

**LITERARY REVIEW OF USE OF TAKRA IN SWASTHYA RAKSHAN AND VIKAR PRASHMAN****Dr. Hardika Kongil<sup>1\*</sup> and Dr. Jyoti Bande<sup>2</sup>**<sup>1</sup>Pg Scholar, Ayurved Samhita Department, R. A. Podar Medical College (Ayu), Worli, Mumbai.<sup>2</sup>Assistant Professor, Sanskrit Samhita Department, R. A. Podar Medical College (Ayu), Worli, Mumbai.**\*Corresponding Author: Dr. Hardika Kongil**

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**ABSTRACT**

Takra is dietary product and it is made from curd. In ayurveda various method has been mentioned for the preparation of takra, each method has its own benefits. In ayurveda takra is considered as amrit(elixir) for human being due to its vast benefits, it is used for maintaining the health of healthy person and also to treat the diseases. Due to its specific Rasa virya vipak is act as Tridoshshamak but it is mainly kaphaghna, it. Healthy person can use takra as ahar, as per Kashyap the best medication is Ahar. It is specifically used in chikitsa of vyadhis such as Arsha, Udar, Udar. According to Bhavprakash Nighantu, Person who consumes takra never gets sick and the vyadhi which is treated by takra never relapse.

**KEYWORDS:** Due to its specific Rasa virya vipak is act as Tridoshshamak but it is mainly kaphaghna, it.**INTRODUCTION**

The Aim of the Ayurveda is 'Swasthasya Swasthya Rakshanam Aturasya Vikar Prashman' i.e To maintain the health of healthy person and to treat the patient.<sup>[1]</sup> Therefore when we consider takra it act as both. Almost every Acharya of Ayurveda has mentioned takra for treatment of various diseases and to maintain the health.

Takra is a product which is made from the curd. There are number of methods mentioned in various samhitas for the preparation of Takra as per the need.

In ayurveda agani is considered as root cause of various vyadhis, Therefore if Agani gets disturbed it can lead to various vyadhi samprapti, Takra act as primary digestive aid in diseases associated with Agani.

In Arsha Chikitsa Adhyay it is said that Takra can cure 80 diseases occurring due to vata and 20 diseases occurring due to kapha, therefore in total takra can cure 100 diseases.<sup>[2]</sup>

**Properties of Takra**

	As per Acharya Sushrut <sup>[3]</sup>	As per Acharya Charak <sup>[4]</sup>
Rasa	Madhur, Amla	Madhur, Amla
Anurasa	Kashay	Kashay
Vipak	Madhur	Madhur
Virya	Ushna	Ushna
Guna	Laghu, Ruksha, Aganidipan	Deepan, Grahi, Laghu

**Mode of action of Takra<sup>[5]</sup>**

By administration of Takra Strotas gets clean (Strotas Shodhan)

Which causes proper absorption of ahar rasa

Because of which all dhatu gets adequate nutrition

Which leads to dhatu pushti, bala vriddhi, varna, harsha

**Doshaghната of Takra<sup>[6]</sup>**

Takra is said to be Tridoshghna due to following properties.

Vata shaman – Madhur, Amla Rasa, Sandra Guna.

Pitta shaman - Madhur Vipak.

Kapha shaman- Kashay Rasa, Ushna virya, Vikasi and Ruksha Guna.

But it is mainly pacify vata kapha

## Types of Takra (Table no 1)

	Acharya Charak <sup>[7]</sup>	Bhavprakash Nighantu <sup>[8]</sup>	Kaiyadev Nighantu <sup>[9]</sup>	Dhanvantari nighantu <sup>[10]</sup>
1.	Ruksha	Ghola	Karmathit	Sasaar
2.	Ardhasneha yukta	Mathit	Galit	Nirjal
3.	Purna sneha yukta	Takra	Shwetmatha	Ghol
4.		Udashwit	Ghola	Mathit
5.		Chacchika	Mathit	Nisaar
6.			Takra	Ardhaoudak
7.			Udashwit	Udashwit
8.			Dandahat	Paarjalanvit
9.			Kalsheya	
10.			Shadhav	

### Uses of Takra

- 1) Swasthya Rakshan
- 2) Vikar Prashman- a) Internal use  
b) External use

#### 1) For swasthya rakshan

In Bhavprakash it is said that the person who have takra regularly will never get sick and those diseases which are cured by takra will never re occur<sup>[11]</sup>, to praise the takra it is further said that as there is Amrut for god in heaven similarly it is takra for human being on earth<sup>[12]</sup> there fore it is said here that one should have takra for swatha rakshan at appropriate time and with yogya anupan.

#### Benefits of takra as pathya ahar<sup>[13]</sup>

1. Kshudha vardhan
2. Netra rog nashak
3. Pranprad
4. Rakta Mansa vardhak
5. Aam nashak
6. Abhighathar
7. Kaphahara
8. Vatahara

#### 2) Vikar Prashaman

##### 1. Grahani

In Charak Samhita in Grahani Chikitsa Adhyay, Acharya Charak has described Takra as extremely beneficial medicine for the treatment of Grahani due to its properties such as dipana, grahi, laghu<sup>[14]</sup> In grahani Samprapti Aganimandya is very initial and important factor which ultimately lead to Grahani Vyadhi, and deepan property of takra makes agani prakrut, which stops the samprapti to proceed further. According to Charak all the types of takra are beneficial and should be used for the treatment of grahani.<sup>[15]</sup> Acharya Sushrut has also mentioned in Jwar Chikitsa to use takra as anupan with churna of Deepaniya and Sangrahaniya dravya or use only takra.<sup>[16]</sup>

##### 2. Arsha

Arsha is another vyadhi in which takra plays crucial role in treatment plan. Acharya Charak has mentioned to use Takrarishta at three anna kal (prat kal, Madhyana kal, sayan kal) as well as patient should drink takra only

when he is thirsty<sup>[17]</sup> it means Charak has indicated to use takra exclusively for Arsha Chikitsa.

