

Research Work Done on Gotakra Preparations:

1) The Role of Takra An Ayurvedic and Modern View

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Ayurveda lays great deal of emphasis upon proper diet, for both maintenance of life and curing disease. For each and every disease wholesome and unwholesome food ingredients have been described. So a separate chapter of Pathya Kalpana is also included in Bhaisajya Kalpana. Takra is a well known food source (Drink) for human described in almost all scripture. According to Ayurved it is consider as Amrit. According to one of the Shlokas -

“The person who takes Takra daily never becomes ill, and diseases which get suppressed by consuming Takra never originates.”

Takra can be described as skimmed Lactic acid milk, residue of casein and serum containing 200,000,000 to 500,000,000 harmless bacteria per c.c. and having the properties – digestive, vermifugal, antipyretic, diuretic etc. As per Ayurvedic classics it is used as a drug, diet and Anupana. It is also useful in various pharmaceutical processes i.e. in Shodhana, Sandhana , Taila Paka etc.

2) Antimicrobial Activity Of Takrarishta – An Ayurvedic Panchagavya Formulation.

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Takrarishta showed antibacterial activity against all bacterial strains used in the study (Staph.aureus, Salmonella typhi, B subtilis, Proteus vulgaris, Micrococcus luteus, Pseudomonas aeruginosa, B cereus, E coli). Takra and water extracts of Amla, Harde and Marich exhibited antimicrobial activity. Water extract of Ajowan showed antimicrobial activity only against *Micrococcus luteus* (MTCC 1541) and *Bacillus Subtilis* (MTCC 441).

Takrarishta is a fermented Ayurvedic formulation. Lactic acid bacteria are reported for their antibacterial activity. Antifungal activity of lactic acid bacteria has been attributed to the presence of peptides. Amla, Harda, Marich and Ajowan also showed antibacterial effect. So the antibacterial activity of the formulation may be ascribed to the presence of either metabolites of lactic acid bacteria and/or herbal constituent/s and/or conversion products of herbal constituent/s formed by microbial activity during fermentation.

The results may be considered important from clinical point of view. The formulation known as Takrarishta is found to be effective against several harmful bacterial strains. The use of this formulation, therefore, be justified in G.I. infections and disorders as well as in food poisoning. It is a common experience that presently available antibiotics are rapidly getting exhausted as organisms develop resistance against them. We may certainly hope that a conjoint use of naturally occurring antibacterial substance may prove useful in forthcoming medical practice.

It would certainly prove useful if such if such investigations are carried out in future.