

# INTRODUCTION TO AYURVEDA

KEEPING HEALTHY  
THE ANCIENT WAY



HEALTH LEARNING SERIES

# Introduction to Ayurveda

Keeping Healthy the Ancient Way



**Natural Health Series**

**Dueep J. Singh**

~~~

Smashwords Edition

**Mendon Cottage Books**



***JD-Biz Publishing***

## **All Rights Reserved.**

No part of this publication may be reproduced in any form or by any means, including scanning, photocopying, or otherwise without prior written permission from JD-Biz Corp Copyright © 2014

All Images Licensed by Fotolia and 123RF.

### **Disclaimer**

The information in this book is provided for informational purposes only. It is not intended to be used as medical advice or a substitute for proper medical treatment by a qualified health care provider. The information is believed to be accurate as presented based on research by the author.

The contents have not been evaluated by the U.S. Food and Drug Administration or any other Government or Health Organization and the contents in this book are not to be used to treat, cure or prevent disease.

The author or publisher is not responsible for the use or safety of any diet, procedure or treatment mentioned in this book. The author or publisher is not responsible for errors or omissions that may exist.

### **Smashwords Edition, License Notes**

This ebook is licensed for your personal enjoyment only. This ebook may not be re-sold or given away to other people. If you would like to share this book with another person, please purchase an additional copy for each recipient. If you're reading this book and did not purchase it, or it was not purchased for your use only, then please return to your favorite ebook retailer and purchase your own copy. Thank you for respecting the hard work of this author.

### **Warning**

The Book is for informational purposes only and before taking on any diet, treatment or medical procedure, it is recommended to consult with your primary health care provider.



# Table of Contents

[Introduction](#)

[Knowing More about Alternative Medicine Practices](#)

[Introducing Ayurveda](#)

[The Quality of a Substance](#)

[Ayurvedic Medicine](#)

[Ayurveda and Traditional Medicine](#)

[Tips about Food for Healing](#)

[Bananas](#)

[Figs](#)

[Dates](#)

[Lemons](#)

[Limes](#)

[Tomatoes](#)

[Ginger](#)

[Turmeric](#)

[Appendix](#)

[How to Make Traditional Yogurt](#)

[Traditional Buttermilk](#)

[Making Butter Out Of Cream](#)

[What Are the Health Benefits of Buttermilk?](#)

[Digestive Buttermilk](#)

[Traditional Ancient Buttermilk Recipe](#)

[Spicy Salt](#)

[Salty Buttermilk](#)

[Traditional Clarified Butter – Desi Ghee](#)

[Conclusion](#)

[Author Bio-](#)

[Publisher](#)

# Introduction

## Knowing More about Alternative Medicine Practices

Why are so many people coming back to alternative medicine now? Alternative medicine has been around for more than 5000 years and that is the reason why Indian, Chinese, Thai, Japanese and other old alternative medicinal sciences which are going to consist of herbs to cure diseases are coming back into vogue.

It is extremely surprising to see that a large number of alternative medicine cures are not being used by people, just because some research department somewhere decided that they had no proof that that medicine worked.

It worked 5000 years ago, but there is somebody, somewhere, would have decided that herbal mumbo-jumbo is definitely a heathenish practice not to be used by sophisticated modern scientific methods! Sadly, this is true.

But in Asia, many medical practitioners know that there are alternative traditional medicines like acupuncture, Ayurveda and other methods, which bring back the body's balance into normal healthy state. The idea is that the body, the mind as well as the spirit have to be in a balanced state, which is going to keep it in a harmonious healthy condition.

The idea of medicine used 5000 years ago was that one did not cure the external manifestations of the disease, but went to the root of the problem. Nowadays, unfortunately, that practice is not being followed, because the doctors are under the impression that an external cure, which is seen visibly is all a patient needs to be declared completely healthy.

Alternative medicine is going to make sure that a patient follows a special lifestyle, self-care, and preventive measures for keeping healthy, after the doctor has taken away all the necessary obstacles, which were making him sick. Thus, the patient reaches the stage of complete good health.

Up to the 19th century, people went in for herbal remedies, changes in lifestyle, and laxatives to get rid of their problems. Nevertheless, it was only



after the Second World War that people decided that all these healing processes were manifestations of quackery and doctors needed to use insulin, streptomycin, penicillin, and other drugs to cure diseases, really fast and who needed the bedside manner? Besides this, they wanted immediate results. They really did not have the time and the patience to look for medical methods which would take a little longer for them to be cured completely.

That is the reason why, in the 1960s, Ayurveda, Chinese medical methods and other natural remedy practices, which were so en vogue, until that time, began to be termed as Alternative Medicine Practices.

So natural medicinal remedies began to go out of fashion. Slowly and steadily, more and more people began to start relying on drugs, which gave them quick relief, not wanting to know anything about the harmful potential side effects of drugs on a natural system, which could have cured itself, if left alone.

Thus, there was a slow and steady erosion of the natural cure practices and alternative medicine, which meant that the scientific curing methods took over from dietary advice, psychological manipulation and massage, which had been curing people for the last 5000 years.

Only alternative medicine practitioners kept up these practices. Mainstream practitioners call these practices fraudulent and ineffective. Nevertheless, alternative medicine is a powerful medical field, which still can cure patients, systematically, methodically and naturally.



**Healthy eating habits, from childhood is going to help a child grow up into an healthy adult**

# Introducing Ayurveda

Millenniums ago, an alternative medicine science based on natural ingredients, began to be practiced in the area, which is now called the Indian subcontinent. This science was known as Ayurveda. The exact Sanskrit meaning of this word means life knowledge.



For millenniums, the art of healing knowledge based on this science has been passed down through the generations to heal and cure people of the diseases known to man.

More than 5000 years ago, two of these great wise men, who practiced this science, named Charaka and Susruta made medical compendiums, which talked about healing procedures, operational procedures, and medicines which would be used to heal the diseases known to man down the ages.

These classics written in Sanskrit have been considered to be the foundation of the ancient science of Ayurveda.

At the same time, traditional Chinese medicine was also making a name for itself, thanks to great medical practitioners, who took the help of these compendiums in order to develop well-known medical systems.

Nowadays, these systems are considered to be alternative and complementary treatments, supporting the more conventional forms of modern medicine. This science is practiced in the USA, as a complementary health care licensed practice.

