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Anuja Hari Gholap
Bharati Vidyapeeth Deemed
University College and
Hospital of Ayurveda,
Katraj-Dhankawadi, Pune,
India.

Madhavi P. Mahajan
Bharati Vidyapeeth Deemed
University College and
Hospital of Ayurveda,
Katraj-Dhankawadi, Pune,
India.

Mahesh K. Gupta
Private Practitioner, Pune,
India.

Correspondence:
Anuja Hari Gholap
M.D. (Scholar), Department
of Kayachikitsa, B.V.D.U.
C.O.A.H. Katraj, Pune,
India.

Ayurvedic Concept of Medicated Milk and Its Role in Various Diseases

Anuja Hari Gholap, Madhavi P. Mahajan, Mahesh K. Gupta

Abstract

It is since the Vedic era that the use of natural substances for medicine has been used. Ayurveda, the ancient Indian science gives a detailed explanation of these uses. Medicated milk i.e. Siddha ksheera has a high and prominent medicinal value. This article encloses all the various formulations of medicated milk along with their role in various diseases the contents of the medicated milk as per Acharya Charak. Medicated milk (ksheerpaka) are supposed to nourish tissues and have more anabolic effects.

Keywords: Siddha ksheer, medicated milk, diseases, herbal drugs.

1. Introduction

Milk (ksheer) is made siddha (fortified) with use of various herbal medicines which are found to be highly useful in curing certain ailments. Ayurveda Acharyas have mentioned the use of medicated milk (siddha ksheer) as a post-prandial drink etc. They have also mentioned the use of ghrita, oil (taila) prepared from milk (ksheer) which can be used in the various procedures of purificatory therapies (panchakarma) like emesis, purgations, enema etc. Milk (Ksheer) is easily available and hence is popular mode for administering various herbal drugs. Milk (Dugha/ksheer) generally has the properties of being sweet, cold in potency, little oily, galactagogue. It is strengthening and stoutening. It increases muscle mass, immunity, reduces fatigue, cures asthma, cough, cures bleeding disorders, helps in healing fractured bones etc. It is suitable for cleansing all the channels of circulation, for reducing aggravated primordial substances. It reduces thirst etc. Use of milk (ksheer) is highly recommended in certain diseases like anaemia, hyperacidity, phantom tumour, ascites, diseases of female genital tract, seminal diseases, emaciating diseases, etc [1]. Milk is described as Ajasrika Rasayana in Ayurvedic literature. It is the lacteal secretion of memory gland being used as dietetic item, wholesome since birth (Ajanma Satmya) and considered as Jivana, Brimhana, Nitya Rasayana and Pathyatama. Thus it is good for preventive, promotive and curative health particularly in chronic disease condition. It has Dhatuvaradhaka property, thus beneficial to take care of ageing. The properties of milk, according to Ayurveda are Madhura, Sheeta, Mruda, Snigdha, Bahal, Slakshana, Picchila, Guru, Manda, Prasanna, Ojovardhaka and Pravara Jivaniya. Thus, properties of the milk are similar to Ojas i.e. promoting immunity or body defense mechanism. Milk has been extensively described in Ayurvedic literature. Eight types of milk have been discussed in Charaka Samhita i.e. cow milk, buffalo milk, goat milk, elephant milk, mother's milk etc. Milk contains fat, protein, carbohydrate, vitamin A, B, complex, C, enzymes, minerals etc. and thus helpful in maintaining physical and mental well being

2. Need of Topic

Ayurveda Acharyas have mentioned the uses of various medicated milk formulations in our classical texts in the treatment of various diseases. However, there is a lacuna in terms of implication and understanding of the concept of medicated milk. A detailed analysis of every medicated milk formulation mentioned in our classical texts needs to be done on basis of the results attained while curing various diseases, its mode of action, its duration for absorption and bioavailability etc. An effort has been made to compile and represent for a better and easy understanding of various medicated milk formulations mentioned in Charaka Samhita (an ayurvedic classical text).

3. Aim and Objectives

3.1 Aim: To study the concept of medicated milk (siddha ksheer).

3.2 Objectives

- 1) To study the various diseases for which medicated milk is the choice of drug.
- 2) To do a detailed literary review of charak samhita (an ayurvedic classical text) to understand the concept of siddha ksheera (medicated milk) and its role in various diseases.

