

AYURVEDA REVIEW OF TAKRA

Monu* (B.A.M.S, M.D. Ayu.)

Assistant Professor, Samhita Evum Siddhant Vibhag, B.D.M. Collage of Ayurveda Science
and Hospital, Chhuchkwas, Jhajjar, Haryana.

Article Received on
17 May 2024,

Revised on 07 June 2024,
Accepted on 27 June 2024

DOI: 10.20959/wjpr202413-32977



*Corresponding Author
Dr. Monu (B.A.M.S, M.D.
Ayu.)

Assistant Professor, Samhita
Evum Siddhant Vibhag,
B.D.M. Collage of
Ayurveda Science and
Hospital, Chhuchkwas,
Jhajjar, Haryana.

ABSTRACT

Takra (Buttermilk) is considered as one of the main ingredient of food since ancient time. In Ayurveda, *Takra* is indicated in the management of various diseases. *Takra* is basically milk product which is prepared by the fermentation process. Fermentation process increases the shelf life and enhances the taste. It also acts on improving the nutritional value in the milk. Ancient scientists have described different processes of preparation of the *Takra*. Adding some herbs helps in enhancing the properties of *Takra*. *Takra* also contains probiotics which strengthens gut and helps to combat the harmful bacteria, diarrhea, inflammatory bowel disease and various gastrointestinal diseases. The present review focuses on the available literature of *Takra* with their additional benefits like immune-modulation etc.

KEYWORDS: *Takra*, Buttermilk, *Ayurveda*, gastrointestinal diseases.

INTRODUCTION

Ayurveda is one of the oldest science. Ayurveda plays crucial role in the healthcare system. In routine body process, many major elements and minor elements are required. Calcium is one of them. For vegetarian people, *Takra* is important source of it having 33% protein, 30% calcium, 20% phosphorus, 20% riboflavin and 10% sodium in it. *Takra* (buttermilk) is considered as one of the main ingredient of food since ancient time. A very famous quotation is stated about *Takra* i.e. –

अमृतं दुर्लभं नानानां देवानामुदकं तथा। पिता॑णां दुर्लभः पुत्रस् तक्रं शक्रस्य दुर्लभम् ॥

(Mahasubhasita Samgraha p.no 2526)

Takra is basically milk product which is prepared by the fermentation process. In Ayurveda, *Takra* is described under *Takra Varga* which is under *Dravadravya* group of *Ahara Kalpana*.^[1] In the classical texts like *Bhavaprakasha*,^[2] *Yogaratanakara*^[3] relevance of *Takra* is highlighted. Numbers of indications are attributed to *Takra* in *Samhita* and *Nighantu*. Ancient texts like *Charaka Samhita*, *Sushruta Samhita*, and *Ashtangahridayam* mentioned *Takra* under diseases such as *Grahani* (Sprue), *Udararoga* (Ascites), *Arsha* (Piles), etc. The concept of classification of *Takra* based on dilution the factor is unique concept in Ayurveda. *Takra* is noted as being extremely helpful for digestive issues and illnesses connected to digestion in the Ayurvedic compendiums.

The goal of this paper is to review the *Takra* in the available literatures. The *Charaka Samhita* is a significant Ayurvedic text that is regarded as being at the pinnacle of the discipline's application to medicine. *Takra* is expressed as *Agrya Dravya* in the *Charaka Samhita*. *Takra* reduces *Kapha*, *Vata*, and prevents *Pitta* from escalating. *Takra* performs the function of *Tridoshshamaka* as a result of these *Gunas*. It is highly helpful for patients with *Agni Vikruti* (Abnormal circumstances of digestive fire), different sorts of *Dosha Dushti* (Abnormal conditions of *Dosha*), and different types of *Prakriti* because of this feature (Constitution). *Takra* is therefore a crucial part of the treatment of people with *Agni*-related disorders.

Based on this concept, *Bhavaprakasha* has described five types of *Takra* which includes *Ghola*, *Mathita*, *Takra*, *Udashwita* and *Chachchika*. *Rasapanchaka* of *Takrabheda* are as follows:^[4]

| <i>Takra Bheda</i> | <i>Rasa</i> | <i>Guna</i> | <i>Veerya</i> | <i>Vipaka</i> |
|---------------------------|----------------------|---------------------|----------------------|----------------------|
| <i>Ghola</i> | - | - | - | - |
| <i>Mathita</i> | - | - | - | - |
| <i>Takra</i> | <i>Kashaya, Amla</i> | <i>Laghu</i> | <i>Ushna</i> | <i>Madhura</i> |
| <i>Udashwita</i> | - | - | - | - |
| <i>Chacchika</i> | <i>Lavana</i> | <i>Shita, laghu</i> | - | - |

Bhavaprakasha Nighantu mentioned *Rasapanchaka* of only *Takra* and *Chacchika* variety.