This science is divided into eight parts – General medicine, surgery, pediatrics, dentistry/ENT/ophthalmology, toxicology, psychiatric treatments, anti-aging remedies and remedies for bearing healthy children.

So, one can see that even at that time, all the ills of human beings were studied and remedies hunted for them. Ayurveda is based on curing disease or disorders from the root level. It uses herbs which are 100% natural, and are definitely not going to have a detrimental effect upon the body, when you stop using them.

According to ancient Ayurveda, a living body is made up of five elements. The proper balance between the five elements so that they work in harmonious tandem with nature. [Prakriti.] Prakriti can also be called Constitution, when it is applied to another substance like a mineral, a fruit or a vegetable, etc.

A healthy person is going to have an inborn and natural combination of three important elements, which are going to put him in harmony with nature. That means he is in good health. When these important elements are imbalanced, you are going to suffer from diseases.

Ayurveda is the method in which these three elements are balanced by helping to modulate the surrounding environment, the human diet, lifestyle and the behavior of a suffering patient so that he can be healed.



An Ayurvedic lifestyle concentrates on more of fruit and vegetables in your diet to keep healthy.

# The Quality of a Substance

According to Ayurveda, every substance present in Mother Nature has a quality. These qualities are parts of the characteristics [gunas] given to them by Mother Nature.



According to Ayurveda, every living substance found in nature is going to have a Constitution/Quality. This qualifies its healing properties and the use to which it can be put.

So these substances can be light, heavy, hot, cold, solid, liquid, viscous, dry, volatile, stable and solid, soft, hard, coarse, smooth, etc. In ancient times, this sensory perception of substances was the way in which they were classified and then put to use, accordingly.

According to Ayurveda, the body needed to become receptive to absorb treatments and that could only be done by massage and using aromatic oils, to help support the treatment of diseases.



Consider this medicinal practice to be holistic, and that is why, Buddhists and Hindus in the East, used the fundamental holistic approach to help diagnose diseases, and to cure those ailments through proper therapy.

All this was done by practitioners advocating a proper well-regulated moderate lifestyle with plenty of exercise, good diets, having a healthy metabolic system, and being in harmony with the world, emotionally, physically, mentally and spiritually through meditation, exercise and yoga.

Maintaining proper hygiene was also an integral part of a daily routine, known as the Dina-charya (day –activity). This included proper skincare, regular bathing, and cleansing of body every day at regular times.

Even today, this ancient word dina charya is used to talk about a regular daily routine, which is well-regulated, strict and done on a daily basis by people, regardless of whether they know anything about Ayurveda or not!

# Ayurvedic Medicine

In ancient times, herbs, spices, roots, barks, leaves, seeds, and fruits of plants were used in the making of medicines. Along with that, minerals were also used in tiny quantities in order to supplement any sort of deficiency of a mineral in the body. This practice was known as Rasa (mineral/chemical)Shastra [Art.]

These minerals include minute quantities of gold, silver, lead, sulfur and other minerals. In fact, in ancient times, powdered bones were given to children, who were suffering from weak bones. We know now that that supplied a calcium deficiency, and in ancient times, Ayurveda practitioners “knew” through experimentation that powdered bones and powdered eggshells could help strengthen the bones of growing children.



Aromatic oil extracts have been used as part of aromatherapy as supportive healing remedies in Ayurveda. This oil extraction has been done for millenniums from flowers, leaves, roots, seeds, bark and other parts of plants.

In ancient times, tar and oil was used to cauterize wounds and to stop the blood flow, especially during operational procedures. These patients were anesthetized with alcohol. It was only in the medieval times, that more

medical practices brought to the Indian subcontinent, from the invaders from Persia and other parts of Asia were incorporated into the basic concepts of Ayurvedic medicine. That is when narcotics like opium began to be used as an opiate, during surgical processes.

Blood clotting was stopped by using animal fat preparations with herbs added to them. Even today, any wound in an eastern village is smeared with a mixture of clarified butter in which a little bit of turmeric is added to stop the bleeding and to stop the skin from scarring. One may not know it, but this is traditional ancient medicine come down the ages and being used as a native natural remedy passed down the centuries.



## **Ayurveda and Traditional Medicine**



**Thanks to a polluted atmosphere and unhealthy diets, the immunity system of a large percentage of children has weakened, leaving them prey to a number of diseases during childhood**

During the time Ayurveda was flourishing in the East, it should not be supposed that the people in the West were not developing their own science of healing, depending on the herbs available in their countries and areas.

The monks, nuns, wise women, and wise men of Europe, worked long and hard looking for cures and remedies to treat commonplace ailments. Also, nearly every family with a wise wife and mother knew about natural remedies and practices to take care of the health of her children. These

remedies were made from herbs gathered outdoors or from her garden and ground in a pestle and mortar.



The medical compendiums from the East especially from India and China reached Europe in medieval times, when translations were taken there by traders.

In 1794, British physicians came to India to see ancient surgical procedures like rhinoplasty taking place here, done by ancient surgical methods. This procedure, along with other surgical procedures were inscribed 5000 years ago in the Charaka compendium.

Chinese traditional medicine still uses powerful healing natural items like bone, gristle, herbs, spices, and so on, to make healing remedies.

In many parts of the Asia, especially in Nepal, Sri Lanka, Bhutan, Burma and India and Tibet, some sort of Ayurveda, takes the form of traditional medicine. The herbs which are used to cure diseases depend on the locality, and if they are not available, the equivalent substitutes are used in order to cure that particular ailment.

Naturally, these herbs and spices which were used in ancient times are still part of tradition medicine. Some of these traditions may seem surprising to you, but they have become part of traditional medical folklore. So the next portion is going to concentrate on food tips for healing, which you did not know.

## Tips about Food for Healing



Milk and milk products have been an integral part of natural healing for centuries.

Some of these timeworn tips may seem rather unusual to you, because you have never heard of them before. So if you find yourself saying, hey, I do not know that, believe it, because this is based on longtime experience, even though there is no scientific reason given behind the effect.

Scientific research can spend lots of time, money and energy, in trying to prove something, but when the facts are right in front of you, take it for granted that all these precautions and tips are based on experience, and knowledge of the people who went before us.

# Bananas

- Bananas should never be eaten with yogurt, milk, or at night. I did not know about the at night point, so one fine dinner time, I dined off, bananas, milk and yogurt. And at night, I got up with a raging tummy ache. I thought it was just my digestive system playing up. But a little bit of Ayurvedic research showed that these food stuffs do not complement each other in their nature or Constitution. That goes for banana shakes too! Have a banana shake and get ready for an upset tummy.



