

REVIEW OF “GORASAVARGA” WITH SPECIAL REFERENCE TO SUSHRUTA SAMHITA

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ABSTRACT

In almost all mammals, milk is fed to infants through breastfeeding either directly or by expressing the milk to be stored and consumed later. The early milk from mammals is called colostrum which contains antibodies providing the required protection and nutrition to the newborn babies. Humans have been using the milk and its products since time immemorial. Sushruta Samhita, being one of the ancient treatises of Ayurveda elaborates the qualities, indications of consumption, contraindications. This paper sheds light on the detailed analysis of milk and its products, their impact on human health in detail.

KEYWORDS: Milk, Ksheera, Dadhi, Takra, Navaneeta, Ghruta.

INTRODUCTION

For millennia, humans have used milk from animals as a nutrient source. It is a liquid food produced by the mammary glands of mammals. Milk is obtained from many sources cow, buffalo and goat being the most common sources.

Milk as per *Sushruta Samhita* sustains life, heavy to digest, sweet in taste, slightly slimy, cold in potency, unctuous, smooth, laxative, mild in action. Therefore it is beneficial to all living beings. As per *Sushruta Samhita*, it can be consumed regularly without causing any harm to the body. All mammals are habituated to consume milk since birth. Therefore it is indicated to consume regularly in health and in diseases of Vata, Pitta, Rakta and Mental disorders too.

THE BENEFITS OF MILK

It cures intermittent fever, cough, dyspnoea, pthisis, abdominal tumors, insanity, ascitis, fainting, giddiness, intoxication, burning sensation, thirst, diseases of the heart and urinary bladder, anaemia, piles, colic, diarrhea, diseases of *Yoni*, abortion, bleeding diseases, fatigue and exhaustion. It wards off sin, bestows strength, is aphrodisiac, increases sexual powers, rejuvenator, good for intelligence, withholds ageing, prolongs lifespan, increases the body mass, unites broken parts, helpful in therapies like *Vamana*, *Virechana* and *Basti*, increases *Ojas* due to identical properties, ideal for health in children as well as old people, helps in treating chest injury, and those emaciated by hunger, copulation and excessive physical activities.^[1]

Varieties of milk and its qualities as per *Sushruta Samhita* are listed as follow:^[2]

Cow's Milk	<i>Alpabhishyandi, snigdha, guru, rasayana, raktapittahara, sheeta, madhura, jeevaneeya, vatapittaghna</i>
Goat's milk	<i>Deepana, laghu, sangrahi, shvasakasaraktapittahara, sarvavyadhihara</i>
Buffalo's milk	<i>Mahabhishyandi, madhura, agninasha, nidrakara, sheetatara, snigdhatara, guru</i>
Raw Milk	<i>Abhishyandi, guru, produces aama</i>
Cooked milk	<i>Laghutara anabhishyandi</i>
Breast milk	<i>Madhura, kashayanurasa, hima, jeevana, laghu, deepana, nasya-aschyotana-pathya</i>
Milk obtained in the morning	<i>Guru, vishtambhi, sheetala</i>
Milk obtained in the afternoon	<i>shramaghna, vatanut, chakshuya</i>

Sushruta guides clearly that milk emitting a bad smell, sour, discoloured, altered taste, slightly salty and coagulated should not be consumed.

Analysis of Dadhivarga

Depending on the taste, the curd is of three kinds i.e. sweet, sour and very sour. Rasa of dhadhi is sour, and its *vipaka* is sour too. It acts as an absorbent, difficult to digest, heat-generating and pacifies *vata dosha*. It enhances fat tissues, semen, immunity and physical strength. It increases *Kapha*, *Pitta*, *Rakta* and stimulates

Agni. It promotes taste perception as well. It is indicated in loss of taste, intermittent fever with chills, rhinitis and dysuria.^[3]

Contraindications of Curd: The Curd should not be consumed at night. It should not be heated before consumption. In Spring, Summer and Autumn when the climate is hot, the curd should not be consumed. It is advisable to take curd along with either a soup of green gram or honey or ghee or sugar candy or gooseberry.^[4]

Varieties of Curd and its qualities as per *Sushruta Samhita* are listed as follow:^[5]