Takrarishta has properties such as deepan, Rochan, vata anuloman, varnya, and it reduces guda shotha (swelling), guda kandu (itching), guda shool (pain) and improves the bala, therefore it breaks the samprapti and treat local symptoms of Arsha.<sup>[18]</sup>

Acharya Charak has said that there is no better treatment than takra in vata kaphaj Arsha, and takra should be used as per dominance of dosh, such as in kaphaj Arsha takra should be used devoid of sneha and in vataj arsha takra should be used with Sneha<sup>[19]</sup>

It is said that the Arsh which are cured by takra will never reoccur.<sup>[20]</sup>

Acharya chakrapani has mentioned to use takra from one week to one month in increasing and decreasing sequence (utkarsha and apakarsh vidhi) i.e we should increase the quantity of takra gradually and then decrease it gradually.<sup>[21]</sup>

##### 3. Udar Roga

All the types of udar rog are Tridoshaj and in all types Aganimandya is important factor in samprapti, and takra will act as deepana and tridoshaghna as well.

Therefore charak udar roga chikitsa different dravyas are administered with takra as per type of udar rog as explained in following table.

(Table no 2)<sup>[22]</sup>

Sr no	Type of Udara	Takra administered with
1	Sannipataj	Marich, Pimpili, Kshar, Saindhav.
2	Vatodara	Pimpili, Saindhav.
3	Pittodara	Sharkara, Madhuk
4.	Kaphodara	Yawani, Saindhava, Jeerak, Shunthi, Marich, Pimpili, Madhu
5	Plihodara	Madhu, Til tail, Vacha, Shunthi, Shataha, Saindhav
6	Badhodara	Hapusha, Yawani, Jeerak, Saindhav.
7.	Chidrodara	Pimpili, Madhu

#### 4. Atisara

In atisar, usually langhan is adviced to patient, but if patient is very hungry then laghu anna should be given along with takra, because takra has Grahi and dipan properties. It reduces symptoms such as aruchi, it enlightens the jathar agani and causes bala vriddhi of patient.<sup>[23]</sup>

It is also used as anupan for chitrak churna for treatment of atisar.<sup>[24]</sup>

#### 5. Gulma

In Charak samhita, yawani churna is used with takra and vidlavan, this takra is aganidipan and vaat kapha and mutra anulomak.<sup>[25]</sup>

In Ashtang hridya also, Vagbhat has also adviced to use takra as anupan for various Ghrita such as Triyushanadya Ghrita.<sup>[26]</sup>

Vagbhat has adviced takra as pathya for patients of kaphaj gulma.

#### 6. Chardi

In kaphaj chardi, takra along with phalamla ras, marich churna should be taken with Anna.<sup>[27]</sup>

#### 7. Jwara

In sushrut samhita jwar chikitsa adhyay, if patient has aruchi the takra is adviced along with Trikatu.<sup>[28]</sup>

Also Vagbhat has mentioned to use anamla takra as pathya in jwar chikitsa.

External use of Takra

##### 1) Takradhara

Shirodhara is special panchkarma therapy in which medicate, kwath, kshir, takra, tail, Ghrita, ikshuras etc are prepared in a continuous stream on the forehead.

When medicated takra or only takra is used to pour on forehead then it is called as takra dhara. It has various benefits such as it stops early greying of hairs, reduces fatigue and body aches, pacifies doshas, treat oja kshaya, reduces cracks on hand and feet, mutra rog, hridya rog, netra rog.<sup>[29]</sup>

##### 2) Takra basti

Charaka explains takra as basti dravya under Amlaskandawhich is one among shadasthapanaskanda.<sup>[30, 31]</sup> Sushruta mentioned takra as avapadravya in Grahi basti.<sup>[32]</sup> Hence Takra is given as Basti dravya in one group in management of Grahani.

#### DISCUSSION

As Vagbhat has explained that all the vyadhuis arises from agani mandya, therefore it can be said that takra can be useful in all the vyadhi, that is why it is called as nectar for human being on earth. It is not only used as medicine but also it can be used as pathya ahar for swasthya rakshan Ayurveda explained use of takra in diet not only as medicine but also as anupan or pathya ahar.

It is tridoshaghna, i.e pacify all the doshas but it is especially vaat kaphaj shamak.

Various method has been mentioned in Ayurveda literature for preparation of takra, which should be used according to the condition of vyadhi, doshas, bal, kaal etc. such as acharya charak has mentioned to use takra without sneha in kaphaj arsha and with sneha in vataj arsha.

#### CONCLUSION

In Ayurveda Takra is used for both purposes i.e to maintain the health of healthy person and to treat the diseases. It acts as Kshudha Vardhan, Netra rog nashak, Pranprad, Rakta Mansa vardhak, Aam nashak, Abhighathar, Kaphahara, Vatahara and it is used in vyadhis such as atisar, Grahani, Udar, Gulma, Arsha and jwara. Therefore takra is considered as amrut for human being.

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