



Research Article

KHARA DUGDHA, A FOLKLORE MEDICINE FOR BALA ROGA IN DASANOOR, CHAMARAJANAGARA, MYSORE DIST- A SURVEY

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ABSTRACT

The ideas and principles that folklore put forth are almost analogous with Ayurvedic principles. Folklore medicine is probably the most important and well-acclaimed component of the cultural heritage of the nation. It can reflect the essentials of a nation's cultural attributes as in a mirror and is recognized as a basis of its cultural and social identity. Diseases and calamities play significant role in the lives of human being and it has been the endeavour of mankind to protect themselves from diseases, ailments, plagues, infections and other distresses. The tribes and villagers of India have very pronounced systems of prevention and cure. Many of these tribes have in their treasures some secret medical cures and practices acquired over a period of experimentation based on trial and error and form the part of the collective wisdom of the community. Such a place named Dasanoor near Chamrajanagar, Mysore District, Karnataka holds the history of using *Kharadugdha* in *Balaroga*. An attempt has been made here to know the effect of *Kharadugdha* in *Balaroga* in the form of a survey study. A survey has been carried out with 30 children visiting Dasanoor from different parts of Mysore, Chamrajanagar and surrounding places. A questionnaire format with 10 questions was framed to enquire parents regarding their visit and the subsequent benefits or relief obtained thereby. As *Kharadugdha* is mentioned to have *Balya*, *Stairakara*, *Vatahara* properties and hence works as *Ojaskara* and prevent disorders in children. Among the *Samanyalakshana* of *Dugdha Manaskara* has been mentioned, it has been commented as *Ojaskara* by *Acharya Chakrapani*. Thus an effort was made to assess it with available folklore practice at Dasanoor. It was observed that children, after getting 15ml of *Kharadugdha* was relieved from the reason of their visit like crying, cough etc within 1 or 2 days. As per the survey carried out and from the *Samhitas* it can be concluded that effect of the *Kharadugdha* in *Balaroga* is beneficial by *Balya*, *Stairyakara*, *Ojaskara* and *Manaskara* effect.

INTRODUCTION

Folklore medicine or traditional medicine is a collection of medical knowledge which is hereditarily transferred from generation to generation.

Folklore medicine had existed since the settlement of human life. To survive harsh environment, early mankind realized the systems of nature and thus found solutions for their numerous problems. Overtime, the gathered knowledge expertise particular families and thus tribal groups became more skilled and masters at helping the sick and injured. Thus they ensure safety and health of their communities. In this article explore of one such folklore tradition prevalent in Dasanoor village of Chamrajanagar, Mysore district where use of *Kharadugdha* for *Balaroga* has been done.

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History for use of *Kharadugdha* in Dasanoor

A brief history of the application of *Kharadugdha* in *Balaroga* was narrated by the Mr. Padmanabha, one of the traditional practitioners in Dasanoor. He is the 4th generation of the tradition practice of *Kharadugdha* for *Balaroga*.

Story

It was his great grandfather who travelled to Tirupathi, Andhra Pradesh. While taking bath in a river, his bag had become heavy. He observed that in the bag there was a statue of lord *Srinivasa*, he thought it to be an accident and placed it back in water. By his next dip in water again he felt that bag became heavy with the statue. Thus he carried it with him feeling it to be a wish of Lord *Srinivasa*. On the same day, he got a dream, stating from the Lord *Srinivasa* to place him in his native Dasanoor and to do daily rituals for all the well beings of the human. In this way the lord was placed in Dasanoor and daily rituals were done and the traditional practice was started for healing the psychological conditions and *Balarogas* in the area.

Review of Literature

Kharadugdha is mentioned in *Dugdhavarga*, hence the properties of *Dugdha* can be attributed to *Kharadugdha* too in general, i.e., *Madhura* (sweet), *Snigdha* (unctuous), *Sheeta* (coolant), *Sthanya Janana* (lactogenic), *Prerana* (refreshing), *Brumhana* (nourishing), *Vrushya* (aphrodisiac), *Medhya* (increases intelligence), *Balya* (strength giving), *Manaskaram* (useful for mental faculties), *Jeevaniya* (invigorating), *Shramahara* (fatigue-dispelling), *Swasa Kasahara*

MATERIAL AND METHODS

Material: 30 kids visiting Dasanoor for *Kharadugdha* (15ml)

Method: Questionnaires

(reliever of dyspnea and bronchitis), *Shonithapittahara* (cures *Rakthapitta*), *Sandhaniya* (helps in healing wounds), *Sathmya* to all the living beings, *Shamankaraka* (alleviator of *Dosha*), *Shodanakaraka* (eliminator of *Dosha*), *Trushnagna* (quenches thirst), *Deepaniya* (appetizer), *Shreesta* for *Kshataksheena* (best for phthisis).

