Curd is recommended in rhinitis, diarrhoea, cold, irregular fevers, anorexia, dysuria, and emaciation. Curd is prohibited in autumn, summer, and spring seasons. It is also unwholesome in *raktapitta* (bleeding disorders) and disorders of *kapha*.(Table 3)Dadhi Varga [Su.Su.45/65-70]⁵: -

Cow's curd (*Gavya Dadhi*) is considered superior, promotes strength, good appetizer, stimulates digestive fire, nourishes, and pacifies *Vata dosha*. Recommended in

Dyspnoea (*Swasa*), Cough (*Kasa*), Haemorrhoids, Debility, and Increases Digestive Fire (*Jataragni*). While using curds, one should use along with Soup prepared with moong dal / green gram (better during rainy season), Honey, Ghee, Sugar and *Amalaki* (also better during winter).

Precautions to use curds⁵:

1-Should be used only during cold seasons like winter & rainy season.

2-In other seasons it should not be used e., in *Vasanat ritu* – March & April

Grisham Ritu – April & May, Sharad Ritu – Sept & Oct. Even in the indicated season also, during night food, curds should not be used. While using curds, one should use along with Soup prepared with moong dal / green gram (better during rainy season), Honey (better during winter), Ghee (better during rainy season), Sugar (better during last part of rainy season), *Amalaki* (better during winter).

GHRITA:⁶ – Ayurveda recognizes four types of fats; *ghrita* (ghee), oil (sesame), *vasa* (muscle), and *majjā* (marrow). *Ghrita* alleviates pitta and vata and is beneficial for *rasa, shukra and oja*. Provides relief from burning sensation, softens the tissues, improves voice and complexion. It is very beneficial for the skin, *ushna virya*, increases stability, and purifies or cleanses the vagina/uterus. *Vasa* is useful in healing punctured wounds, fractures, accidental trauma, prolapsed vagina, pain in ear and head, enhancing virility, oleation and for those doing physical exertion.(Table 4)

Ghrita is *Rasayana*, tasty, good for eyes, stimulant for digestion, supports glow and beauty, enhances memory and stamina, promotes longevity, and protects the body from diseases. It pacifies *vata* by *snigdha guna*, *pitta* by *madhura rasa* and *shaitiyata* and *kapha* by processing with *kaphahara* drugs⁷.

AIMS AND OBJECTIVES

1. To understand the role of *ksheer*(milk) and *ksheerotpanna padarth* (*dadhi, ghrita*) in *Ayurveda*.
2. To understand the effect and role of *ksheer* and *ksheerotpanna padarth* in the context of longevity.
3. A survey study of peoples aged above 60 years irrespective of their gender.

MATERIALS AND METHODS

A survey was conducted under *Nirogi* Rajasthan programme. This survey was done on 1500 people aged above 60 years irrespective of their gender. A questionnaire format was used for this survey study. The questions prepared were in bivariate (yes/no) and multiple-choice forms and were used to collect the data.

The related references have been collected from different *Ayurvedic* texts and its available commentaries, related websites. The collected references have been critically observed, compiled, and discussed thoroughly.

RESULT

The data contained in this research was obtained from a study, that consisted of set of questionnaires which reflects on subjective health parameters stated in *Ayurveda*, achieved after consumption of dairy products.

The study was conducted in state of Rajasthan amongst 1500 people aged above 60 years.

The under given following data was observed. Among 1500 subjects, 841 were male with 56.07% and 659 were female with 43.93% (Table 5).

The body Constitution (*Sharirik Prakriti*) of enrolled subjects were *Kaphaj* 593 cases with 39.53%, *Pitta* with 379 cases that summed up to 25.27% and *Vata* that totalled to 528% with 35.20%. (Table 6)

The data showed consumption of *Dadhi* was consumed by 91 subjects twice a day, 10 subjects in morning ,1168 subjects in morning and 231 subjects did not consume it at all.(Table 7)

The overall percentage of *dugdha Sevana* was 84.20%. Same as 1101 person take proper *dadhi sevana* and overall percentage 73.40% and *ghrita sevana* 1336 -89.07% (table no.8). This shows that the people taking *Rasayana* have better life expectancy (longevity).

The data contained in this research was obtained from a study both online and face to face and which consisted in completing a questionnaire by consumers of dairy products in Sibiu country. This study was attended by 250 people residing in Sibiu county between 18-25 years, The data contained in this research was obtained from a study both online and face to face and which consisted in completing a questionnaire by consumers of dairy products in Sibiu country. This study was attended by 250 people

residing in Sibiu county between 18-25 years

DISCUSSION AND CONCLUSION.

