



A REVIEW ON THE SIGNIFICANCE OF KSHEER (MILK) IN MADATYAYA (ALCOHOL USE DISORDER)

Ayurveda

Dr. Renu Sharma PhD Scholar, Dept. of Agad Tantra, NIA (De-Novo), Jaipur, Raj. 302002

Dr. Priyanka Katru PhD Scholar, Dept. of Agad Tantra, NIA (De-Novo), Jaipur, Raj. 302002

Prof. Anita Sharma Professor & H.O.D., Dept. of Agad Tantra, NIA (De-Novo), Jaipur, Raj. 302002

ABSTRACT

The impaired ability to stop or control alcohol use despite adverse social, occupational, or health consequences is called alcohol use disorder. In Ayurveda, alcohol use disorders approximately correlate with the *Madatyaya*. *Madatyaya* and its *Chikitsa* is explained in various text books of Ayurveda; Milk Therapy is also mentioned as one of the *Chikitsa* of *Madatyaya*. If all the *chikitsas* of *Madatyaya* mentioned in *Samhitas* are not effective on the patient after that, milk used as medicine. It may work because milk has the opposite *guna*, or property, of *Madhya*. In this article, various references regarding the significance of milk in AUD (*Madatyaya*) from various text books of Ayurveda, articles, and websites are compiled and analysed. As a result, the significance of milk will be discussed in this article.

KEYWORDS

Madatyaya, Alcohol use Disorder, Ksheer, Milk

INTRODUCTION:

Alcohol use disorder (AUD) is a medical condition characterized by an impaired ability to stop or control alcohol use despite adverse social, occupational, or health consequences.^[1] Nationally, about 14.6% of the population (between 10 and 75 year of age) uses alcohol. In terms of absolute numbers, there are about 16 crore people who consume alcohol in the country. Use of alcohol is considerably higher among men (27.3%) as compared to women (1.6%). For every one woman who consumes alcohol, there are 17 alcohol using men. Among alcohol users, country liquor or 'desi sharab' (about 30%) and spirits or Indian Made Foreign Liquor (about 30%) are the predominantly consumed beverages. States with the highest prevalence of alcohol use are Chhattisgarh, Tripura, Punjab, Arunachal Pradesh and Goa.^[2]

In Ayurveda, AUD almost correlates with the *Madatyaya Roga*. Different text books explain *madtyaya*, its *nidana*, *Lakshna*, *type*, and *Chikitsa* complications, but *Charak Samhita* provides detailed descriptions. In *Charak Samhita*, there are four types of *madtyaya*, namely *Vataj Pittaja*, *Kaphaja Sannipataja*, and also described their *chikitsa* like *Shodhan*, *Shamana*, use of milk with specific *Aahar Vihar*.

Among all the *chikitsas* of *Madatyaya*, milk therapy is an important one. As *Madhya* makes *Agni Mandhya* and vitiates *Tridosha* along with *Oja*, There is a need for therapy that mitigates the effects of *Madhya* while also increasing *Oaj*. Milk's properties are exactly opposite the *Madhya guna*, and *Madhya* is identical to the *Visha guna*. Milk pacifies all ten *gunas* of *Madhya* and increases the *Oaj guna*. Hence, this research study has been undertaken to give a review on the relation of milk therapy in *Madtyaya* with scientific evidence.

MATERIAL AND METHOD

Table no.1 signs and Symptoms of Madatyaya^[3]

Sign & Symptom	
Physical Symptoms	Sharir dukkha (Excruciating pain in the body), Sammoh (Unconsciousness) Hridaya Vyatha (Discomfort in the chest region), Aruchi (Anorexia), Pratata Trishna (Incessant Thirst), Shitoshna jwara (Fever Having the characteristics of cold and heat), Shira parshva Asthi Sandhi vidhuttulya vedna (Severe pain in the head, sides of the chest, bones and joint), Jumbha (yawning), Sphurana (Horripilation), Vepanam (Tremors'), Shrama (Fatigue), Urovibandha (Feeling of obstruction in the chest, Kasa (Cough), Hikka (Hiccup) Shvasa (Dyspnoea), Prajagarana (Insomnia), Sharirkampa (Trembling of the body), Trikghraha (Stiffness of sacro-iliac Joint), Karna-akshi-mukha roga (Disease of ears, eyes and mouth), Chardi (Vomitting), Atisara (Diarrhoea) Hrilaasa (Nausea), Brahma (Giddiness)

Psychological Symptom	Pralapa (Delirium), Rupanaamstan Darshan (Visual hallucination), Dreaming of terrifying and inauspicious objects
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Table no. 2 Guna of Madhya, Oaj & Milk

S.R	Madhya Guna (property)[4]	Oaj Guna (property) [5]	Milk Guna (property)[6]
1.	Laghu(lightness)	Guru(heaviness)	Guru
2.	Ushna(Hotness)	Sheeta(Coldness)	Sheet
3.	Tikshna(Sharpness)	Mridu(Softness/mildness)	Mridu
4.	Sukshma(minuteness)	Bahal(Sandra) (thickness)	Bahal
5.	Vayvayi(Substances with quick spread even without digestion)	Sthir(Stability)	Manda
6.	Ashu(Fast Acting)	Prasann(Prasad)(Quality enhancer)	Prasann
7.	Ruksha(Dryness)	Snigdha(unctuousness)	Snigdha
8.	Vikasi(property of substance resulting in quick spread and action)	Shlakshna(Smoothness)	Slakshan
9.	Vishada(Conspicuous ness)	Pichhil(Sliminess)	pichhil
10.	Amla(Sour taste)	Madhur(Sweet taste)	Swadu(Sweet taste)