4. Materials and Methods

Review work done and all literary references related to siddha ksheer samkalpana (medicated milk formulations) have been collected from Charaka Samhita (A classical Ayurvedic text)

4.1 Definition of siddha ksheera (medicated milk)

One part of herbal drug, eight parts of milk, four parts of water is to be cooked on mild heat. Mixture is heated till only milk remains in the vessel. Contents of the vessel are then to be strained. This is siddha ksheera paka (medicated milk). Siddha Ksheera (medicated milk) is made siddha (fortified) with the use of and help of a herbal drugs and hence is called as ksheerpaka^[2].

4.2 Medicated Milk Its Constituents and Role in Various Diseases

4.2.1 In rejuvenation and as an aphrodisiac

Bhallatak ksheer (milk fortified with Semicarpus anacardium) is useful for rejuvenation and helps in attaining a life span of hundred years.³

Milk boiled with dates is useful as an aphrodisiac⁴. Milk fortified with shatavari (Asperagus racemosus), dates etc. helps in semen debility^[5,6].

Milk boiled with herbal drugs like meda (Polygonatum verticillatum), payasya, jeevanti (Leptadenia reticulata), kakoli (Lilium polyphyllum), vidarikand (Puereria tuberosa) helps in attaining offspring^[7].

4.2.2 In pyrexia

Milk boiled with erandamoola (Root of Ricinus communis) helps cure pyrexia associated with cutting pain in anal region^[8]. Milk boiled with gokshur (Tribulus terrestris) helps cure pyrexia associated with obstruction of urine, faeces, and swelling^[9]. Milk boiled with shunthi (Zinziber officinale), dates (kharjur) is useful in condition wherein pyrexia is associated with thirst as a symptom^[10].

4.2.3 In bleeding disorders

Milk boiled with shatavari (Asperagus Racemosus), shaliparni (solanum virginianum), prushniparni (Uraria picta) is helpful in condition wherein bleeding occurs through the urinary tract and is associated with extreme pain^[11,12].

Milk boiled with bitter tasting herbal drugs is given for nasal instillation as a haemostatic^[13].

4.2.4 In phantom tumour

Milk boiled with drugs having bitter taste is useful as an enema in phantom tumour associated with burning etc and is used for purgation after assessing digestive fire^[14,15].

Milk boiled with rasona (Allium sativum) is useful in phantom tumour associated with shifting pain, dryness, roughness etc^[16].

4.2.5 In tuberculosis

Milk boiled with herbs like balamool (Root of Sida cordifolia), prushniparni (Uraria picta), bruhati (Solanum anguivi) is useful in tuberculosis associated with pyrexia, cough and also helps in improving the voice^[17].

Milk fortified with madanphal (Randia spinosa) may be used as an emetic in such patients^[18]

4.2.6 In pthisis

Milk fortified with ikshvalikamoola, raktachandan (Red variety of Santalum album) helps in the unification of body tissues^[19]. Milk boiled with flowers of mahua is used in sneezing associated with bleeding^[20]. Milk boiled with pippali (Piper longum) is useful in cough and pyrexia seen in pthisis^[21].

4.2.7 In oedema

In patients of oedema milk boiled with shunthi (Zinziber officinale), maricha (Piper nigrum), pippali (Piper longum), chitrak (Plumbago zeylanica) is helpful in reducing oedema^[22,23].

4.2.8 In ascites

Milk heated with nishotha (Operculina turpethum), traymana (Ficus heterophylla) is given as a drink after purificatory procedures^[24,25].

Milk fortified with chitrakmoola (Root of Plumbago zeylanica), dantimoola (Root of Baliospermum montanum), shunthi (Zinziber officinale), maricha (Piper nigrum), pippali (Piper longum) is beneficial in ascites^[26].

4.2.9 In sprue syndrome

In sprue syndrome milk boiled with krushna nishotha (Black variety of Operculina turpethum) is beneficial^[27].

4.2.10 In cough

Milk boiled with kakoli (Lilium polyphyllum), meda (Polygonatum verticillatum), shunthi (Zinziber officinale), pippali (Piper longum) is useful in cough associated with burning, redness, soreness, pyrexia^[28,29]

Milk heated with prushniparni (Uraria picta), jeerak (Carum carvi) is useful in cough alongwith symptoms of pyrexia, burning^[30].

Milk boiled with vidarikanda (Pueraria tuberosa), kadamba (Nelamarckia cadamba) is beneficial in discolouration of urine associated with cough^[31].

