

9 Reasons That Prove Curd Is Great for Your Health!

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Curd/Yogurt/Dahi, is a popular food item all over the country. In the north, people eat it with flattened rice or chapatis while in the south, people are great patrons of curd rice. Some sections of the society even consume curd for superstitious purposes. It is thought that consuming curd before embarking on a journey will ensure safety and good health. Made from milk, this dairy product has a lot of health benefits. Here are some reasons why you should add curd to your daily diet starting today.

1. Helps improve digestion

The nutrients present in curd are easily absorbed by your digestive system. Not only that, it also helps in absorbing nutrients from other food items that you have eaten. It can also be used along with spicy food, as curd cools down and neutralises the heat that these foods create. A Taiwanese study even found that curd is helpful in curing H. Pylori infections which is the most common type of stomach infection.

2. Healthy for your heart

In a day and age where more and more young people are falling prey to heart disease, consuming curd can go a long way in maintaining heart health. It minimizes the risk

of high blood pressure and helps reduce cholesterol levels by preventing the thickening of carotid arteries.

3. Milk substitute for those who are lactose intolerant

Some people, who cannot consume milk because they are lactose intolerant, can safely consume curd. It converts the lactose present in milk to lactic acid, making it easier to digest. Also, you do not lose out on the nutritional boost that milk provides.

4. Helps boost immunity

Curd has 'good bacteria' present in it which strengthens your immune system by fighting against several microorganisms that are present in the body. It is also useful in preventing vaginal yeast infection in women. These properties of curd do not diminish even when it is heated along with curry preparations to add flavour. Eat it daily to prevent infections and stay healthy!

5. Good for your teeth and bones

All dairy products are good for your bones, and curd is no different. Like milk, curd too has a high amount of phosphorous and calcium. This makes it beneficial for your teeth and bones as it helps promote bone growth and makes your teeth stronger. Taking care of your bones is essential if you want to avoid painful diseases like osteoporosis and arthritis in the future.

6. Can be used as a skincare product

Nutrients like zinc, Vitamin E and phosphorus make curd a natural skincare product and it is often used as an ingredient in homemade packs. A simple mixture of curd, gram flour and lime juice can be made at home to give you an attractive and glowing face.

7. Helps get rid of dandruff

Many advertisements claim to have found the magical chemical formula for curing dandruff. But, curd can be a simple homemade solution. Why is it good to get rid of dandruff? It has lactic acid which has anti-fungal properties. What more? You don't even have to add other ingredients to it. Just whip some curd in a bowl, and add it to your scalp. Leave it for an hour, and wash properly with water.

8. Helps you lose weight

Whenever nutritionists make a diet plan, the first thing they include is curd. The calcium present in it prevents your body from pumping more cortisol. Hormonal imbalance of cortisol is responsible for a host of problems like hypertension, obesity and cholesterol.

9. Helps release stress and anxiety

Being stressed can wreck your health. Finding ways to relax and rejuvenate is imperative in today's world. Along with other things, eating some curd can surely help. According to a study conducted by UCLA's School of Medicine, eating curd was linked to lower levels of activity in the part of brain responsible for emotion and pain.