



Buttermilk Recipe



Lakshmi Ayurveda
Free Downloadable

About Buttermilk

Buttermilk is called Takra in Sanskrit. The recipe provided on the following page is based on Sambaram, a Kerala style buttermilk. Buttermilk is light, astringent and sour in taste. It mitigates Kapha and Vata and improves digestion.



From an Ayurvedic perspective, Buttermilk cleanses the channels (srotas), is a mild diuretic. It is useful in treating water retention, oedema, ascites and metabolic syndrome.

For those suffering from IBS, fresh curry leaves can be added to the buttermilk.

Takra is useful in Shopha (oedema), Arsha (piles), Grahani (IBS), Mutragraha (urine retention), Udara (ascites), Aruchi (anorexia), Snehavyapat (in case of excessive ghee or fat indigestion), Pandu (anaemia) and affliction with Gara Visha/ Krutima Visha (poison).

Cs. Sutra Sthana XXVII.

Buttermilk Ingredients

- ❁ 1 cup of buttermilk
- ❁ 1.5 cups of water
- ❁ 1/2 green chili with the seeds removed
 - ❁ 1 sprig fresh curry leaves
- ❁ 1/2 tsp ginger powder (or a slice of fresh ginger)
- ❁ 1/2 tsp of cumin powder (or dry roasted cumin seeds)
- ❁ Pinch of Himalayan Pink Salt

Instructions

- Mix water and the buttermilk thoroughly.
- If you are using yoghurt, add 3 cups of water to 1 cup of yoghurt.
- Grind the green chili, ginger, curry leaves, cumin powder in a mortar.



- Add this and some salt to the buttermilk and whisk for about 30 seconds.
- Enjoy!



Optional: Add fresh curry leaves when grinding the spices in the mortar and pestle.

Disclaimer: Before incorporating any of the information offered in this downloadable, we strongly recommend you visit an Ayurvedic Practitioner to properly assess your health history and conditions.

Please note that our claims about buttermilk have not been approved by the TGA. The information provided is not meant to be used to diagnose or treat anyone and should not be taken without consultation with an Ayurvedic physician. We do not guarantee and assume no legal liability or responsibility for the accuracy, currency or completeness of information contained in these materials.

If you have any questions, please email us at info@lakshmiayurveda.com.au.

With love from the Lakshmi Team, we
hope you enjoy your buttermilk.