Properties of *takra* prepared by milk of different animals

1. *Gavya Takra* (Cow's milk): It stimulates the *Jatharagni*, gives relief to *Arsha*, *Gulma*, *Atisara*, *Pleeha Roga*, and *Grahani Vikara*, and has *Medhya* (Memory power) property.
2. *Mahisha Takra* (Buffalo's Milk): *Sandra* and *Guru Guna* of makes *Mahisha Takra* acts as the *Kaphavardhana* and *Shophaakara*.

3. *Aja/Chagala Takra*: Goat's milk is mentioned in the *Gulma*, *Grahani*, *Arsha*, *Shotha*, and *Pandu roga*. It has *Snigdha*, *Lagu*, and *Tridoshahara guna*.^[2]

Ashta guna of takra

1. *Kshudha Vardhaka*- Increases hunger.
2. *Netra Rujapaha*- Treats eye conditions.
3. *Pranadayaka*- Restoring life.
4. *Shonita*, *Mamsa*, *Rakta*, and *Mamsakara*
5. *Amahara*- Destroys the *Ama*.
6. *Abhighatahara*- Relieves from trauma.
7. *Kaphahara* and *Vvatahara*.^[5]

Table 1: Types of *Takra* based on the method of preparation.^[4]

| SN. | Types of <i>Takra</i> | Method of preparation | Properties and application in diseases |
|-----|-----------------------|--|---|
| 1. | <i>Ghola</i> | Without adding water or removing the fat, the curd is churned | Destroys <i>Vata</i> and <i>Pitta Dosha</i> |
| 2. | <i>Mathita</i> | Without adding water, the fat is separated and the curd is churned | Destroys <i>Vata</i> and <i>Kapha Dosha</i> |
| 3. | <i>Takra</i> | Curd is stirred after adding $\frac{1}{4}$ th quantity of water | Increases <i>Agni</i> , <i>Shukra</i> in the body, alleviates thirst, and destroys <i>Vata Dosha</i> in the body. |
| 4. | <i>Udashwita</i> | Curd is stirred with $\frac{1}{2}$ part of the water. | Increases <i>Kapha Dosha</i> , <i>Bala</i> and <i>Ama</i> . |
| 5. | <i>Chachchika</i> | More water is added after the curd is mixed and the fat is removed. | Alleviates <i>Vata Dosha</i> , increases <i>Kapha Dosha</i> . |

Table 2: Classification of *Takra* based on fat content.^[6]

| SN. | Types of <i>Takra</i> | Uses |
|-----|---|---|
| 1 | <i>Ruksha Takra</i> (Butter is completely separated) | In <i>Kaphaprakopa</i> , <i>Mandagni</i> , and <i>Avara Bala</i> |
| 2 | <i>Ardhodhrut Sneha</i> (Half of the butter is separated) | used for <i>Madhyam Bala</i> , <i>Mandatara Agni</i> , and <i>Pittaprakopa</i> (Moderate body strength) |
| 3 | <i>Anudhrut Sneha</i> (Fat is not separated) | Used for <i>Vataprakopa</i> , <i>Mandagni</i> and <i>Uttam Bala</i> (Strong body strength) |

Table 3: Nutritional value of *takra*.^[7-9]

| S. N. | Contents | Quantity | % value |
|-------|---------------------|----------|---------|
| 1 | Calories | - | 100 |
| 2 | Total fat | 2.2 g | 4% |
| 3 | Saturated fat | 1 g | 8% |
| 4 | Cholesterol | 10mg | 4% |
| 5 | Sodium | 260 mg | 10% |
| 6 | Total carbohydrates | 10 mg | 4% |
| 7 | Vitamin A | 130 IU | 2% |
| 8 | Vitamin C | 5 mg | 4% |
| 9 | Calcium | - | 30% |
| 10 | Thiamine | - | 6% |
| 11 | Zinc | - | 8% |
| 12 | Riboflavin | - | 20% |
| 13 | Vitamin B6 | - | 4% |
| 14 | Folate | - | 4% |
| 15 | Vitamin B12 | - | 10% |
| 16 | Phosphorus | - | 20% |
| 17 | Magnesium | - | 8% |
| 18 | Potassium | 370 mg | - |
| 19 | Calcium | 284 mg | - |
| 20 | Protein | 16.55gm | 33.1% |
| 21 | Iron | 0.25 mg | 1.4% |