Indicated in *Pandu* (anaemia), *Amlapitta* (hyperacidity), *Shosha* (consumption), *Gulma* (abdominal tumour), *Udara* (abdominal diseases including ascitis), *Atisara* (diarrhea), *Jwara* (fever), *Daha* (burning sensation), *Shvavathu* (edema), *Yoni Pradosha* (uterine disorder), *Shukra Pradosha* (disorder of semen), *Mutrakruchra* (dysuria), *Gratita Pureesha* (hard stools), *Pathya* for *Vata*, *Pitta Vikara* (wholesome for *Vata* and *Pitta dosha*)^[1].

In *Annapanadividhiadhyaya* of *Charaka Sutrasthana Visheshha Guna* of *Ekashapha Dugdha* (milk of animals with single hoof- ass/hoarse etc) are narrated as *Balya* (improves strength and immunity), *Stairyakara* (stabilizing), *Ushna* (hot), *Amla* (sour), *Lavana* (salt), *Ruksha* (dry), *Shakavatahara* (cures *Vata* diseases of extremities) and *Laghu* (light)^[2].

In modern system of medicine too Hippocrates, father of medicine, prescribed donkey milk for liver troubles, infectious diseases, fevers, edema, nose bleeds, poisonings, and wounds. Pliny the Elder, narrates donkey milk is useful in poisonings, fever, fatigue, eye stains, weakened teeth, face wrinkles, ulcerations, asthma and certain gynecological troubles.^[3]

Table 1: Questionnaires

1.	What is the reason for you to get the child?
2.	Since how many days does child is acting restless?
3.	Does child is suffering from any disorder?
4.	Since how many days do the child is suffering?
5.	Does any medication have been given to child?
6.	Who suggested you to visit Dasanoor?
7.	Is this your first visit?
8.	Does child will be fine after visiting here?
9.	From which place have you come from?
10.	How many days are required for child to be normal?

OBSERVATION

Table 2: Observation

1.	What is the reason for you to get the child?	Crying	Disorder	Routine
		09	16	05

Fig 1. What is the reason for you to get the child?

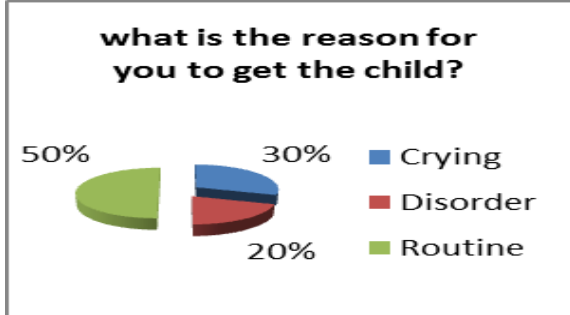


Table 3

2.	Since how many days does child is acting restless?	3 days	5 days	7 days
		18	08	04

Fig 2: Since how many days does child is acting restless?

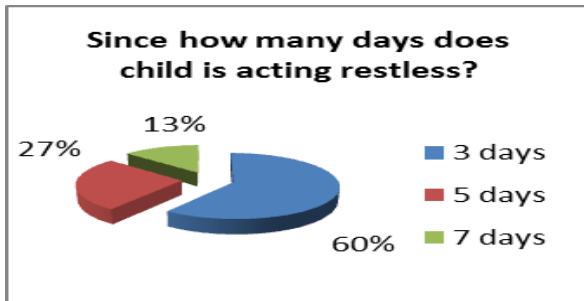


Table 4

3.	Does child is suffering from any disorder?	Cough	Fever	Loose motions
		15	08	07

Fig 3: Does child is suffering from any disorder?

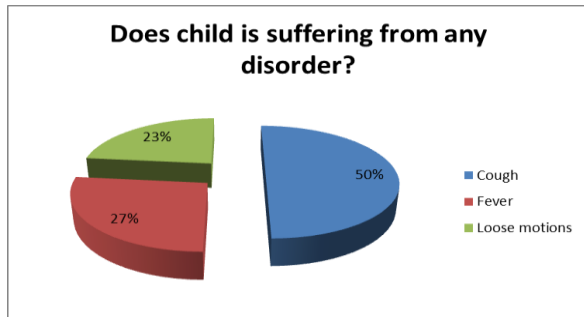


Table 5

4.	Since how many days do the child is suffering?	Cough	Fever	Loose motions
		5 days	3 days	2 days

Fig 4: Since how many days do the child is suffering?