4.2.11 In erysipelas

For the purpose of purgation, milk boiled with traymana (Ficus heterophylla) should be given³².

4.2.12 In polydypsia

Milk boiled with jeevaniya gana dravyas (herbal drugs having stoutening and strengthening property) helps in reducing polydypsia^[33].

4.2.13 In difficulty in micturition

Milk fortified with rakta punarnava (Red variety of Boerhaavia diffusa), pashanbheda (Bergenia ligulata) should be given in difficulty in micturition caused due to renal calculus^[34].

4.2.14 In foul smelling nasal mucous

Milk boiled with drugs producing an emetic effect should be given for emesis in foul smelling nasal mucous^[35].

Milk boiled with drugs having a sweet taste should be given in hoarseness of voice associated with a burning sensation^[36].

4.2.15 In chest pain

Milk boiled alongwith anshumati should be given to patients haing chest pain of mild nature^[37].

4.2.16 In gout

Milk boiled with drugs like bilva (*Aegle marmelos*), agnimantha (*Chlerodendrum phlomidis*), gambhari (*Gmelina arborea*) is to be given as a diet in patients of gout^[38]. Patients of gout may also be given milk boiled with guduchi (*Tinospora cordifolia*), shaliparni (*Solanum virginianum*)^[39, 40] as it is beneficial.

Patients of gout having pain maybe given milk boiled with shyama, dashamoola, shatavari (*Asperagus racemosus*) in order to reduce the pain^[41, 42, 43].

4.2.17 In disorders of female reproductive system

Milk boiled with rasna (*Vanda roxburghii*), vasa (*Adathoda vasica*) maybe given in patients having pain in the female genitalia^[44].

Ksheerpaka i.e. milk used in the medicated form is the unique feature of Ayurveda. Now a day, for Ksheerpaka preparation, method stated by Sharangadhara is generally followed. Charaka has mentioned Lasuna Ksheerpaka which is prepared by different proportions than that of Sharangadhara. Though ingredients used for preparation by each method are same, variation in proportion of ingredients may alter their respective efficacies. The present study aims at pharmaceutical and analytical evaluation of Lasuna Ksheerpaka prepared by two different proportions viz. Charaka samhita (sample C) and Sharangadhara Samhita (sample S) and to hypothesize probable biotransformation during Lasuna Ksheerpaka^[45, 46]

Ksheerpaka or medicated milk, milk is the solvent. According to Ayurveda, this type of formulation has 'cooling' and anabolic properties. Apart from therapeutic action of the drug, Ksheerpaka extracts also nourish tissues and have anabolic effects. These extracts are also thought to reduce the hot (Ushna), penetrating (Teekshna) properties of the drug, while improving efficacy and specific target action. Other advantages of the Ksheerpaka extracts include better palatability, the ability to administer large doses of the drug, and its suitability for all patient types and age groups. Indeed, Ksheerpaka extracts also help patients comply with the prescribed drug dosing regimen. This, Pippali (*Piper longun*) is an effective drug for respiratory diseases, and can be administered in increasing doses only if it is prepared as a 'medicated milk'. The medicated milk avoids the hot and penetrating properties of Pippali and prevents adverse effects like hyperacidity, burning urination, and bleeding. The final dose of Pippali administered as a Ksheerpaka extract, could be as much as 20 gm per day. Such a high dose is difficult to achieve with other dosage forms^[47]

5. Conclusion

Ksheera i.e. milk is widely used from ancient era is food and base of medicament. It has a high nutritive, medicinal value because of its components like proteins, lipids, fatty acids, vitamin, enzymes and minerals which are easily acceptable by healthy individuals as well as patients. Qualities of milk have been potentially used as a medicine by combining it with different herbs as in the case of ksheer paka, Physical properties of milk substantial this concept. It has been studied that on gradual increase in the temperature of milk, solubility of fats and proteins also increases, which may enhance the extraction of the medicinally important active constituents.

6. Scope for Further Study

A detailed analysis at the various medicated milk formulations should be done on a molecular level with regards to its

absorption, assimilation duration and its bioavailability. Role of every siddha ksheer should be studied in reference of its role in the various rogas mentioned. The pharmacodynamics and pharmacokinetics of the siddha ksheer formulation needs to be understood and judged. Likewise the upashay attained while curing rogas should also be noted and observations should be made for recurrence of symptoms if any.

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