

REVIEW OF SIDDHA DADHI WITH REFERENCE TO CHARAK SAMHITA, SUSHRUTA SAMHITA, ASTANG HRIDAY***¹Vd. Archana Dilip Patil and ²Vd. Rohan Hemchandra Patil**¹M.13, (Scholar) Ras Shatra Bhaishajya Kalpana. Late Kedari Redekar Ayurved Mahavidyalaya, Gadhinglaj.²M.D. Associate Professor of Department Rasashatra Bhahishajya Kalpana. Late Kedari Redekar Ayurved Mahavidyalaya, Gadhinglaj.Article Received on
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Human body is Annamaya. What we eat that express our emotions or nature. The food or ahara we take that gives that type of strength to body & if prepare properly it act as medicine by adding different type of Prakashepaka dravya or other things. In Ayurveda pathya, apathy, sansarjan kram. Anupana indicates importance of ahara in our day today life.

KEYWORDS: Dadhi, Curd.**INTRODUCTION**

In Ayurvedic Samhitas they told about different types of recipes which are beneficial for rogi & healthy person. Which gives appropriate idea about preparation, quantity, how to take with proper mantra. A single dadhi can be given in different way by adding different dravyas which can be used in many disease condition or to healthy person. Dadhi is our daily diet regimen. It mainly does the brahan of sharer. It should be taken by adding honey, sugar or jiggery.

MATERIAL AND METHOD

Search was carried out in print media to collect the description of Dadhi in chap ak Samhita, Sushrut Samhita, Ashtang hriday.

Sr. No.	Reference	Ingredient	Use
1	Astang Hriday Chikitsasthan 9/31	Dadhi mastu/ sura Guda shunthi, ghee. (sanskrit Dadhisara)	Agnideepan Grahi.
2	Chakradatta, Vajikaran.	Dadhi, sugar, honey, Marich	Vrushya

		powder, Vanshalochan, ela etc. (Dadhisar yoga)	
3	Sushruta Samhita Chikitsasthan 5/18	Dadhi, Marich & Vekhand. (Marichsiddha Dadhi)	Aptanak
4	Ashtang Hridaya Sutrasthan 16/41	Guda, Dadhi (Gudsiddha dadhi)	Bala, Vrudha Sadyasnehanartha yoga.
5	Astang Hridaya Chikitsasthan Arsha, 8130	Chitraka, Bharangmal, Gudachi, Panchkol, Kanchan & milk. (Chitraksiddha Daddhi)	Arsha.
6	Ashtang Hridaya Chikitsastna17/13	Chitraka, Bharangmul, Guduchi, Panchkol, Kanchana & milk. (Chitraksiddha dadhi)	Shotha, Gulma, Meha.
7	Charak Samhita Sutrasthan 14/33	Dadhimastu Dadhimanda	Agnideepan
8	Sushruta Samhita Sutrasthan 46/42	Dadhimasthu	Dhadikalpa
9	Sushruta Samhita Chikitsa sthan 13/38	Dadhisara	Dadhikalpana,
10	Ashtang Hridaya Uttarasthan 40/137	Dadhisara (upper part of dadhi)	Used in other dadhikalpa

RESULT AND DISCUSSION

Dadhi can be used as dadhisara, dadhimastu Preparation:- fresh milk of cow is taken boiled properly after cooling add some drop of butter mills & kept vessel for night or for few hours also can add some dravya in milk before curd formation.

After proper formation of dadhi, we can add different medicinal dravyas acc. To different diseases.

Siddha dadhi can be used as dadhi sara, dadhi mastu, takra by adding some quantity of water, which will be further lighter in nature.

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