



Therapeutic And Dietary Aspects Of *Dadhi* (Curd): A Review Of Classical *Ayurvedic* And Modern Text

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Abstract

Introduction:

Dadhi (Curd), a widely consumed fermented dairy product, holds significant therapeutic attributes and dietary application in both traditional Ayurvedic medicine and modern nutritional science. While Ayurveda emphasizes effects of curd on *dosha*, seasonal suitability, and individualized consumption also mention indication and contraindication while modern literature primarily focuses on its probiotic and nutritional benefits. This review investigates and contrasts these two perspectives to identify areas of alignment, divergence, and potential integration.

Methods:

A literature-based review was conducted using Ayurvedic classical texts including *Charaka Samhita*, *Sushruta Samhita*, *Astang hriday* and *Bhavaprakasha Nighantu*, along with modern textbook and relevant reviewed articles, journals, case studies were also analysed for this study.

Results:

Ayurveda describes *dadhi* as *ushna* (hot), *guru* (heavy), and *amla* (sour), advising restricted or modified use based on individual constitution (*prakriti*), season, and food combinations. It is contraindicated at night and in certain disease conditions due to its potential to aggravate *Kapha* and *Pitta* doshas. Modern research emphasizes curd's benefits for gut microbiota, immunity, and digestion but generally overlooks individualized or context-based guidelines. The two systems largely operate within separate paradigms with minimal direct correlation in their conceptual frameworks or usage recommendations.

Discussion/Conclusion:

The findings reveal a clear gap between Ayurvedic and modern scientific perspectives on curd. Ayurveda adopts a personalized and situational approach, whereas modern science offers a generalized nutritional view. There is limited cross-reference or integration between the two. Future interdisciplinary research is needed to evaluate Ayurvedic claims through empirical methods and to explore how traditional principles might inform more individualized dietary recommendations in contemporary health systems.

Key words: *Ayurved*, Curd, *Dadhi*, Nutritional composition.

Introduction

In Ayurveda, dietetics is explained in detail, and dietary sources are categorized and described along with their properties and therapeutic uses.^[1] In the current era of society, people's eating habits and lifestyles are changing quickly. One of the most significant changes observed in this dietary shift is the pattern of consuming *dadhi*, which is the most common food in the Indian diet.^[2]

Dadhi is a *Ksheera Vikruti* prepared by fermenting milk. To put it more pragmatically, about 48.8 percent of people consume *Dadhi* on a daily basis.^[3]

In Ayurveda, different forms of *Ahardravya* and their characteristics have been described. The foundation of nutrition in Ayurveda is based on concepts like *Aharvidheevisheshayatana* (*Prakruti, Karana, Sanyog, Rashi, Desha, Kaala, Upayokta, Upayoga Santha*).^[4] and *Dwadashashanvicharas per Acharya Sushruta*.^[5]

In ancient medicinal text, *Ahardravya, Dadhi* is explained mentioning its indication in various diseases, contraindication and rules and conducts regarding use.^[6] In every *Samhita*, regular consumption of *Dadhi* is prohibited. Our *Acharyas* explain obvious the best manner to consume *Dadhi* based on its qualitative qualities and negative effects; the same guidelines should be followed in daily life today.^[3]

MATERIALS AND METHODS

This article is based on literary review collected from classical Ayurvedic texts, modern books and journals. *Charaka Samhita, Sushruta Samhita, Ashtanga Hridayam* and *Bhavprakash Nighantu* along with modern textbook and relevant reviewed articles, journals, case studies have been referred for this literary work.

