

Curd is a dairy product obtained by coagulating milk in a process called curdling. The coagulation can be caused by adding rennet or an edible acidic substance such as lemon juice or vinegar and then allowing it to sit. It can be made from cow, water buffalo, sheep/ewe, yak, reindeer, llama, camel, and goats milk.

Health Benefits of Curd / Yogurt

Keeps Skin Clean and Smooth

Nutritious Food

Zero Carbs

Good Food for Pregnant Women

Reduces Tanning

Helpful in Diarrhoea with Rice

Boosts Immune System

Face pack

Keeps Digestive System Healthy



A type of curd in Spain is made from ewes milk. Introducing lemon juice or vinegar substance to the milk will allow the milk to curdle and separate into two parts. The wonders of curd are not just restricted to soothing your system and help digest food. It also works as a marvellous beauty recipe and is used by many women to treat various skin and hair problems at home. It serves as a very good medicine. It has an enzyme that keeps the body cool.

Health Benefits of Curd

Good Food for Pregnant Women

Pregnant women are often advised to have a good amount of calcium in various forms to support the growth of bones, teeth and muscles of the baby. However, if you cant take milk due to some reason, then curd is the second best option for you. It is rich in calcium and easy to digest. It will provide you enough calcium and proteins as well during pregnancy to support the proper growth of your baby.

Reduces Tanning

A plain curd pack also treats tanning. Whether the tanning is mild or severe, you can apply a base of plain it on your face and neck every day to keep your skin clear.

Keeps Skin Clean and Smooth

Curd and besan for smooth, acne free skin. Helps to reduce the occurrence of acne. In addition to this, it also helps keep your complexion clean and smooth.

Nutritious Food

It is a very nourishing food. It is a valuable source of protein, calcium and minerals.

Zero Carbs

It has zero carbs, zero sugars and zero trans fats, with enough calcium for growing bones.

Helpful in Diarrhoea with Rice

It is a mild laxative but, in case of diarrhoea and dysentery, it is a boon, if used with rice.

Boosts Immune System

It boosts immune response.

Face pack

A simple mixture of curd, gram flour and lime juice can be made at home to give you an attractive and glowing face.

Keeps Digestive System Healthy

The curd is very helpful for preventing and delaying degeneration of the body. It purifies the blood, keeps the digestive system healthy, and has more vitamin B Complex than milk. 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. 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.