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Role of *Takrapana* in the management of various diseases- A Review Study

¹ Dr. Sachinkumar Sahebrao Patil*

Ph.D. (KAYACHIKITSA), M. D. (KAYACHIKITSA), M.B.A.(H.R.), M. A. (Sanskrit Parangat)

P.G.D.E.M.S., D.Y.A.

Professor and Head of Department, Department of Kayachikitsa

M.A.M.'s Sumatibhai Shah Ayurved Mahavidyalaya, Pune, Hadapsar, Maharashtra State, India.

Abstract: According to Ayurveda for proper regulation of body, Agni plays a very important role. But nowadays, sedentary lifestyle has leads to agni vikruti and further formation of apakva ahara rasa and improper dhatu formation, eventually leading to a disturbed metabolism and formation of various diseases. Grahani roga, Arsha, amlapitta, constipation is commonly seen in clinical practice. For treatment, various dravadravyas are explained in Ayurveda classics, takravarga is one among them. Different Takra kalpanas are mentioned by Acharyas which are very useful in digestive problems and considered to be useful in diseases of Vatakaphaja origin. It is also mentioned in conditions like Grahani, Udara, Gulma, Pandu, Arsha, Mutrcakruchra, Atisara, etc. Takra is deepana, grahi, laghu, vatanulomaka, vatakapha shamak and does not cause aggravation of Pitta. In this article, an effort is made to explore the Takra prayoga mentioned by Ayurveda classics. Aim-To study Takra, pana in various disease conditions. Objectives-To study in details about Takra, its properties, Doshagnata, indications, contraindications and its use in various disease conditions. Material and Methods-Literature search from Ayurvedic classics text. Discussion- Takra Prayoga in Various Disorders will be evaluated in this section. Results/Conclusion- Based on Rasa, virya, Vipaka and Sanskara on Takra it is used in different disease conditions. Aim-To study Takra pana in various disease conditions Objectives- To study in details about Takra, its properties, Doshagnata, indications, contraindications and its use in various disease conditions.

Keywords: Takra, Takra Kalpanas, Vatakapha shamaka Grahani, Gulm, Udara, Arsha

INTRODUCTION

Takra is a dietary product which is obtained from curd. It is said to be deepana, grahi, laghu, vatanulomaka, vatakapha shamak and does not cause aggravation of Pitta. Takra which is prepared out of Cow's milk is considered to be superior'. It is said that, if Takra was available in heaven or Kailasa, lord shiva's neck would not have been turn to blue, similarly lord Keshava would not have attained Krushna Varnata. Chandra would not been suffered with Kshaya, and Lord Ganesha with Udara Roga. This has high lightened the medicinal properties of Takra in curing ailments like Visha, Kshaya, Udara Roga.

Nowadays, GIT disturbances are most commonly seen due to sedentary life style, unhealthy eating habits, stress, excess working hours, lack of exercise, irregular sleeping pattern, etc. all of which leads to agni vikruti, apakva ahara rasa and improper Dhatu formation, thus disturbing the body's metabolism. Takra is considered to be Amruta for human beings. Different kinds of Takra kalpanas are mentioned by Various Acharyas which are very useful in digestive conditions. Takra by its Srotoshodhana Property removes the Avarana there by does uttarotara Dhatu Poshana which in turn nourishes and strengthens the body. Different Takra kalpanas are mentioned by Acharyas and considered to be useful in diseases of Vatakaphaja origin and also in conditions like Grahani, Udara, Gulma, Pandu, Arsha, Mutrcakruchra, Atisara, etc.

Asta gunas of Takra '-

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. Abhigatahara-Causes relief in trauma.
7. Kapha Hara
8. Vata Hara.

Properties of Takra '-

Rasa- Madhura Amla pradhana rasa and Kashaya anurasa

Guna-Laghu, Ruksha

Veerya- Ushna

Vipaka-Madhura

Doshagnata-Tridosahara

Karmukata- Srotoshodhana, Agni Depana, Grahi, Laghava, Balya, Varnya, Avrushya, Tushtikara, Hrudhya

Types of Takra:

1. Based on Preparation of Takra-

- i. Ghola
- ii. Mathita
- iii. Takra
- iv. Udashwit
- V. Chacchika

i. Ghola-Curds with its Saara Churned with or without adding water is called as Ghola, it has Vata Kaphahara Property. Ghola with Sharkara is having the properties similar to that of Rasala.

ii. Mathitha- Curd without Saara, churned without adding water, it has Kapha Pittahara Property.

iii. Takra- 1 part of Curd, churned by adding 1/4 th part of Water. It is Laghu, Kashaya Amla Rasa, Ushna Veerya, Madhura Vipaka, Tri-doshahara, Grahi, Deepana, Vrushya, Preenana, Shramahara, Vrushahara.

iv. Udashwit- Curd churned by adding 1half of the quantity of water, it is Kaphakara, strengthens the body.

