

## CONTRIBUTION OF NAVNEET (BUTTER) FOR HEALTHY HEART: A REVIEW

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### ABSTRACT

Dr. A. P. J. Abdul Kalam, former President of India has opined that the best method for preventing disease is Ayurveda because it is comprehensive system based on natural medicine which is devoid of toxicity. Though medical technology is advancing rapidly, people are affected by diseases and the cost of healthcare is increasing. Our aim for good health must be Prevention first rather the necessity for heart disease is Primordial prevention .Acharyas mentioned Garbhini paricharya month wise, also they explained formation of various organs in 9 months. Generally heart is formed in 4<sup>th</sup> month and Acharyas has mentioned Navneet in Aksha matra for that month. It

means that Navneet (of cow's milk) made by traditional method must be helpful in formation of Heart. It is obvious that food good for any organ must be helpful for prevention of diseases of that organ. Also Navneet that beloved fatty staple has been slowly welcomed back in to Americans diet & a new study find that it is not as bad for our arteries as once believed. This study mainly focus on properties of Navneet and causes of Hriday roga in various samhitas.

**KEYWORDS:** Navneet, Aksha, Garbhini.

### INTRODUCTION

In present era due to changing lifestyle, food habits & increasing stress the ageing process becomes so fast. Due to these specific reason, clinical issues associated with heart diseases (Hypertension, Coronary disorders etc.) within a age, are arising enormously in society.

With the help of Ayurvedic perspective we can successfully prevent or prolong Heart diseases. Prevention is better than cure. In modern day, the concept of prevention has become broad based. Now a day's prevention is divided in to four (4) level namely primordial, primary, secondary & tertiary prevention. In primordial prevention, main focus is to prevent the risk factors in which they are not yet appeared.

Especially in Ayurveda month wise diet regimen is given to Garbhini. This aahar is mainly for Garbhini herself and also the fetus .Fourth month aahar contains mainly NAVNEET in aksha matra and also Aacharyas had explain the formation of various organs month wise .Generally Heart is formed in 4<sup>th</sup> month. So there is great need to find out whether this aahar is useful for heart or not.

In this study we will go through Hridroga, Garbhini diet, concept of primordial prevention, various properties of Navneet & recent studies on Navneet (Butter).

### **AIM**

To study the contribution of *Navneet* (BUTTER) for Healthy Heart.

### **OBJECTIVES**

1. To study causes of *Hridaroga* according to Ayurveda
2. To study month wise regimen of Garbhini.
3. To study concept of primordial prevention.
4. To study properties of Navneet.

### **HYPOTHESIS**

Navneet is helpful in formation of Healthy Heart.

### **MATERIAL AND METHODS**

#### **HRIDAROGA: Hetu (Causes) according to Ayurveda**

##### **A) Dietary**

Excess and frequent consumption of substances having Ushna & Tikshna (spicy), Guru (heavy diets), Ruksha (dry), Kashay (Astringent) properties.

##### **B) Lifestyle**

1. Excessive / strenuous physical exercise or activity (Vyayam), Excessive purgation, emesis or enema,

2. Suppression of natural urges
3. Chinta, bhaya, krodh etc.
4. Factors related to emotional and mental stress
5. Abhighat (physical & mental trauma)
6. Adhyasana (Over eating)
7. Vishamasana (Irregular dietary habits)

### C) Other

Weakness due to other chronic disorders (Ati karshan).

### Garbhini

#### Organs formed

1. Heart
2. All organs (Sarvang)
3. Stability to Garbha.

#### Diet

*Garbhini* should take diet consisting of Milk and *Navneet* in Aksha matra (10 gm).

This *aahar* is beneficial for *Garbhini* herself and also for proper growth of child. Month wise *aahar* must be helpful for the particular organ formed in respective month. Generally Heart is formed in fourth month, so definitely *Navneet* must be helpful for proper growth and formation of **Healthy Heart**.

### CONCEPT OF PRIMORDIAL PREVENTION

Primordial prevention is new concept, which is very helpful in prevention of chronic diseases. It is prevention of the emergence or development of risk factors in population in which they are not appeared yet for ex. Hypertension or Obesity. These diseases have their early origin in childhood, because this is the time when lifestyle, eating habits are formed.

In the same way Ayurveda not only aims on present health but also it is concerned about diseases occurring in future. This process starts with the beginning of our life. *Aahar* mentioned in *Garbhini* according to month which is helpful to mother and fetus.

**NAVNEET**

Fresh Navneet is laghu (light), sukumar (soft), madhur (sweet), kashay (astringent), eshad amla (slightly sour), sheet (cold), medhya (intellect promoting), deepan (appetizer), hridya (cordial), sangrahi (checking), vrishya (aphrodisiac), avidahi (non-burning), pitta anilhar (pacifies pitta & vata), kshay har (alleviates wasting), kasa har (cough), vran (wound), consumption, arsha & ardit har (piles & facial paralysis). Navneet that kept to long time is heavy, increases kapha & fat, promotes body weight & strength and helpful for childrens.

**RECENT STUDIES**

In meta-analysis of butter consumption and risk of cardiovascular disease, Diabetes & total mortality.

They identified 9 publications including 15 countries specific cohorts together reporting on 636151 unique participants with 6.5 million person years of follow up & including 28271 total deaths, 9783 cardio vascular disease & 23594 cases of incident diabetes.

Conclusion of this study is consumption of Butter was not significantly associated with any cardiovascular disease, coronary heart disease or stroke. Also this study reveals that it was inversely associated with incidence of diabetes.

**CONCLUSION**

From above study we can say that Navneet is useful in formation of Heart. Also recent studies says that it is not harmful to Heart. Laghu, sheet, Avidahi, Agnideepan & Hridya properties of Navneet are exactly opposite to the hetus that causes Hridaroga. Hence it is helpful to prevent Heart disease. So we must give Aksha matra (i.e. 10 gm) Navneet to Garbhini during 4 th month & may think of giving in the same dose for 1 month to prevent Heart disease or in the Hridaroga, There is requirement of long term prospective study in this regard.

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