



Review Article

AN AYURVEDIC REVIEW OF MEDICATED MILK FROM CHARAK SAMHITA W.S.R. TO ITS INTERNAL USAGE IN VARIOUS DISEASES

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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 diseases contents of the medicated milk as per *Acharya Charak. Ksheerpaka* are supposed to nourish tissues and have more anabolic effects. An effort has been made to compile and represent for a better and easy understanding of various *Siddha ksheer yogas* mentioned in *Charaka samhita*. Use of *Ksheer* is highly recommended in certain *Vyadhis* like *Pandu, Amlapitta, Gulma, Udara roga, Yoni roga, Shukra roga, Vata roga, etc.* *Ksheerpaka* i.e. milk used in the medicated form is the unique feature of *Ayurveda*. Nowadays, for *Ksheerpaka* preparation, method stated by *Sharangadhara* is generally followed. Role of *Siddha ksheer* in various *Vyadhis* like *Jwara, Raktapitta, Gulma, Rajyakshma, Kshata ksheen, Udar, Shotha* has been mentioned in the article. Role of various *Vanaspati dravyas* to be used for preparing *Siddha ksheer paka* like *Shatavari, Bala* etc has also been mentioned. Use of *Siddha ksheer* for *Rasayan* and *Vajikaran* has been explained to help the reader to get a better and wider understanding about *Siddha ksheer samkalpana* and its role in various diseases.

Key words: *Siddha ksheer, Rogas, Vyadhi, Lakshan, Constituent drugs.*

INTRODUCTION

Ksheer is made *Siddha* with use of various *Aushadhi dravyas* which are found to be highly useful in curing certain ailment. *Acharyas* have mentioned the use of *Siddha ksheer* as an *Anupana* etc. They have also mentioned the use of *Ghrita Taila* prepared from *Ksheer* which can be used in the various procedures of *Panchakarma* like *Vaman, Virechan, bash* etc. *Ksheer* is easily available and hence is popular mode for administering various herbal. *Dugha/ksheer* generally has the properties of being *Madhur, Sheeta, Snigdha, Stanya*. It is *Tushti* and *Pushtikark*. It increases *Mamsa Dhatu, Jeevaniya shakti*, reduces fatigue, cures *Shwasa, Kadsa*, cures *Rakta Pitta*, helps in healing fractured bones etc It is *Satmya* for all *Dosha shamak* and *Srotoshodhak*. It reduces *Trushna* etc. Use of *Ksheer* is highly

recommended in certain *Vyadhis* like *Pandu, Amlapitta, Gulma, Udara roga, Yoni roga, Shukra roga, Vata roga, etc.*¹

Need of Topic

Acharyas have mentioned the uses of various *Siddha ksheer yogas* in our *Samhitas* in the treatment of various *Rogas*. However, there is a lacuna in terms of implication and understanding of the concept of *Siddha ksheera*. A detailed analysis of every *Siddha ksheer samkalpana* mentioned in our *Samhitas* needs to be done on basics of the results attained while curing various *Rogas*, 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 *Siddha ksheer Rogas* mentioned in *Charaka samhita*.

AIM AND OBJECTIVES

Aim

To study the concept of *Siddha ksheera*.

Objectives

- 1) To study the various *Rogas* for which *Siddha Ksheera* is the choice of drug.
- 2) To do a detailed literary review of *Charak Samhita* to understand the concept of *Siddha Ksheera* and its role in various *Rogas*.

Material and Method

Review work done and all literary references related to *Siddha ksheer samkalpana* have been collected from *Charaka Samhita*.

Definition of *Siddha ksheera*

One part of *Aushadhi dravya*, eight parts of *Ksheer*, four parts of water is to be cooked on *Mridu agni*. Mixture is heated till only *Ksheer* remains in the vessel. Contents of the vessel are then to be strained. This is *Siddha ksheera paka*. *Siddha Ksheera* is made *Siddha* with the use of and help of *Aushadhi dravyas* and hence is called as *Ksheerpaka*.²