Takra sevana kala

Takra must be administered according to the *Ritu* and *Rogi-roga Bala* for 7 days or 10 days or 15 days or a month. Thereafter, it should be gradually withdrawn inside the same quantity wherein it changed into extended within the beginning. While lowering the buttermilk, the affected person's total meals need not be decreased. Adaptation of this manner will promote and preserve the power of his digestive power and sell his energy, plumpness in addition to complexion.^[10]

Indications for *takrapana*

Agnimandya condition, *Sheeta Kala*, and *Marghavarodha* condition. Mainly indicated in *Vata-Kaphaja Vyadhi*, *Shopha*, *Arsha*, *Grahani Dosha*, *Mutragraha*, *Udara*, *Aruchi*, *Pandu*, *Gara Visha*, *Pleeha Roga*, *Arochaka*, *Vishama Jwara*, *Trushna*, *Chhardi*, *Praseka*, *Shula*, and *Sneha Vyapata*.^[11]

Contraindications for *takrapana*

Ushna Kala, *Kshata*, *Durbala Purusha*, *Murccha*, *Bhrama*, *Daha* and *Rakta Pitta*.^[12]

DISCUSSION

Ayurveda has given prime importance to *Takra* due to its nutritional properties. It is considered as a part of balanced diet which is important for maintaining the good health. Ayurveda indicated *Takra* in the gastrointestinal disorders as it facilitates the proper digestion, absorption process and maintains the proper metabolism. *Takra* owns the properties of the probiotics which helps in the growth of the good bacteria and the reduction of bad bacteria which helps in curing the gastrointestinal disorders. *Takra* is indicated in various diseases. In *Kaphaj Gulma*, *Takra* mixed with *Yavani Churna*, *Vida Lavana* for the *Anulomana* of *Vata*, *Mutra* and *Pureesha*.^[13] In *Aruchi*, *Takra* is indicated along with *Go-dadhi*, a powder made of fried *Rajika*, *Jeerak*, *Bhrishtha Hingu*, *Saindhava* and *Sunthi*.^[14] *Takra* mixed with *Yavani* and *Bid Lavana* is indicated in the *Vidvibandha*.^[15] In the *Arsha* disease, various types of *Takra* have been described in the texts. *Takra* cooked in a pot anointed with *Chitraka Mula Twak Kalka* is indicated in *Arsha*.^[16] *Takra* processed with *Pippali*, *Pippali Mula*, *Chavya*, *Chitraka*, *Vidanga*, *Shunti*, and *Hareetaki* is useful in *Arsha Roga*. *Takra* processed with *Bharangi*, *Asphota*, *Yavani*, *Amlaka*, and *Guduchi* is also beneficial. *Mantha* of *Saktu* (corn flour) combined with *Bhallataka* powder, little to no *Lavana*, and *Takra*. *Takra* mixed with *Kutaja Kalka* and *Vandaka Mula*.^[16] When taken with *Takra*, the powder of *Kalinga*, *Magadha*, *Chitraka*, and *Surana* each of which is raised by one part compared to its predecessor helps reduce rectal swelling and discomfort.^[17] *Hingvadi Churna* with *Takra* is useful for abdominal tumors, poor digestion, and rectum swelling and pain.^[18] *Takra* that has been combined with *Chitraka Kalka* and was either gathered during the *Pushya* constellation in any other month, or in the *Ashadha*, *Karthika*, or *Marghashira* months is beneficial.^[19] *Takra* put into a pot that has been greased with ghee and then mixed with the powders of *Hapusha*, *Upakunchika*, *Dhanyaka*, *Ajamoda*, *Ajaji*, *Sathi Karavi*, *Yavani*, *Chitraka*, *Pippali Dvaya*, and *Pippali Mula*. This buttermilk is then allowed to ferment, and it can be used to treat *Arsha*.^[20] The patient should only have *Takra Pana* in the morning if their *Kayagni* is weak, and *Takravalehika* (a linctus made by mixing buttermilk with the flour from fried paddy) in the evening. Alternately, once *Takra*, which is consumed in the morning, is digested, *Takrodana* (rice mixed with buttered milk) loaded with fat, followed by *Takra* with *Saindhava Lavana*, should be served.^[22] In *Pakvatisara*, *Yavagu* prepared with *Takra* processed with *Bilwa*, *Musta*, *Akshi Bhesaja*, *Dhataki Pushpa* cures *Pakvatisara*.^[23] *Kaphaja Atisara* is destroyed by the consumption of *Pata*, *Mocharasa*, *Ambodha*, *Dhataki*, *Bilwa*, and *Nagara* powders with *Takra* and *Guda* with *Takra*.^[24] Patients with *Udara Roga* benefit from *Takra* that is not very *Sandhra* (thick), *Swadhu Rasa* (sweet rather than sour),

