

ABHYANTAR TAKRA PRAYOGA IN UDAR VYADHI

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ABSTRACT

Udar roga denotes generalized distension or enlargement of abdomen of any etiology. Mandagni, ajirna and malavridhi are the reason behind it which causes vitiation of prana, agni and apan and obstruction of the upward and downward channels of circulation. Dosha prakopa occurs and the vitiated dosha gets lodged in between twacha and manmsa resulting in generalized distension of abdomen. There are various treatment protocols followed to treat udar vyadhi one among which is abhyantar takra prayoga. Takra is considered to be amrutha and best medicine for digestive problems specifically of vata-kaphaja origin. Takra is useful to treat diseases like udara, grahani, arsha, atisara, mutrakruhra etc. It acts as vata-kapha shamaka and does not aggravates pitta hence acts as tridosha shamaka and thereby improves the condition of agni. Takra is used in the condition of mandagni as it is laghu to digest and it contains prebiotics and probiotics properties which maintains the growth of bacteria in colon.

KEYWORD:- Udar, Takra, Tridosha shamaka.**INTRODUCTION**

Uadra denotes generalized distension or enlargement of abdomen of varied etiology, Udara is one among the ashtamahagada which means from the origin itself it is difficult to manage.^[1] Roga sarvapi mandagni suturaudarani tu.^[2] Functionally weak agni that is mandagni causes improper digestion of ingested food which leads to vitiation of adya ahara rasa, when there is improperly formed ahara rasa the circulation done by vyana vayu gets affected in turn affecting the other states of vayu. Due to the agni dosha and vitiation in prana udana and samanavayu which basically are dependent on each other for anabolism and metabolism in our body lead to mala vrudhi which means the kitta part of the food in the form of kleda starts getting accumulated leading to sroto vaigunya in the form of sanga (obstruction) in urdwa adho and tiryak srotas which finally gets accumulated in between twacha and mamsa as these are the carriers of srotas.^[3] Due the above mentioned cause there is distention of abdomen resulting in udara vyadhi.

There are varied forms of treatment modalities explained by charaka in his treatise, few being like shodhana, pattabandhana, sneha prayoga in vataja udara,^[4] etc all of these forms of treatments concentrate on the core of the subject that's improvement in the status of agni, which would result in eliminating the root cause of the disease thus getting back the srotas to normalcy.

In vaidhya jeevanam it is mentioned that "pathye sati gadartasya kim aushadha nishevanam", which speaks about food itself being medicine and also a carrier form of medicine. When the food itself acts as pathya as well as medicine creating wonderful differences in the patients strength and reducing suffering.^[5]

Bhavaprakasha mentions takra as amruta tulya, and amruta is nothing less than a life regainer. One who uses takra daily does not suffer from disease, and such diseases once cured do not recur the way amruth is for god same way takra is for human being.^[6] takra is useful in diseases of vata- kapha origin and the disease related to digestive problems. Takra which is prepared out of cow's milk is considered to be superior.^[7] If takra was available in the kailas (heaven), lord shiva's neck would not have been turn to blue, lord keshava would not have attain krshna varnata, Chandra would not been suffered with kshaya roga and lord ganesha with udara roga. This foregrounded important medicinal properties of takra in curing various conditions like visha, kshaya, udara roga, etc.^[8] takra is tridoshaghna does agni dipan and by its sroto-shodhana properties removes the avarana there by does uttarottara Dhatu poshana which in turn nourishes and strengthens the body.

Review**Nidana of udar vyadhi^[9]**

According to Ayurveda excessive intake of hot, saline, alkaline, drugs which causes burning sensation, sour and poisonous food and drinks, improper diet and regimens

given to patient after administration of panchakarma, intake of mutually contradictory and unclean food, emaciation as a consequence of disease, like splenic disorder, piles and sprue syndrome, improper administration on panchakarma therapy, negligence of treatment of diseases like pliha roga, suppression of natural urges, vitiation of the channels of circulation. Continues presence of ama in the body, intake of irritating food and drinks, over nourishment, obstruction by piles, hair and hard stool masses, cracking and perforation of the intestines, excessive accumulation of vitiated doshas and indulgence in serious sinful acts. All these above mentioned factors are responsible for the formation of different varieties of udara. It has been described of eight types of medical and surgical udarogas in Ayurveda.

Samprapti of udar vyadhi^[10]

Accumulated doshas obstruct the swedavaha and ambhuvaha srotas and vitiate prana, agni and apana leading to the manifestation of udar vyadhi. The vitiated essence of food impelled by the force of vayu comes out of the stomach by diffusion and by elevating skin, slowly, develops all around and produces udar vyadhi.

Samanya lakshana of udar vyadhi^[11]

Tympanitis and gurgling sound in abdomen, edema on hands and feet, poor digestion, smooth cheek, emaciation, inability to walk, debility, swelling and weakness of body parts, obstruction of flatus and stool, burning sensations and thirst.

Classification of udara^[12]

8 types

1. Vataja udar
2. Pittaja udar
3. Kaphaja udar
4. Sannipataja udar
5. Plihodara
6. Baddhagudodara
7. Ksatodara
8. Udakodara

Properties of takra^[13]

Rasa: Madhura amla pradhana rasa and kashaya anurasa.
Guna: laghu and ruksh

Virya: Ushna Vipaka: madhura

Doshagnata: Tridoshaghna. It is useful for counteracting the aggravated kapha because of madhura, amla rasa, snigdha guna, it is useful for counteracting the aggravated vata. vata.

