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# Review of Paneer and Cheese in context of *Kilat* and *Kurchika*

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## ABSTRACT

*Paneer* and Cheese are being commonly used food item in India presently. It is a rich source of milk protein, calcium, Vitamin A, Phosphorous, vitamins, minerals and protein, which are required by the body in high proportions for healthy growth and development. Cheese is made by fermentation of curd. It is a rich source of milk protein, fat, calcium and riboflavin. Direct reference is not available in Ayurveda classics but it can be correlated with *Kilat* and *Kurchika* successively on the basis of their procedure available in some commentaries. Present study aim at detail comparison of *Paneer* with *Kilat* and Cheese with *Kurchika*.

**Key words:** *Paneer*, Cheese, *Kilat*, *Kurchika*.

## INTRODUCTION

*Paneer* and Cheese are being commonly used food items in India presently. *Paneer* which is also called as *Chhana* or *Chhena* is a non fermented cheese made from milk, basically it is fresh milk cheese, where the milk is coagulated with an acidic agent (like lemon juice, vinegar or curd).<sup>[1]</sup> The whey is removed and the coagulated *Paneer* sets in some time. It is a rich source of milk protein, calcium, Vitamin A, Phosphorous, vitamins, minerals and protein which are required by the body in high proportions for healthy growth and development. Nutritional value of *Paneer* as per 183g is as mentioned in Table 1.

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**Table 1: Nutritional value of *Paneer***

Energy	182 kJ (43 kcal)
Sugars	10 g
Fat	2 g
Protein	7 g
Vitamin A equiv.	44 µg
Calcium	230 mg
Sodium	87 mg

Cheese is a food derived from milk that is produced in a wide range of flavors, textures, and forms by coagulation of the milk protein casein. Cheese is a rich source of milk protein, fat, calcium and riboflavin.

Cheese is prepared in 4 stages;

1. Curdling
2. Draining
3. Pressing
4. Ripening

Curdling is the separation of the liquids (whey) from the solids (curds) by addition of the fermenting agent. Draining is the method of eliminating the whey (liquid) from the curd (solid). Proper draining is vital to attain the correct moisture content in the cheese. Pressing is a step that simply eliminates more whey. Ripening involves the careful control of humidity, temperature and oxygen levels to nurture the cheese to maturity by addition of fermenting agent like yeast etc.

Cheese is valued for its portability, long life, and high content of fat, protein, calcium and phosphorus. Cheese is more compact and has a longer shelf life than milk, although how long a cheese will keep depends on the type of cheese. Nutritional value of Swiss Cheese<sup>[2]</sup> as per 100g is as mentioned in Table 2.

**Table 2: Nutritional value of Swiss Cheese per 100g**

Sugars	5.4g
Fat	27.8g
Protein	26.9g
Vitamin A equiv.	17 µg
Calcium	79mg
Sodium	8mg

#### Correlation of Paneer and Cheese in Ayurveda:

Procedure of *Paneer* preparation can be correlated with *Kilat*. In commentaries of Ayurveda classics procedure about *Kilat* has been described in detail. '*Nashtakshira Pinda*'<sup>[3]</sup> i.e. solid part of curd without whey. *Kilat* has been described in Ayurveda as heavy to digest which increases strength, aphrodisiac, help to pacify *Vata Dosha*. It must be eaten only by those people whose digestive capacity is more. It is useful for the patients of insomnia. It leads to vitiation of *Kapha Dosha* if taken in excess quantity.

As cheese is made by fermentation of curd, it can be correlated with *Kurchika* which is described in detailed in Ayurveda classics. *Kurchika*<sup>[4]</sup> is a solid part which is made up of fermentation of *Dadhi* i.e. curd. *Kurchika* is also heavy to digest. It vitiates *Pitta Dosha*. In Ayurveda *Kilat* and *Kurchika* are not been advised for daily intake as it is responsible for vitiation of *Dosha*.

#### CONCLUSION

*Paneer* is in a solid form which is made by curdling the milk and draining away the whey which can be correlated with *Kilat* in Ayurveda. It is a solid part of curd without whey. Cheese is prepared in 4 stages i.e. Curdling, Draining, Pressing and Ripening which can be correlated with *Kurchika* in Ayurveda which is made by fermentation of curd.

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