REVIEW OF LITERATURE

The word *Dadhi* is derived from “*Dha*” *Dhatu* and *Dhanj*” *Pratyaya*. *Dadhi* is a *Sanskrit* word means “*Ghanettara dadhi drapyasayam*”. *Paryaya* of *dadhi* is *Kshourajam, Mangalyam, Viralam, Payasya* and *Ghanettara*.^[7]

Dadhi is a *Sanskrit* word used in ancient texts as *Ksheera Vikruti* (lacto-fermented dairy product). It can be prepared at home by adding a tablespoon of the previous batch of *Dadhi* to *Shrutaksheer* (warm milk) at room temperature, or it can be made with acidic ingredients like vinegar or lemon juice. At room temperature, it is then allowed to curdle.^[6]

In *Charak Samhita, Dadhi* is considered under *Dugdhavarga* in *Dvadasha Aharavarga*.^[8] In *Sushruta Samhita, Dadhivarga* is categorized under *Dravadravya*^[9], and in *Ashtang Hridaya, Dugdhavarga* is also included in *Dravadravyas*.^[10]

Properties of *Dadhi*

Table Showing Properties of *Dadhi* ^[9,10,11,12]

<i>Samhita</i>	<i>Rasa</i>	<i>Virya</i>	<i>Vipaka</i>	<i>Dosha</i>	<i>Guna</i>	<i>Rogghanata</i>
<i>Charaka</i> <i>Cha.Su.</i> 27/225-226 ^[11]	-	<i>Ushna</i>	<i>Amla</i>	<i>Vatashamaka</i>	<i>Rochana,</i> <i>Deepana,</i> <i>Vrushya,</i> <i>Brumhan</i>	<i>Pinasa</i> (rhinitis), <i>Atisara</i> (diarrhoea), <i>Sheetaka</i> (fever with cold), <i>Vishamajwara</i> (irregular fever), <i>Aruchi</i> (Anorexia, lack of interest in food), <i>Mutrakrichra</i> (dysuria, difficulty to pass urine), <i>Karshya</i> (emaciation)
<i>Sushruta</i> <i>Su.Su.45</i> /65-67 ^[9]	<i>Kashaya</i> <i>Anurasa</i>	<i>Ushna</i>	<i>Madhura</i> <i>Amla</i>	<i>Vatashamaka</i> <i>Pittavardhaka</i> <i>Kaphavardhaka</i>	<i>Snigdha,</i> <i>Vrushya,</i> <i>Mangalya,</i> <i>Prankar,</i> <i>Balavardhana</i>	<i>Pinasa</i> (rhinitis), <i>Vishama Jwara</i> (irregular fever), <i>Atisara</i> (loose motion), <i>Aruchi,</i> <i>Mutra Kruchha</i> (urinary infection), <i>Krushata</i> (weight loss).
<i>Ashtanga</i> <i>Hrudaya</i> 5/29-32 ^[10]	<i>Amla</i>	<i>Ushna</i>	<i>Amla</i>	<i>Vatashamaka</i> <i>Pittavardhak</i> <i>Kaphavardhak</i>	<i>Guru, Ruksha</i> <i>Grahi</i>	<i>Aruchi,</i> <i>Vishamajwara,</i> <i>Pinasa,</i> <i>Mutrakruchra,</i> <i>Grahani</i> (malabsorption syndrome)
<i>Bhava</i> <i>Prakash</i> <i>Nighantu</i> ^[12]	<i>Kashaya</i> <i>Anurasa</i>	<i>Ushna</i>	<i>Amla</i>	<i>Vatashamaka</i> <i>Kapha-med</i> <i>vardhaka</i> <i>Pitta-Rakta</i> <i>vardhaka</i> <i>Shothakarak</i>	<i>Snigdha,</i> <i>Guru</i>	<i>Mutrakruccha</i> <i>Pratishyaya, Shita</i> <i>VishamaJwara,</i> <i>Atisaara, Aruchi</i> <i>Krushata</i> <i>Balshukrakrit.</i>

Type of *Dadhi*

Types of *Dadhi* According to Origin

In Ayurvedic texts, the properties of *dadhi* prepared from the milk of eight different mammals have described with their specific effects on the body. Out of them the *dadhi* prepared from cow's milk is considered as most wholesome variety.

