



Ayush Ayurveda Hospital

(Centre for Ayurvedic Specialities)

Curd Usage



Do's

✓ Use with Green Gram

✓ Use with Gooseberry

✓ Use with Sugar

✓ Use with Honey

Don't's

✗ Don't Use in the Night

✗ Don't Heat and Use

✗ Better to Avoid Use
During Summer Months

HEALTH TIPS SERIES

AYUSH AYURVEDA HOSPITAL, OTTAPALAM

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