

A PHARMACEUTICAL PREPARATION OF TAKRA KALPANA AND ITS ROLE IN
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ABSTRACT

Takra is included under *Ahara and Ausadh Kalpana* because of its use as both medicine and a dietary regime. *Takra* is called as *Amruta* for the patients suffering from the diseases caused by *Mandagni* (Low digestive power). *Takra* is prepared by *Sandhana Kalpana*. *Sandhana Kalpana* stands out for its unique fermentation process, which naturally generates ethyl alcohol and other organic compounds without external addition. This process enhances the extraction of active herbal constituents, leading to formulations with longer shelf life, improved bioavailability, and superior therapeutic efficacy. So, in this study on the basis of pharmacological preparation of *Takra* and its properties that enhance the health and treat the different diseases.

KEYWORD: *Takra*, Buttermilk, Sandhan, Fermentation, *Pathya kalpana*.**INTRODUCTION**

Ayurveda, the most ancient science of life, focuses on maintaining health & managing disease conditions. Achieving these goals requires the purest quality of medicine, as described in ancient scriptures that provide various formulations for health maintainance & disease cure. Bhaishajya Kalpana is the branch of Ayurveda dedicated to the procurement, processing, & appropriate application of drugs. This branch is responsible for preparing new dosage forms & includes five fundamental types of Kalpana, known as Panchvidha Kashaya Kalpana: Swarasa (Juice), Kalka (Paste), Kwatha (Decoction), Hima (Cold Infusion) & Phanta (Hot Infusion). In addition to the Panchvidha Kashaya Kalpana, Ayurveda recognizes other types of Kalpana, such as: - Sandhana Kalpana, (Fermented formulations), Sneha Kalpana (Oleaginous formulations) etc. There are various other derived forms from the basic Panchvidha Kashaya Kalpana. Among these, 'Sandhana kalpana' stands out for its unique acidic & alcoholic fermented formulations¹. To create these medicines, liquid basic drugs (juices or decoctions) are left to ferment according to traditional guidelines. This process generates ethyl alcohol internally from the materials used, without any external addition. Ethyl alcohol is not the sole product of this process; it is accompanied by various other organic compounds. Additionally, depending on the desired

effects, alcohol or acetic acid is formed, facilitating the extraction of the active principles of the herbal drugs. Despite the availability of Panchvidha Kashaya Kalpana, the need for Sandhana Kalpana arises because certain ingredients in formulations are most effective in an alcoholic medium.

Takra

Takra is a product derived from the curd is known as *Takra* (Buttermilk), which is widely used by almost everyone today. In Ayurveda, food is considered as powerful medicine and *Takra* is one of this. In Ayurveda, the main root cause of every disease is considered as *Agnimandya* (Low digestive power). *Takra* is *Agni deepak* in *Guna* i.e., it improves hunger and hence it is used in digestive problems. So, regular intake of *Takra* has been advised in classical text. *Takra* has been also included under the *Pathya ahara* and called as Nectar on earth in Bhavprakash samhita. *Takrapan* and its effect on health have been mentioned in Charak Samhita under the reference of *arsha* disease. *Takra* is advised to take in winter season in Ayurvedic scriptures.

Pharmaceutical study of takra

Following steps were followed for the preparation of *Takra*:

- In 1 lt. of cow's milk, 5 ml of curd was used as inoculum for making of curd.
- It is left undisturbed for one night. Next morning when the curd is ready add 1/4th amount of water i.e. 250ml.
- Then put it in the churner and churn it for three hours as mentioned in Kaidev Nighantu or till the separation of butter from the curd.
- After removing the butter, strain it from a muslin cloth (no particle of butter should be left in it). All particles of butter that are visible to the naked eye should be removed.

Characteristics of takra^[1]

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. Kapha Hara- Pacify Kapha dosha
8. Vata Hara- Pacify Vata dosha

Types of takra

According to Charak ^[1]	According to Bhav Prakash ^[2]	According to Kaidev Nighantu ^[3]	According to Dhanvantari Nighantu ^[4]
Ruksha Ardhasneha yukta Purn sneha yukta	Ghola Mathit Takra Udashwit Chacchika	Karmathit Galit Shwetmatha Ghola Mathit Takra Udashwit Dandahat Kalsheya Shadhav	Sasaar Nirjal Ghola Mathit Nisaar Ardhoudak Udashwit Paadjalanvit

Ayurvedic Pharmacology of Takra (Buttermilk)

S. No.	Charak Samhita ^[5]	Sushrut Samhita ^[6]	Ashtang sangraha ^[7]	Ashtang hridaya ^[8]	Bhav prakash ^[9]
Rasa (Taste)	Kashay Amla	Madhur Amla	Kashay Amla	Amla Kashay	Kashay Madhur
Anurasa (The after taste)	-	Kashay	-	-	-
Guna (Qualities)	Deepan, Grahi, Laghu	Laghu, Ruksha, Agnidipak		√	-
Virya (Potency)	Ushna	Ushna	√	√	Ushna
Vipak (Conversion of taste before and after Digestion)	Madhur	Madhur	√	√	Madhur

Classification of takra (Buttermilk) according to acharya bhavamishra^[10]

Acharya Bhavamishra had mentioned 5 types of Takra according to method of preparations.