Here is a rather interesting point narrated to me by my father about bananas and milk products to do not mix, he said “but they do.” And he recounted a tale of one of his seniors dining off a breakfast and then ending it up with a bowl full of yogurt in which he had mashed a ripe banana. He said that it was good to clear out his system.

QED. Eaten at breakfast time. Work done throughout the day. System cleared by evening. So if you are suffering from constipation or a blocked system, you can try this yogurt, banana remedy at breakfast!

The yogurt that you get in your market is definitely sour. So look at the traditional way of making Yogurt in the [Appendix](#).

- Bananas should never be eaten, when you are suffering from nausea, a cold, or are feeling feverish. Giving bananas to recuperating patients may be a modern doctor's idea of building up his strength and stamina, but that is only going to set back the recovery period of the patient. Especially when he is also suffering from a wet cough.

- If you are suffering from a dry cough, eat two bananas with two pinches of freshly ground black pepper, and 1 teaspoon of honey. Eating one or two bananas two times a day is going to get rid of that cough. The scientific explanation here is that the honey is going to get rid of the dry cough, because of its curative properties, and the pepper is an excellent healing spice.

# Figs



In the same manner, if you are fond of figs, do not eat them with milk. This is going to cause indigestion. This fruit is excellent for growing children, especially when they are suffering from constipation. Just give them three figs soaked in warm water, once a day until their system clears up.

This excellent source of iron is a very popular Middle Eastern fruit, because of its cooling and sweet nature/Constitution. People suffering from anemia can be given lots of figs. But do not give them to people suffering from dysentery.

# Dates



Dates, like figs since ancient times, have been a popular source of energy, nourishment, good health and millenniums ago, date sugar was used to sweeten the food eaten by the people living in the desert areas of the Middle East and other neighboring countries.

So is it a surprise that the healing qualities of dates have been used by ancient traditional healers. You may want to find someplace where you can get date sugar, as an amazingly healthy and good substitute for ordinary refined white sugar. This fruit is also a good source of iron.

Ages ago, Mothers in the East used to give teething children dry dates to chew on, especially when they were getting fractious. Nowadays, they are

given soothers made of artificial materials like plastic and rubber. Not healthy.

If children are suffering from diarrhea, especially when they are teething, you can give them half a teaspoonful of date sugar, mixed with one teaspoonful of honey two times a day. Like I said before, honey is the best way in which you can get rid of tummy problems, especially diarrhea and dysentery, because of its antiseptic qualities.



# Lemons



According to Ayurveda, lemons have a “hot” Constitution even though they are drunk extensively during the summer for their cooling properties. Apart from aiding in digestion, they stimulate the digestive system, and have been used since ancient times as laxatives.

All over the world, since ancient times, lemons have been known to be great healers. The absence of lemons and other citric fruits caused scurvy in sailors, during the medieval ages, and it was only when the sailors from Europe, saw sailors from the Middle East taking citric fruit along with them, including large quantities of lemons and oranges, that they began doing the same. And so scurvy, and other such related diseases caused by a vitamin C deficiency was checked in European mercantile navies.

Do not ever take lemons with tomatoes, milk, or with mangoes. If you are suffering from peptic ulcers, you need to cancel lemons out of your diet list until you are totally cured.

Suffering from indigestion and do not have any Alka Seltzer around? Easy, just take one teaspoonful of lemon juice, and 1 cup of cold water. Add half a teaspoonful of baking soda. Drink this fizzing solution immediately. The baking soda is going to do the pop pop fizz fizz in your tummy, the moment you drink it down. The carbon dioxide produced is going to get rid of your indigestion and gas problems.

# Limes



I asked a Korean friend of mine why she uses limes so extensively in cooking. She is well-versed in traditional healing methods, because since ancient times, Korean cooks were trained in the art of healing foods for different human “constitutions”.

She told me that the “Constitution” of a lime may be bitter and sour, but its “effect” is sweet. That is what allows it to cool down the effect of hot and spicy food, while being digested. And as her family just loved spicy food, she just added slices of lime to their plates and ordered them to eat up.

So like the lemon, it is excellent for your digestive system. People suffering from a hangover can be given plenty of lemon juice, the next day, instead of coffee. Coffee in my opinion may get rid of the hangover, because it is the supposedly well-known cure for clearing up your system. But just imagine all that caffeine overload. So the next time you partied a bit too well, get rehydrated, with lots of water and lemon juice.

# Tomatoes



Ayurvedic medical treatises considered tomatoes when taken on their own in large quantities to be toxic to the system. However, there were counter active remedies, which could be taken when you cook them with spices such as mustard seeds, turmeric and cumin, which cooled down their pungent, heating and sour qualities.

You are definitely not going to eat tomatoes, if you suffer from gallstones, sciatica, arthritis, acidity problems and kidney problems. Remove the seeds, and eat only the pulp.

Meat products are heavy to digest. So add some tomatoes, when you are cooking them. After that, drink one cup of fresh tomato juice, with a little bit of cumin powder added, an hour after a heavy meal of meat.



**Ayurveda does not talk much about a spicy meat rich diet. But if you really cannot do without it, add tomatoes and Ginger to counteract the effect of those spices.**

# Ginger



**Ginger chai has now become world-famous as the best remedy to ward off cold**

Ginger, garlic and onions are important herbs used in cuisine all over the world, and that is because of their healing qualities. For a long while, man has been healed by Ginger, which improves circulation, helps break down blood clots, and is also supposed to prevent heart attacks.

In the East, cold, cough, winter related problems and breathlessness has been cured with a cup of ginger tea, with one teaspoonful each of cinnamon, dried ginger and fennel.



**Plenty of Ginger in the winters means no coughing.**

In the same way, if you are suffering from coughing, wheezing, a hoarse voice, and chest pain in the winter, all you have to do is take one teaspoonful of lime juice and one of ginger juice and two pinches of rock salt, drink it down. Keep repeating as often as possible throughout the day, until you are cured.