Sweet Curd	<i>Mahabhishtyandi, Madhura, Kapha-medottejaka</i>
Sour Curd	<i>Kapha-pitta-uttejaka</i>
Excessive Sour Curd	<i>Raktadooshana</i>
Slowly Processed Curd(mandajata, mandaka)	<i>Vidahi, srushtavinmootra, tridoshakrut,</i>
<i>Go-dadhi</i>	<i>Snigdha, madhura vipaka, deepana., balavardhana, vatapaha, pavitra, ruchiprada</i>
<i>Mahisha dadhi</i>	<i>Madhura Vipaka, Vrushya, vatapittaprasadaka, balasavardhaka, snigdha</i>
Filtered Curd (Curd filtered through cloth)	<i>Vataghna, Kaphakrut, Snigdha, Brumhana, Natipittakrut, Bhaktabhilashakrut</i>
<i>Shruta Ksheera Dadhi</i>	<i>Vatapittahara, Ruchya, Dhatvaginibalavardhaka, Best among all varieties of Dadhi</i>

Analysis of Takravarga^[6]

The primary taste of Takra is sweet-sour while astringent is the secondary taste. It is hot in potency, light, dry, kindles digestive fire, cures artificial poisoning. It decreases fat, Kapha and Vata. It is beneficial in oedema, diarrhoea, *Grahani* (IBD), anaemia, piles, diseases of the spleen, abdominal tumour, anorexia, intermittent fever, thirst, vomiting, excessive salivation, colic.

Takra is sweet in taste after digestion, good for heart, relieves dysuria and disorders caused by improper administration of oleation therapy.

Method of Preparation of Takra: Curd added with equal quantity of water churned well, fat is extracted to obtain *Takra*, which is neither too thick nor too thin.^[7]

Takra is indicated during the cold season, in the decreased digestive fire, in diseases of *Kapha*, during obstructions of channels and aggravation of *Vata*.

Takra is contraindicated in patients of wound, fainting, giddiness, burning sensation, in hot season, debilitated, in diseases caused by *Rakta* and *Pitta*.^[8]

Analysis of Navaneeta^[9]

Freshly extracted butter is light, sweet, astringent, slightly sour in taste, cold in potency.

It makes the body tender, good for intellect, kindles digestion, good for heart, mitigates *Pitta* and *Vata*, constipating, aphrodisiac, does not cause *vidaha*. It cures cough, emaciation from ulcers and facial paralysis.

Paryushita Navaneeta or Stale butter is heavy, increases *Kapha* and *Medha*, bestows strength, stoutening, cures *Shosha* and is beneficial in children.

Ksheerotta Navaneeta (butter obtained from churning milk) is best in lubrication, cold in potency, imparts softness to the body, good for eyes, cures bleeding diseases, bestows complexion, induces constipation.

Analysis of Ghrutavarga^[10]

Ghruta is sweet, soft, mild in action, cold in potency, lubricating, *anabhishtyandi*. It relieves *udavarta* (upward movement of *Vayu*), insanity, epilepsy, colic, fever and distention of abdomen. It mitigates *Vata* and *Pitta*, kindles digestive fire, while increases memory, wisdom, intelligence. It enhances complexion, voice, beauty, softness of the body, vitality, vigour, strength and span of life. It is good for vision, aphrodisiac, wards off sins

and inauspiciousness, destroys poisons and demons. Varieties of most-used *ghruta* and their qualities as per *Sushruta Samhita* are elaborated below.

- a. *Goghruta*: It is sweet after digestion, cold in potency, mitigates Vata, pitta and poison, best for vision, bestows strength
- b. *Mahisha Ghrita*: It is sweet, cures bleeding disorders, sweet after digestion, increases *Kapha*, mitigates *Vata* and *Pitta*, cold in potency.
- c. *Ksheerotta Ghrita*: It is constipating, relieves bleeding, giddiness and fainting, beneficial in eye diseases.
- d. *Purana Sarpi*^[11] (Ghee stored for two- ten years): It is laxative, pungent after diction and mitigates all the three doshas. It cures fainting, insanity, intoxication, ascites, fever, artificial poisoning, pthisis, epilepsy. It is beneficial in diseases of vagina, ears, eyes and head. Usage of *Purana Sarpi Ghrita* relieves pain, kindles digestion and useful in therapies like *Basti*, *Nasya* and *Akshi Tarpana*.
- e. *Kumbha Sarpi*^[12] (Ghee stored for eleven to hundred years): It is *Rakshoghna* (destroys demons). Some authers are of openion that kumbha sarpi is the one which is stored for hundred and eleven years.
- f. *Mahaghruta*^[13] (Ghee stored for more than hundred years): it alleviates kaphaand should be used for those having excessive vata. it is Strengthening, purifying, intellect promoting. It eliminates defects of vision and all bhutas.

CONCLUSION

Milk and its products are the most commonly used food supplements in India it is important to know their properties and use. All the qualities mentioned above suits well to the milk obtained from natural breeds of animals which consume natural food, not the cloned species of animals which are given loads of chemicals to yield more milk.

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