Table no.3 References of Milk in Madatyaya chikitsa

SR	Text name	Reference
1.	Chraka samhita	Chikitsa Sthan 24/195-198
2.	Sushruta Samhita	Panatyayapratishediya 47/46
3.	Bhaisajya ratnawali	Madatyaya Rogadhikar 22/12-14
4.	Ashtanga hridhya	Madatyaya Chikitsa 7/47-49
5.	Ashtanga samghra	Chikitsa Sthan 9/37
6.	chakradatta	Madatyaya Chikitsa 18/8

Table no. 4 Pharmacological property of Dugdha(Milk):^[7]

Rasa	Guna	Dosh shamkta	Karma	Roghanta
Madh (Sweet)	Snigdha, sheeta, Satmya, Jiviniya (vitalizer s)	Vata-pitta shamaka	Brimhana (anabolic), Balya (strength, stamina and immunity promoter), Medhya (memory enhancer), Vajikara (Aphrodisiac), Vyasthapana,	Jirna jwara (Fever), Mano roga (Psychological illnesses), Shosha (emaciation), Murcha (), Bhrama (Giddiness), Grahani (Sprue), pandu (Anaemia), Daha (Burning Sensation),

Rasa	Guna	Dosh shamkta	Karma	Roghanta
			Sandhikari (tissue binding), Oaj Vardhak (enhance vitality), Rasayan (immunity)	Trishna(Dyspepsia), Hridhya Roga (Cardiac Diseases), Shool (Pain), Udavart (), Gulm (), Vastirrog (Renal Diseases), Raktpitta, Atisar (diarrhea), Shram (physical tiredness), klama (Mental Tiredness), Garbshrava (Abortion)

Constituents of Milk:

Milk contains vitamin A, vitamin B1, vitamin B2, vitamin V3, vitamin 5; vitamin B6; vitamin B12; vitamin C, vitamin D, vitamin E, folate, and vitamin K; and minerals Ca (calcium), Cu (copper), Fe (iron), Mg (magnesium), Mn (manganese), P (phosphorus), K (potassium), Zn (zinc), and Na (sodium).^[8]

DISCUSSION:

Acharya Charak concludes that if the other treatment protocols mentioned in the text do not cure *Madatyaya*, milk therapy can be used to manage the *Madatyaya* disease.^[9] One wonderful simile for milk has been mentioned in *Charak Samhita*: for patients whose systems have been burnt up by alcohol and whose morbid *Vata* and *Pitta* are increased, milk is as wholesome, as rains are for the scorched tree.^[10]

Based on the etio-pathogenesis of *Madhya*, which has ten *gunas* like *Visha*, these *gunas* deteriorate the *guna* of *Oja*. Milk, having the opposite *guna* of *Madhya* and a similar *guna* of *Oja*, mitigates the effect of *Madhya*, can cure *Madhya*, and improves the strength of the body.^[11] *Guru guna* of milk interacts with *Laghu guna* of *Madhya*, *Sheeta guna* counteracts *Ushna guna* of *Madhya*, *Mridu guna* interacts with *Tikshana guna*, and *Bahal guna* mitigates *Sukshama guna*. *Manda guna* milk works with the *Vayvayi guna* of *Madhya*, *Prasanna guna* milk is antagonistic to the *Ashu guna* of *Madhya*, *Slakshna guna* milk works against the *Vikasi guna* of *Madhya*, *Picchil guna* milk mitigates the *Vishada guna* of *Madhya*, and *Madhur guna* milk neutralizes the *Amla guna* of *Madhya*.^[12] There are many references in the Ayurveda text for milk's use as *pathya* for *Madatyaya*.^[13,14,15]

A research study has been done on Adolescents that reveals that milk consumption reduces alcohol intake.^[16]

Some research studies have shown that, Chronic alcoholic patients are frequently deficient in one or more vitamins most commonly folate, vitamin B6, thiamine, and vitamin A.^[17,18] As milk has Folate, Vit. B6, Thiamine and Vit. A, it counteract the deficiency of these vitamins.

As per research studies alcohol consumption generates oxidative stress and inflammation and the potential to disrupt endoplasmic reticulum homeostasis; a consequence of this response is to limit the rate of protein synthesis.^[19,20] Milk is a rich source of proteins; it helps the body overcome its protein deficiency and also improves protein synthesis.^[21] Malnutrition is a common problem in AUD patients due to alcohol's inhibition of nutrient and vitamin absorption. Milk is a good source of nutrition that may help to improve the health of patients.^[22]

Alcohol intake can affect whole body organs, but significantly it damages the liver. In an Ayurveda text, liver disease almost correlates with *udara roga*. In *udar roga*, *ksheer* (milk) therapy is used to manage the *udar roga*.^[23]

CONCLUSION:

The present review suggests *ksheer* (Milk) has significant potential to manage the *Madatyaya* (A.U.D.) and also fulfil the nutrition Value associated with *Madatyaya* (A.U.D.). This further supports the use of *Ksheer* (milk) for the correction of *Madatyaya* (AUD) in preclinical and clinical practice.

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