and fat-free.^[25] In *Mutrakruchra*, *Takra* combined with *Guda* is helpful.^[26] *Purana Shali*, *Godhuma*, and *Yava* is indicated to the patient who has *Kaphaja Chhardi*.^[27] *Yavagu* of *Vidanga*, *Pippali Mula*, *Shighru*, and *Maricha* prepared with *Takra* and salted with *Souvarchala Lavana* cures *Krumi*.^[28] *Shotha*, *Meha*, *Krumi*, *Gulma*, *Arsha*, and *Udara Roga* can be treated with *Arishta* made from *Takra* by adding powders of *Yavani*, *Amalaki*, *Pathya*, *Maricha*, and *Pancha Lavana*.^[29]

CONCLUSION

Takra can be used as *Pathya Ahara* to maintain the healthy status of the body. Ayurveda literature described *Takra* in curing the diseases. Consumption of *Takra* in daily diet helps to promote the intestinal immunity which is effective in the management of gastrointestinal disorders.

REFERENCES

1. Sharma PV. Editor Susruta Samhita with English Translation of text and Dalhana's commentary along with critical notes. Chaukhamba Vishwabharati, Varanasi Sutrasthana, 2004; 1: 435.
2. Krishna Chandra Chuneekar, Ganga sahaya Pandey. Bhavaprakasha Nighantu (Indian Materia Medica of Sri Bhavamisra) 1500-1600 AD. 5TH edition. Chaukhamba Orientalia, Varanasi, 771.
3. Madham Setty Suresh Babu. Yogaratnakara. Varanasi: Chaukhamba Krishnadas Academy, Takraguna, 2005; 129.
4. Bramha Shankar Shastri. Bhavaprakash Purvardha. Varanasi: Chaukhamba Sanskrit Sansthan; *Takra Varg*, 771: 16, 3–5.
5. Yoga Ratnakara Purvardha, Second edition. Sanskrit text with English Translation and exploratory notes by Madhan Shetty Suresh Babu. Varanasi: Chaukhamba Sanskrit Series Office, 2011; 1; 130-698.
6. Tripathi B, Samhita C. Chaukhamba Sanskrit Pratishthan. Delhi, Edition, 2015; 512.
7. U.S. Department of Health and Human Services, U.S. Department of Agriculture. Dietary Guidelines for Americans, Edition. Washington, DC: U.S. Government Printing Office; January, 2005; 6.
8. Conjecture Corporation. Calorie Gallery. Calories in Buttermilk—Nutrition Facts [online], 2023. [caloriegallery.com](https://www.caloriegallery.com). Available from: <https://www.caloriegallery.com/foods/calories-in-lowfat-cultured-buttermilk.html>