Let me tell you one really amusing cure, which I found out for myself –  
**how to Prevent Jet Lag**

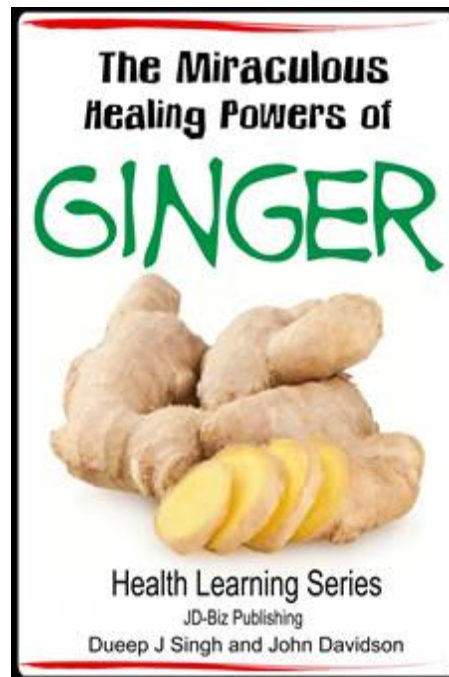
This is effective for all those frequent flyers, who come back home after a tiring trip and conk out for the next 12 hours, while their body catches up in

their time zone.

Just take a 00 size capsule of ginger powder – 107 mg, – 4000 milligrams make 1 teaspoon – so I would suggest going to a chemist, and asking him to measure out the ginger and make up some capsules. Take one capsule an hour before you board your flight.

No jet lag. Any frequent flyer who has found this remedy to be effective can pass the glad word around and give credit to yours truly. This has nothing to do with Ayurveda, but this is everything to do with ginger and its properties!

**[If you want to know more about the curative properties of ginger, you may want to read *The Miraculous Healing Powers of Ginger*.]**





# Turmeric



Turmeric – the poor man’s saffron is one of the most precious of herbs, known to mankind. For ages, it has been used to cure, as well as to add color to even the blandest looking dishes. Only the root of the turmeric is used in cooking and for medicinal purposes.

According to Ayurvedic, turmeric is the most valuable heal all to cure you. It is also the best preventative medicine. It is used as a stimulant and it has no “imbalance” side effects. So you can put a pinch of turmeric in your dishes, and it is not going to have any system upsetting effects of everyone partaking in the dish.

It is a pungent, astringent, bitter and heating Herb. It is normally used to help your digestion, maintain the bacteria in your interest, reduce the formation of gas and has a general tonic property.

It is also an excellent antibiotic. Down the ages, it has been used to treat coughs, wounds, cuts, burns, and even skin problems.

Bronchial cough, sore throats and tonsillitis can be cured, by drinking one teaspoonful of turmeric and one cup of hot milk boiled together for three minutes and gulped down with a spoonful of honey added.



Local over the counter natural herb skin creams in the Indian subcontinent have turmeric added to them. The only problem is that turmeric has this bad habit of staining everything with which it comes in contact.

So you can remove the turmeric stains from your skin by this method – people with a really fair complexion are going to be bothered about this, because it is going to give a yellow tint to the skin! – Just dip a cotton ball in a tablespoonful of milk, and rub off the turmeric. Easy!

If you do not have milk around, just use sugar water. And there you are, with soft turmeric free and healthy skin.

That is why I always put my turmeric in yogurt, whenever I need to apply it on my face to get rid of blemishes, sunburn and other skin related problems. This stops me from looking jaundiced. It also heals my skin.

Turmeric can also get stain your clothes, so the next time you find that big turmeric stain on your clothes, which is going to happen very often as a culinary disaster side effect when preparing something with turmeric.

Wash the clothes immediately with soap and cold water. The soap is going to turn that yellow stain into an orangeish stain. Put it in the sun to bleach. When it is dry, wash again with soap and water, and there you are, on the second wash, you are going to see turmeric stain free clothing.

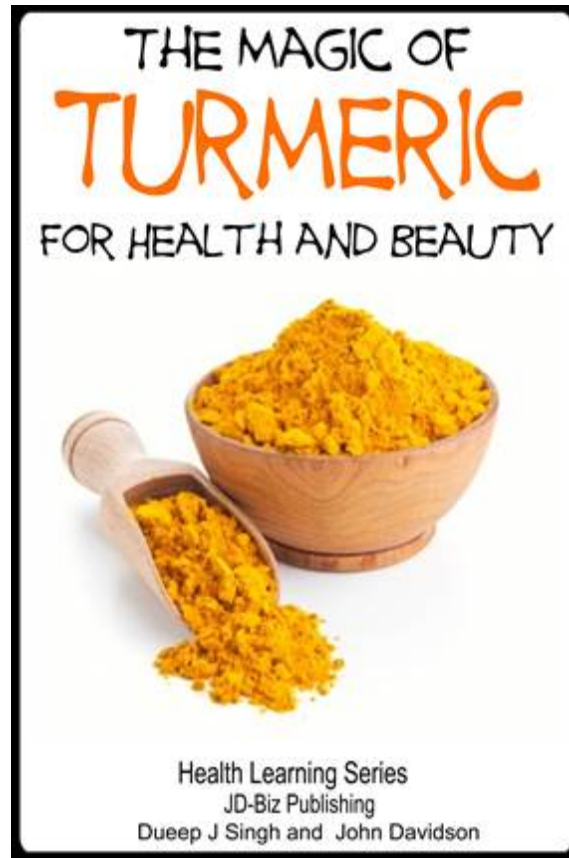
You can also bleach out the stain, with white vinegar or lemon juice.

Do not take turmeric in large quantities, if you are suffering from hypoglycemia.

Cuts and wounds can be cured by mixing half a teaspoonful of turmeric powder and 1 teaspoon of aloe vera gel to the affected area. I got rid of a fungal infection in the rainy season, with this mixture. In the same way, I have this habit of spraining parts of my body, being accident prone and often getting hurt in road accidents. So sprained legs and swollen parts of the body are par for the course.

So you are going to heal your body internally and prevent more internal injuries by drinking a glass full of milk, in which you have stirred in a teaspoonful of raw turmeric powder.

Also, apply a paste of water and turmeric directly to the injured regions.



# Appendix

## How to Make Traditional Yogurt



You make yogurt in the East in this traditional way. Normally, milk is boiled in many parts of the East, even though you may get it pasteurized. Because traditionally, people in the East do not trust the pasteurizing process and would rather boil it again before use, than drink it straight from the milk bottle or from the packet.

So boil 1 L of milk. Allow to cool until it is lukewarm. You are going to see a thin layer of cream floating on top. You can keep it to add some taste you are making yogurt.

