

# CURD

Curd or yogurt is the most valuable therapeutic foods. It has several health benefits associated with it. Some of its benefits are as follows:-



- Consumption of curd aids in smooth digestion.
- Curd is valuable in the treatment of insomnia. The patient should take plenty of curd and massage it on the head. this will induce sleep
- Curd is very helpful in the treatment of several gastro intestinal disorders, and also reduces dryness in the stomach.
- Curd is helpful in curing illness like jaundice.
- Curd has been associated with longevity. Taking sufficient curd in the daily diet could prevent premature old age and decay.
- The use of curd in the form of butter milk is highly beneficial in the treatment of obstinate skin disorders such as psoriasis and eczema.
- Curd contains 40% of calcium in it and it is considered as a better provider of calcium rather than milk. People who do not get required amount of

calcium suffer from osteoporosis and weak bones / teeth.

- Curd prevents and cures us from yeast infection. Many women experience yeast infection as a common problem.
- The same bacteria which prevent yeast infections also strengthen the immune system.
- Curd also helps in regulating the digestive system. It contains heavy bacteria in it which helps the stomach to digest the food properly.
- Curd prevents ulcers.
- The bacteria in the curd make the skin soft and glowing. it also helps to counter react the ill effects of the scorching sun
- A mixture of oatmeal flour and curd has been found effective in making the skin fairer and softer
- Curd is also considered valuable in conditioning the hair. It makes the hair soft, healthy and strong.
- Massaging one's hair with curd helps prevent dandruff.