9. Ashwini Wagle, Sajida Arsiwala, et al. Carbohydrate Counting for Traditional Indian & Pakistani Foods. Department of Nutrition and Food Science, San Jose State University, 2002.
10. Agnivesha. Caraka Samhita. Ayurveda Dipika. Commentary by Chakrapani Datta. Edited by Vaidya Yadavji Trikamji Acharya. Varanasi: Chaukhamba Orientalia; Reprint edition. Chikitsa Sthana, 2015; 505, 738: 14, 82–83.
11. Kaviraj Govind Das Sen. Bhaishajya Ratnavali. Sanskrit Text with English Translation by G. Prabhakar Rao. Varanasi: Chaukhamba Orientalia, 2014; 1, 32, 37: 901-923.
12. Agnivesha. Caraka Samhita. Ayurveda Dipika commentary by Chakrapani Datta. Edited by Vaidya Yadavji Trikamji Acharya. Varanasi: Chaukhamba Orientalia; 2015. Reprint edition. Chikitsa Sthana, 2015; 13: 106-738.
13. Kaviraj Govind Das Sen. Bhaishajya Ratnavali. Sanskrit Text with English Translation by G. Prabhakar Rao. Varanasi: Chaukhamba Orientalia, 2014; 1, 18, 646, 923: 15–16.
14. Kaviraj Govind Das Sen. Bhaishajya Ratnavali. Sanskrit Text with English Translation by G. Prabhakar Rao. Varanasi: Chaukhamba Orientalia, 2014; 1, 9, 385, 923: 20–21.
15. Agnivesha. Caraka Samhita. Ayurveda Dipika commentary by Chakrapani Datta. Edited by Vaidya Yadavji Trikamji Acharya. Varanasi: Chaukhamba Orientalia; Reprint edition. Chikitsa Sthana, 2015; 14, 87: 505-738.
16. Susruta. Susruta Samhita with the Nibandha Samgraha commentary of Dalhanacharya. Edited by Vaidya Jadavji Trikamji Acharya. Varanasi: Chaukhambha Orientalia; Reprint edition. Chapter, 2014; 6, 13: 432-824.
17. Vagbhata. Astanga Samgraha. Translated by K.R. Srikantha Murthy. Varanasi: Chaukhamba Orientalia; Reprint. Chapter, 2009; 2, 08, 34: 311-627.
18. Vagbhata. Astanga Samgraha, Translated by K.R. Srikantha Murthy. Varanasi: Chaukhamba Orientalia; Reprint. Chapter, 2009; 2, 10, 12: 383-627.
19. Vagbhata. Astanga Samgraha, Translated by K.R. Srikantha Murthy. Varanasi: Chaukhamba Orientalia; Reprint. Chapter, 2009; 2, 10, 14: 383-627.
20. Agnivesha. Caraka Samhita. Ayurveda Dipika commentary by Chakrapani Datta. Edited by Vaidya Yadavji Trikamji Acharya. Varanasi: Chaukhamba Orientalia; Reprint edition. Chikitsa Sthana, 2015; 14, 738: 79–80, 505.
21. Agnivesha. Caraka Samhita. Ayurveda Dipika commentary by Chakrapani Datta. Edited by Vaidya Yadavji Trikamji Acharya. Varanasi: Chaukhamba Orientalia; Reprint edition. Chikitsa Sthana, 2015; 14, 738: 79–80, 505.

22. Agnivesha. Caraka Samhita. Ayurveda Dipika commentary by Chakrapani Datta. Edited by Vaidya Yadavji Trikamji Acharya. Varanasi: Chaukhamba Orientalia; Reprint edition. Chikitsa Sthana, 2015; 15, 738: 116–117, 520–521.
23. Vagbhata. Astangahrudayam, Translated by K.R. Srikantha Murthy. Varanasi: Chaukhambha Orientalia; Reprint. Chikitsa Sthana, Chapter, 2014; 2, 9, 596: 23, 337–338.
24. Vagbhata. Astangahrudayam, Translated by K.R. Srikantha Murthy. Varanasi: Chaukhambha Orientalia; Reprint. Chikitsa Sthana, Chapter, 2014; 9, 596: 109–110, 351–352.
25. Agnivesha. Caraka Samhita. Ayurveda Dipika commentary by Chakrapani Datta. Edited by Vaidya Yadavji Trikamji Acharya. Varanasi: Chaukhamba Orientalia; Reprint edition. Chikitsa Sthana, 2015; 13, 101: 496-738.
26. Yoga Ratnakara Purvardha, Sanskrit text with English Translation and exploratory notes by Dr. Madhan Shetty Suresh Babu. Varanasi: Chaukhamba Sanskrit Series Office. Second edition, 2011; 1, 7: 130-698.
27. Agnivesha. Caraka Samhita. Ayurveda Dipika commentary by Chakrapani Datta. Edited by Vaidya Yadavji Trikamji Acharya. Varanasi: Chaukhamba Orientalia; Reprint edition. Chikitsa Sthana, 2015; 20, 35: 557-738.
28. Agnivesha. Caraka Samhita. Ayurveda Dipika commentary by Chakrapani Datta. Edited by Vaidya Yadavji Trikamji Acharya. Varanasi: Chaukhamba Orientalia; Reprint edition. Sutra Sthana, 2015; 2, 23: 26-738.
29. Agnivesha. Caraka Samhita. Ayurveda Dipika commentary by Chakrapani Datta. Edited by Vaidya Yadavji Trikamji Acharya. Varanasi: Chaukhamba Orientalia; Reprint edition. Chikitsa Sthana, 2015; 15: 120–121.