You need 3 tablespoons full of yogurt culture. What is yogurt culture? It is just the remainder of the yogurt, which was left behind after you finished the yogurt you made yesterday. Remember to keep at least 2 to 3 tablespoons full and do not empty out that yogurt bowl.

Dip your finger in the milk. If it is tolerably warm, in warm weather, this is the time you put in the yogurt. Whip it briskly with a spoon, cover with a lid, and placed by one side of the stove in your warm kitchen. This is normally made overnight, so that you have perfect yogurt to eat for

breakfast the next morning. The next morning, it has set, so put it in the fridge.

If you really want a traditional taste, boil this milk in a red earthenware pot, allow it to cool to lukewarm, add the culture, and leave the yogurt to set. This is considered to be one of the most delicious ways in which to eat milk products and meat products in India, and also in other countries in the East – cooking in earthenware pots. This yogurt is going to have the taste of mother Earth, in a sweetened form.

I still cannot understand how that yogurt got sweet. I never added any sugar to it. It is also going to have a distinctly delicious wet earthenware aroma.

Also, I found a friend setting yogurt in cold weather, – freezing Missouri weather – by warming up her oven at 125°C for five minutes. Then she put in the yogurt container in the oven and left it overnight. Good idea!

This yogurt is excellent for eating on its own, as a dip, or as an accompaniment. You can also use it as a marinade for meat. Churn it to make butter and buttermilk.

## **Traditional Buttermilk**



**This buttermilk has mango pulp added.**

The buttermilk that you buy in the store is not purely traditional, because it has been pasteurized, and it has been homogenized. People in the West normally considered that to be “real” buttermilk, but in the East, buttermilk is a made up of churning pure butter. That butter is made by churning cream with water. You can also get this butter by churning yogurt with water.

## **Making Butter Out Of Cream**

The top cream layer, on boiled milk is collected, and allowed to keep for a couple of days, so that the probiotic bacteria can flourish in them. So the day, when you want to make fresh butter, you take all this cream, and put it in the blender with some water. The water is going to separate, and you are going to have lumps of unsalted butter.

Can you make butter from fresh cream? Yes you can, but you are going to note the different quality of the butter made from “stale” cream, as compared to fresh cream butter. That is because fresh cream does not have many lactic acid bacteria in it, yet. But as it is, that cream is going to ferment and produce more and more lactic bacteria.

Also, if you make butter from cream with more lactic bacteria, it is going to increase the shelf life of the final product. That is because the bacteria do not allow any other bacteria to grow in their vicinity.

Buttermilk in the Indian subcontinent is the liquid, which is left over after the cream and the yogurt are churned with water.



**The crumbly white food item is pure homemade white butter, while the solid chunky square is cottage cheese.**

## What Are the Health Benefits of Buttermilk?

Apart from its being a really refreshing drink, it is a really delicious digestive. It is normally drunk on its own, or with the little bit of rock salt and pepper added to it with a couple of mint leaves just for show. Or you may want to add honey. Many traditional medicines are given to the patients, with buttermilk instead of water. This buttermilk is salty and is called *matha*.

In ancient Ayurveda treatments, milk products, including buttermilk, butter and yogurt were used extensively, to give plenty of strength to patients as well as to encourage a healthy nutritional supplement to normal, healthy folk.





## **Digestive Buttermilk**

This is normally drunk with every meal. It helps in the digestion. It also keeps you really healthy.

For this you need 2 cups of water, half a cup of plain yogurt, half a teaspoonful of cumin seeds, or powdered cumin seeds, 1 inch piece of fresh ginger, one tablespoonful of cilantro/mint leaves, chopped up into pieces, and pinch of salt.

Put all the ingredients together except the cilantro into a blender and blend until the buttermilk is foamy. Garnish with cilantro and put in the jug, so that your whole family can pour it out, when they have finished their lunch or dinner. If you want sweet buttermilk, you can add 2 tablespoons of honey. Once I put in half a teaspoonful of ground cardamom and half a teaspoonful of fresh grated ginger in this buttermilk and found it really refreshing and tasty. That was spicy buttermilk!

## **Traditional Ancient Buttermilk Recipe**

**2 cups rich creamy yogurt.**

**2 Equal amount of crushed ice or iced water.**

**Two table spoons honey – if you want it sweet.**

**Pepper and salt to taste**

**Half a teaspoonful of roasted roughly ground cumin seeds – if you want it salty**

Since ancient times in the East, when there were no mixers and blenders around, all these items were placed in a huge churn and churned by hand until the mixture was frothy. The side product was of course fresh butter, which would then be scooped off and placed in clay containers.

This buttermilk was then topped off with a slice of cream or yogurt and served as an excellent digestive, with lunch in summer, or just drunk whenever you feel thirsty, to prevent you from getting dehydrated in the hot summer sun.

## Spicy Salt

Naturally, you are not going to drink it without a mixture of spices. The spices are going to include **2 teaspoons full of powdered and roasted cumin seeds, one teaspoonful of black salt, 1 teaspoon of rocksalt, half a teaspoonful of pepper, and a handful of powdered dried mint leaves.** Grind all of them together and put them into your favorite pepper shaker.

Whenever you need to spice up your buttermilk, just sprinkle, stir, and drink. The mint and cumin seeds is going to help in your digestion, especially in the summer.

This spicy salt can also be used as a sprinkle on salads and also on yogurt or sandwich mixes and yogurt-based dips.



**So the next time you are eating chicken tandoori at an eastern restaurant, ask the restaurateur- where is my buttermilk? You are going to be given a choice of sweet, salty, flavored [with fruit pulp] or plain .**

## **Salty Buttermilk**



**Any milk products which you buy in the Indian subcontinent , including buttermilk or yogurt is always placed in these clay cups. They enhance the taste and are eco-friendly, because one does not bother about plastic packaging.**

This is one item, which is definitely not ignored by people living in the North, South and Western parts of the Indian subcontinent. It is named with local names, but it is the same – spiced and salty buttermilk.

It is drunk as often as possible with lunch as their digestive accompaniment, instead of water. In such cases, it is sprinkled with a mixture of powdered roasted cumin seeds and roasted curry leaves, rock salt, pepper, cayenne pepper, and just this little pinch of asafoetida.

One takes a healthy swallow, and is grateful for the refreshing spicy feeling. This is an acquired taste, because it is going to be slightly sour in taste. That

is because of the fermented bacteria, which are sold to you in supermarkets under the name of probiotic drinks.

