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LITERARY REVIEW ON THE ENIGMA OF DADHI SEVAN AND ITS IMPACT ON MANSIK GUNAS: SATTVA, RAJAS, AND TAMAS

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ABSTRACT: Introduction - According to Ayurvedic traditions, this is Dadhi Sevan, or the eating of yoghurt, which affects not only different types of health and disease but also mental moods and attributes. The purpose of this review is to shed light on Dadhi Sevan's mystery and its effects on three Mansik Gunas, each of whom has a unique mental state and condition. **Methods:** A thorough literature survey was conducted on this subject, reviewing the most recent research, historical texts, and cross-cultural perspectives on the relationship between nutrition and psychological equilibrium, with a focus on Dadhi Sevan in particular. **Results:** Based on existing research, Dadhi Sevan mostly improves clarity, relaxation, emotional equilibrium, and Sattva. Reviewing the studies, it seems that there is an imbalance between inertia (Tamas) and activity (Rajas) that yogurt can help with. Numerous academics support the idea that eating plays a significant role in controlling mental health and general well-being. **Conclusion:** Dadhi Sevan has great potential to improve psychological well-being by balancing Rajas-Tamas and increasing Sattva. This critical analysis emphasizes how urgently Ayurvedic eating practices must be included into contemporary health models in order to improve mental health and promote spiritual development. It is recommended that more research be done to examine the long-term effects of diet planning on Mansik Gunas.

KEY-WORDS: Dadhi Sevan, Yogurt, Mansik Gunas, Sattva, Rajas, Tamas, Ayurvedic tradition, Mental health, psychological equilibrium, etc.

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INTRODUCTION:

A healthy person is defined by Ayurveda as having an equilibrium of Tridoshas, normal Agni, normal Dhatu, and Mala Kriya, as well as joyful Aatma (soul), Indriya (senses), and Mana (mind).^[1] In Ayurveda, *Aahar*, *Nidra* and *Bramhacharya* are known as *Trayopstambha* i.e., Three sub-pillars of life.^[2] The fact that Aahar is ranked first indicates that maintaining and sustaining life is of utmost importance.^[3] During a debate on Ahara Shatam, Acharya Kashyapa asserted that food plays the most fundamental function in maintaining health and preventing disease, saying that there is no treatment that can match it.^[4] As a result, food, or Ahara, is regarded in Ayurveda as the most important element in maintaining life and fostering wellbeing; in fact, it is the main source of nutrition. Acharya Charaka said that consuming Dadhi throughout night as Viruddahara Ahara told that some meal combinations do not go well with a digestive system and thus other significant health issue may emerge or may cause.^[5] The Bhagavat Gita describes three varieties of Aahar (Satwik, Rajasik, and Tamasik) that aid in the development of the same temperament in the mind.^[6] Ayurvedic dietetics places significant emphasis on the regular eating of yoghurt, or dadhi sevan. This review examines its effects on the three Mansik Gunas (Sattva, Rajas, and Tamas) through the use of classical literature, contemporary research, and cultural viewpoints. These gunas have long been known to affect people's mental and emotional states, but they also provide an interesting field of research for understanding the ways in which dadhi sevan affects the distinguishing traits. The

surge in popularity of dadhi (curd), which is acclaimed for its probiotic and nutritional benefits, is one of the most famous of these adaptations. Although dadhi's probiotic properties have been thoroughly researched, nothing is known about its applicability in Ayurveda. By examining dadhi's Ayurvedic properties and their connection to health and illness, this study aims to fill this information vacuum.

Objectives of the Study:

1. To Analyze Ayurvedic Properties of the traditional Ayurvedic views on dadhi, its qualities, and effects on manas gunas both regarding the treatment and its therapeutic applications.
2. To assess the relationship between the Ayurvedic notion of dadhi and present health challenges, particularly those pertaining to immunity, digestion, and mental health.
3. To analyze the advantages of consuming dadhi as well as any potential drawbacks, keeping in mind that different populations and doshas may have different impacts.

Methodology:

1. Methodology Literature Review: Ayurvedic texts including Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya were analyzed in-depth to discover more about the traditional uses and traits of dadhi.
2. Findings from Ayurvedic literature with those from current nutritional studies on the benefits of fermented foods and probiotics were compared to analyze data.

