



**ABYANTARA TAKRA PRAYOGA IN DIFFERENT AILMENTS –  
AYURVEDIC VIEW: CONCEPTUAL STUDY**

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**ABSTRACT**

*Takra* is considered to be *Amrutha* for human beings. Different kinds of *Takra kalpanas* are mentioned by Various Acharyas. *Takra* is very useful in digestive problems and it is considered to be best medicine in diseases of *Vatakaphaja origin*. *Takra* is beneficial in curing *Grahani, Udara, Gulma, Pandu, Arsha, Mutrcakruchra, Atisara*, and other disorders. *Takra* acts as *Vatakaphashamaka* and it does not cause aggravation of the *Pitta*. In this paper an effort will be made to explore the *Abhyantara Takra Prayoga* mentioned by Classics.

**Keywords:** *Amrutha, Abhyantara Takra Prayoga, Takra, Takra Kalpanas, Vata Kaphaja Vyadhis, Grahani, Udara, Arsha.*

**INTRODUCTION:** *Takra* is having *Tri-doshahara* property, one who consume *Takra* daily, never experiences any Disease. The diseases which are relieved by *Takra*, usually do not occur. *Takra* which is prepared out of Cow's milk is considered to be the superior<sup>1</sup>. If *Takra* was available in the heaven or *Kailasa*, lord shiva's neck would not have been turn to blue, similarly lord *Keshava* would not have attain *Krshna Varnata*. Chandra would not been suffered with *Kshaya*, and Lord Ganesha with *Udara Roga*. This is high lightened the medicinal properties of *Takra* in curing ailments like *Visha, Kshaya, Udara Roga*<sup>2</sup>. *Takra* by its *Srotoshodhana* Property removes the *Avarana* there by does *Uttarottanta Dhatu Poshana* which in turn nourishes and strengthens the body.

**PROPERTIES OF TAKRA<sup>3</sup>:**

*Rasa: Madhura - Amla Pradhana Rasa and Kashaya Anurasa*

*Guna: Laghu, Ruksha.*

*Veerya: Ushna.*

*Vipaka: Madhura*

*Doshagnata: Tridoshahara.*

*Karmukata: Srotoshodhana, Agni Depana, Grahi, Laghava, Balya, Varnya, Avrushya, Tushtikara, Hrudhya.*

**ASTA GUNAS OF TAKRA<sup>4</sup>:**

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*
8. *Vata Hara*.

**TYPES OF TAKRA**

1. Based on Preparation of *Takra*<sup>5</sup>:

- *Ghola*
- *Mathita*
- *Takra*
- *Udashwit*
- *Chacchika*
- *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*.

- *Mathitha*: Curd without *Saara*, churned without adding water. *Kapha Pittahara* Property.
- *Takra* : 1 part of Curd , churned by adding 1/4 th part of Water. It is having *Laghu guna, Kashaya Amla Rasa, Ushna Veerya, Madhura Vipaka, Tridoshahara, Grahi, Deepana, Vrushya, Preenana, Shramahara, Vrushahara*.
- *Udashwit* : Curd churned by adding 1half of the quantity of water is called

as *Udashwit*, it is having *Kaphakara* property, strengthens the body , removes undigested material .

- *Chacchika*: - *Sara Heena* Portion of *Dadhi* is called *Chacchika*.
2. Based on the presence of *Snehamsa* in the *Takra*<sup>6</sup>.
    - *Ruksha Takra* :- Butter milk without Fat
    - *Adhodhruta Takra*: - Butter milk from which half of the fat is removed.
    - *Anudhruta Takra*: - Butter milk with fat portion.

**Table No. 1: Showing the indication of *Takra* based on the *Snehamsha* .**

Types	Indication
<i>Ruksha</i>	<i>Kapha Pradhana Vyadhi</i> , if the power of digestion is extremely weak and patient strength is low
<i>Adhodhruta Takra</i>	<i>Pitta Pradhana Vyadhi</i> , if the power of digestion is moderate and patient has moderate strength.
<i>Anudhruta Takra</i>	<i>Vata Pradhana Vyadhi</i> , if the power of digestion is strong and patient has enough strength.

