A SURVEY TO EVALUATE *HETU SIDDHANT* WITH SPECIAL REFERENCE TO *NAKTA DADHI SEVAN*

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ABSTRACT

Curd is a milk product prepared in households and also widely available commercially. It comprises medicinal properties and also commonly useful in Indian culture as a food and fortunate substance for religious customs. In the present era extensive research throws light on the benefits of curd. In Ayurveda characteristics of *Dadhi* are sour in taste (*Amla Ras*) and sour post digestive effect (*Amla Vipak*), hot in potency (*Ushna Veerya*), *Abhishyandi* in nature [increases secretion and coats the channels carrying *Dosha* (bodily humor), *Dhatu* (tissue) and *Mala* (waste products)] and heavy for digestion. Because of these attributes, *Dadhi Sevan* manifests certain disorders like *Kustha* (skin disease), *Prameha* (diabetes), *Shotha* and so on.

KEYWORDS: *Dadhi, Curd,* fermented milk, *Hetu, Nidan,* Cause.

INTRODUCTION

As per Ayurveda *Ahara, Nidra* and *Brahmacharya* are *Trayopastamba*. When they are judiciously used they give support to the body by giving strength, color and growth for whole life span [1]. If human beings will not follow *Trayopastamba* rules then they will suffer from health issues.

Among *Trayopastamba "Ahara"* is very much essential for the sustainment of life of all living beings. It is stated to be responsible for both *Aarogya* (health) and *Vyadhi* (disease). *Hita Ahara* if consumed according to rules, they provide fuel to the fire of digestion, they promote mental as well as physical strength, strength of tissues, elements and complexion. They are pleasing to the senses, otherwise they are harmful [2,3].

Dadhi/Curd is a habitual diet for people since time immemorial, Curd is a wholesome diet. Curd/*Dadhi* is the *Vikruti* of *Ksheera,* which is commonly used in day to day dietary habit, because of its quality of enhancing the taste of food. if *Dadhi* taken carefully (As a *Hit Ahara*) does not harm the body. it is good for health, however if *Dadhi* is not taken in *Aahar* without proper guidelines it leads to cause various diseases. In Ayurveda, curd has been restricted in several ways viz., with respect to time (day, season, duration of consumption), heating directly, mixing or processing with hot substances etc.

The guidelines for consumption of *Dadhi* are that it should not be taken at night, should not be heated, should not be consumed mixing with hot substances, not be consumed during *Vasanta, Greeshma & Sharad Rutu & Dadhi* should not be consumed continuously for long duration [4,5]. These guidelines are important while consuming the *Dadhi*, but the people who do not know these facts may suffer from different diseases.

Acharya Charak has emphasized that the simple baseline of treatment is the avoidance of etiological factors i.e., *Nidan Parivarjana*[6]. Rightly it is said that prevention is better than cure. Hence the knowledge about etiological factors proves to be useful to provide proper guidance for treatment as well as in the prevention of disease.

There is no extensive study that shows effects of *Nakta Dadhi Sevan*, this observation study shows that curd taken at night may be detrimental to one's health & human being can suffered from various diseases.

AIM & OBJECTIVES

Aim:

To Evaluate *Hetu Siddhant* with special reference to *Nakta Dadhi Sevan* with a Survey.

Objectives:

To evaluate the present habit of taking *Dadhi* with a survey.

To ascertain the adverse effect of *Nakta Dadhi Sevan* with observational study.

Material:

All the available references from text.

200 volunteers were selected randomly

Method:

Survey has carried out in people (Volunteers 200) who consume Dadhi without following the guidelines (Nakta Dadhi Sevan).

Inclusion Criteria:

Age: - 20 to 45 years

Gender: -Either

Duration of Dadhi consumption: - At least Three months or more than three months, irrespective of the frequency and quantity.

Exclusion Criteria:

Volunteers who consume Dadhi having any severe & acute systemic disorder.

Pregnancy.

METHODOLOGY

Methodology

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Selection of volunteers by inclusion and exclusion criteria.

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The probable factors i.e., *Nakta Dadhi Sevan, Quantity* and adjuvant used for intake etc. Asked by Using the questionnaire specially prepared for study

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Detail case History had taken from each volunteer