DISCUSSION:

Dadhi is described by Acharya Vagbhata as Amla Rasa, Guru, Snigdha, Abhishyandi Guna, Ushna Virya, and Amla Vipaka.^[7] It is one of the kapha prakopa karana aharas that Acharya Madhavakara discusses.^[8] Dadhi functions as a Sannikrushta nidana as well as a

vyabhichari nidana for the cause of disease. Samana Guna functions as a Vruddhi Karana because of Samanaya Visheshha Siddhanta. Since Samana Guna disregards the Dadhi sevena niyamas, it indicates a risk factor for the development of sickness.^[9]

Table Showing Properties of Dadhi^[7, 10]

Rasa	<i>Amla</i> (Sour taste)
Guna	<i>Guru</i> (heavy to digest)
Virya	<i>Ushna</i> (Hot in nature)
Vipaka	<i>Amla</i> (Sour)
Doshagnata	<i>Vataghna, Pittkar</i>
Karma	<i>Rochan</i> ((Improves taste/Appetizer), <i>Deepana</i> (increases digestive fire), <i>Vrushya</i> (increases semen), <i>Balvardhak</i> (increases strength), <i>Brihan</i> , <i>Mangalyam</i> , <i>Sneham</i>
Useful in	<i>Atisar</i> (Diarrhoea), <i>Vishamjwara</i> (Intermittent Fever with Rigors), <i>Mutrkrichha</i> (Dysuria), <i>Aruchi</i> (Loss of taste), <i>Karshya</i> (Emaciation), <i>Pinas</i> (Nasal Catarrh)

Table No.2 Showing types of Dadhi According to Rasa^[11]

S. No.	Types	Properties
1.	<i>Manda</i>	<i>Avyakta Rasa, Kinchit Ghana, Srishtavidmuta, Tridoshakara and Vidahi</i>
2.	<i>Swadu</i>	<i>Madhura Rasa, Samyaka Ghana, Abhishyandi, Vrishya, Medakara, Kaphakara, Vatashamaka, Madhura Vipaka and Raktapittaprasadana</i>
3.	<i>Svadvamla</i>	<i>Sandra, Madhura, Amla Rasa and Kashaya Anurasa</i>
4.	<i>Amla</i>	<i>Amla Rasa, Deepana karak, PittaRakta Kapha vardhak</i>
5.	<i>Atyamla</i>	<i>Dantaharsha, Romaharsha, Kanthadaha kara, Deepana karak, Rakta Vata Pitta vardhak</i>

Table No. 3 Showing types of Dadhi According to preparation and concentration^[12]

Sr. No.	Types	Properties
1.	<i>Ghol</i>	<i>Vatapittahar</i>
2.	<i>Mathit</i>	<i>Kaphapittakar, Ahladkara</i>
3.	<i>Takra</i>	<i>Kashaya, Amla and Madhura Rasa, Madhura Vipaka, Laghu, Ushna Virya, Deepana, Vrishya, Preenana, Vatashamaka. Pathya for Grahani Roga</i>
4.	<i>Udashvita</i>	<i>Kaphavardhaka, Balya and Amanashaka</i>

5.	Chachhika	Sheetal, Laghu, Pittakapha nashak, Shrama, Trishahar and Vatakar. Deepana when consumed with Lanvona
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Table No. 4 Showing types of Dadhi According to Origin ^[13,14,15]

Sr.No.	Types	Properties
01.	Gavya (Cow) Dadhi	Snigdha, Madhura Vipaka (sweet), Deepaniya (appetizer), Balavardhana, Vatashamaka, Pavitra and Ruchiprada. It is the best Dadhi.
02.	Aja (Goat) Dadhi	Kaphapitthar, Laghu, Deepana, Vata and KshayaRoga Nashaka Useful in Arsha and Shvasha kasa Roga
03.	Mahisha (Buffalo) Dadhi	Atisnigdha, Madhura Vipaka, Vrishya, Vatapittaprasadanam and Kaphavardhak
04.	Avi (Ewe) Dadhi	Doshala and Kaphavatakopan, Madhura Rasa, and Vipaka, Atyabhishyandi and Arshakarak
05.	Aushtrik (Camel) Dadhi	Katu Vipaka, Ishatkshara, Guru, Bhedya, Vata Roga, Arsha, Kushtha, Krimiand Udara Roga Nashaka.
06.	Vadva (Mare) Dadhi	Deepana, Achakshushya, Vatavardhaka, Ruksha, Ushna, Kashaya, alleviates Kapha and Mutra Roga.
07.	Nagya (Elephant) Dadhi	Laghupaki, alleviates Kapha, Ushnavirya, Agninashaka, Kashayanurasa and Malavardhaka
08.	Nari (Woman) Dadhi	Snigdha, Madhura Vipaka, Balya, Santarpana, Guru, Chakshushya and alleviates Dosh.

