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Curd, Rich in probiotics; Cautions rather than Qualities

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ABSTRACT

Curd is a milk product used worldwide due to its nutritional and health benefits. It is a rich source of probiotics. Probiotics contain live microorganisms and indicate various gastrointestinal diseases and oral health. While taking curd every day for the benefit of probiotics, it is important to understand the same time, the ill effects of curd if not taken properly. Ayurveda, the science of life, gives an adorable briefing about the ill effects of curd, if not consumed properly according to time, season, condition of the person, nature of curd, etc along with the benefits. This article is meant to discuss cautions rather than qualities of curd

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