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The data was then analyzed for the presence of any ill effects of taking
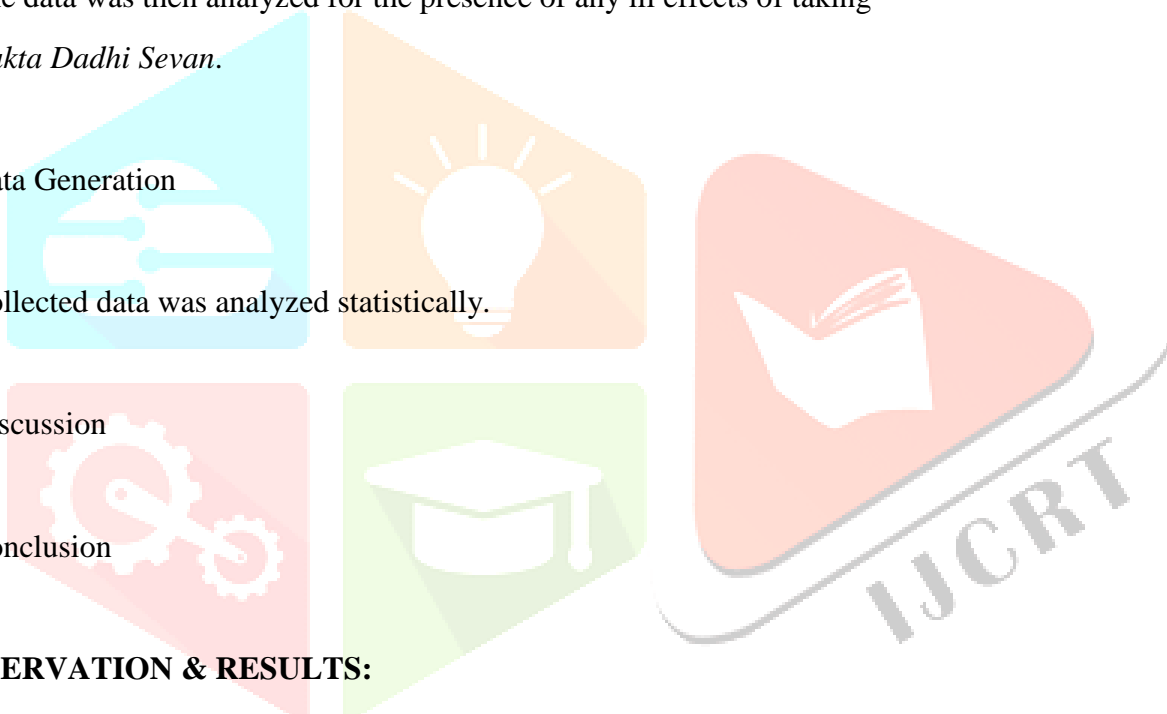
Nakta Dadhi Sevan.

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Data Generation

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Collected data was analyzed statistically.

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Discussion

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Conclusion

OBSERVATION & RESULTS:

A. Demographic Data.

1. Age Group wise distribution.

2. Gender wise distribution.

3. Occupation wise distribution.

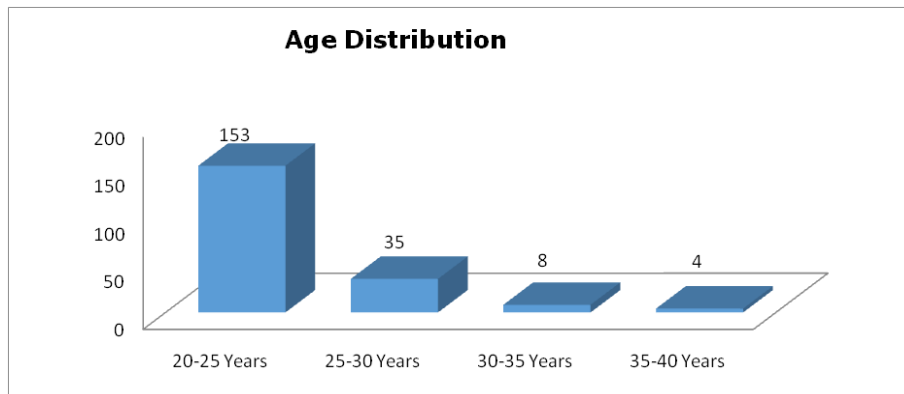B. **Observation of *Lakshana* found significant in various parameter.**

1. *Lakshna **Amlapitta*** found significant against preparation method, *Rutu* & consumtion of curd with other food.

2. *Lakshna **Apachan*** found significant against Curd with Hot Food & quantity of curd.

3. *Lakshna **Aruchi*** found significant against Curd with Hot Food.

4. *Lakshna **Kas*** found significant in curd with other food & quantity.

5. *Lakshna **Khalitya*** found significant against preparation, curd with other food, curd from cow & buffalo & sleeping after Consumption.