Pathya-apathya of dadhi:

Pathya (Wholesome diet) in	Apathya (Unwholesome diet) in
Peenasa, Nava Pratishtyaya, Sheetajanya Vishamajwara, Aruchi, Arsha, Atisara, Mutrakricchra, Nashtartava, Nidranasha, 4 th month pregnancy, Karshya and Vataja Hridroga. ^[16-24]	Consumption at night, As a regular diet, Heated curd, in Vasanta, Grishma, Sharad Ritu, Raktapitta, Kaphaja Vyadhi, Kushtha, Shotha, Shopha, Prameha, Krimi and Mukha Roga. ^[25-30]

Ayurveda has categorized Ahar into 3 types according to its effect on manas.

Trividh Ahar^[6]

Sr.No.	Type of Ahar	Properties
1	Satvik Ahar	Food that enhances Ayu (longevity), Satva (mind strength), Bala (body strength), Aarogya (health), Sukha (happiness) and Preeti (joy), that which is Rasya (juicy), Snigdha (oily), Sthira (stable) and Hridya (pleasant), is dear to one who is Satwik.
2	Rajasik Ahar	Food that is bitter Katu (bitter), Amla (sour), Lavana (salty), Atyushna (excessively

		hot), <i>Tikshna</i> (pungent), <i>Ruksha</i> (dry) and <i>Vidahi</i> (burning) is dear to the <i>Rajasik</i> person, causing pain, sorrow and disease.
3	Tamsik Ahar	"Puti" (putrid) means to release an unpleasant odor; "decayed" (paryusitam) means to turn rancid over time; "refused" (uchistam) refers to food that has been left over after being consumed by people other than gurus; and "yatayamam" (stale) and "gatarasam" (tasteless) refer to food that has been stored for an extended period of time. Food of this kind is regarded as Amedhyam (Unclean) and ought not to be served during religious ceremonies.

SATTVA: THE QUALITY OF PURITY AND CLARITY^[31]:

Sattva is characterized by qualities of clarity, harmony, and purity. It is the guna that promotes mental clarity, serenity, and a balanced emotional state.

- **Dadhi Sevan and Sattva:**^[32]
 - **Nutritional Aspects:** Yogurt is rich in probiotics, which can enhance gut health and improve mental clarity. Studies indicate that gut health significantly influences mood and cognitive function through the gut-brain axis.
 - **Traditional Texts:** Classical Ayurvedic texts often describe dadhi as a **Sattvic** food, promoting calmness and a peaceful mind. The cooling effect of yogurt is said to pacify Pitta dosha, further enhancing Sattvic qualities.

RAJAS: THE QUALITY OF ACTIVITY AND PASSION

Rajas is associated with activity, dynamism, and passion. It can lead to restlessness and agitation if not balanced.

- **Dadhi Sevan and Rajas:**
 - **Balancing Energy:** While yogurt may initially stimulate Rajas due to its richness, its calming properties can help in managing excessive Rajas. In moderation, dadhi sevan can provide energy without leading to hyperactivity.

- **Ayurvedic Perspectives:** Texts emphasize that when consumed correctly, dadhi can balance Rajas, preventing it from becoming overwhelming, especially in individuals with a predominance of this guna.^[33]

TAMAS: THE QUALITY OF DARKNESS AND INERTIA

Tamas is linked to qualities of inertia, ignorance, and heaviness. It can lead to lethargy and confusion when dominant.

- **Dadhi Sevan and Tamas:**
 - **Potential Concerns:** Overconsumption of yogurt can lead to an increase in Tamas, especially if the individual is already predisposed to lethargy or depression. In Ayurvedic practices, it is recommended to consume yogurt in moderation, particularly for those with Tamas-related conditions.
 - **Cultural Insights:** In various traditions, yogurt is often advised as a remedy for digestive issues, which, if addressed, can help mitigate the Tamas associated with discomfort and sluggishness.^[34]

The quality of Dadhi and the constitution of an individual can influence the Manas to a great extent. Some of the positive effects are as follows:

Positive Effects of Dadhi On Manas^[35,36]

1. Emergence of Sattva: Calmness and Clarity of Mind: Dadhi brings out Sattvic

quality as it can create a calm mind with clarity. It enhances the capacity of the mind to concentrate and focus.

