



(CASE STUDY)



## Analysis of Ksheerapana kala – A case study

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### Abstract

*Ksheera* (milk) is *ajanma satmya* (wholesome adaptation since birth), each and every human beings and animals and birds requires milk for their life at birth and also need to growth and development in later. Ayurveda considers that milk is in many ways like drinking and medicated as well. It helpful for the growth of the body and *Jeevan Shakti* and *Rasayana* (rejuvenative). Amongst all the milks Cow's milk is considered to be the most important and sacred. Most of the people are using milk in wrong way of drinking habits and many food preparations. Almost, 60 to 65 per cent of people in India are aversion towards milk due to uncomfoting with milk intake. This may lead to discomfort either blotting, gas formation, loose stools and manifest diseases also. *Godugdha* (cow milk) is the best among all and its benefits are innumerable. This case study has four stages with total 28 days. Study given clear cut picture about the discomforts occurred in the gastro intestinal tract and to find the right time to drink milk for maximum health benefits without any discomfort.

**Keywords:** *ksheera; Dugdha; Paya Milk*

### 1. Introduction

Almost, 60 to 65 per cent of people in India are lactose intolerant, which means these people cannot digest lactose [1].

- Synonyms

*Ksheera, Dugdha, Paya, Svaadu, Rasaayana, Saumya, Prasraavana, Stanya, Baalasaatmya and Jeevita* [2].

- Classification Dugdha

8 types of *ksheera* are *Go* (cow), *Aja* (goat), *Ushtra* (camel), *Aavikam* (sheep), *Mahisha* (buffalo), *Ashwa* (horse) *Naari* (women) and *Karenu* (elephant) [3].

- *Godugdha* guna (cow milk quality)

*Swadu* (sweetness), *sheetam* (coldness), *mridu* (softness), *snigdham* (unctuousness), *bahulam* (dense, thick), *slakshna* (smoothness), *pichilam* (sliminess), *Guru* (heavy), *mandam* (slowness), *prasannam* (clarity) [4].

- *Ksheera* upayoga (Benefits of Milk)

*Jeeveaniya* (enlivening), *Rasayana* (rejuvenating), *Medhya* (anti-aging), *Balya* (improves intelligence), *Stanya* (improves strength and immunity) and *Sara* (improves lactation laxative) [5].

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Cow's milk promotes long life, rejuvenator, good for those emaciated after injury (especially to the chest), increases intelligence, strength and breast milk, helps easy movement of the bowels and relieves exhaustions, dizziness, toxicity, inauspiciousness, dyspnea, cough, severe thirst, hunger, long standing fever, dysuria and bleeding diseases.

Cow's milk is favorable for heart, it increases the strength of the body and increases lifespan of human beings. [6]

Heating the milk changes its molecular structure so it is much easier for human consumption, and it reduces Kapha, making it lighter to digest.

#### *Aims and Objectives*

- To observe any discomfort signs & symptoms during digestion and after digestion of milk
- To recommend the proper time of milk drink.

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## **2. Material and methods**

The fresh cow milk was collected from regular milk boy daily in evening at Gangoh village.

Quantity of milk at every time – 350 ml.

This study as four stages and duration of the each stage – 7 days.

Total duration is – 28 days.

Milk should be brought to a boil. Allow the milk to foam up, and then bring the heat down so the milk is on a slow boil for about 5 to 10 minutes. Then kept it for cool naturally.

First stage – 350 ml of warm milk was administered daily in the morning at empty stomach (one hour before meal) every day for 7 days.

Second stage – Administered 350 ml of warm milk daily in the morning after meal around 9.00 am daily for 7 days.

Third stage – I have taken 350 ml of warm milk was administered daily in the evening at 6pm daily for 30 days it can be considered as third stage.

Fourth stage – I have taken 350 ml of warm milk was administered daily at night after two hours of night meal (at bed time) for 7 days.

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## **3. Results and discussion**

### **3.1. Stage 1 & 2**

Both in stage 1 & 2, after two hours of milk intake I observed that, drowsiness, feeling of fullness of abdomen, blotting & *Aadmaana* (distention of abdomen with gas) for another 4 hours and also pass loose stool with bad odour one time and sometimes 2 times after half an hour gap of first loose stool. All above said symptoms are disappeared after passing of loose stool. These discomforts continued all the days of both the stages.

### **3.2. Stage – 3 (Drinking milk in evening time)**

I noticed same observations as mentioned above in morning time milk drink. And there is no disturbance in sleep at night and clears the regular normal bowel habits daily in the morning.

### **3.3. Stage – 4 (Drinking milk at night)**

From the day one of this stage, there is no discomfort like blotting, gas formation and stomach filling and loose stool. Got very good sleep at night and clears the bowels naturally in the next morning. I felt that very comfortable in the whole night and become fresh in the morning.

After observation of all the stages, best time to drink milk is at night which is very comfortable.

Our *Aacharyas* mentioned the *Kaala* (time) is one among the eight factors of the digestion in the context of *Ashta vidha Aahaara Parinaamakara Bhaavaas* (8 factors responsible for the digestion/transformation of food) and is very important for proper digestion of food and best time for intake of food. Based on this, and tried to analyses whether it is due to lactose intolerance or not, many people get uncomfortable with milk intake or time factor influences on it. Also observed that due proper digestion of milk is very helpful to get maximum benefits of milk.

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#### 4. Conclusion

To conclude, the best time for Ksheera pana would be at night. The study can be taken up in large sample size to reconfirm the obtained observations of this single case report.

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#### Compliance with ethical standards

##### *Acknowledgments*

I would like to express my thanks of gratitude to our participant (patients) to do this wonderful study on the topic “Analysis of Ksheerapana kala – A case study” which also helped me in doing a lot of Research.

##### *Statement of informed consent*

I Dr. Manjunatha NS author of this article, herewith I am giving the statement of conformed consent of all individual participants of this study.

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