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). Hitu 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 \cite{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\cite{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

Selection of volunteers by inclusion and exclusion criteria.

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

Detail case History had taken from each volunteer

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

Data Generation

Collected data was analyzed statistically.

Discussion

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.**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>20-25 Years</td>
<td>153</td>
</tr>
<tr>
<td>25-30 Years</td>
<td>35</td>
</tr>
<tr>
<td>30-35 Years</td>
<td>3</td>
</tr>
<tr>
<td>35-40 Years</td>
<td>4</td>
</tr>
</tbody>
</table>

**Gender wise distribution.**

- **Female**: 31%
- **Male**: 69%

**Occupation wise distribution.**

- **Student**: 59%
- **Service**: 38%
- **Housewife**: 3%

B. Observation of lakshana found significant in various parameter.

1. *Lakshana Amlapitta* found significant against preparation method, *Rutu* & consumption of curd with other food.
2. Lakshan Apachan found significant against Curd with Hot Food & quantity of curd.

3. Lakshan Aruchi found significant 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.
6. **Lakshan Peenas/Pratishaya** found significant against Sleeping after Consumption

7. **Lakshna Sthaulya** found significant against Time, Rutu & 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:

<table>
<thead>
<tr>
<th>Demographic Study</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>Maximum (76%) volunteers were found in between 20-25 years age group.</td>
</tr>
<tr>
<td>Gender</td>
<td>Maximum percentage of male individuals as 69.5% as compare to female as 30.5%</td>
</tr>
<tr>
<td>Occupation</td>
<td>3.5% were housewives.</td>
</tr>
<tr>
<td></td>
<td>37.5% were doing service. 59% were students.</td>
</tr>
</tbody>
</table>
B. Discussion on significant Lakshana against various 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 Lakshana against parameters found during this observational study summarized below

<table>
<thead>
<tr>
<th>Sr No</th>
<th>Lakshana</th>
<th>Against Parameter</th>
<th>Discussion</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Amlapitta</td>
<td>Preparation method</td>
<td>29.9% Consuming Dadhi of Homemade and Readymade.</td>
</tr>
<tr>
<td></td>
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<td></td>
<td>47.9% Consuming Dadhi of Homemade.</td>
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<td></td>
<td></td>
<td></td>
<td>11.8% were Consuming Dadhi of Readymade.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chi Square/P-Value/DF:</td>
<td>11.442/0.003/df=2</td>
</tr>
<tr>
<td>1</td>
<td>Amlapitta</td>
<td>Rutu</td>
<td>50% Consuming Dadhi in Vasant, Sharad, Grishma.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>44.4% Consuming Dadhi in Sharad, Grishma.</td>
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<td></td>
<td></td>
<td></td>
<td>27.7% Consuming Dadhi in Grishma.</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>49.1% Consuming Dadhi in All Rutu.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chi Square/P-Value/DF:</td>
<td>9.578/0.023/df=3</td>
</tr>
<tr>
<td>2</td>
<td>Apachan</td>
<td>Curd with other food</td>
<td>13.9% Consuming Curd with Sharkara. 24% Consuming Curd with Salt.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>61.4% Consuming plain Curd.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>26.7% Consuming Curd with Salad.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chi Square/P-Value/DF:</td>
<td>15.329/0.002/df=3</td>
</tr>
<tr>
<td>2</td>
<td>Apachan</td>
<td>Curd with Hot Food</td>
<td>7.1% not consuming Dadhi With Hot Food. 20% Consuming Dadhi With Hot Food.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Chi Square/P-Value/DF:6.452/0.011/df=1</td>
</tr>
<tr>
<td>2</td>
<td>Apachan</td>
<td>Quantity of curd</td>
<td>0% Consuming 25 to 30 gm of Dadhi.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>6.3% were consuming 30 to 35 gm of Dadhi.</td>
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<td></td>
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<td></td>
<td>15.9% Consuming 35 to 40 gm of Dadhi.</td>
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<td></td>
<td></td>
<td></td>
<td>7.7% were consuming More than 40 gm of Dadhi.</td>
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<tr>
<td></td>
<td></td>
<td>Chi Square/P-Value/DF:</td>
<td>17.840a/0.000/df=3</td>
</tr>
</tbody>
</table>
| Page 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 |  
| 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:0.000/df=2 |
<table>
<thead>
<tr>
<th>6</th>
<th>Peenas/Pratishaya</th>
<th>Sleeping after Consumption</th>
<th>Value/DF:7.875/0.005/df=1</th>
</tr>
</thead>
<tbody>
<tr>
<td>12.9% not Sleeping after consuming Dadhi. 29.5% Sleeping after consuming Dadhi</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Sthaulya</td>
<td>Time</td>
<td>Value/DF:7.748/0.005/df=1</td>
</tr>
<tr>
<td>0% Consuming Dadhi at Night as well as Day time. 7% Consuming Dadhi at Night.</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>13.6% Consuming Dadhi in Vasant, Sharad, &amp; Grishma. 22.2% Consuming Dadhi in Sharad &amp; Grishma. 3.6% Consuming Dadhi in Grishma. 1.8% Consuming Dadhi in All Season.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Rutu</td>
<td>Curd with Hot Food</td>
<td>Value/DF:10.820/0.013/df=3</td>
</tr>
<tr>
<td>3.9% not Consuming Curd with Hot Food. 8.9% Consuming Dadhi with Hot Food.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.9% not Consuming Curd with Hot Food. 8.9% Consuming Dadhi with Hot Food.</td>
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</tr>
</tbody>
</table>

**CONCLUSION**

- Seven lakshana found significant in various parameter:
  - Lakshana Amlapitta found significant against preparation method (Homemade-47.9%), Rutu (Vasant, Sharad, Greeshma-50%) & consumption 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 consumption of Dadhi observed the cause behind significant Lakshna Sthaulya (Night 7%).

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

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

The consumption 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.

REFERENCES