Ghola

Dadhi (curd) when churned without adding any water in it is called Ghola. When taken along with Sharkara is Rasalavat, Vaat - Pitta Nashak, Shukral, Balya, Ruchikar, Bruhan, Snigdha and Dipak. It is useful in Raktapitta, Trushna, Daha and Pratishaya.

Mathit

Dadhi devoid of Sneha part and such Dadhi is churned to make Mathit. This is mentioned to be Kapha - Pitta Nashak.

Takra

Dadhi along with one fourth part of water is churned to make Takra. In this procedure the Sneha part is removed. It is useful in Gara, Grahani, Shopha and Arsha.

Udashwit

Dadhi added with half part of water is churned to make Udashwit. In this Sneha part is not removed. It is said to be Kapha prakopak, Balya and Aam dosha nashak.

Chacchika

Dadhi along with more than one part of water is churned to make Chacchika, sneha part is removed totally. It is Deepan, Laghu, Sheetal and useful in Shram, Trushna, Vaat - Pitta vikar but is Kapha karak.

Properties and indications

S. No.	Types	Shloka	Preparation method	Dosha karma	Indications
1.	<i>Ghola</i>	ससरं निर्जलं घोलं	1part Curd+ no water – churning – homogeneous mixture	<i>Vatapitta hara</i>	<i>Raktapitta, Trishna, Daha, Pratishtaya</i>
2.	<i>Mathitha</i>	मनितं त्वसरोदकम्	1part Curd + no water – churning – till butter formed – remove butter	<i>Kaphapittahara</i>	
3.	<i>Takra</i>	तक्रं पादलं प्रोक्त	1part Curd + ¼ part water – churning – till butter formed – remove butter	<i>Kaphavatahara</i>	<i>Agnidipan, Hridya, Avrishya, Kaphavatahara</i>
4.	<i>Udashvita</i>	मुदन्तित्वर्जवाररकम्	1part Curd + ½ part water – churning - homogeneous mixture	<i>Kaphaprakopaka</i>	<i>Balya, Amadoshanasha</i>
5.	<i>Chacchika</i>	छनछका सारहीि	1part Curd + >1part water – churning – homogeneous mixture	<i>PittaVatahara</i>	<i>Shrama, Trishna, Pittavikara, Vatavikara</i>

Ayurvedic Guidelines of Takra (Buttermilk) Administration^[11]

Ayurveda has stated Takra Sevan Kala (Time period and method of Takra consumption) and Krama (Sequence).

According to Shodhala Nighantu, depending on the strength of individual and strength of diseases, consumption of Takra should be done for minimum 7 days to up to 1 month.

For better effect, it should be taken in increasing order and as maximum dose reached then decrease the dose in the same way. This will help to increase and maintain the strength of body. There will be improvement in digestive power. But one should not stop consumption of Takra suddenly.

Indications of takra^[12]

Takra has been ideally indicated in winter season and *kapha vataj prakruti* (constitution) individuals. It should be consumed in condition like *Mandagni*, *Strotorodha* and *Vata dosha* diseases. It is also use in diseases such as *Arsha*, *Pandu*, *Atisar*, *Grahani*.

Contraindication of takra^[12]

Takra should not be taken in summer season. It is also contraindicated in condition of *Adham bala* and *Pitta Prakop* such as giddiness, fainting, burning sensation because of its *Ushna virya*.

CONCLUSION

The ability to provide timely, accurate and reliable method and characters of Takra preparations and different properties according to Ayurveda. The Physico-chemical characters and phytochemical parameters of ingredients of siddha takra may be useful to generate standards to assess the quality and purity of the formulation in further research works. Takra has been recommended in Ayurveda for its unique role on digestive metabolism. On modern grounds also it has been proven that, it

contains lactobacillus and acts as a natural probiotic which helps in proper digestion and absorption. It also maintains normal metabolism and aids in disease prevention, cure and health promotion. Thus, this study has explored a understanding of physicochemical characteristics, nutritional values and therapeutic uses of *Takra*.

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