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, Mutrekruchra, 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, Grahi, Udara, Arsha.

INTRODUCTION: Takra is having Tridoshahara 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. 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 Krishna 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. 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:
Rasa: Madhura - Amla Pradhana Rasa and Kashaya Anurasa
Guna: Laghu, Rukska.
Veerya: Ushna.
Vipaka: Madhura
Doshaghnata: Tridoshahara.

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

ASTA GUNAS OF TAKRA:
1. Kshut Vardhana – Improves appetite
3. Prana Pada – it is Pranadayaka.
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:
   - 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.

- **Malitha**: 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*, *Tri-doshahara*, *Grahi*, *Deepana*, *Vrushya*, *Preenana*, *Shramahara*, *Vrushahara*.
- **Udashwit**: Curd churned by adding half 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 Takra⁶.
- **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.

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

PROPERTIES OF TAKRA MADE OUT OF DIFFERENT ANIMALS MILK⁷.

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*, *Graham*, *Arshas*, *Shotha* and *Pandu Rogas*.

TAKRA SEVANA KALA⁸: 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 PANA⁹**:  
1. **Ushna Kala**: - Hot season.
2. **Kshata, Durbhala Purusha**: - Debilitated person.

**INDICATIONS FOR TAKRA PANA¹⁰**:  
1. **Kala**: - Sheeta Kala.
2. **Marghavarodha** condition
3. **Agnimandhya** Condition.


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

DICUSSION:

Takra Prayoga in Various Disorders:

1. **Takra Prayoga in Kaphaja Gulma**:
   - 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**:
   - 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**:
   - 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.
     - **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.
     - **Hingavdi Churna** with Takra is beneficial in Swelling and pain in the rectum, poor digestion as well as in abdominal tumor.
     - **Powder of Pranada (Haritaki) and Guda** followed by drink of Takra.
     - **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.
     - **Avlehy a - prepared with the decoction of Chitraka, made thick by adding honey and jaggery can be eaten followed by Takra Pana**.
     - **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.
     - 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.

5. **Takra Prayoga in Grahani**:
Takra is considered to be Pathya for Grahan Dosha. For a patient who is suffering from Grahan Dosha Takra is an excellent drink because it stimulates the power of digestion, it is Grahi (constipative) and light for digestion.22

6. **Takra Prayoga in Atisara:**
   - In Pakvathisara:- Yavagu Prepared with Takra processed with Bilwa, Musta, Akshi Bhashaja, Dhataki Pushpa cures Pakvathisara.23
   - In Kaphaja Atisara:- powders of Pata, Mocharasa, Ambodha, Dhataki, Bilwa, Nagara consumed with Takra and Guda destroys Kaphaja Atisara.24

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.25

<table>
<thead>
<tr>
<th>Sn. No</th>
<th>Udara Roga Bheda</th>
<th>Abyantara Takra Prayoga</th>
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<tbody>
<tr>
<td>1.</td>
<td>Vatodara</td>
<td>Takra along with Pippali, Saindhava.</td>
</tr>
<tr>
<td>2.</td>
<td>Pittodara</td>
<td>Takra which is Swadu and added with Sita and Madhuka Churna.</td>
</tr>
<tr>
<td>3.</td>
<td>Kaphodara</td>
<td>Takra along with Yavani, Saindhava, Ajaji, Trikatu mixed with Madhu</td>
</tr>
<tr>
<td>4.</td>
<td>Nichayodara</td>
<td>Takra along with Trayushana, Kshara, Lavana.</td>
</tr>
<tr>
<td>5.</td>
<td>Pliyodara</td>
<td>Takra along with Madhu, Taila, and the Churnas of Vacha, Shunti, Shatahva, Kusta and Saindhava.</td>
</tr>
<tr>
<td>6.</td>
<td>Udakodara</td>
<td>Takra along with Trikatu Churna.</td>
</tr>
<tr>
<td>8.</td>
<td>Chidradara</td>
<td>Takra along with Pippali along with Madhu.</td>
</tr>
</tbody>
</table>

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.27

9. **Takra Prayoga in Mutракручра:-**
   - Takra mixed with Guda is beneficial in Mutракручра.28
   - Takra mixed with powders of Kusta, Gomedaka, Hingu, Krounchrasti, Trayushana, Vacha, Ela, Gokshura, Kharahva, Asmabheda and the juice of

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.30

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.31

12. **Takra Prayoga in Krumi Yavagu of Vidanga, Pippali Mula, Shighru, Maricha prepared with Butter**
milk and salted with Souvarchala Lavana Cures Krumi32.
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 Roga33. Dosha Vaishamya Anusara Takra Pana Prayoga34:
1. Vata Dosha Vruddhi: Amla Takra mixed with Shunti and Saindhava.
2. Pitta Dosha Vruddhi: Swadhu Takra mixed with Sita.

CONCLUSION:
Takra because of the Madhura (sweet) and Amla (Sour) Rasa, Sandhra Guna (density), it is useful in counteracting the aggravated Vata, because of its Kashaya Rasa (Astringent taste), Ushna Veerya (Hot potency), Vikasitva (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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