

IMPORTANCE OF TAKRAPANA IN VARIOUS DISEASE – A REVIEW

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ABSTRACT

In *Ayurveda*, the cause of every disease is *mandagni*. *Agni* plays vital role in management of diseases. However, the modern sedentary lifestyle causes *agni vikruti*, *apakva ahara rasa*, and inappropriate *dhatu* production, which ultimately disrupts metabolism and causes a number of ailments. In clinical practice, *grahani roga*, *arsha*, *amlapitta*, and constipation are frequently observed. The *Ayurvedic* texts explain a variety of *drava-dravyas* for healing, *takravarga* being one among them. Different *Takra kalpanas* are mentioned by *Acharyas* which are very useful in digestive problems and considered to be useful in diseases of *vatakapahaja* origin. It is also mentioned in conditions like *grahani*, *udara*, *gulma*, *pandu*, *arsha*, *mutracakruchra*, *atisara* etc. *Takra* is *vatanulomaka*, *vatakapah shamaka*, *deepana*, *grahi*, *laghu*, and does not aggravate *Pitta*. Winter is the best time to take *takra*. *Takra* is regarded as nectar on earth in *bhavaprakasha* when consumed properly. In this article, an effort is made to explore

the *takra prayoga* mentioned by *ayurveda* classics. **Aim:** To study *Takrapana* in various disease conditions. **Objectives:** To study and understand in details about *Takra*, its properties, *Doshaghnata*, indications, contraindications and its use in various disease conditions.

KEYWORDS: *Takra*, *Takra Kalpanas* *Gulm*, *Arsha*, *Udara*, *Grahani*.

INTRODUCTION

Takra is a dietary supplement made from curd. It is said to be *vatanulomaka*, *deepana*, *grahi*, *laghu*, and *vatakapah shamak* and does not aggravate *Pitta*. *Takra* which is prepared out of Cow's milk is considered to be superior.^[1] It is said that, if *Takra* was available in Heaven or Kailasa, Lord Shiva's neck would not have been turn to blue, similarly Lord Keshava would

not have attained *Krushna Varnata*. Chandra would not be suffered with *Kshaya*, and Lord Ganesha with *Udara Roga*. This has highlighted the medicinal properties of *takra* in curing ailments like *visha*, *kshaya*, *udara roga*.^[2]

Nowadays, the most frequent causes of GIT disturbances are sedentary lifestyles, unhealthy eating habits, stress, long workdays, inactivity, irregular sleep patterns etc. All of these factors contribute to *agni vikruti*, *apakva ahara rasa*, and improper *dhatu* formation, which disrupt the body's metabolism. *Takra* is considered to be *Amruta* for human beings. Different *Acharyas* have described various types of *takra kalpanas*, which are very useful for digestive problems. The removal of *avarana* by *takra's srotoshodhana* property results in *uttarotara dhatu poshana*, which afterwards nourishes and strengthens the body. The *takra kalpanas* stated by *Acharyas* are thought to be helpful for a variety of ailments, including *grahani*, *udara*, *gulma*, *pandu*, *arsha*, *mutrakruchra*, *atisara* etc and diseases with a *vatakapahaja* origin.

Ashta Gunas Of Takra^[3]

1. *Kshut Vardhana*- Improves appetite
2. *Netra Rujapaha*- Relieves eye disorder.
3. *Prana Pada*- It is *Pranadayaka*.
4. *Shonita Mamsada*- *Rakta Mamsa Kara*.
5. *Amahara*- Relieves *Ama*.
6. *Abhighatahara*- Causes relief in trauma.
7. *Kaphahara*.
8. *Vatahara*.

Properties Of Takra^[4]

Rasa- *Madhura amla pradhana rasa* and *kashaya anurasa*.

Guna- *Laghu*, *Ruksha*.

Veerya- *Ushna*.

Vipaka- *Madhura*.

Doshaghnata- *Tridosahara*.

Karmukata- *Strotoshodhana*, *Agni Depana*, *Grahi*, *Laghava*, *Balya*, *Varnya*, *Avrushya*, *Tushtikara*, *Hrudhya*.

Types Of *Takra*

1. Based on preparation of *takra*^[5]

- i. *Ghola*
- ii. *Mathita*
- iii. *Takra*
- iv. *Udashwita*
- V. *Chacchika*

i. *Ghola*- Curds with its *saara*, churned with or without adding water is called as *Ghola*, it has *Vata Kaphahara* Property.

ii. *Mathitha*- Curd without *saara*, churned without adding water, it has *Kapha Pittahara* Property.

iii. *Takra*- 1 part of curd, churned by adding 1/4 th part of water. It is *Laghu, Kashaya Amla Rasa, Ushna Veerya, Madhura Vipaka, Tridosahara, Grahi, Deepana, Vrushya, Preenana, Shramahara, Vrushahara*.

iv. *Udashwita*- Curd churned by adding 1half of the quantity of water, it is *Kaphakara*, strengthens the body.