PROPERTIES OF TAKRA MADE OUT OF DIFFERENT ANIMALS MILK<sup>7</sup>.

1. *Gavya Takra*: - *Takra* prepared out of cow's milk is considered to be *Shresta*. Stimulates the *Jataraghni*, having *Medhya* (memory power), *Tridoshahara* Property and relieves *Arshas, Gulma , Atisara, Pleeha Roga* and *Grahani Vikara*.

2. *Mahisha Takra* (Buffalow's milk):- *Takra* prepared out of buffalow's milk is having *Guru* and *Sandhra Guna* does *Kaphavardhana, Shophaakara*.

3. *Aja / Chhagala Takra*:- *Takra* prepared out of Goat origin is *Snigdha, Lagu, Tridoshahara* and indicated in *Gulma, Grahani, Arshas, Shotha* and *Pandu Rogas*.

**TAKRA SEVANA KALA<sup>8</sup>**: Depending upon the *Rogi* and *Roga Bala* and *Rutu Anusara Takra* should be administer either for 7 days or for 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 in the beginning. While reducing the butter milk, the patient total food should not be reduced. Adaptation of this procedure will promote and maintain the strength of his digestive power and promote his strength, plumpness as well as complexion.

#### CONTRAINDICATIONS FOR TAKRA PANA<sup>9</sup>:

1. *Ushna Kala*:- Hot season.
2. *Kshata, Durbhala Purusha*: - Debilitated person.
3. *Vyadhis*:- *Murcha, Bhrama, Daha, Rakta Pitta*.

#### INDICATIONS FOR TAKRA PANA<sup>10</sup>

1. *Kala*:- *Sheeta Kala*.
2. *Marghavarodha* condition
3. *Agnimandhya* Condition.
4. *Vyadhis*:- mainly indicated in *Vata-kaphaja Vyadhis. Shopha, Arsha, Grahani Dosha, Mutra Graha, Udara, Aruchi, Pandu, Gara Visha, Pleeha*

*Roga, Arochaka, Vishama Jwara, Trushna, Chhardi, Praseka, Shula, Sneha Vyapath* condition.

## **DISCUSSION:**

*Takra Prayoga* in Various Disorders:

1. *Takra Prayoga in Kaphaja Gulma*<sup>11</sup>:

*Takra* mixed with *Yavani Churna* and *Vida Lavana* Should be administered in *Kaphaja Gulma* to promote digestion power, and *Anulomana* of *Vata, Mutra, Pureesha*.

2. *Takra Prayoga in Aruchi*<sup>12</sup>:

Powder of fried *Rajika, Jeeraka, Bhrusta Hingu, Shunti, Saindhava* should be mixed with *Godadhi* and *Takra* is prepared. And filtered through clean cloth is the best taste promoter as it stimulates taste perception immediately and promotes *Agni* thus helpful in curing *Aruchi*.

3. *Takra Prayoga in Vidvibandha*<sup>13</sup>:-

In case of *Vidvibandha*, *Takra* mixed with *Yavani* and *Bida Lavana* is beneficial.

4. *Takra Prayoga in Arsha*:-

There is no recipe for *Arshas* caused by *Vata Kapha* better than *Takra*.

Various *Takra* preparations in the management of *Arsha Roga* is as follows:

- *Takra* or *Dadhi* prepared in the pot anointed with *Chitraka Mula Twak Kalka* is beneficial to alleviate *Arsha Roga*
- *Takra* Processed with *Bharangi, Asphota, Yavani, Amlaka* and *Guduchi*
- *Takra* processed with *Pippali, Pippali Mula, Chavya, Chitraka, Vidanga, Shunti, Hareetaki* is beneficial in *Arsha Roga*.
- *Mantha* of *Saktu* (corn floor) mixed with powder of *Bhallataka* without much of *Lavana* and with *Takra* .
- *Kalka* of *Kutaja* and *Vandaka Mula* Mixed with *Takra*<sup>14</sup>.