All those are nothing but homemade buttermilk made up of Stale yogurt, packaged expensively and marketed winningly with scientific terms like probiotic bacteria, amazingly good for your health and all those impressive statements made by the superstar endorsing them on TV.

This is what happened when it came to India for the first time. People went crazy, because it was something new, and had been “discovered” by an American company who hired one of India’s most popular superstars to endorse it.

So people bought, they drank and said, “hey, what a sell! We are buying our own buttermilk and yogurt under the name of probiotic bacteria. And it is not even salted and spiced. Whatta bore!” And went home, and asked their moms or wives to churn something really traditional in the shape of pukka buttermilk.

Those products went off the shelf within the month. No other company has turned up with probiotic bacteria products, because they know that they are not going to sell in the land, where butter, buttermilk and yogurt is still churned by hand. Or in washing machines.<sup>[1]</sup>

The ancient sages drank buttermilk in large quantities throughout the day, because the women folk in the kitchen were busy churning fresh milk in the Hermitage, throughout the day and making butter.

They also made clarified butter, known as Ghee.

In Ayurveda, Ghee is considered to be the most powerful healing agent when taken internally, or when applied externally. That is because the concentrated power of the butter makes it a very powerful curing agent. Even today, in many parts of Asia, clarified butter is used as a base for healing ointments, especially for skin diseases, cuts, burns, wounds, and other skin related problems.

## **Traditional Clarified Butter – Desi Ghee**



Desi ghee is clarified butter, which is extremely concentrated and a very powerful healing agent. It is normally used in the making up of herbal medicines, because it is made of pure creamy milk butter. It is also used in making beauty creams, potions, lotions and other skin ointments.

It has a powerful aroma, and that is why only just a spoonful is added to fry meats. It is going to float on the surface of the meat dish, after it has been cooked, so you need to stir the gravy before serving. Also, the food is not going to taste greasy, even though it looks like it has been swimming in fat.

Desi ghee is the concentrated form of pure butter, which is heated to reduce the butter of all the impurities as well as moisture. This concentrated butter is normally used in Eastern cuisine, for searing meat, sautéing and frying

food, because they offer its higher burning point. You make this at home by taking 2 pounds of best unsalted butter and melting it in a heavy bottomed pan. Allow the butter to liquefy on low heat for about 40 minutes. Maintain this simmering point, until all of the moisture in the butter has evaporated. The impurities are going to sink to the bottom of the pan. Remember to keep stirring the butter, so that it does not burn.

Pour off the clear butter and strain it through several thicknesses of muslin cloth. This butter is going to last for about a year, if it is placed in a cool and dry place. This butter is exorbitantly expensive. So in the East, people with easy access to plenty fresh milk make it right in their kitchens for crisp delicious frying results, and adding that taste of pure butter to all their dishes.

## Conclusion



**Is your life being controlled by drugs? Unfortunately, in the 21<sup>st</sup> century, a large percentage of us are going to answer yes to this question. That is because we are getting out of touch with nature.**

Ayurveda is a nondenominational global life science, thought for the benefit of mankind. It advocates natural healing with the help of natural-based remedies.





**Meditation and exercise, especially yoga exercises help keep you healthy.**

The tips given in this book are all time-tested, because they have the wisdom of the ages behind them. Ayurveda is a very vast science and cannot be taught, except by experienced teachers. Only they can do justice to this lifestyle, this knowledge, this vast sea of well-being, just waiting to be tapped by everyone who wants to live a healthy life.

Many of the traditional medicines and remedies being used down the centuries have been learned from some wise man or woman sometime or the other, and passed on by word of mouth.

And that is why, people who were illiterate and who could not read all the compendiums written in Persian, Chinese, or in Sanskrit or Tibetan, knew that there were plenty of natural solutions which could help cure their ailments. So what if their priests told them to do some chants and prayers to the gods, to help in the healing process.

Unfortunately down the ages, the whole procedure got a bit edited and instead of using the herbal remedies, while doing the prayers, people started concentrating on prayers alone and forgot to feed the patient the necessary herbs needed to cure him!

And that is why many of these “remedies” began to be considered foolish and quack practices. You could not have a person healed, by making him bow three times to the sun, early in the morning, and saying a prayer. Instead, you needed to feed him the necessary herbs which would help in healing and curing him.

That is why even today, many of these practices may look barbaric, heathenish, and uncivilized to more sophisticated minds. That is why a Western tourist visiting Tibet for the first time is going to be surprised at the belief that many diseases are still caused by demons, and can be cured by prayer, and by eating XYZ herb which is poison for the demon.

Did you notice something? Here is plenty of showmanship coming down the ages being practiced with a vengeance. Some clever wise man did not want to tell everybody that it was the herbal remedy which cured the ill so he conjured up a demon. And so the ideas of evil and bad demons, and ghosts came into existence millenniums ago.

Now that you know a little bit more about the science of living, especially through life – Knowledge, you may want to change your lifestyle, to incorporate more healthy natural foods and also a more simplistic, holistic attitude towards healing and natural remedies.

Live Long and Prosper!

## **Author Bio-**

**Dueep Jyot Singh** is a Management and IT Professional who managed to gather Postgraduate qualifications in Management and English and Degrees in Science, French and Education while pursuing different enjoyable career options like being an hospital administrator, IT,SEO and HRD Database Manager/ trainer, movie , radio and TV scriptwriter, theatre artiste and public speaker, lecturer in French, Marketing and Advertising, ex-Editor of Hearts On Fire (now known as Solstice) Books Missouri USA, advice columnist and cartoonist, publisher and Aviation School trainer, ex-moderator on Medico.in, banker, student councilor, voluntary swimming instructor, travelogue writer ... among other things!

One fine morning, she decided that she had enough of killing herself by Degrees and went back to her first love -- writing. It's more enjoyable! She already has 48 published academic and 14 fiction- in- different- genre books under her belt.

When she is not designing websites or making Graphic design illustrations for clients , she is browsing through old bookshops hunting for treasures, of which she has an enviable collection – including R.L. Stevenson, O.Henry, Dornford Yates, Maurice Walsh, De Maupassant, Victor Hugo, Sapper, C.N. Williamson, “Bartimeus” and the crown of her collection- Dickens “The Old Curiosity Shop,” and so on... Just call her "Renaissance Woman" ) - collecting herbal remedies, acting like Universal Helping Hand/Agony Aunt, or escaping to her dear mountains for a bit of exploring, collecting herbs and plants and trekking.