Table 1: *Siddha Ksheer* mentioned in *Charak Samhita*

Chapter	<i>Siddha ksheer</i>	<i>Vyadha/lakshan/Awastha</i>	Constituent drugs.
<i>Rasayan</i> ³	<i>Bhallatak Ksheera</i>	For <i>Rasayan</i> attaining 100 years of age	<i>Bhallatak water, dugdha</i>
<i>Vajikaran</i> ⁴	<i>Apatyakar swarasa</i>	As <i>Vajikara</i> .	<i>Udad dal, Kharjur, chanukka, dugdha etc.</i>
<i>Vajikaran</i> ⁵	<i>Vrushya ksheer</i>	For attaining <i>Vrushyata</i>	<i>Kharjur, Udad dal, Shatavari, Payasya etc.</i>
<i>Vajikaran</i> ⁶	<i>Vrushya ksheer</i>	In <i>Shukra Ksheenata</i>	<i>Jeevak, Rushabhak, Kakoli etc.</i>
<i>Vajikaran</i> ⁷	<i>Apatyakar Ksheer yoga</i> .	For attaining off spring	<i>Meda, Payasya, jeevanti, Vidarikand, Kantakari etc.</i>
<i>Jawara</i> ⁸	<i>Eranda mooladi ksheer paka</i>	<i>Jawara</i> associated with <i>Parikartika</i>	<i>Eranda moola, dugdha etc.</i>
<i>Jawara</i> ⁹	<i>Trikantakadi Ksheerpaka</i>	In <i>Vibandha</i> of <i>Mootra, Mala, Shopha, Jwara</i> .	<i>Cokshur, ringni, dugdha etc</i>
<i>Jawara</i> ¹⁰	<i>Nagaradi Ksheerpaka</i>	<i>Jwara</i> , associated with <i>Pipsa</i>	<i>Shunthi, Manukka, Kharjur etc.</i>
<i>Rakta pitta</i> ¹¹	<i>Vatanubandhi raktapittahar</i>	In <i>Vatanubandhi rakta pitta</i>	<i>Vidarigandhadi gana dravya, Manukka, Shunthi</i>
<i>Raktapitta</i> ¹²	<i>Mutramargi Raktapitta Yoga</i> .	<i>Mutrapravrutti</i> associated with <i>Peeda and Rakta</i>	<i>Shatavari, Shaliparni, Prushniparni etc.</i>
<i>Raktapitta</i> ¹³	<i>Arapida nasya</i>	For <i>Rakta stambhan</i>	<i>Ajaghruta, godugdha etc.</i>
<i>Gulma</i> ¹⁴	<i>Ksheera basti</i>	In <i>Pitta gulma</i>	<i>Tikta dravya siddha dugdha</i>
<i>Gulma</i> ¹⁵	<i>Siddha ksheera</i>	Used in <i>Virechan</i> after assessing <i>Agnibala</i>	<i>Tikta dravya, dugdha</i>
<i>Gulma</i> ¹⁶	<i>Lasuna ksheer</i> .	<i>Vata gulma, Udararta, Cridhrasi Vishama jwara, Hrudroga Vidradhi</i>	<i>Lasuna, Jala, dugdha etc.</i>
<i>Rajuakshma</i> ¹⁷	<i>Baladi ksheer</i>	<i>Jwar, Kasa, improves Swara</i>	<i>Bala moola, prushniparni, bruhati, shunthi etc</i>
<i>Rajuakshma</i> ¹⁹	<i>Madanphal siddha ksheer</i>	For <i>Vaman</i> in <i>Kapha pradhan balwaan rogi</i>	<i>Madanphal, dugdha etc.</i>
<i>Kshata ksheen</i> ¹⁹	<i>Ikshvalikadi ksheer</i>	<i>Sandhanartha</i>	<i>Ikshvalika moola, Rakta chandan, dugdha etc.</i>
<i>Kshata ksheen</i> ²⁰	<i>Mahua adi siddha ksheer</i>	<i>Rakta stheevn</i>	<i>Mahua pushpa, dugdha etc.</i>
<i>Kshata ksheen</i> ²¹	<i>Pippali adi siddha ksheer</i>	<i>Kasa, jwara</i>	<i>Pippali sarkara, madhu etc.</i>
<i>Svayatha</i> ²²	<i>Danti adi siddha ksheer</i>	For <i>Virechan</i> in <i>Vatapttaj shofha</i>	<i>Danti, shweta Nishottar, Trayushna, Chitrak mool,</i>