Karmukata: Srotoshodhana, agni dipan, grahi, laghava, balya, varnya, avrushya, tushtikara, hrudhya.

Asta gunas of takra^[14]

1. Kshut vardhana
2. Netra rujapaha
3. Prana pada- it is pranadayaka
4. Shonita mamsada- rakta- mamsa kara.
5. Amahara

6. Anhighata hara
7. Kapha hara
8. Vata hara

Prakara of takra

(a) Based of preparation of takra^[15]

1. Ghola: Curds with its saara churned with or without adding water is called as ghola, it is having vata kaphahara property. Ghola with sharkara is having the properties similar to that of rasala
2. Mathitha: Curd without saara, churned without adding water. Kaphapitta hara properties.
3. Takra: 1 part of curd, churned by adding 1/4th part of water. It is having laghu guna, kashaya amla rasa, ushna virya, madhuravipaka, tridoshahara, grahi, dipan, vrushya, prinan, shramahara, vrushahara.
4. Udashwit: Cured churned by adding 1 half of the quantity of water is called as udashwit, it is having kaphakara property, strengthens the body and removes undigested material.
5. Chacchika: Saara hina portion of dadhi is called as chacchika.

(b) Based on the presence of snehamsa in takra^[16]

1. Ruksh takra: - Butter milk without fat
Indicated in kapha pradhana vyadhi, power of digestion is extremely weak and patient strength is low.
2. Adhidhruta takra: - Butter milk from which half of the fat is removed.
Indicated in pitta pradhana Vyadhi, if power of digestion is moderate and patient had moderate strength.
3. Anudhruta takra: - Butter milk with fat portion.
Indicated in vata pradhana vyadhi, if power of digestion is strong and patient has enough strength.

(c) According to modern method of preparation:

- 1) Traditional buttermilk
- 2) Cultured buttermilk

Nutritional values: - buttermilk is rich source of potassium, calcium, phosphorus, vitB-12 and riboflavin.

• Properties of takra made out of different animal milk^[17]

1. **Gavya takra:** takra prepared out of cow's milk is considered to be srestha. It stimulates the jataraghi, it is medhya, tridoshaghna and relives arsha, gulma, atisara, pleeha roga and grahani vikara.
2. **Mahisha takra:** takra prepared out of buffalo's milk is having guru sandhra guna does kapha vardhana and shophakara.
3. **Aja or chagala takra:** It is prepared out of goat and is snigdha, laghu, tridoshaghna and is indicated in gulma, grahani, arsha, shotha and pandu roga.

Takra sevana kala^[18]

Depending upon rogi and roga bala and rutu anusara takra should be administered either for 7 days or 10 days or 15

days or for a month. Thereafter, it should be gradually withdrawn in the same quantity in which it was increased. While reducing the butter milk the patient total food should not be reduced. Adaption to this procedure will promote and maintain strength of digestive power.

Indication^[19]

It should be given in shitalaka, agnimandya, kapha vata roga condition, Aruchi and srotorodha.

Vyadhi: shophya, arsha, grahani dosha, mutra graha, udara, arychi, pandu, gara visha, pliharoga, arochaka, vishama jwara, trushna, chardi, praseka, shula, sneha vyapath condition.

Contraindication^[20]

Ushna kala, kshata, durbhala purusha, murcha, Bhrama, daha, raktapitta

Takra prayoga in udara^[21]

Takra which is fresh, free from butter which is not very thick and sweet is useful to improve the status of agni in udara vyadhi.

1. Vatodara: takra should be taken with pippali churna and saindhavlavana.
2. Pittodara: freshly churned sweet takra should be taken with sugar and yasthimadhuchurna.
3. Kaphodara: takra should be taken with yavani, saindhavlavana, ajaji, trikatu and mixed with honey. This takra should be slightly warm and should not contain fat.
4. Sannipatodara: takra should be taken with pippali, maicha, shunthi, yavakshara, saindhavlavana.
5. Plihodara: takra should be taken with madhu, tila taila, vacha, shunthi, satahva, kustha and saindhavlavana.
6. Baddhodara: takra should be taken with hapusa, yavani, ajaji and saindhavlavana.
7. Chidrodara: takra should be taken with pippali and madhu.
8. Jalodara: takra should be taken with trikatu churna.

DISCUSSION

Takra is rich in potassium, vitamin B-12, calcium, phosphorus and probiotics which help strengthen the digestive system and the immunity of the body. This is because probiotics introduce healthy bacteria into body. Usually liquid including water is contraindicated in udar vyadhi except dugdha and takra dugdha being virechak and takra being grahi which helps to regulate the function of gastrointestinal tract. Udar is caused due to sanga type of samprapti takra by its srotoshodhana property helps to remove the srotodushti and it also remove avrana there by does uttarottar Dhatu poshan which in turn nourishes and strengthens the body. Amruta tulya takra helps to cure vata kapha origin diseases and diseases of digestive origin thus curing the disease from its root cause.^[6]

CONCLUSION

Takra is very useful in the diseases associated with agni

Vikruti. By means of its rasa, virya, vipaka and guna it acts as tridoshaghna. It is found very useful in vata-kapha Pradhan conditions. It maintains proper metabolism to keep the person free from the diseases like udara.

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