Check out some of the other JD-Biz Publishing books

Gardening Series



# Health Learning Series





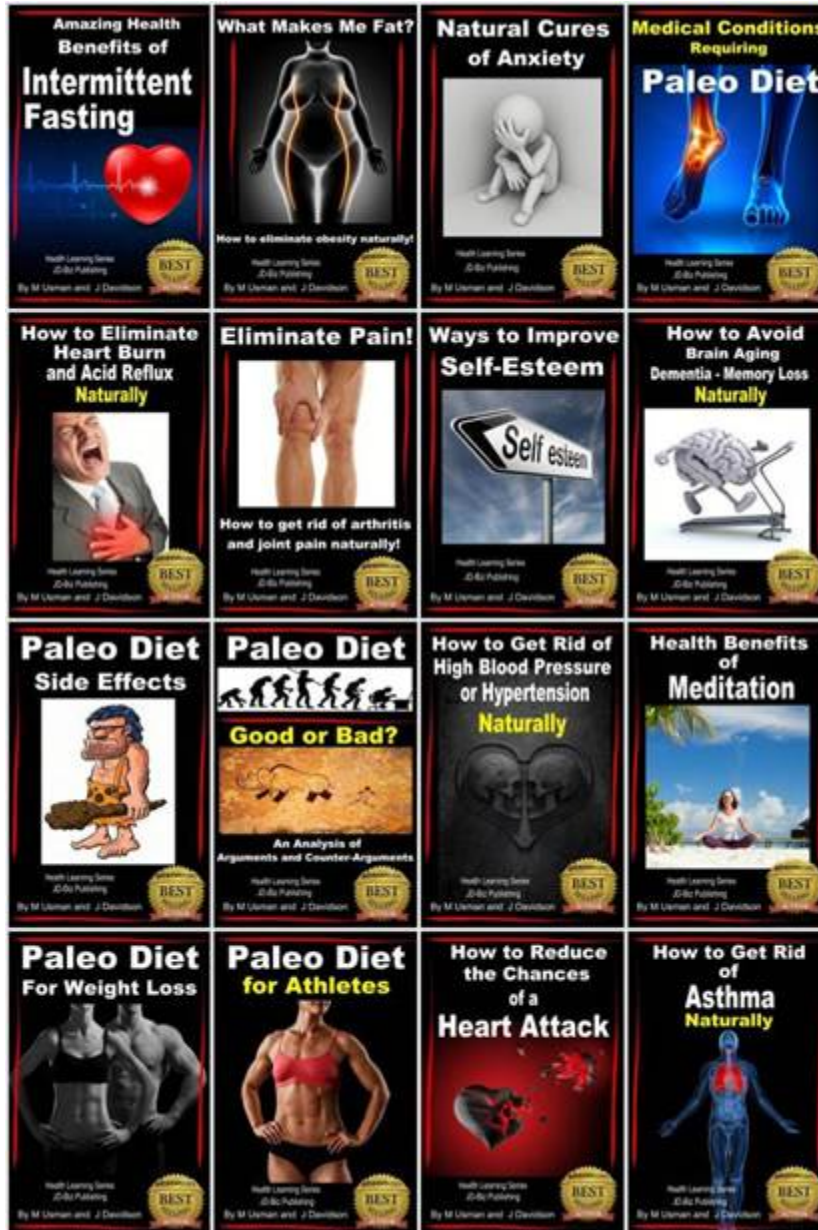
# Country Life Books



|                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                              |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>GRANDMA'S</b><br/>NATURAL REMEDIES<br/>AND ANCIENT HERBAL<br/>BEAUTY RECIPES<br/><b>Volume 1</b></p>  <p>HEALTHY AND SWEET<br/>DUSSEP J SINGH AND J DAVIDSON</p> | <p><b>GRANDMA'S</b><br/>NATURAL REMEDIES<br/>AND ANCIENT HERBAL<br/>BEAUTY RECIPES<br/><b>Volume 2</b></p>  <p>HEALTHY AND SWEET<br/>DUSSEP J SINGH AND J DAVIDSON</p>                                                                                  | <p><b>GRANDMA'S</b><br/>NATURAL REMEDIES<br/>AND ANCIENT RECIPES<br/>GRANDMA'S CURE FOR OBESITY<br/>GRANDMA'S CURE FOR THE COMMON COLD<br/><b>Volume 3</b></p>  <p>HEALTHY AND SWEET<br/>DUSSEP J SINGH AND J DAVIDSON</p> |
| <p><b>GRANDMA'S</b><br/>NATURAL REMEDIES AND<br/>ANCIENT HERBAL RECIPES<br/><b>Volume 4</b></p>  <p>HEALTHY AND SWEET<br/>DUSSEP J SINGH AND J DAVIDSON</p>            | <p><b>GRANDMA'S</b><br/>HERBAL LORE<br/>ANCIENT HERBAL RECIPES AND REMEDIES<br/><b>Volume 5</b></p>  <p>HEALTHY AND SWEET<br/>DUSSEP J SINGH AND J DAVIDSON</p>                                                                                         | <p><b>GRANDMA'S</b><br/>ANCIENT<br/>BEAUTY REMEDIES<br/>FROM HER KITCHEN<br/><b>Volume 6</b></p>  <p>HEALTHY AND SWEET<br/>DUSSEP J SINGH AND J DAVIDSON</p>                                                               |
| <p><b>GRANDMA'S</b><br/>EASY TO USE TIPS<br/>IN THE KITCHEN AND OUTDOORS<br/><b>Volume 7</b></p>  <p>HEALTHY AND SWEET<br/>DUSSEP J SINGH AND J DAVIDSON</p>         | <p><b>GRANDMA'S</b><br/>HOUSEHOLD HINTS AND RECIPES<br/>USING TIME TESTED<br/>ECONOMICAL TIPS IN YOUR HOME<br/><b>75 Tips</b></p>  <p>Remove Stains<br/>Peel Tomatoes<br/>Perfect Pies</p> <p>HEALTHY AND SWEET<br/>DUSSEP J SINGH AND J DAVIDSON</p> | <p><b>GRANDMA'S</b><br/>NATURAL REMEDIES<br/>AND ANCIENT RECIPES<br/>ALL 5 BOOKS IN 1</p>  <p>HEALTHY AND SWEET<br/>DUSSEP J SINGH AND J DAVIDSON</p>                                                                    |



