

वृष्यं बृंहणमग्निदीपनकरं पूर्वाहणकाले पयो, मध्याह्ने तु बलावहं कफहरं पित्तापहं दीपनम् ।
 बाले वृद्धिकरं क्षयेऽक्षयकरं वृद्धेषु रेतोवहं, रात्रौ पथ्यमनेकदोषशमनं चक्षुर्हितं संस्मृतम् ॥३९॥
 वदन्ति पेयं निशि केवलं पयो भोज्यं न तेनेह सदौदनादिकम् ।
 भवत्यजीर्णं न शयीत शर्वरीं क्षीरस्य पीतस्य च शेषमुत्सृजेत् ॥४०॥
 विदाहीन्यन्नपानानि दिवा भुङ्क्ते हि यन्नरः । तद्विदाहप्रशान्त्यर्थं रात्रौ क्षीरं सदा पिबेत् ॥४१॥
 दीप्तानले कृशे पुंसि बाले वृद्धे पयःप्रिये । मतं हितमतं दुग्धं सद्यःशुक्रकरं यतः ॥४२॥

When consumed in the morning, milk promotes appetite and at noon, strengthens the body, pacifies Kapha and Pitta and acts as an appetizer.

During childhood, it nourishes the body, in emaciation controls wasting and in old age protects the semen.

At night, milk consumption is ideal, pacifies many a doṣa and useful for the improvement of vision.

Some seers opine that, at nights rice or otherthings shouldn't be taken in along with it, which may lead to indigestion and insomina. Milk taken into a vessel to drink should n't be left back.

As irritant foods are consumed in the day time, milk should be drunk at night to pacify irritation, For those having good appetite, emaciated, children, old people and for persons who like milk can consume milk with benefit which instantaneously promotes Śukra (semen).