V. Chacchika- Sara Heena Portion of Dadhi is called Chacchika.

2. Based on the presence of Snehamsa in Takra-

i. Ruksha Takra- Takra without Fat. It is indicated in Kapha Pradhana Vyadhi, weak digestive power and patient having low strength.

ii. Adhodhruta Takra- Takra from which half of the fat is removed. It is indicated in Pitta Pradhana Vyadhi, moderate digestive power and patient having moderate strength.

iii. Anudhruta Takra- Takra with fat portion. It is indicated in Vata Pradhana Vyadhi, strong digestive power and patient having enough strength.

Properties of Takra as per animal origin'-

1. Gavya Takra (Takra prepared out of cow's milk) - It is considered to be Shrestha. Stimulates the Jataraghi and have Medhya, Tridosahara Property, relieves Grahani roga, Arshas, Atisara, Gulma and Pleeha Roga.

2. Mahisha Takra (Takra prepared out of buffalow's milk)- it has Guru and Sandhra Guna does Kaphavardhana and is Shophakara.

3. Aja/ Chhagala Takra (Takra prepared out of Goat origin)- it is Snigdha, Lagu, Tridosahara and indicated in Gulma, Grahani, Arshas, Shotha and Pandu Rogas.

Takra Sevana Kala-

Takra should be administered considering Rogi bala, Roga Bala and Rutu. It should be administered either for 7 days or 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. While reducing the patient total food should not be reduced. Adaptation of this procedure will promote and maintain the strength of the digestive power and promote strength, plumpness as well as complexion.

Indications for Takrapana'-

1. Kala-Sheeta Kala.
2. Marghavarodha condition
3. Agnimandhya Condition.
4. Vyadhis- it is mainly indicated in Vata-kaphaja Vyadhis. Shopha, Arsha, Grahani Dosh, Mutra Graha, Udara, Aruchi, Pandu, Gara Visha, Pleeha Roga, Arochaka, Vishama Jwara, Trushna, Chhardi, Praseka, Shula, Sneha vyapath condition.

Contraindications for Takra pana'':

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

Discussion-

Takra Prayoga in Various Disorders:

1. Takra Prayoga in Aruchi"- Powder of fried Rajika, Jeeraka, Bhrusta Hingu, Shunti, Saindhava is mixed with Godadhi and filtered through a clean cloth. It stimulates taste perception immediately and promotes Agni thus helpful in Aruchi.

2. Takra Prayoga in Kaphaja Gulma"- Takra mixed with Yavani Churna and Vida Lavana is useful in Kaphaja Gulma to promote digestion power, and Anulomana of Vata, Mutra and Pureesha.

3. Takra Prayoga in Vidvibandha"- Takra mixed with Yavani and Bida Lavana is useful in Vidvibandha.

4. Takra Prayoga in Arsha- Takra is very helpful in vata kapha type of Arshas. It acts as aamrita in ano- rectal diseases. Various Takra preparations are mentioned in the management of Arsha Roga as follows-

- i. Takra or Dadhi prepared in the pot with Chitraka Mula and Twak Kalka.
- ii. Takra Processed with Bharangi, Asphota, Yavani, Amlaka and Guduchi
- iii. Takra Processed with Pippali, Pippali Mula, Chavya, Chitraka, Vidanga, Shunti, Hareetaki.
- iv. Mantha of Saktu mixed with powder of Bhallataka without much of Lavana and with Takra.
- V. Kalka of Kutaja and Vandaka Mula mixed with Takra".
- vi. Powder of Kalinga, Magadha, Chitraka and Surana each is increased by one part than its preceding. It is consumed with Takra and is beneficial in Swelling and pain in the rectum".
- vii. Hingavdi Churna with Takra is helpful in swelling and pain in the rectum, poor digestion".
- viii. Powder of Pranada (Haritaki) and Guda followed by Takra".
- ix. 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".

x. Avlehya - prepared with the decoction of Chitraka, made thick by adding honey and jaggery can be eaten followed by Takra Pana".

xi. Takra is poured into a pot smeared 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 Takra is also useful in curing Arsha.

xii. If the Kayagni of the patient is very weak, then only Takra Pana in the morning, Takravalehika (linctus prepared by adding Takra to the flour of fried paddy) to be given in the evening or after Takra is digested, again Takra with Saindhava lavana should be given followed by Takrodana (Rice mixed with Takra) added with fat".

5. Takra Prayoga in Grahani: Takra being tridoshahara, deepana, grahi and laghu is helpful in treating Grahani. Helps in srotoshudhata which leads to proper absorption of ahara and thus proper formation of rasadidhatu. Takra is considered to be Pathya and for patients who are suffering from Grahani Dosha, it is excellent as it stimulates the power of digestion".

6. Takra Prayoga in Atisara- In Pakvathisara:- Yavagu Prepared with Takra processed with Bilwa, Musta, Akshi Bhesaja, Dhataka Pushpa is used".

In Kaphaja Atisara-powders of Pata, Mocharasa, Ambodha, Dhataki, Bilwa, Nagara consumed with Takra and Guda".