2. Mood Stabilization: The probiotics and nutrients in yogurt help in stabilizing moods, which further reduces anxiety and stress levels.
3. Nourishment for the mind:
4. Rich in Nutrients: The beneficial fats, proteins, and vitamins present in Dadhi can be an ingredient toward staying overall brain healthy and functional.
5. Gut-Brain Connection: The gut is basically responsible for any mental health. The probiotics present in Dadhi can have the opportunity to improve gut health, which further has a beneficial effect on mood and cognitive function.

Negative Effects of Dadhi on Manas ^[37,38]

1. Growing Tamas and Rajas
Excessive indulgence: Over-indulgence in heavy or sour Dadhi tends to promote Tamas or Rajas. It manifests as a type of mental or intellectual foginess or difficulty to focus known as Vriddhi or Vichchiddhi.
2. If consumed in excess, it upsets the digestive tract, can cause the body to behave strangely, and can result in mild problems that have an impact on the person's emotions and mental state.

CONCLUSION:

The enigma of dadhi sevan lies in its complex interaction with the sharira and Mansik Gunas—Sattva, Rajas, and Tamas. While it has the potential to enhance mental clarity and balance energy, it also requires careful consideration of dosage and individual constitution. Traditional Ayurvedic wisdom, supported by modern nutritional science, underscores the

importance of moderation and personalized dietary choices. By recognizing the multifaceted role of Dadhi in relation to the body's constitution and mental qualities, individuals can enjoy its benefits while mitigating potential downsides. This balanced approach ensures that dietary choices support both physical health and mental well-being. Further research into the biochemical mechanisms of how yogurt affects mental states and its interaction with these gunas would provide deeper insights into its role in Ayurvedic practice and modern nutrition.

Future Scope of the study:

Clinical Trials: Perform research on various groups to determine how dadhi affects particular health concerns.
Initiatives for Education: Educate the public and medical professionals about the Ayurvedic advantages of dadhi.

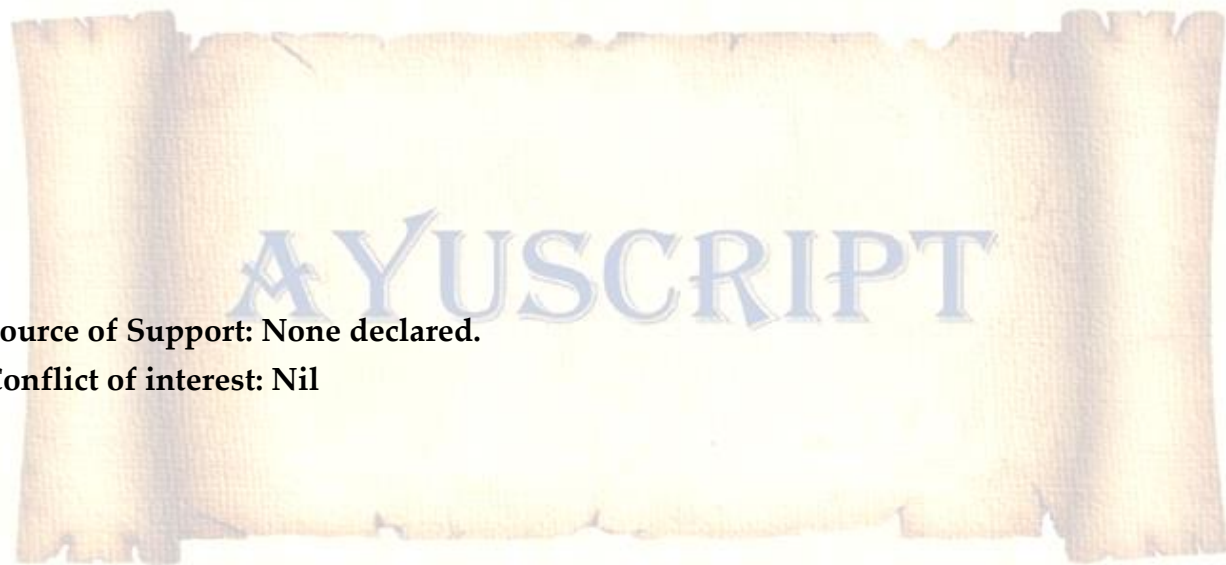
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