Table Showing Types of *Dadhi* According to Origin ^[12,13]

Sr. No.	Types	Properties
1.	<i>Gavya Dadhi</i> (curd prepared with cow milk)	<i>Snigdha</i> (unctuousness), <i>Madhura Vipaka</i> , <i>Deepana</i> , <i>Balavardhana</i> (enhances strength), <i>Vatashamaka</i> (alleviate Vata), <i>Pavitra</i> (auspicious), and <i>Ruchiprada</i> (creates taste), <i>Hrudya</i> It is the best among all other types of <i>Dadhi</i> .
2.	<i>Aja Dadhi</i> (curd prepared with goat milk)	Alleviates <i>Kaphapitta</i> , <i>Laghu</i> (light for digestion), <i>Deepana</i> , <i>Vata</i> and <i>Kshaya Roga Nashaka</i> (alleviates Vata and emaciation). It is beneficial in <i>Arsha</i> (hemorrhoids) and <i>Shvasha Roga</i> .
3.	<i>Mahisha Dadhi</i> (curd prepared with buffalo milk)	<i>Atisnigdha</i> (very unctuous), <i>Madhura Vipaka</i> , <i>Vrishya</i> , alleviate <i>Vatapitta</i> and aggravates <i>Kapha</i> .
4.	<i>Avi Dadhi</i> (curd prepared with sheep milk)	<i>Doshala</i> (aggravates all Dosha) and aggravates <i>Kaphavata</i> , <i>Madhura Rasa</i> , and <i>Vipaka</i> , <i>Atyabhislyandi</i> and <i>Arsha</i> .
5.	<i>Aushtrik Dadhi</i> (Curd prepared with camel milk)	<i>Katu Vipaka</i> (pungent after assimilation), <i>Ishatkshara</i> , <i>Guru</i> (heavy to digest), <i>Bhedya</i> (purgative), <i>Vata Roga</i> (joint disorders), <i>Arsha</i> , <i>Kushtha</i> , <i>Krimi</i> (infestation), and <i>Udara Roga Nashaka</i> (alleviates abdominal disorders).
6.	<i>Vadva Dadhi</i> (curd prepared with mare milk)	<i>Deepana</i> , <i>Achakshushya</i> (harmful for eyes), <i>Vatavardhaka</i> , <i>Ruksha</i> (unctuous), <i>Ushna</i> (hot potency), <i>Kashaya</i> , alleviates <i>Kapha</i> and <i>Mutra Roga</i> .
7.	<i>Nagya Dadhi</i> (curd prepared with elephant milk)	<i>Laghupaki</i> (easy to digest), alleviates <i>Kapha</i> , <i>Ushnavirya</i> (hot potency), <i>Agninashaka</i> (reduce digestive fire), <i>Kashayanurasa</i> , and <i>Malavardhaka</i> (stool forming)
8.	<i>Nari Dadhi</i> (curd prepared with human milk)	<i>Snigdha</i> , <i>Madhura Vipaka</i> , <i>Balya</i> , <i>Santarpana</i> (nourishing), <i>Guru</i> , <i>Chakshushya</i> (beneficial for eyes), and alleviates <i>Dosha</i> .

Types of *Dadhi* According to *Rasa*^[14]

The five types of *dadhi* mentioned in the *Bhavaprakash Nigantu* according to the *rasa* of the *dadhi* are as follows;

Table Showing Types of *Dadhi* According to *Rasa*^[14]