7. Takra Prayoga in Udara Roga- Takra is not very Sandhra, has Swadu Rasa and is free from fat is useful in the patients suffering from Udara Roga".

Takrapana according to bheda of Udara roga".

i. Vaatodara- Takra along with Pippali, Saindhava.

ii. Pittodara- Takra which is Swadu and added with Sita and Madhuka Churna

iii. Kaphodara- Takra along with Yavani, Saindhava, Ajaji, Trikatu mixed with Madhu

iv. Sannipatodara- Takra along with Trayushana, Kshara, Lavana.

v. Plihodara- Takra along with Madhu, Taila, and the Churnas of Vacha, Shunti, Shatahva, Kusta and Saindhava.

vi. Udakodara- Takra along with Trikatu Churna.

vii. Baddhodara- Takra added with Hapusha, Ajaji, Yavani, and Saindhava La-vana. viii. Chidrodara- Takra along with Pippali along with Madhu.

8. Takra Prayoga in Pandu- Takra mixed with Chitraka, Hingu, Jeeraka, Saindhava and Mishree having properties of Balya, Ruchya, Basti Shula Vinashana is indicated in Pandu Roga and also it is beneficial in Arsha, Vata Vyadhi, Atisara".

9. Takra Prayoga in Vataja Hrud-roga-

i. Takra mixed with Bida Lavana is indicated in Vataja Hrudroga and Gulma, Anaha.

ii. Taila, Souviraka, Mastu and Takra taken in equal quantities should be added with salt and taken with leukwarm water.

10. Takra Prayoga in Mutrakrucha- Takra mixed with Guda is beneficial in Mutrakrucha". Takra mixed with powders of Kusta, Gomedaka, Hingu, Krounchrasti, Trayushana, Vacha, Ela, Gokshura, Kharahva, Asmabheda and the juice of Badaramla cures Mutrakrucha and Prameha

11. Takra Prayoga in Kaphaja Chardi- Purana Shali, Godhuma, Yava as food is given along with Takra prepared by adding Shunti, Pippali, Maricha or by adding Nimba".

12. Takra Prayoga in Krumi- Yavagu of Vidanga, Pippali Mula, Shighru, Maricha prepared with Takra and added Souvarchala Lavana cures Krumi"

13. Takra Prayoga in Shotha, Meha- Arista prepared out of Takra by adding Powders of Yavani, Amalaki, Pathya, Maricha and Pancha Lavana is useful in curing Shotha, Meha, Krumi, Gulma, Arsha and Udara Roga".

Takrapana according to Dosha Vaishamya"-

i. Vata Dosha Vruddhi- Amla Takra mixed with Shunti and Saindhava.

ii. Pitta Dosha Vruddhi: Swadhu Takra mixed with Sita.

iii. Kapha Dosha Vruddhi: Takra mixed with Trikatu and Kshara.

Conclusion:

Takra being Madhura and Amla Rasa, Sandhra Guna, is useful in aggravated Vata condition. As it is Madhura Vipaki it does not aggravate Pitta. Due to its Kashaya Rasa, Ushna Veerya, Vikasitwa and Roukshatva it is useful in aggravated Kapha condition. Based on sanskara, takra attains various properties and preparations which is used in different disease conditions. Thus, Takra and its Kalpanas can be used in various disease conditions depending upon the Vaidya yukti and Roga-Rogi bala.

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Conflicts of interest:

The authors declare no conflict of interest regarding the publication of this article.

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Author's short biography:



Prof. Dr. Sachinkumar Sahebrao Patil M.D. (Kayachikitsa) Medicine, Ph.D. (Kayachikitsa) Medicine, M.B.A. (H.R.), M.A. (Sanskrit), P.G.D.E.M.S., D.Y.A. Professor and H.O.D., Ph.D. Guide, M.D. Guide, Department of Kayachikitsa, M.A.M.'s Sumatibhai Shah Ayurved Mahavidyalaya, Malwadi, Hadapsar, Pune - 411028, Maharashtra State, India. He is working as an Ayurved Physician and Panchakarma Specialist since last 18 Years. He is a BOARD OF STUDIES MEMBER for Paraclinical Ayurved Board of Maharashtra University of Health Sciences (M.U.H.S.), Nashik. He is a FACULTY MEMBER for Post Graduate Paraclinical Ayurved Board of M.U.H.S., Nashik. He is working as a Research Faculty for Research Methodology and Medical Statistics for M.U.H.S., Nashik. He is a Ph.D. GUIDE for 08 Ph.D. Kayachikitsa (Medicine) students and M.D. GUIDE for 28 M.D. Kayachikitsa (Medicine) students out of which 21 M.D. Kayachikitsa (Medicine) students have been already passed out. His research experience is 15 Years. His research interests in Anxiety disorder, Diabetes Mellitus, Obesity, Hyperacidity, Diarrhoea, Anaemia, Infertility etc.