V. *Chacchika*- *Saarahin* portion of *dadhi* is called *Chacchika*.

2. Based on the presence of *snehansha* in *takra*^[6]

i. *Ruksha Takra*- *Takra* without Fat. It is indicated in *kapha pradhana vyadhi*, weak digestive power and patient having low strength.

ii. *Adhodhruta Takra*- *Takra* from which half of the fat is removed. It is indicated in *pitta pradhana vyadhi*, moderate digestive power and patient having moderate strength.

iii. *Anudhruta Takra*- *Takra* with fat portion. It is indicated in *vata pradhana vyadhi*, strong digestive power and patient having enough strength.

Properties Of *Takra* As Per Animal Origin^[7]

1. *Gavya Takra* (*Takra* prepared out of cow's milk) - It is considered to be *Shrestha*. Stimulates *jataraghn*i and have *medhya, tridosahara* property, relieves *grahani roga, arshas, atisara, gulma* and *pleeha roga*.

2. *Mahisha Takra* (*Takra* prepared out of buffalo's milk)- It has *guru* and *sandhra guna* does *kaphavardhana* and is *shophakara*.

3. *Aja/ Chhagala Takra* (*Takra* prepared out of Goat origin)- It is *snigdha, laghu, tridosahara* and indicated in *gulma, grahani, arsha, shotha* and *pandu rogas*.

***Takra Sevana Kala*^[8]**

Takra should be administered considering *rogi bala*, *roga bala* and *rutu*. It should be administered either for 7 days or 10 days or for 15 days or for a month. Thereafter, it should be gradually withdrawn in the same quantity in which it was increased. While reducing, the patient's total food should not be reduced. Adaptation of this procedure will promote and maintain the strength of the digestive power and promote strength, plumpness as well as complexion.

Indications For *Takra Pana*^[9]

1. *Kala- Sheeta Kala*.
2. *Margavarodhajanya Vyadhi*.
3. *Agnimandhyajanya Vyadhi*.
4. *Vyadhis*- It is mainly indicated in *vata-kaphaja vyadhi* like *Shopha*, *Arsha*, *Grahani Dosha*, *Mutragraha*, *Udara*, *Aruchi*, *Pandu*, *Garavisha*, *Pleeha Roga*, *Arochaka*, *Vishama Jwara*, *Trushna*, *Chhardi*, *Praseka*, *Shula* and *Sneha vyapath* condition.

Contraindications For *Takra Pana*^[10]

1. *Ushna Kala*- Hot season.
2. *Kshata*, *Durbala Purusha* - Debilitated person
3. *Vyadhi*- *Murcha*, *Bhrama*, *Daha*, *Raktapitta*.

DISCUSSION***Takra prayoga in various disorders***

1. *Takra Prayoga in Aruchi*^[11] Powder of fried *rajika*, *jeeraka*, *bhrusta hingu*, *shunti*, *saindhava* is mixed with *godadhi* and filtered through a clean cloth. It stimulates taste perception immediately and promotes *agni* thus helpful in *aruchi*.

2. *Takra Prayoga in Kaphaja Gulma*^[12] *Takra* mixed with *yavani churna* and *vida lavana* is useful in *kaphaja gulma* to promote digestion power, and *anulomana* of *vata*, *mutra* and *purisha*.

3. *Takra Prayoga in Vidvibandha*^[13] *Takra* mixed with *yavani* and *bida lavana* is useful in *vidvibandha*.

4. Takra Prayoga in Arsha- *Takra* is very helpful in *vata kaphaja arsha*. It acts as *aamrita* in ano- rectal diseases. Various *takra* preparations are mentioned in the management of *arsha roga* as follows.

- i. *Takra* or *Dadhi* prepared in the pot with *chitraka mula* and *twak kalka*.
- ii. *Takra* processed with *bharangi*, *asphota*, *yavani*, *amlaka* and *guduchi*
- iii. *Takra* processed with *pippali*, *pippali mula*, *chavya*, *chitraka*, *vidanga*, *shunti*, *hareetaki*.
- iv. *Mantha* of *saktu* mixed with powder of *bhallataka* without much of *lavana* and with *takra*.
- v. *Kalka* of *kutaja* and *vandaka mula* mixed with *takra*.^[14]
- vi. Powder of *kalinga*, *magadha*, *chitraka* and *surana* each is increased by one part than its preceding. It is consumed with *takra* and is beneficial in swelling and pain in the rectum.^[15]
- vii. *Hingavdi churna* with *takra* is helpful in swelling and pain in the rectum, poor digestion.^[16]
- viii. Powder of *haritaki* and *guda* followed by *takra*.^[17]
- ix. *Takra* mixed with *chitraka kalka* which has been collected either in *aashadha*, *kartika* or *marghashisha* months or during the constellation of *pushya* in any other months is beneficial.^[18]
- x. *Avalehya* - prepared with the decoction of *chitraka*, made thick by adding honey and jaggery can be eaten followed by *takra pana*.^[19]
- xi. *Takra* is poured into a pot smeared with ghee and added with powders of *hapusha*, *upakunchika*, *dhanyaka*, *ajamoda*, *ajaji*, *sathi karavi*, *yavani*, *chitraka*, *pippali dwaya* and *pippali mula* allowed to ferment; this *takra* is also useful in curing *arsha*.^[20]
- xii. If the *Kayagni* of the patient is very weak, then only *takra pana* in the morning, *takravalehika* (linctus prepared by adding *takra* to the flour of fried paddy) to be given in the evening or after *takra* is digested, again *takra* with *saindhava lavana* should be given followed by *takrodana* (rice mixed with *takra*) added with fat.^[21]