Sr. No.	Type	Properties
1.	<i>Manda</i>	<i>Avyakta Rasa</i> (tasteless), <i>Kinchit Ghana</i> (slightly concentrated), <i>Srishtavidmuta</i> (evacuate faeces and urine), <i>Tridoshakara</i> (aggravates all humors), and <i>Vidadhi</i> (causing burning).
2.	<i>Svadu</i>	<i>Madhura Rasa</i> (sweet taste), <i>Samyaka Ghana</i> (properly concentrated), <i>Abhishyandi</i> (congestive), <i>Vrishya</i> (aphrodisiac), <i>Medakara</i> (increases fat), <i>Kaphakara</i> (increases mucus), <i>Vatashamaka</i> (alleviate <i>Vata</i>), <i>Madhura Vipaka</i> (sweet after assimilation), and <i>Raktapittaprasadana</i> (purify blood and bile).
3.	<i>Svadu-amla</i>	<i>Madhura</i> (sweet), <i>Amla Rasa</i> (sour taste) and <i>Kashaya Anurasa</i> (astringent in anurasa), <i>Sandra</i> (concentrated), its properties are explained in <i>Samanya</i> (common) properties of <i>Dadhi</i> .
4.	<i>Amla</i>	<i>Amla Rasa</i> (sour taste) overcomes <i>Madhura Rasa</i> (sweet taste), <i>Deepana</i> (enhances digestive fire), aggravates <i>Pitta-Rakta-Kapha</i> .
5.	<i>Atyamla</i>	<i>Dantaharsha</i> (sensitive for teeth), <i>Romaharsha</i> (causes piloerection), <i>Kanthadahakara</i> (causes burning throat), <i>Deepana</i> (enhances digestive fire) and aggravates <i>Rakta-Vata-Pitta</i> .

Table Showing Type of *Dadhi* According to *Acharya Sushruta*^[15, 16, 17]

Sr. No.	Type	Properties
1.	<i>Madhura Dadhi</i>	<i>Maha Abhishyandi</i> , increases <i>Kapha & Meda Dhatu</i>
2.	<i>Amla Dadhi</i>	Increases <i>Kapha</i> and <i>Pitta</i> .
3.	<i>Ati Amla Dadhi</i>	<i>Raktdushak</i> (Increases impurity in blood by vitiating <i>Pitta</i>)
4.	<i>Manda Jata Dadhi</i>	Causes <i>Vidaha</i> (burning sensation), increases stool and urine, <i>Tridoshkrit</i> .
5.	<i>Suparishruta Dadhi</i>	<i>Vataghna</i> , <i>kaphkarak</i> , <i>snigdha</i> , <i>Bruhan</i> , <i>Natipittakrit</i> , <i>Bhaktabhilasha</i>
6.	<i>Sar Dadhi</i>	<i>Guru</i> , <i>vrishya</i> , alleviates <i>vata</i> , increase <i>kapha & shukra</i> .
7.	<i>Snehrहित Dadhi</i>	<i>Kashay</i> , <i>laghu</i> , <i>Ruksh</i> , <i>Grahi</i> , <i>Vishtambha</i> (constipative), <i>Vatavardhak</i> , <i>Deepniya</i>

The term "*mandaka dadhi*" refers to improperly settled *dadhi* that hasn't curdled completely. *Suparishruta Dadhi* is *dadhi* that has been well filtered through a piece of clean line. *Snehrहित dadhi* is made without cream, while *Sar dadhi* is made with cream. whereas the *dadhi*, which had been prepared with boiled milk, should be consider the most efficacious.

Types of *Dadhi* According to preparation and concentration ^[16]

Dadhi frequently prepares *takra*, *mattha*, or buttermilk. Three types of *Takra* were characterized by *Acharya Charaka* as *Ruksha* (fat free), *Ardha sneha yukta* (half fat), and *Purna sneha yukta* (full fat).^[18] *Takra* eliminates *shoth*, *aruchi*, *pandu roga*, *arsha*, *grahani roga*, *mutrakriccha*, and *udara roga* ^[19] and is the best remedy for *kaphaja* and *vataja* disorders. ^[20]

According to *Acharya Sushruta* the „*Takra*“ has been prepared by churning of curd mixed with half of water and total removal of butter (fat).^[20²¹] It is contraindicated in hot period, burning sensation, *raktapitta*, injury, *bhram*, *daurbalya* and *murcha*.^[22]

Acharya Bhavamishra classified curd preparations into 5 types, depending upon the percentage of water added and the percentage of fat in it .