- Powder of *Kalinga, Magadha, Chitraka* and *Surana* each succeeding one is increased by one part than its preceding should be consumed with *Takra* is beneficial in Swelling and pain in the rectum.<sup>15</sup>

- *Hingavdi Churna* with *Takra* is beneficial in Swelling and pain in the rectum, poor digestion as well as in abdominal tumor<sup>16</sup>.

- Powder of *Pranada (Haritaki)* and *Guda* followed by drink of *Takra*<sup>17</sup>

- *Takra* mixed with *Chitraka Kalka* which has been collected either in *Ashada, Karthika* or *marghashira* months or during the constellation of *Pushya* in any other months is beneficial<sup>18</sup>.

- *Avlehya* - prepared with the decoction of *Chitraka*, made thick by adding honey and jaggery can be eaten followed by *Takra Pana*<sup>19</sup>.

- *Takra* is poured into a pot smeared inside 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 buttermilk also be useful in curing *Arsha*<sup>20</sup>.

- If the *Kayagni* of the patient is very weak, then should be given only *Takra Pana* in the morning, *Takravalehika* (linctus prepared by adding buttermilk to the flour of fried paddy) should be given in the evening. Or after *Takra* is digested which is taken in the morning, again *Takra* with *Saindhava lavana* should be given for drinking followed by *Takrodana* (Rice mixed with buttermilk) added with fat should be given<sup>21</sup>.

5. *Takra Prayoga in Grahani*:

*Takra* is considered to be *Pathya* for *Grahani Dosha*. For a patient who is suffering from *Grahani Dosha* *Takra* is an excellent drink because it stimulates the power of digestion, it is *Grahi* (constipative) and light for digestion<sup>22</sup>.

6. *Takra Prayoga in Atisara:*

- In *Pakvathisara:- Yavagu* Prepared with *Takra* processed with *Bilwa, Musta, Akshi Bhashaja, Dhataki Pushpa* cures *Pakvathisara*<sup>23</sup>

- In *Kaphaja Atisara:-* powders of *Pata, Mocharasa, Ambodha, Dhataki, Bilwa, Nagara* consumed with *Takra* and *Guda* destroys *Kaphaja Atisara*<sup>24</sup>.

7. *Takra Prayoga in Udara Roga:* *Takra* which is not very *Sandhra* (thick), which is *Swadhu Rasa* (sweet not sour in taste) and which is free from fat is useful in the patients suffering from *Udara Roga*<sup>25</sup>

**Table No.2 :- Udara Roga Bhedausara Takra Pana**<sup>26</sup>

Sl.No	Udara Roga Bheda	Abyantara Takra Prayoga
1.	<i>Vatodara</i>	<i>Takra</i> along with <i>Pippali, Saindhava</i> .
2.	<i>Pittodara</i>	<i>Takra</i> which is <i>Swadu</i> and added with <i>Sita</i> and <i>Madhuka Churna</i> .
3.	<i>Kaphodara</i>	<i>Takra</i> along with <i>Yavani, Saindhava, Ajaji, Trikatu</i> mixed with <i>Madhu</i>
4.	<i>Nichayodara</i>	<i>Takra</i> along with <i>Trayushana, Kshara, Lavana</i> .
5.	<i>Plihodara</i>	<i>Takra</i> along with <i>Madhu, Taila</i> , and the <i>Churnas</i> of <i>Vacha, Shunti, Shatahva, Kusta</i> and <i>Saindhava</i> .
6.	<i>Udakodara</i>	<i>Takra</i> along with <i>Trikatu Churna</i> .
7.	<i>Baddhodara</i>	<i>Takra</i> added with <i>Hapusha, Ajaji, Yavani</i> , and <i>Saindhava Lavana</i> .
8.	<i>Chidradara</i>	<i>Takra</i> along with <i>Pippali</i> along with <i>Madhu</i> .