6. Lakshna *Peenas/Pratishaya* found significant against Sleeping after Consumption.
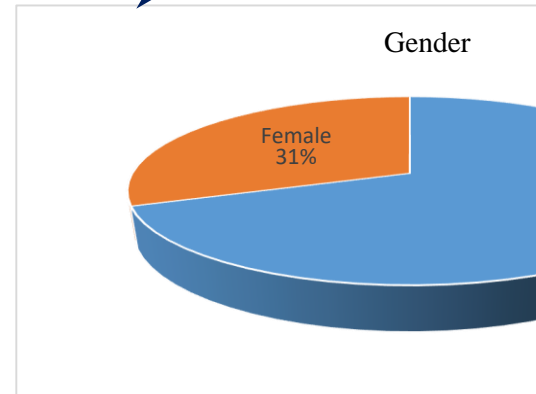
7. Lakshna *Sthaulya* found significant against Time, Rutu & Curd with Hot Food
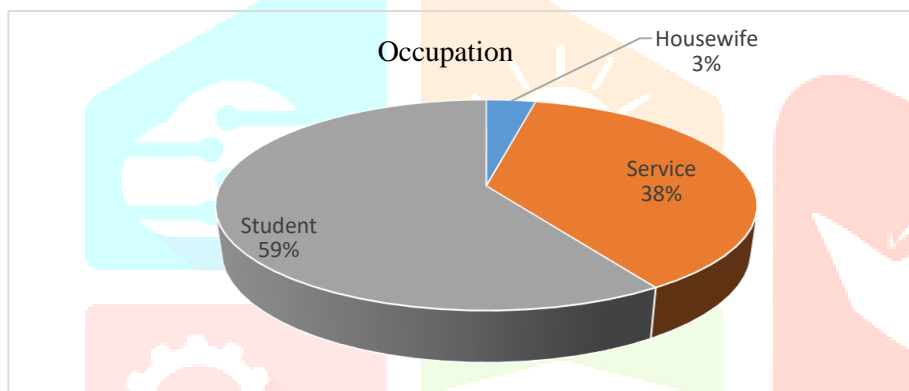
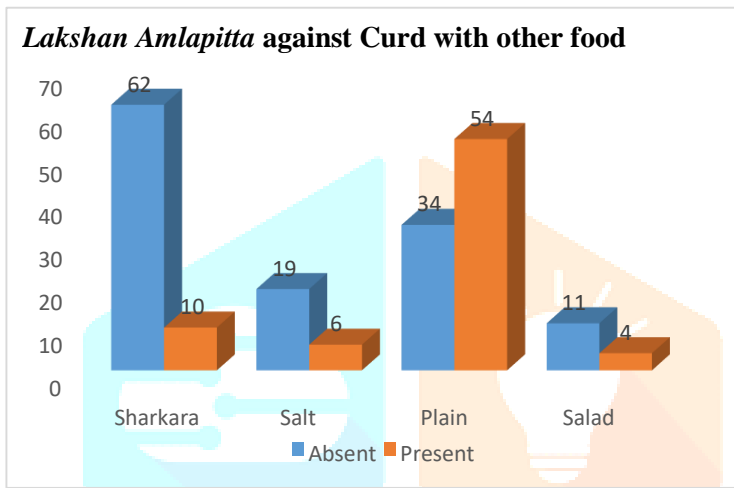☐**Demographic Data.**

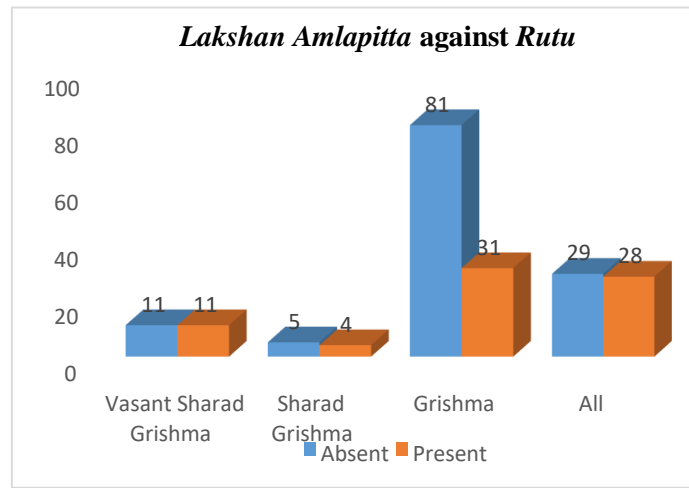➢**Age Group wise distribution.**

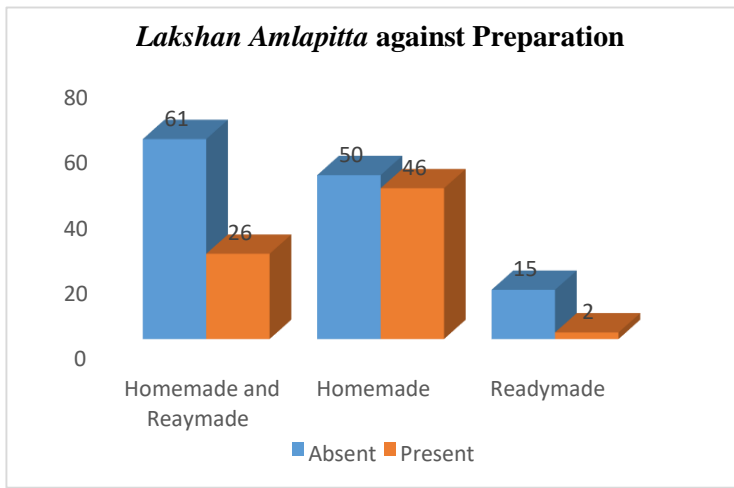➢**Gender wise distribution.**


➢**Occupation wise distribution.**


B.**Observation of lakshana found significant in various parameter.**

1.*Lakshana **Amlapitta*** found significant against preparation method, *Rutu* & consumtion of curd with other food.