In Ayurveda, we consider milk to be a sort of power food. When it comes to entering the body's seven dhatus or layers of tissue (bones, neurological system, muscles, fat, blood, plasma, and reproductive tissue), Ayurveda considers milk to be a kind of power meal. At fact, you may have noticed "ojas milk" in health food stores. ⁸This is because healthy milk produces ojas, which we all require to survive. Milk provides a wide range of health advantages, including increased energy, stamina, immunity, bone health, better sleep, aid in the development of healthy bacteria in our stomach, and fertility (pregnant women and women trying to conceive are often told to drink more milk, as well as breastfeeding mothers).⁹ *Ksheer* is indicated in anaemia, acid dyspepsia (*amlapitta*), consumption, *gulma* and generalized enlargement of abdomen (*Udara*), diarrhoea, fever, burning sensation, particularly in oedema, vaginal and seminal disorders, oliguria and hard stools. It is wholesome to disorders of *vata and pitta*. Milk of she-camel is slightly saline in taste while she-goat's milk is astringent and rough and hot. Milk is not harmful for *adhoga and urdhvaga raktapitta* due to laxative and *kapha* vitiating properties respectively. Milk is beneficial for mental faculties due to its action and general nourishing property which includes the proper growth of the mental faculties also and not the mind itself which is eternal. In such conditions milk of a she-goat or of a cow, boiled with five times its volume of water is advised.

Persons who have desiring good eyesight, those who are wounded, emaciated, old and infirm, children and women, those willing to live long, those willing to have good strength, complexion, voice, nourishment, healthy progeny, luxurious lifestyle, good vitality, memory, intelligence, digestive strength, strength of sense organs, and those suffering from burning sensation, injury by weapon, poison and fire should drink *ghrita*¹⁰.

Because of its unctuousness, ghee is the finest oleate. Almost every condition requires some kind of medicinal ghee preparation. ¹¹ Ghee has the unusual ability to absorb the characteristics of the herbs it is treated with while maintaining its own. It balances *vata and pitta* with its *snigdha guna* (unctuous traits) and *madhura* (sweet) and *sheeta* (cool) qualities.

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Table no. 1 – Properties of *ksheer*

Properties	<i>Goksheer</i>	<i>Mahish ksheer</i>	<i>Aja ksheer</i>
<i>Rasa</i>	<i>Madhura</i>	<i>Madhura</i>	<i>Kashaya, Madhur</i>
<i>Guna</i>	<i>Mrudu, Snigdha, Shlakshna, Picchila, Bahala, Guru, Prasanna, Manda</i>	<i>Guru</i>	<i>Laghu</i>
<i>Veerya</i>	<i>Sheeta</i>	<i>Sheeta</i>	<i>Sheeta</i>
<i>Vipak</i>	<i>Madhura</i>	<i>Madhura</i>	<i>Madhura</i>
<i>Doshaghanta</i>	<i>Vatapittahara</i>		
<i>Karma</i>	<i>Jeevaniya, Rasayana, Ojovardhan</i>	<i>Nidrakarak, Atyagninashak</i>	<i>Raktapitta, Atisar, Kshya, Kasa, jwarnashak, Malbandhak</i>

Table no. 2- Therapeutic use of milk according to time and age

Time	Therapeutic effect
<i>Purvanha</i> (upto 10 AM)	<i>agnivardhaka, viryavardhaka, brimhana</i>
<i>Madhyahna</i>	<i>balakaraka, kapha-pitta shamaka, agnideepaka</i>
Night	alleviates various <i>doshas</i> , acts as <i>pathya</i> and beneficial for eyes
Age	
In Childhood	increases <i>bala</i>
In old age	increasing <i>reta</i>
Contraindication-	<i>Navajwara, agnimandya, ama, kushtha, kaphajashoola, kasa, atisara, krimi</i>

Table no. 3 – properties of dadhi

S. No.	Goras Name	Guna Karma	Dosh Dhatu Karma	Prayog
1.	Gavya Dadhi	Snigdha, Madhur- vipak	Vatanashak	Ruchikarak
2.	Mahish Dadhi	Snigdha, Madhur- vipak	Vatapitta nashak, Kaphavardhak	Vrishya
3.	Aja Dadhi	Laghu	Vatapitta nashak	Vatakshya nashak, Arsh shwas-kasa nashak, Deepan

Table no. 4 – Properties of ghrita

Properties	Go ghrita	Mahish ghrita	Aja ghrita
Guna-Karma	Madhur, Sheeta	Madhur, Guru, Sheeta	Laghu
Dosh karma	Vata-Pitta prashman	-	Kapha vardhak, vata-pitta prashaman
Prayog	Vishaharam, Chakshushya, Balya	Rakta-pittahar	Agnideepak, Chakshushya, Balya

Table 5:-Gender

Sex	No. of cases	% Of cases
Male	841	56.07%
Female	659	43.93%

Table 6:-Prakriti (Body Constitution)

Type of Prakriti	No. of cases	Percentage
Kapha	593	39.53%
Pitta	379	25.27%
Vata	528	35.20%

Table 7 Shows Dadhi Sevan

Parameters	No. of cases	% Of cases
Both	91	6.07%
Evening	10	0.67%
Morning	1168	77.87%
None	231	15.40 %

Table No.8 Shows %age Of Dairy Product used

Dairy Product	No. of cases	Percentage
Proper Milk	1263	84.20%
Proper Dadhi	1106	73.40%
Ghee	1136	89.07%