Table Showing Types of *Dadhi* According to preparation and concentration ^[23,24]

Sr. No.	Type	Preparation	Properties
1.	<i>Ghol</i>	If curd is churned along with cream without adding water, then it is called " <i>Ghol</i> ".	<i>Vatapittahar</i>
2.	<i>Mathit</i>	If skimmed curd is churned without adding water, then it is called " <i>Mathit</i> ".	<i>Kaphapittakar</i> , <i>Ahladkara</i>
3.	<i>Takra</i>	The curd which is churned by adding one-fourth water to it is called <i>Takra</i> .	<i>Kashaya</i> , <i>Amla</i> and <i>Madhura Rasa</i> , <i>Madhura Vipaka</i> , <i>Laghu</i> , <i>Ushna Virya</i> , <i>Deepana</i> , <i>Vrishya</i> , <i>Preenana</i> , <i>Vatashamaka</i> . <i>Pathya</i> for <i>Grahani Roga</i>
4.	<i>Udashvita</i>	The curd which is churned by adding half water is called " <i>Udashvit</i> ".	<i>Kaphavardhaka</i> , <i>Balya</i> and <i>Amanashaka</i>
5.	<i>Chachhika</i>	The curd from which butter has been separated first and then churned by adding more quantity of clean water to it is called " <i>chachhika</i> ".	<i>Sheetal</i> , <i>Laghu</i> , <i>Pittakapha nashak</i> , <i>Shrama</i> , <i>Trishahar</i> and <i>Vatakar</i> . <i>Deepana</i> when consumed with <i>Lanvana</i> .

Dadhi Sevana Niyamas (Rules to be followed while consuming *Dadhi*) ^[7, 10, 25]

- ***Na Naktam dadhi bhunjeeta***
Dadhi should not be consumed at night, because of during night time the naturally *Tamo Guna* are dominant , which result *Kapha prakop* and cause contraction of the *strotas*.
- ***Na nityam-***
According to *Nitya Asevana Dravya*, *dadhi* shouldn't be taken every day. Due to its *guru* , *snigdha* and *abhishyandi guna*, hamper digestion and create many diseases.

- **Na ushnam –**
Dadhi is not recommended to heat, because it may change its qualities and is a type of *SamskaraViruddha* (process incompatibility). When *Dadhi* mixed with hot substances, it vitiates *Pitta* due to its high potency.
- **Na sharad vasanta greeshmayo –**
In *sharad* and *vasanta ritu*, *Kapha* and *Pitta* will be in aggravated state respectively so usage of *Dadhi* is to be restricted, whereas during *Greeshma ritu* it is restricted due to its hot potency.
- *Dadhi* should not be consumed without sugar, without *moong dal* soup (juice), without honey, and without *amla* (gooseberries).

The people who consume *Dadhi* without follow above rules suffer from *Jwara* (fever), *Raktapitta* (bleeding disorders), *Visarpa* (erysipelas), *Kushtha* (skin disorders), *Pandu* (anemia), and *Bhrama* (dizziness).

Indication & contraindication according to Rutu^[26,27]

Indication	Contraindication
<i>Hemant</i>	<i>Sharda</i>
<i>Shishir</i>	<i>Grishma</i>
<i>Varsha</i>	<i>Vasant</i>

According to *Ayurveda*, *dadhi* is generally contraindicated during the seasons of *Sharad* (autumn), *Grishma* (summer), and *Vasanta* (spring), but it is beneficial during *Hemanta* (early winter), *Shishira* (late winter), and *Varsha* (rainy season).^[26,27] The human body naturally aggravates the *pitta dosha* in *Sharad* and the *kapha dosha* in *Vasanta*. The *Dadhi* is contraindicated during *Sharad* and *Vasanta* seasons because of its unctuous, *guru*, and hot qualities, which increase *pitta* and *kapha*. *Dadhi* causes heaviness because it obstructs the body's fluid channels due to its *abhishtyandi* nature. In *Varsha vata* is aggravated and *dadhi* alleviates *vata*, so indicated in this season. Due to hot potency *dadhi* is contraindicated in *Grishma* and indicated in winters.^[28]