Lakshan Amlapitta against Preparation

Lakshan Amlapitta against *Rutu*

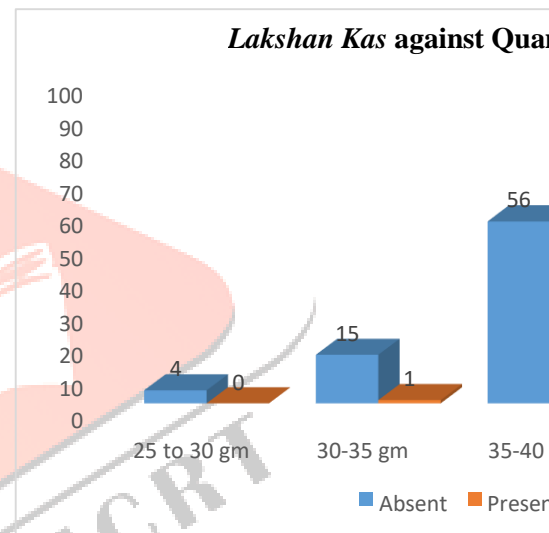*Lakshan Amlapitta* against Curd with other food

2.*Lakshana **Apachan*** found significant against Curd with Hot Food & quantity of curd.

Lakshan Apachan against Curd with hot Food.

Lakshan Apachan against Qu
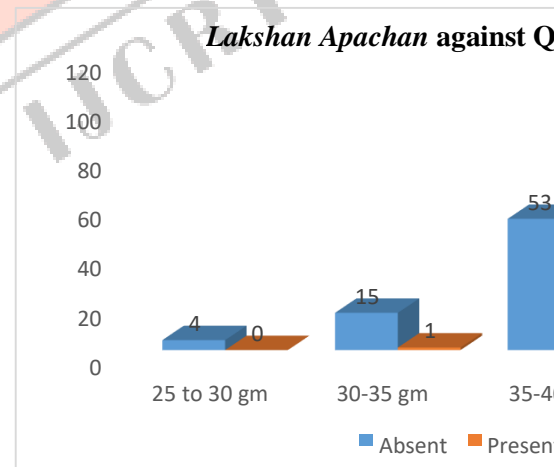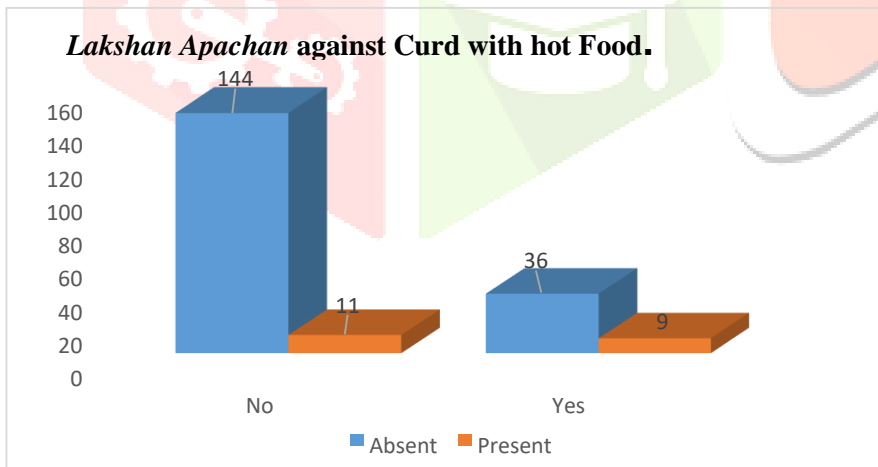
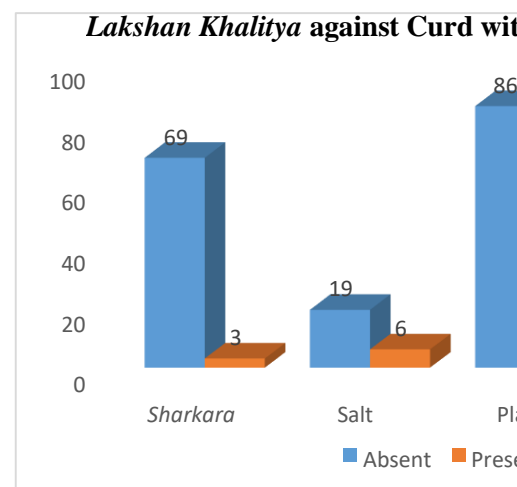3.*Lakshan **Aruchi*** found significant against Curd with Hot Food