8. *Takra Prayoga in Vataja Hrudroga:-*

- *Hrudroga* caused by *Vata*, patient should drink *Takra* mixed with *Bida Lavana* it cures *Vataja Hrudroga* as well as *Gulma, Anaha*.
- *Taila, Souviraka, Mastu* and *Takra* taken in equal quantities should be added with salt. Intake of this potion, in luke warm form cures *Vataja Hrudroga*.<sup>27</sup>

9. *Takra Prayoga in Mutrakruchra:-*

- *Takra* mixed with *Guda* is beneficial in *Mutrakruchra*<sup>28</sup>.
- *Takra* mixed with powders of *Kusta, Gomedaka, Hingu, Krounchrasti, Trayushana, Vacha, Ela, Gokshura, Kharahva, Asmabheda* and the juice of

*Badaramla* cures *Mutrakruchra* and *Prameha*<sup>29</sup>

10. *Takra Prayoga in Pandu :-* *Takra* mixed with *Chitraka, Hingu, Jeeraka, Saindhava* and *Mishree* having properties of *Balya, Ruchya, Basti Shula Vinashana*. It is indicated in *Pandu Roga* and also it is beneficial in *Arsha, Vata Vyadhi, Atisara*<sup>30</sup>.

11. *Takra Prayoga in Kaphaja Chardi*

The patient who is suffering with *Kaphaja Chardi* should be given *Purana Shali, Godhuma, Yava* as food. Along with this, *Takra* cooked by adding *Shunti, Pippali, Maricha* or *Takra* cooked by adding *Nimba* as drink is very beneficial.<sup>31</sup>

12. *Takra Prayoga in Krumi*

*Yavagu* of *Vidanga, Pippali Mula, Shighru, Maricha* prepared with Butter

milk and salted with *Souvarchala Lavana* Cures *Krumi*<sup>32</sup>.

13. *Takra Prayoga* in *Shotha, Meha*. *Arista* Prepared out of *Takra* by adding Powders of *Yavani, Amalaki, Pathya, Maricha* along with *Pancha Lavana* is beneficial in curing *Shotha, Meha, Krumi, Gulma, Arsha* and *Udara Roga*<sup>33</sup>.

*Dosha Vaishamyana Anusara Takra Pana Prayoga*<sup>34</sup>:

1. *Vata Dosha Vriddhi*: *Amla Takra* mixed with *Shunti* and *Saindhava*.
2. *Pitta Dosha Vriddhi*: *Swadhu Takra* mixed with *Sita*.
3. *Kapha Dosha Vriddhi*: *Takra* mixed with *Trikatu* and *Kshara*.

#### CONCLUSION:

*Takra* because of the *Madhura* (sweet) and *Amla* (Sour) *Rasa, Sandhra Guna* (density), it is useful in counteracting the aggravated *Vata*, because of *Madhura Vipaka* it neither aggravates nor alleviates *Pitta*, because of its *Kashaya Rasa* (Astringent taste), *Ushna Veerya* (Hot potency), *Vikasitwa* (which relieves the stiffness and causes looseness of joints) and *Roukshata* (ununctuousness) it is useful in counteracting the aggravated *Kapha*. Based on different Kind of *Takra* preparations due to *Samskara*, *Takra* attains various Properties. Thus, based on the *Yukti* of the *Vaidhya*, depending upon *Rogi* and *Roga Bala* should use the *Takra* and *Takra Kalpanas* in treating various ailments.

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Source of support: Nil;Conflict of interest: None Declared

*Cite this Article as : [M.Mukthamba et al : Abyantara Takra Prayoga in Different Ailments – Ayurvedic View; Conceptual Study] www.ijaar.in : IJAAR VOLUME III ISSUE X SEP –OCT 2018 Page No:1423-1429*