# Health Learning Series





# Amazing Animal Book Series



# Learn To Draw Series

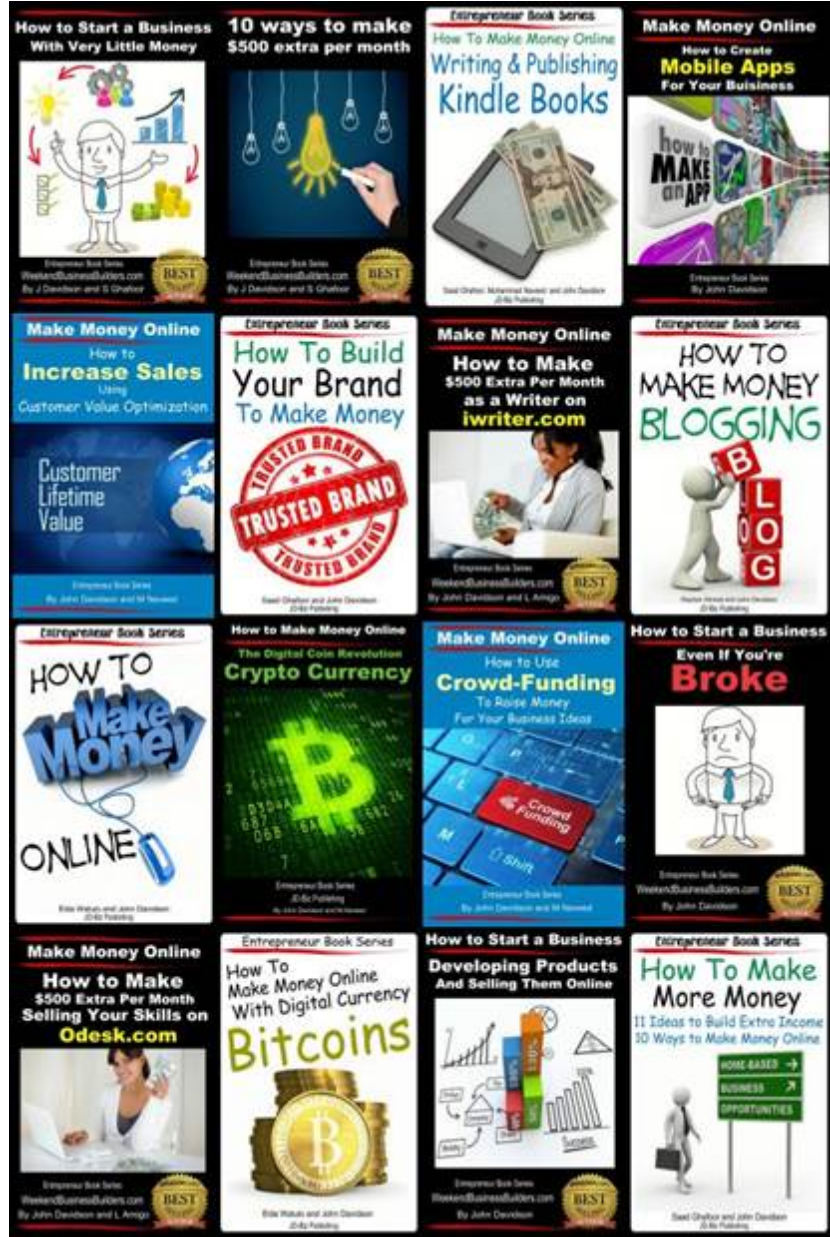




# How to Build and Plan Books



# Entrepreneur Book Series



# Publisher

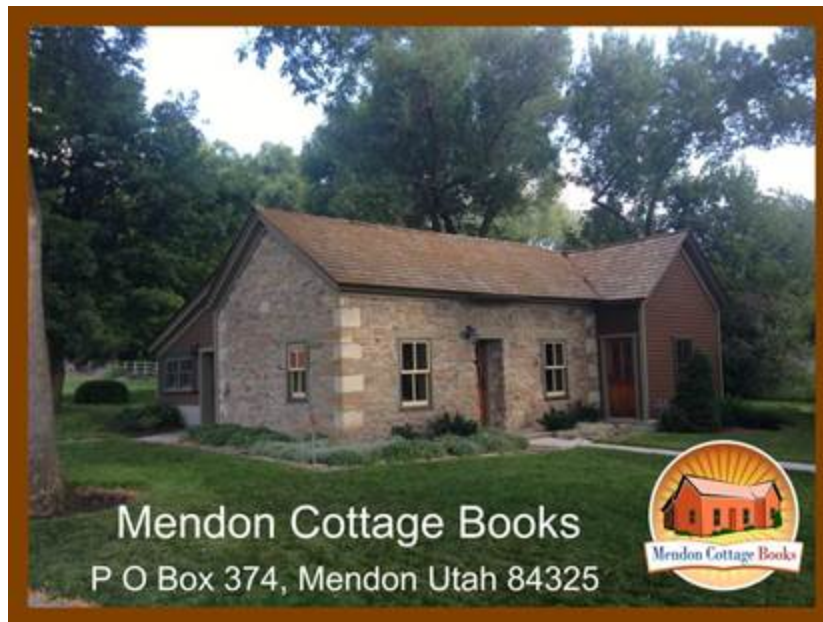


JD-Biz Corp

P O Box 374

Mendon, Utah 84325

<http://www.jd-biz.com/>



## Endnotes

---

[1] Believe it or not, this is true. In a major portion of North India, owners of Wayside restaurants, called (Dhaabhas) where buttermilk has to be fed to truck drivers, driving over long distances, day and night, just place the yogurt, water, spices, and ice in a washing machine, and give it a whirl. And then here they are with ready-made buttermilk to feed all those hungry people, throughout the livelong day and the dark recesses of the night.

Do not worry; the washing machine tumblers are scrubbed scrupulously, every night, and cleaned thoroughly so that there is no chance of buttermilk poisoning ever, because of stale buttermilk remains left overnight. The next day, the washing machine is filled up with huge amounts of homemade yogurt, with water, and spices added and the two-minute timer pressed.

I found it hilarious, especially when I saw a USD350 washing machine being used to churn buttermilk. But the Wayside restaurant owner told me that this marketing strategy more than amply repaid for the price paid, because people came to his restaurant to see pure buttermilk being churned in his washing machine. And ordering more.

He recouped double the price paid for his washing machine in just two months, with his speciality of the house – Washing Machine Buttermilk. And word of mouth spread. Within three years, 60% of the Wayside restaurant owners in that particular area had installed washing machines for churning buttermilk!

If I was an enterprising businesswoman, I would make high-powered washing machines in a smaller size, just for the Indian market! It would sell like hotcakes.