Lakshan Aruchi against Curd with hot Food
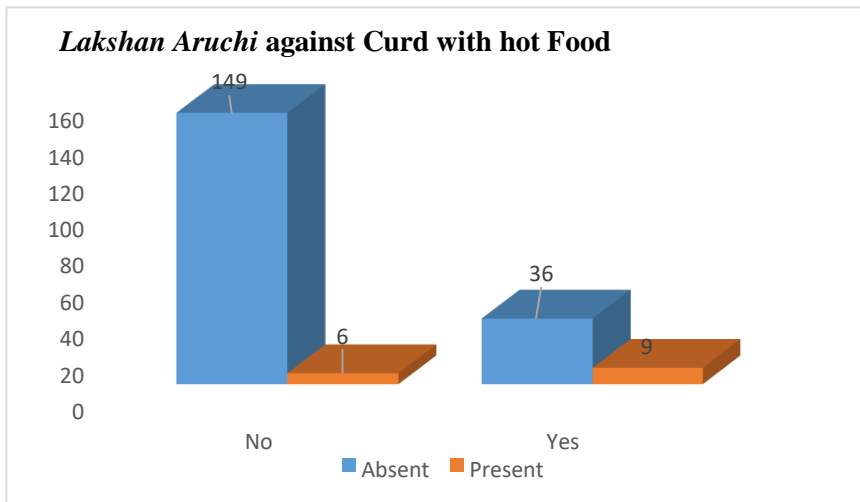
4.*Lakshan **Kas*** found significant in curd with other food & quantity.
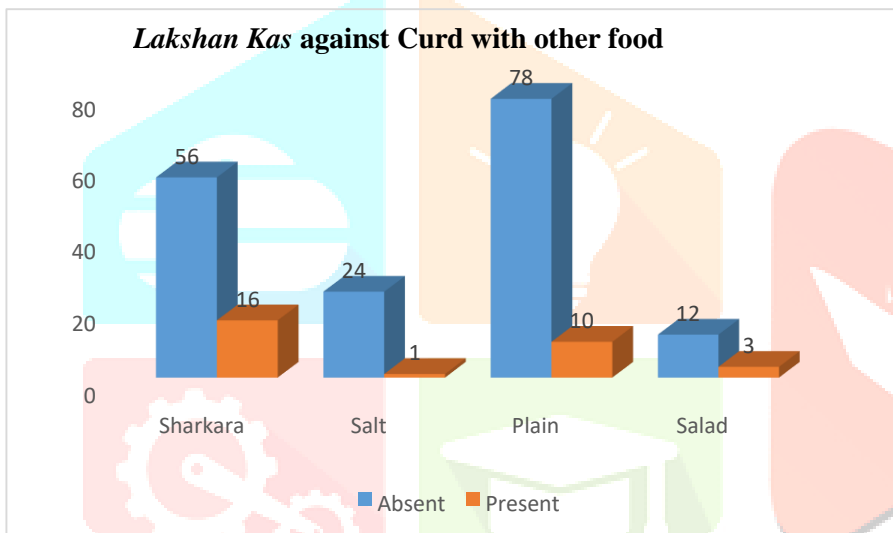
5.*Lakshna **Khalitya*** found significant against preparation, curd with other food, curd from cow & buffalo & sleeping after Consumption.
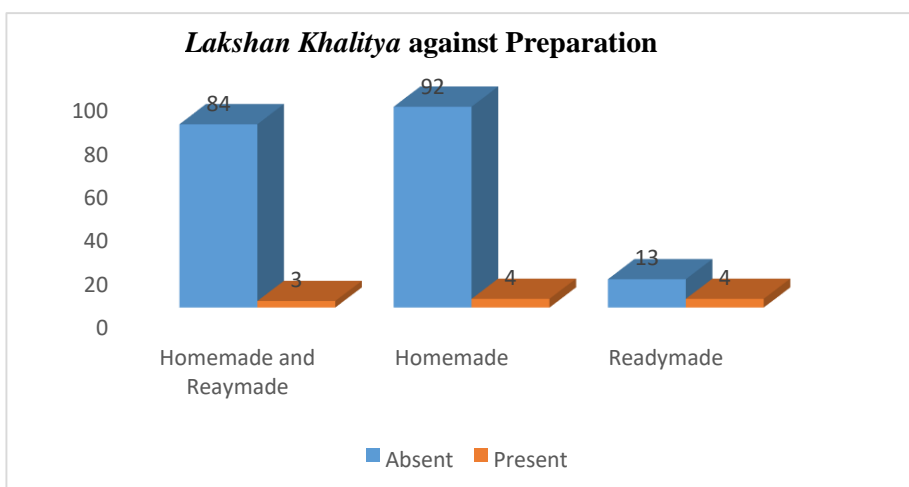
Lakshan Khalitya against Cow/Buffalo Curd
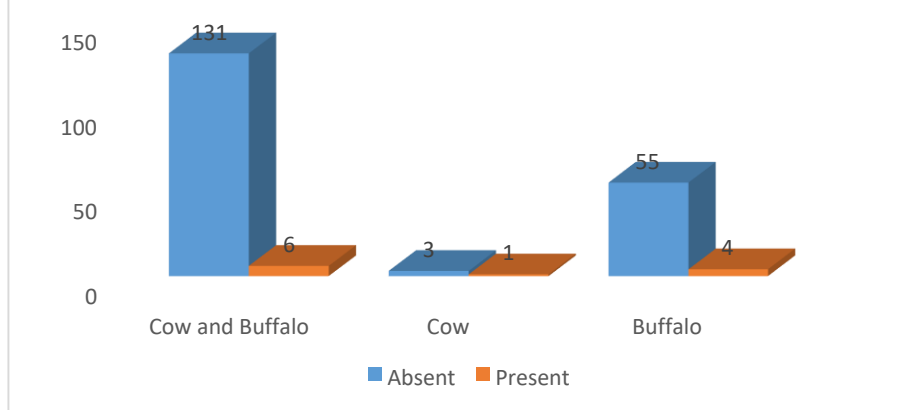
Lakshan Khalitya against Sleeping Afte...
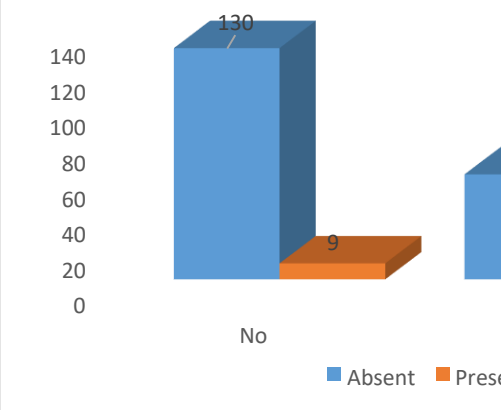
6.Lakshan **Peenas/Pratishaya** found significant against Sleeping after Consumption

Lakshan Peenas/Pratishaya against Sleeping After Consumption

7.Lakshna **Sthaulya** found significant against Time, Rutu & Curd with Hot Food.