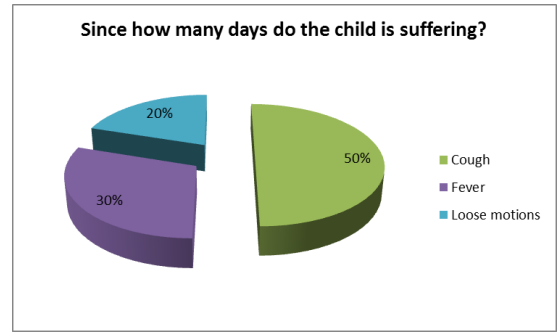


Table 6

5.	Does any medication have been given to child?	Yes	No
		15	15

Fig 5: Does any medication have been given to child?

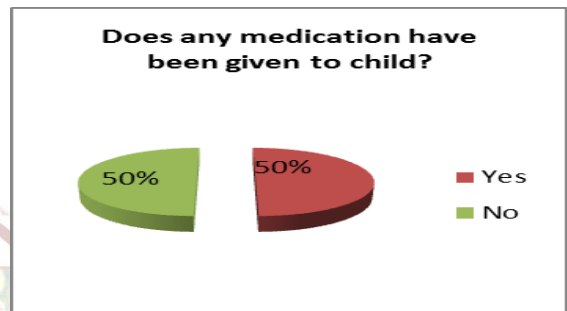


Table 7

6.	Who suggested you to visit Dasnoor?	Relative	Friend	Self
		10	04	16

Fig 6: Who suggested you to visit Dasnoor?

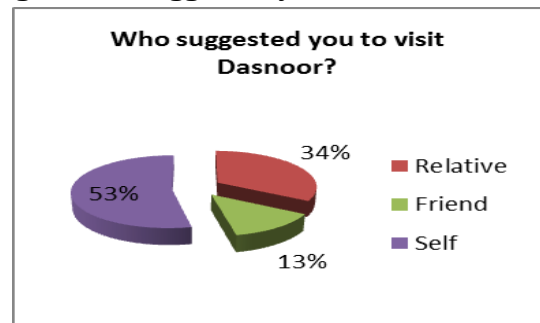


Table 8

7.	Is this your first visit?	Yes	No
		07	23

Fig 7: Is this your first visit?

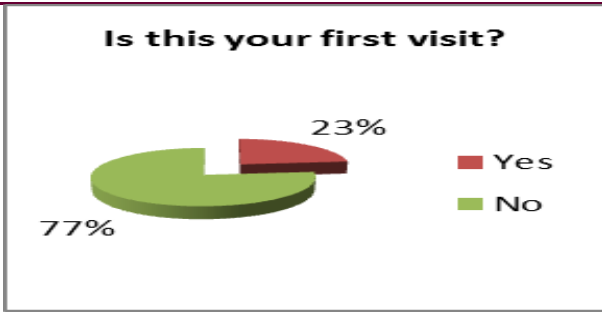


Table 9:

8.	Does child will be fine after visiting here?	Yes	No	Have to see
		23	00	07

Fig 8: Does child will be fine after visiting here?

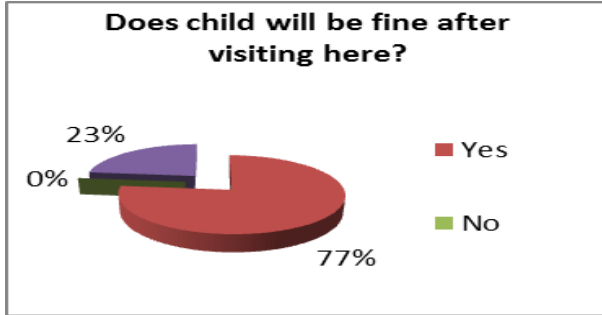


Table 10:

9.	From which place have you come from?	Mysore	Chamrajanagar	Others
		08	16	06

RESULTS

After receiving *Khara Dugdha* 15ml, children were found free from the irritability, crying, cough etc complaints in 1-2 days.

DISCUSSION

Bala Rogas are the disorders which affects children in many ways i.e., *Doshaja*, *Grahaja* and so on. The main cause of it is immunity. Thus the substances which are beneficial to children and that which increases immunity can be used for safeguarding them. *Dugdha* has been considered as a best immune builder by calling it as a complete food. Among them *Kharadugdha* is having *Balya*, *Stairyakara*, *Shakavatahara* properties which are helpful in developing *Ojas*, controlling of mind and maintaining *Vatadosha* in the body^[4]. *Acharya Chakrapani* commentator of *Charaka Samhita* has mentioned one of the *Samanya Guna* of *Dugdha*, *Manaskara* as *ojaskara* by *Prabhava* and thereby because of *Ojaskara*, *Manas* will be able to do its work properly.