Various *Dadhi* Combination and its *Doshakarma*:^[29,30,31,32]

Sr. No.	<i>Dadhi</i> Combination	<i>Doshakarma</i>
1.	<i>Dadhi with Guda</i>	<i>Vatashamaka</i>
2.	<i>Dadhi with Sharkara</i>	<i>Vatapiitashamaka, Kaphavardhaka</i>
3.	<i>Dadhi with Madhu</i>	<i>Adoshakara</i>
4.	<i>Dadhi with Amalaki</i>	<i>Tridoshashamaka</i>

Curd^[33]

Curd is the general sustenance and normal nourishment of India. Curd is the milk that coagulates when the milk sours or is treated with lactic corrosive microorganisms.

curd is considered as a nutritionally dense food. It is rich in available protein, calcium, milk fat, potassium, magnesium, vitamin B2, B6, and B12. In addition, it provides milk proteins with a higher biological value and provides almost all the essential amino acids necessary to maintain good health (Lourens-Hattingh and Viljoen, 2001). Yogurt is considered as a probiotic carrier food that can deliver

significant amounts of probiotic bacteria in the body and that can provide specific health benefits once ingested.

Probiotics may be defined as a food or supplement containing concentrates of defined strains of living microorganisms that on ingestion in certain doses exert health benefits beyond inherent basic nutrition.

Nutritional composition of curd^[34]

The nutritional value of curd is influenced by the type of animal milk utilized in its production, the fermentation method employed, and whether the milk is full-fat or low-fat. The nutritional composition of curd may differ since it is produced from the milk of various animals.

Table Showing Nutritional composition of curd (per 100 g)

Sr. no.	Component	Whole milk curd
1.	Energy	79 kcal
2.	Carbohydrate	7.8 g
3.	Protein	5.7 g
4.	Fat	3.0 g
5.	Vitamin D	0
6.	Calcium	200 mg
7.	Potassium	280 mg
8.	Phosphorus	170 mg
9.	Vitamin B1 (Thiamin)	0.06 mg
10.	Vitamin B3 (Niacin)	0.2 mg
11.	Vitamin B2 (Riboflavin)	0.27 mg
12.	Carotene	21 µg
13.	Folate	18 µg

Health Benefits of Curd^[33]

- **Type 2 Diabetes**

Regular consumption of dairy products can reduce the risk of type 2 diabetes. It is believed that calcium and magnesium content are responsible for the effect.

- **Obesity**

consumption of milk products as a part of calorie-controlled diet is associated with increased weight loss, especially from the abdomen.

- **Prevent Diarrhea**

Establishment of probiotics in the gastrointestinal tract may provide prophylactic and therapeutic benefits against intestinal infections. Probiotics may have a role in circumventing traveler's diarrhea.

- **Bone Structure and Integrity**

Milk is one of the richest sources of calcium, and absorption of calcium from milk is better than from other products. Although fermentation does not alter the mineral content, the utilization of some minerals (such as calcium, phosphorous, and iron) in human body is better utilized from fermented milk as compared to that from milk alone. It is believed that peptides such as phosphopeptides, released by the

breakdown of casein, may accelerate mineral absorption. Lactic acid was suggested to play a role in calcium content in bone and in strength of bone.