5. Takra Prayoga in Grahani: *Takra* being *tridosahara*, *deepana*, *grahi* and *laghu* is helpful in treating *Grahani*. Helps in *srotoshudhata* which leads to proper absorption of *aahara* and thus proper formation of *rasadidhatu*. *Takra* is considered to be *pathya* and for patients who are suffering from *grahani dosha*, it is excellent as it stimulates the power of digestion.^[22]

6. Takra Prayoga in Atisara- In *Pakvathisara*- *Yavagu* Prepared with *takra* processed with *bilwa*, *musta*, *akshi bhashaja*, *dhataki pushpa* is used.^[23]

In *Kaphaja Atisara*- Powders of *patha*, *mocharasa*, *dhataki*, *bilwa*, *nagara* consumed with *takra* and *guda*.^[24]

7. *Takra Prayoga in Udara Roga*- *Takra* is not very *Sandhra*, has *Swadu Rasa* and is free from fat is useful in the patients suffering from *Udara Roga*.^[25]

Takrapaana according to bheda of udara roga^[26]

- i. *Vaatodara*- *Takra* along with *pippali*, *saindhava*.
- ii. *Pittodara*- *Takra* which is *swadu* and added with *sita* and *madhuka churna*.
- iii. *Kaphodara*- *Takra* along with *yavani*, *saindhava*, *ajaji*, *trikatu* mixed with *madhu*.
- iv. *Sannipatodara*- *Takra* along with *tryushana*, *kshara*, *lavana*.
- v. *Plihodara*- *Takra* along with *madhu*, *taila*, and the *churna* of *vacha*, *shunti*, *shatahva*, *kushta* and *saindhava*.
- vi. *Udakodara*- *Takra* along with *trikatu churna*.
- vii. *Baddhodara*- *Takra* added with *hapusha*, *ajaji*, *yavani*, and *saindhava lavana*.
- viii. *Chidrodara*- *Takra* along with *pippali* along with *madhu*.

8. *Takra Prayoga in Pandu*- *Takra* mixed with *chitraka*, *hing*, *jeeraka*, *saindhava* and *mishree* having properties of *balya*, *ruchya*, *basti shula vinashana* is indicated in *pandu roga* and also it is beneficial in *arsha*, *vata vyadhi*, *atisara*.^[27]

9. *Takra Prayoga in Vataja Hrudroga*

- i. *Takra* mixed with *bida lavana* is indicated in *vataja hrudroga* and *gulma*, *anaha*.
- ii. *Taila*, *souviraka*, *mastu* and *takra* taken in equal quantities should be added with salt and taken with lukewarm water.^[28]

10. *Takra Prayoga in Mutrakrucho*- *Takra* mixed with *guda* is beneficial in *mutrakrucho*.^[29] *takra* mixed with powders of *kushta*, *gomedaka*, *hing*, *tryushana*, *vacha*, *ela*, *gokshura*, *asmabheda* and the juice of *badaramla* cures *mutrakrucho* and *prameha*.^[30]

11. *Takra Prayoga in Kaphaja Chardi*- *Purana shali*, *godhuma*, *yava* as food is given along with *takra* prepared by adding *shunti*, *pippali*, *maricha* or by adding *nimba*.^[31]

12. *Takra Prayoga in Krumi*- *Yavagu* of *vidanga*, *pippali mula*, *shighru*, *maricha* prepared with *takra* and added *souvarchala lavana* cures *krumi*.^[32]

13. Takra Prayoga in Shotha, Meha- Arishta prepared out of *takra* by adding powders of *yavani*, *amalaki*, *pathya*, *maricha* and *pancha lavana* is useful in curing *shotha*, *meha*, *krumi*, *gulma*, *arsha* and *udara roga*.^[33]

Takra Pana According To Dosha Vaishamya^[34]

- i. *Vata Dosha Vruddhi*- *Amla takra* mixed with *shunti* and *saindhava*.
- ii. *Pitta Dosha Vruddhi*: *Swadhu takra* mixed with *sita*.
- iii. *Kapha Dosha Vruddhi*: *Takra* mixed with *trikatu* and *kshara*.

CONCLUSION

Takra being *madhura* and *amla rasa*, *sandra guna*, is useful in aggravated *vata* condition. As it is *madhura vipaki* it does not aggravate *pitta*. Due to its *kashaya rasa*, *ushna veerya*, *vikasitwa* and *roukshatva* it is useful in aggravated *kapha* condition. Based on *sanskara*, *takra* attains various properties and preparations which is used in different disease conditions. Thus, *takra* and its *kalpanas* can be used in various disease conditions depending upon the *vaidya yukti* and *roga-rogi bala*.

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