मनस्करमितिप्रभावादोजस्करत्वाच्च;ओजोवृद्ध्याहितदनुविधायिनोमनसोऽपिस्वकर्मसामर्थ्यंभवति।

एतदेवचनित्यस्येहमनसःकरणंयन्मनसःप्रकर्षबुद्ध्युत्कर्षादिगुणकरणम् (chakrapani commentry)

Fig 9: From which place have you come from?

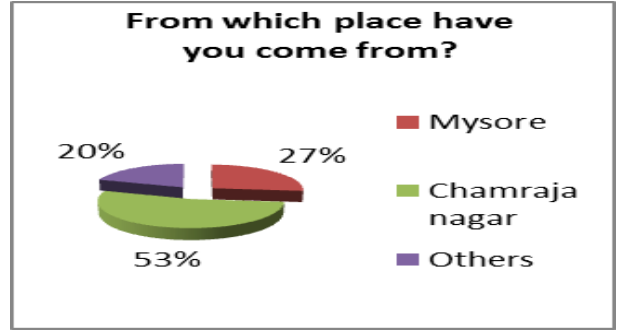
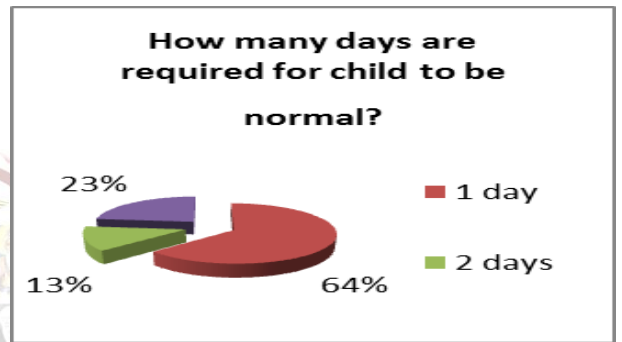


Table 11

10.	How many days are required for child to be normal?	1 day	2 days	Have to see (as it is a first visit)
		19	4	07

Fig 10: How many days are required for child to be normal?



Even in *Charaka Vimana Sthana* 8th chapter it is stated that, *Ojaskara Purusha* is *Ayushmantha* and *Shantha*.

ओजस्विनःशान्ताआयुष्मन्तश्चभवन्ति॥९६॥Cha.Vi.8/96

The person who is having *Ojas* will have *Ayu* and *Shantha* nature i.e., *Satva*.

In contemporary medicine too, *Kharadugdha* is considered as anti-inflammatory, antibacterial, antiviral too.^[5]

Immunological point of view of *Kharaadugdha*

Donkey milk has recently stimulated scientific interest due to its attractive nutrient and functional contents. Because of its chemical composition similar to human milk, it is considered a valid alternative for infants with severe IgE-mediated cow's milk protein allergy^[6]. Donkey milk is rich in lysozyme, a natural antimicrobial agent which catalyzes the hydrolysis of glycosidic bonds of mucopolysaccharides in bacterial cell wall and prevents the disease. Thus from an immunological point of view, donkey's milk is said to induce release of inflammatory and anti-inflammatory cytokines from human peripheral blood lymphomononuclear cells, thus maintaining a immune homeostasis. Previously high lysozyme content was seen in donkey milk that

was responsible for the low microbial load in this milk and was useful to prevent intestine infections in infants [7]. Lactoferrin present in milk acts as an anti-inflammatory protein at local sites of inflammation including the respiratory and gastrointestinal tracts [8]. Thus because of these lactoferrins the inflammation was reduced and the child was getting healthy by a few days.

Ushnaguna of *Kharadudgha* does *Vatahara* and helps in controlling the irritability present in the children. Along with *Ushanaguna*, *Lavana Amla Rasa* and *Laghu Guna* helps in *Agni Deepana*, which is required for *Amapachana* if present any and helps in curing the cough, fever and loose motions in children. Thus it can be considered that *Kharadudgha* increases immunity, stabilizes *Manas* and prevents other disorders.

CONCLUSION

Ayurvedic classics are keen and long time trial and error method of research work conducted by different Acharyas in order to find the healthy aspect of each and every substance on this earth. *Kharadudgha* has been used, observed and mentioned as *Balya*, *Stairyakara*, *Shakavata Hara*, and *Manaskara*, which indirectly narrates the *Ojaskara* and maintain the health. There is a strong demand for looking towards a mechanism for the protection of folklore in the Indian context. Folklore as conceived by communities in India is not confined to the limited scope offered in the definition of expressions of folklore in the model provisions. Even immunological point of view also suggests that donkey's milk is said to induce release of inflammatory and anti-inflammatory cytokines from human peripheral blood lymphomononuclear cells, thus maintaining a immune homeostasis.

Hence *Kharadudgha* boosts the immunity and maintain the health in children.

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