			<i>dugdha.</i>
<i>Svayatha</i> ²³	<i>Shunthi adi siddha ksheer</i>	<i>Vatapitta shofha</i>	<i>Shunthi devadaru shyama Dantimoola etc.</i>
<i>Uddr</i> ²⁴	<i>Nishotha adi siddha ksheer</i>	<i>Used for Ksheer pana after shodhan</i>	<i>Nishotha kalka, Traymana, dugdha etc.</i>
<i>Udar</i> ²⁵	<i>Nishotha adi siddha ksheer</i>	<i>Used for Pana after Virechan</i>	<i>Shunthi, Madigha, pippali etc.</i>
<i>Udar</i> ²⁶	<i>Vidangadi yoga</i>	<i>Udar</i>	<i>Chitrakmoola, Dantimola, Shunthi, Maricha, Pippali etc.</i>
<i>Grahani</i> ²⁷	<i>Shyama Trivratt prayaga</i>	<i>For Virechan in Pitta dosha shaman</i>	<i>Krushna nishotha , dugdha etc.</i>
<i>Kasa</i> ²⁸	<i>Kakoli adi Siddha ksheer.</i>	<i>Pittaj kasa</i>	<i>Kakoli, Meda, Mahameda, Vasa, Shunthi</i>
<i>Kasa</i> ²⁹	<i>Sharadi ksheerpaka.</i>	<i>Pittaj kasa</i>	<i>Sharadi panchamoola, Pippali, dugdha etc.</i>
<i>Kasa</i> ³⁰	<i>Sthiradi Ksheerpaka</i>	<i>Kasa, Jwara, Daha, Urahkshat, kshata</i>	<i>Prushniparni, Jeerak, dugdha etc.</i>
<i>Kasa</i> ³¹	<i>Vidaryadi Siddha ksheer</i>	<i>Matra virarnata in kshayaj kasa</i>	<i>Vidarikanda, Kadamba, Dugdha etc.</i>
<i>Visarpa</i> ³²	<i>Virechan yoga</i>	<i>For Virechan in Oshthagata Visarpa</i>	<i>Traymana, Dugdha etc.</i>
<i>Trushna</i> ³³	<i>Jeeraniya gana siddha ksher</i>	<i>Vataj-pittaj trushna.</i>	<i>Jeeraniya gana dravya, dugdha</i>
<i>Trimarmiya</i> ³⁴	<i>Asanparni adi siddha ksheer</i>	<i>In Mutrakrichhra caused by Pittaj ashmari</i>	<i>As anparni, Madhuparni, Rakta punarnava, Pashanbheda etc.</i>
<i>Trimarmiya</i> ³⁵	<i>Vamankarak dravya siddha ksheer</i>	<i>As Vamanarbka in peenas</i>	<i>Vamankarak dravya, Dugdha</i>
<i>Trimarmiya</i> ³⁶	<i>Madhur dravya Siddha ksheer</i>	<i>Pittaj swarabheda</i>	<i>Madhur dravya, Dugdha.</i>
<i>Vatavyadhi</i> ³⁷	<i>Anshumati siddha ksheer</i>	<i>Hrudayagata vata</i>	<i>Anshumati, dugdha etc.</i>
<i>Vatashonita</i> ³⁸	<i>Laghupanchamula siddha ksheer</i>	<i>As Pathya in Pittavrutta vata roga</i>	<i>Ladhu panchamula, Dugdha etc.</i>
<i>Vatashonita</i> ³⁹	<i>Gurucha swarasa siddha ksheera</i>	<i>Vatarakta</i>	<i>Guruch swaras, Dugdha.</i>
<i>Vatashonita</i> ⁴⁰	<i>Anshumati Siddha ksheer</i>	<i>Vatarakta</i>	<i>Shaliparni dugdha etc.</i>
<i>Vatashonita</i> ⁴¹	<i>Baladi Ksheer</i>	<i>Vataj shoola</i>	<i>Bala moola, Shatavari Dashamoola etc.</i>
<i>Vatashonita</i> ⁴²	<i>Shyamadi ksheer</i>	<i>Vataj shoola</i>	<i>Shyama Dugdha etc</i>
<i>Vatashonita</i> ⁴³	<i>Dashamooladi ksheer</i>	<i>Shool Shamanartha</i>	<i>Dashamoola, dugdha etc.</i>
<i>Yonivyapad</i>	<i>Rasnadi ksheer</i>	<i>Yonishool</i>	<i>Rasna, vasa, dugdha etc.</i>

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 hypothesis probable biotransformation during *Lasuna Ksheerpaka*⁴⁶

Ksheerpaka or medicated 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 longum*) is an effective drug for respiratory diseases, and can be administered in increasing doses only if it is prepared as a 'medicated milk' (Joshi, 2003 B). 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

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.

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