Lakshan Sthaulya against Time

Lakshan Sthaulya again[s]
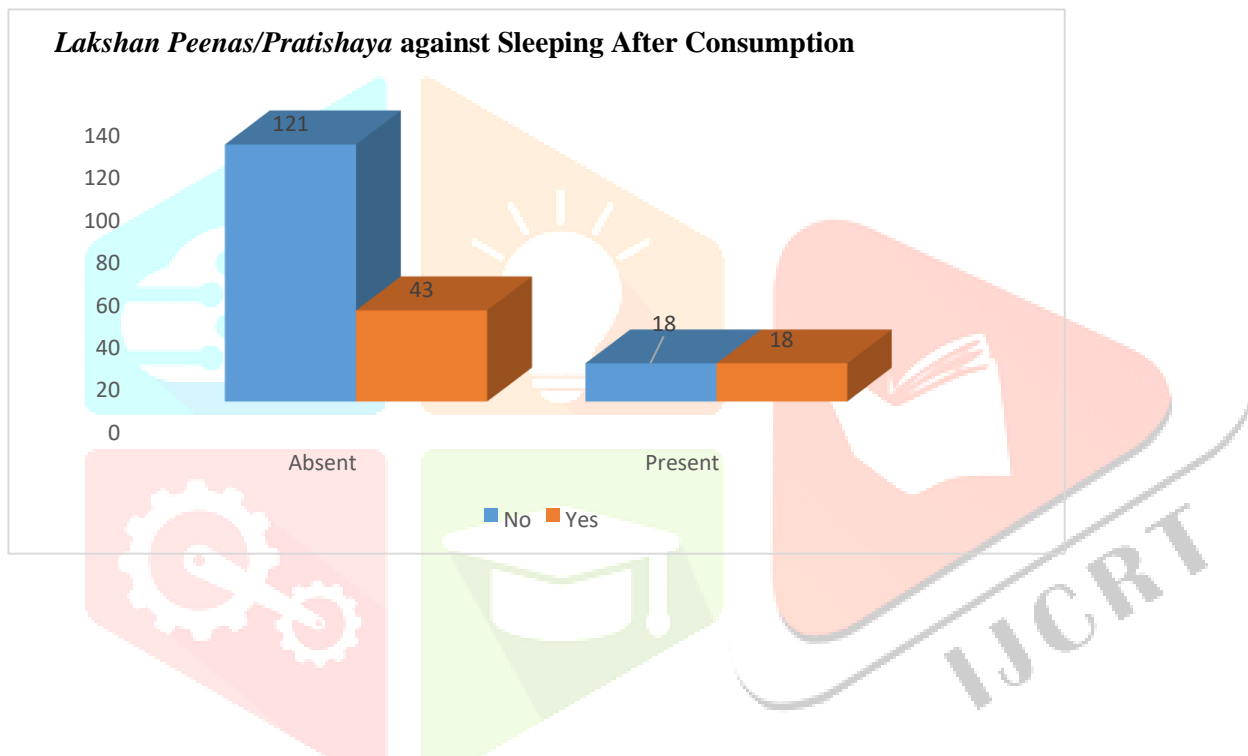
Lakshan Sthaulya against Curd with hot Food
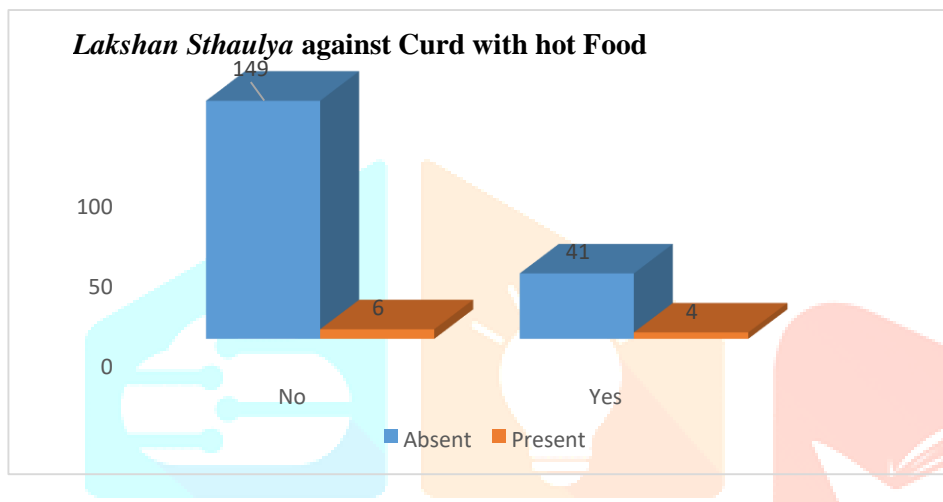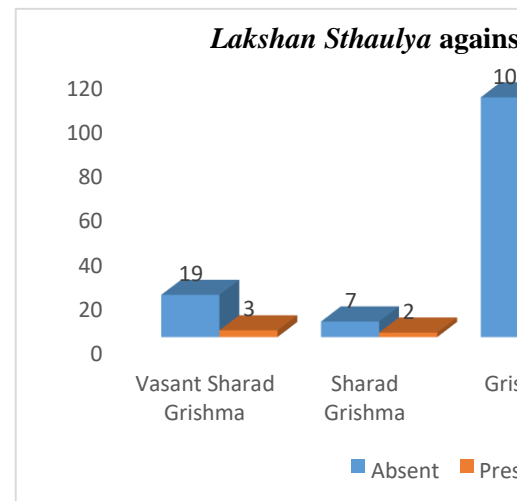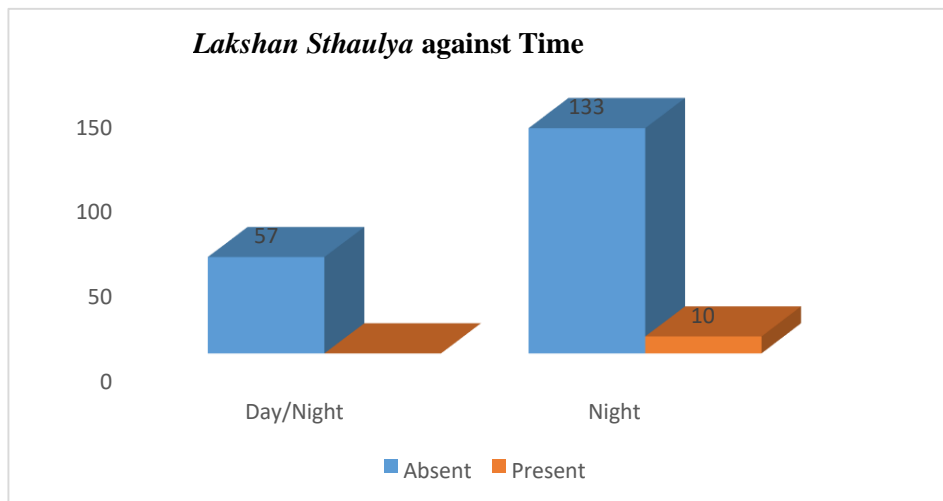
DISCUSSION

