



Editor's Note

Dear Readers,

Milk or Dugdha / Ksheera / Paya as it is known in Ayurveda is one of the foremost and most important dietary substance, which is used both in healthy for health maintenance and promotion and in diseased to help alleviation of the clinical conditions. Ayurveda has described milks from various domestic and wild animal sources with their distinct properties and uses. Acharya's Charaka, Sushruta & Vagbhatta have stated 8 types of milk viz. Cow, Buffalo, Goat, Sheep, Camel, Elephant, Donkey and Human. Each of these milk have different properties and uses, but they all have some common properties. In this newsletter we shall see in detail the Ayurvedic properties of milk.

We welcome your suggestion and submissions.

Enjoy reading and get benefited by Ayurveda.

Vaidya Lakshmi Anoop

Ayurvedic properties of Milk

Milk in general is Madhura (sweet) in both Rasa (Taste) & Vipaka (Taste after digestion), Snigdha (unctuous), Shita (cool) and inherently conducive to all human beings. Milk enhances Ojas (Essence of all tissues), Dhatu (all body tissues), balances Vata & Pitta and is Vrishya (Aphrodisiac) (Ref: Ca.Su.1/109, A.H.Su: 5/22). Commonly Cow's milk and Goat's milk are used for consumption. We shall see their properties in detail below -

Properties of Cow Milk

Out of the 8 milk sources, cow milk is considered as the best according to Ayurveda.

Rasa Panchaka (Ayurvedic Pharmacological Properties)

Rasa (Taste) – Madhura (Sweet)

Guna (Properties)– Shita (cool), Mridu (Soft), Snigdha (Unctuous), Bahala (Thick), Guru (Heavy), Manda (Mild), Prasanna (pleasant)

Virya (Potency) – Shita (Cool)

Vipaka (Post Metabolic Taste) – Madhura (Sweet)

Prabhava (Characteristic Effect) – Manaskara (Pleasing to mind)



Specialty–The cow milk has ten properties viz. Shita (Cool), Mridu (Soft), Snigdha (Unctuous), Bahala (thick), Picchila (Viscous), Guru (Heavy), Manda (Mild), Prasanna (Pleasant) and Madhura (Sweet), which are also attributed to Ojas (Essence of all the tissues). Since ojas is responsible for the vitality and immunity, cow milk is thus said to improve general health status. (Ca.Su.27/217)

Actions and Uses –

1. It is best among Jivaniya substances (vitalizers). (Ca.Su.27/218, A.H.S:5/21).
2. Cow milk is beneficial in Kshatakshina (Those who are weak or emaciated due to injury)
3. It improves mental faculty and physical strength.
4. It increases breast milk production.
5. It relieves fatigue and thirst.
6. It is beneficial in chronic fever, dysuria and bleeding disorders. In fever of recent onset upto 7 days. it is contraindicated.
7. As cow's milk has Rasayana (Anti-aging benefits), cow's milk should be taken on daily basis. Charaka states regular intake of Cow Milk with ghee is best among the anti-ageing substances.

Properties of Goat's Milk

Rasa Panchaka (Ayurvedic Pharmacological Properties)

Taste - Kashaya (Astringent), Madhura (sweet) [Anurasa (subsidiary taste)]

Guna – Laghu (light), Grahi (absorbant)

Virya – Shita (cold)

Vipaka – Madhura (Sweet)

Action on Dosha – Predominantly pacifies pitta

Actions and Uses – Beneficial in Raktapitta (bleeding disorders), atisara (diarrhea), kshaya (wasting), kasa (cough) and jwara (fever).

Goat milk has few peculiarities in comparison to cow's milk. Vagbhatta has clearly stated that since, by nature, goat is used to drink less water, eat leaves of Katu (pungent) & tikta (bitter) taste and does a lot of physical activity, its milk is lighter than other milks. Owing to its properties, it produces less Kapha than other milks and is easily digestible. It is advised in nursing children when cow milk presents with cough and digestion problem. By Prabhava (Specialty) it is the most beneficial milk in Kshaya (Emaciation) and Rajayakshma (pulmonary tuberculosis and wasting).

General Guidelines of taking milk as per Ayurveda texts:

1. All milks except human breast milk should be boiled before use as raw milk is heavy to digest.
2. Excessively boiled milk is too heavy, so should be occasionally used with due consideration of the Agni.
3. Milk boiled with half volume of water, when taken in lukewarm condition is like nectar.
4. The milk milked in morning is heavier because the animal had minimal physical activity in night, whereas the milk milked in the evening is comparatively lighter due to the physical activity of the animal during the day.
5. Discard milk having sour taste, foul smell and abnormal color.
6. Milk should never be used with salt.

Product of the Month – Shatavari Kalp

Wish to procure our products?
Kindly contact as detailed below:

USA:
Now available at Garry and Sun,
USA - The new longevity tonic & all
the other products of Chakrapani
Ayurveda, India, potent and fresh
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body types, good quality Indian
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Colombia
Ms. Gisele Dupuis
kamalacentroayurveda@gmail.com

Curacao
Ms. Soraida
<http://www.enlightengroup.org>

Brazil
Jorge Farias
jfarias@hotmail.com
Ph: (21) 2261.5352

Benefits: Supports Healthy Female reproductive system & is used to maintain a healthy state of hormonal balance.

Ingredients: Shatavari (Asparagus racemosus), Yashtimadhu (Glycyrrhiza glabra), Ela (Elettaria cardamomum), Gokshura (Tribulus terrestris), Musta (Cypres rotundus), Vidari (Pueraria tuberosa), Anantamool (Hemidesmus indicus), Bhoomyamalaki (Phyllanthus neuri), Natural canesugar (Saccharum officinarium)

Recommended Dose: 3 – 6 grams once or twice daily with warm water or warm milk.

For more details on Shatavari Kalp please [click here](#)

CONTACT US

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