

## Nallavai Ketpom – 8

### Qualities of Milk, Curd, Ghee and Buttermilk --- Part 2

Here, we are going to look into the qualities of milk, curd, ghee and buttermilk in continuation of the previous episode.

#### **Freshly churned Butter:**

It gives coolness, tastes sweet combined with sourness and astringency. It controls bone degeneration, piles, face deviation, blood disorders and air and movement related issues in the body. It increases the digestive fire, but causes constipation.

#### **Butter from Milk:**

Causes constipation but removes blood disorders and eye related issues.

#### **Cow Ghee:**

Pure good cow ghee promotes knowledge, memory, intelligence, digestive strength, longevity, radiance, gives softness to the body and richness to the voice. Good for eyes, semen, children, elders and offsprings. This is very good for any internal chest pain, body fatigue, skin disease, blisters on the skin and for wounds due to fire or any weapon. It acts as a very good medicine for vAta, pitta, poison, confusion, body dryness, facial fatigue and fever. Cow ghee is best amongst oily substances, has cooling potency, prevents ageing, protects youth and enhances longevity. घृतं आयुः says vEdA. The ghee which is prepared properly following the correct procedure has thousand times more strength and is used for various treatments and remedies.

#### **Old Ghee:**

This refers to the ghee that has been stored for a long time after preparation. It is considered to have medicinal properties and used in treating conditions like fury, epilepsy, fainting, dizziness, eye disorders and uterus related issues. It is also used to cleanse the wound if any. The strength of old ghee is many times more than the normal ghee and is equivalent to nectar.

**Refined ghee** is dry, easily spreadable and it is mild.

Parts of some liquid substances like kilAtam, kUrchikA, takrapINdikA, mOradam, kshIrashAkam and pIyUsham have certain qualities which give physical strength and taste, decrease the digestive fire and enhance sleep, phlegm and semen. All these are mentioned in the book “AshtAnga hRdaya sangraha” by Atreya Muni and “AhAra niyamam” by Swami DEshikan. These substances causes constipation and increases vAta, pitta, kapha doshAs. So, these can be used only after considering the good and imbalance characteristics of each and every substance.

When it comes to milk and ghee, **cow milk and cow ghee are the best** whereas sheep milk and ghee are worst and hence should not be used.

What actually are those liquid substances?

**kilAtam:** Curd that is formed by adding more buttermilk to little milk is called kilAtam.

**kUrchikA:** The substance that we get when buttermilk or curd is added to milk and boiled is called kUrchikA. It has two parts, creamy and liquid.

**takrapiNdikA:** That part which stays at the bottom of the buttermilk is called takrapiNdikA.

**mOradam:** The liquid that is obtained by churning kilAtam is called mOradam.

**kshIrashAkam:** The creamy and liquid part obtained by adding either buttermilk or curd to milk and without boiling is called kshIrashAkam.

**pIyUsham:** Milking within a few days of calving and if the curd is extracted from that milk, it is called pIyUsham.

All these are mentioned in medical science/treatment and in AhAra niyamam. With proper knowledge about these substances and knowing their methods, we should do them. Otherwise, if we do on our own, it will result in some disease. The substances should be of good quality. If we consider milk, then that milk should be from good country cow which is fed with good quality products and in right quantity as in olden days. If we consume that type of high quality milk and other byproducts like ghee, curd and buttermilk, we will stay healthy.

To be continued.....

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