A. Discussion on demographic study

The demographic study of 200 volunteers considering parameter age, Gender, occupation is as mentioned below;

Demographic Study	
Age	Maximum (76 %) volunteers were found in between 20-25 years age group.
Gender	Maximum percentage of male individuals as 69.5% as compare to female as 30.5
Occupation	3.5% were housewives. 37.5% were doing service. 59% were students.

B.**Discussion on significant *Lakshana* against verious Parameters:**

The symptomatic (*Lakshanas)* study done considering 36 *Lakshanas. Out of 36 Lakshanas 7 Lakshanas found significant.*The Lakshanas found significant in this observational study of Nakta Dadhi Sevan are as below;

1. *Amlapitta*
2. Apachan
3. Aruchi
4. Kas
5. Khalitya
6. Peenas/Pratishaya
7. Sthaulya

☐**The discussion on significant *Lakshanas* against parameters found during this observational study summarized below**

Sr No	*Laksahna*	Agaisnt Parameter	Discussion
1	*Amlapitta*	**Preparation method**	29.9% Consuming Dadhi of Homemade and Readymade. 47.9% Consuming Dadhi of Homemade. 11.8% were Consuming Dadhi of Readymade. **Chi Square/P-Value/DF: 11.442/0.003/df=2**
		Rutu	50% Consuming Dadhi in Vasant, Sharad, Grishma. 44.4% Consuming Dadhi in Sharad, Grishma. 27.7% Consuming Dadhi in Grishma. 49.1% Consuming Dadhi in All Rutu. **Chi Square/P-Value/DF: 9.578/0.023/df=3**
		Curd with other food	13.9% Consuming Curd with *Sharkara.* 24% Consuming Curd with Salt. 61.4% Consuming plain Curd. 26.7% Consuming Curd with Salad. **Chi Square/P-Value/DF: 15.329/0.002/df=3**
2	*Apachan*	**Curd with Hot Food**	7.1% not consuming *Dadhi* With Hot Food. 20% Consuming *Dadhi* With Hot Food. **Chi Square/P-Value/DF:6.452/0.011/df=1**
		Quantity of curd	0% Consuming 25 to 30 gm of *Dadhi.* 6.3% were consuming 30 to 35 gm of *Dadhi.* 15.9% Consuming 35 to 40 gm of *Dadhi.* 7.7% were consuming More than 40 gm of *Dadhi.* **Chi Square/P-Value/DF:17.840a/0.000/df=3**