- **Insomnia** ^[35]

Curd contains tryptophan, calcium, magnesium, vitamin B12, B5 and folic acid which are beneficial for the treatment of insomnia. Tryptophan helps in the synthesis of serotonin and melatonin which induces sleep. Calcium reduces wakefulness and restlessness. Magnesium stimulates melatonin secretion from the pineal gland, prevents nervousness and induces sleep.^[21]

- **Liver Disease**^[36]

Bacteria present in the curd have the ability to balance smaller scale vegetation (flora) overpopulation. Probiotics intake can relieve alcoholic liver disease. Probiotic treatment regulates the bio ecological system in the intestinal tract by keeping a check on the development of more pathogens

Discussion

Dadhi has *Ushna Virya* (hot potency) and *Amla* (sour) and *Madhur* (sweet) in test. According to *Ayurveda*, it's one of those things that looks cool but is hot in nature. The properties of *Dadhi* vary depending on its various types and the milk origin from which it is formed. Also, the actions of *Dadhi* differ depending on an individual's *Prakruti* (body constitution). *Dadhi* is not recommended during *Sharda*, *Grishma*, or *Vasant Rutu* because of the hot weather, which naturally aggravates *Pitta Dosha*. *Dadhi* consumption might also aggravate *Pitta Dosha*.

It should never be used alone. Mixing *mudgayusha*, *amalaki* (Indian gooseberry), *kshaudra* (honey), *ghruta* (ghee), or *sharkara* (sugar) with *dadhi* is recommended during consumption. It shouldn't be used every day. Ignoring these rules may cause diseases like *Jwara*, *Rakta Pitta*, *Visarpa Kushtha*, *Pandu*, *Bhrama*.

Amla Dadhi increases *Pitta & Kapha* and also vitiates *Rakta*. *Mandajat Dadhi* causes *Srushtavinmutra* (increases evacuation of faces and urine), *Vidadhi* (that causes burning), vitiates all the three *Doshas* (*Tridoshkara*).

As per *Sushruta*, *Dadhi* has *Kashaya rasa* and it is indicated in *Vishamajwara*, *Atisara* (diarrhoea), *Arochaka* (tastelessness), *Karshya*, *Mutrakruchra* (burning micturition), *Vrushya* (aphrodisiac According to *Acharya Vagbhata*, *Dadhi* has *Amla Vipaka*, so its vitiates *Kapha*, *Rakta*, *Pitta* and also aggravate *Shopha* (oedema). it has tendency to increases *Agni* (appetite), *Shukra* and produces taste. it is *Grahi* (absorbes water from stool) in nature so used in diarrhoea. In diseases like *Grahani* (irritable bowel syndrome) use of skimmed *Dadhi* is indicated. *Acharya Sushruta* and *Bhavprakasa* have mentioned *Guna* and *Dosha* of *Dadhi* obtained from various sources. *Acharya Bhavprakas* also explain the indication & contraindication of *dadhi seven* as per *rutu*.

According modern view Curd contains a perfect balance of various essential substances for our body and health. It is also a rich niche for probiotics. It is very effective in the prevention, management and treatment Diabetes, Obesity, , Diarrhea, manage bone health, insomnia. Thus, it can be regarded as the most popular probiotic food which helps in the treatment of various diseases.

Conclusion

The integration of insights from classical Ayurvedic texts and modern scientific literature reveals that curd (*Dadhi*) holds substantial therapeutic and dietary value. In *Ayurveda*, *Dadhi* is regarded as a powerful and versatile food known for its digestive, nourishing, and strength-promoting properties. However, its use is highly context-dependent and influenced by factors such as an individual's *dosha* constitution, the time and season of consumption, and the method of preparation. Improper intake—such as consuming *dadhi* at night, in excess, or without appropriate combinations—can aggravate *Pitta* and *Kapha doshas*, leading to potential imbalances.

Modern research complements these traditional perspectives by emphasizing curd's probiotic properties and its role in promoting gut health, enhancing immunity, and providing essential nutrients. Both systems of knowledge stress the importance of mindful, individualized consumption to optimize curd's health benefits. Therefore, a holistic approach that respects traditional guidelines while incorporating modern

scientific evidence can inform more effective and comprehensive dietary recommendations. Continued interdisciplinary research is essential to fully bridge Ayurvedic wisdom with contemporary nutrition science.

Reference

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