3	*Aruchi*	Curd With Hot Food	3.9% not consuming Curd with Hot Food. 20% Consuming *Dadhi* with Hot Food. **Chi Square/P-Value/DF:13.078/0.000/df=1**
4	*Kas*	Curd with other Food	22.2% Consuming Curd with *Sharkara*. 4% Consuming Curd with Salt. 11.4% Consuming plain Curd. 20% Consuming Curd with Salad **Chi Square/P-Value/DF:19.345/0.000/df=3**
		Quantity	0% Consuming 25 to 30 gm of *Dadhi*. 6.3% Consuming 30 to 35 gm of *Dadhi*. 11.1% Consuming 35 to 40 gm of *Dadhi*. 18.8% Consuming More than 40 gm of *Dadhi*. **Chi Square/P-Value/DF:12.933/0.005/df=3**
5	*Khalitya*	Preparation	3.4% Consuming *Dadhi* of Homemade and Readymade. 4.2% Consuming *Dadhi* of Homemade. 23.5% Consuming *Dadhi* of Readymade. **Chi Square/P-Value/DF:11.665/0.003/df=2**
		Curd with other food	4.2% Consuming Curd with *Sharkara*. 24% Consuming Curd with Salt. 2.3% Consuming plain Curd. 0% Consuming Curd with Salad. **Chi Square/P-Value/DF:18.357/0.000/df=3**
		Curd from cow & buffalo	4.4% Consuming *Dadhi* of Cow and Buffalo both. 25% Consuming *Dadhi* of Cow. 6.8% Consuming *Dadhi* of Buffalo. **Chi Square/P-Value/DF:7.136a/0.028/df=2**
		Sleeping after Consumption.	6.5% not Sleeping after consuming *Dadhi*. 3.3% were Sleeping after consuming *Dadhi*. **Chi Square/P-**

			Value/DF:7.875/0.005/df=1
6	*Peenas/Pratishaya*	Sleeping after Consumption	12.9% not Sleeping after consuming *Dadhi*. 29.5% Sleeping after consuming *Dadhi* **Chi Square/P-Value/DF:7.748/0.005/df=1**
7	*Sthaulya*	Time	0% Consuming *Dadhi* at Night as well as Day time. 7% Consuming *Dadhi* at Night. **Chi Square/P-Value/DF:4.196/0.041/df=1**
		Rutu	13.6% Consuming *Dadhi in Vasant, Sharad, & Grishma*. 22.2% Consuming *Dadhi in Sharad & Grishma*. 3.6% Consuming *Dadhi in Grishma.* 1.8% Consuming *Dadhi* in All Season. **Chi Square/P-Value/DF:10.820/0.013/df=3**
		Curd with Hot Food	3.9% not Consuming Curd with Hot Food. 8.9% Consuming Dadhi with Hot Food. **Chi Square/P-Value/DF: 41.407/0.000/df=3**

CONCLUSION

☐**Seven *lakshana* found significant in various parameter:**

*Lakshana **Amlapitta*** found significant against preparation method (Homemade-47.9%), *Rutu* (*Vasant*, *Sharad*, *Greeshma*-50%) & consumtion of curd with other food (plain 61.4%).

*Lakshana **Apachan*** found significant against Curd with Hot Food & quantity of curd (35 to 40 gm-15.9%).

*Lakshana **Aruchi*** found significant against Curd with Hot Food.

*Lakshana **Kas*** found significant in curd with other food (*Sharkara*-22.2%) & quantity (More than 40 gm-18.8%).

*Lakshana **Khalitya*** found significant against preparation (Readymade-23.5%), curd with other food (Salt-24%), curd from cow & buffalo (Cow-25%) & sleeping after Consumption.

*Lakshana **Peenas/Pratishaya*** found significant against Sleeping after Consumption.

*Lakshana **Sthaulya*** found significant against Time (Night 7%), *Rutu (Sharad*, *Greeshma*-

22.2%) & Curd with Hot Food.

☐**The parameters that shows seven significant Lakshana;**

The *Dhadhi* **preparation** method is observed as cause behind significant *Lakshna Amlapitta* (Home made-47.9%) & *Khalitya* (Ready made-23.5%).

The **Time** of consumtion of *Dadhi* observed the cause behind significant *Lakshna Sthaulya* (Night 7%).

The *Dadhi* consumtion in verious **Rutu** is observed the cause behind significant *Lakshna Amlapitta* (*Vasant, Sharad, Greeshma*-50%)& *Sthaulya (Sharad, Greeshma*-22.2%).

The consumtion of **Curd with hot food** observed cause behind significant *Lakshna Apachan, Aruchi & Sthaulya*.

The consumtion of **curd with other food** observed cause behind significant Lakshna *Amlapitta* (plain-61.4%), *Kas* (*Sharkara*-22.2%) & *Khalitya* (Salt-24%) .

The *Dadhi* **Quantity** is observed cause behind significant *Lakshna Apachan* (35-40 gm-15.9%) & *Kas* (More than 40 gm-18.8%).

The curd consumption of **Cow or Buffalo** observed cause behind significant *Lakshna Khalitya* (Cow25%).

Sleeping after *Dadhi* Consumption observed cause behind significant *Lakshna Khalitya &*

Peenas/Pratishaya.

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