



SCRUTINY ON BENEFITS OF TAKRA PRAYOGA AS PER CHARAKA SAMHITA

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ABSTRACT

Ayurveda gives great importance to *Takra* as diet and as medicine. There are many different preparations mentioned the management of *Agni Vikruthi*, *Vata* and *Kapha* involvement conditions in our classics. In those preparations one common and most important *Dravya* mentioned by all *Acharyas* is *Takra*. In *Charaka Samhita* the usefulness of *Takra* is mentioned in many topics like *Grahani*, *Arshas*, *Udara* and mainly *Vata*, *Kapha* conditions. Different types of *Takra* mentioned in various disease treatment modalities like *Ahara*, *Oushadhi*, *Sahapana*, *Anupana* and *Bahya Pragoya*, it can be adopted in clinical practice to obtain desired benefits. *Takra* acts as *Vata*, *Kapha Shamaka* and it does not cause aggravation of *Pitta*. *Takra* is light for digestion hence is preferable in patients suffering from the diseases having *Agni Vikruthi* condition. In this paper an effort will be made to explore the *Takra Prayoga* mentioned in *Charaka Samhita*.

KEYWORDS: *Takra*, *Agni Vikruthi*, *Grahani*, *Arshas*, *Udara*, *Vata*, *Kapha*, *Shamaka*.

INTRODUCTION

In *Bhava Prakasha* and *Vaidhyak Shubhashit Sahityam* it has been explained that *Takra* is *Amrutam*. In classical text books of *Ayurveda*, for different disease conditions, various formulations of *Takra* have been described. In *Charaka Samhita*, *Takra* is mentioned in *Agra Dravyas*. *Takra* is very useful in the digestive problems and the diseases associated with the *Vata* and *Kapha*.

Preparation of *Takra*

The inside wall of an earthen jar should be smeared with the paste of root bark of *Chitraka* and in this jar curd should be prepared¹ and *Takra* is obtained by *Manthana Samskara*. *Takra* freshly churned and taken does not cause burning sensation during the process of its digestion².

Properties of *Takra*

It stimulates the power of *Agni*, it is *Grahi* and light for digestion. It has *Madhura Vipaka* and therefore, it does not cause aggravation of *Pitta*. Because of its *Kashaya Rasa*, *Ushna Virya*, *Vikasithwa*, *Ruksha Guna*, it is useful for counteracting the aggravated *Kapha*. Because of *Madhura*, *Amla Rasa*, *Snigdha Guna*, it is useful for counteracting the aggravated *Vayu*.³

Takra cleanses the channels of circulation (*Srotas*) as a result of which *Rasa* reaches the particular *Dhatu* level appropriately. This produces proper nourishment, strength, complexion, and exhilaration and cures more than hundred diseases including those caused by *Vayu* (80) and *Kapha* (20)⁴.

Types of *Takra*

- 1) *Sasneha Takra* (with butter)
- 2) *Ruksha Takra* (without butter) are the two varies of *Takra*.

On the basis of butter (Fat):- it can be classified as below

1. *Ruksha Takra* is that from which fat is completely removed
2. *Eshat snigdha Takra* is that from which half of the fat is removed
3. *Snigdha takra* is that from which fat is not at all removed⁵.

Takrapinda

Dense portion of *Takra* from which water has been taken out is known as *Takra Pinda*. *Takra Pinda* is non-slime, heavy, unctuous and bowel binding in nature⁶.

Takra Sevana Kaala

Depending on *Rogi - Rogabala* and *Rutu Takra* should be given for either 7days/10 days/15 days/30 days. *Takra* can be administered up to one month, and thereafter It should be withdrawn gradually in the same quantity in which it was increased in the beginning (*Utkarsha/ Apkarsha*). Should not discontinue *Takra* all of a sudden. While reducing *Takra*, the patient total food intake should not be reduced. Adoption of this procedure will promote and maintain energy, strength of digestive power, strength and complexion.

Takra Sevana Vidhi

For all patients *Takra* should be given in the morning time. In the evening based on *Agni Bala Takra* can be prescribed as below.

1. If *Agni Bala* is less then only *Takra* should be given in the evening.
2. If *Agni Bala* is slightly better, then in evening time *Takra Avalehika* (*Takra* with flour of fried paddy) should be given.
3. If *Agni Bala* still better, then in the evening time the patient should be given *Takra Peya* (*Takra* with gruel) along with rock salt, there after *Takra-oudana* (*Takra*

with rice) added with fat should be given. *Takra* should be given to such a patient as post parental drink. As food patient may be given vegetable soup along with *Takra*⁷.

Indications

*Sopha, Grahani Dosa, Mutragraha, Udara, Aruchi, Snehavyapath, Pandu, Garavisha*⁸.

Takraprayoga in different conditions

Digestive stimulant

Takra sprinkled with the powder of *Yavani* and *Lavana*. This recipe stimulates the power of digestion and helps in the downward movement of *Vayu, Kapha and Mutra*⁹. Gruel prepared with *Bilwa, Changeri, Dadima* with *Takra* is carminative and astringent¹⁰.

Arshas

There is no medicine, better than *Takra* for the cure of *Arshas* caused by the predominance of aggravated *Vayu* and *Kapha*. Depending upon the *Dosa* involved, it should be used.

Ruksha Takra is useful if *Arshas* are caused by the predominance of *Kapha*, if the power of digestion is extremely weak, and if the patient has low strength.

Eshat Snigdha Takra is useful if *Arshas* are caused by the predominance of *Pitta*, if power of digestion is moderate and if the patient has moderate strength.

Snigdha Takra is useful if the *Arshas* are caused by the predominance of *Vata*, if the power of digestion is strong and patient has enough strength¹¹.

The physician should overcome treating the *Arshas* by the use of different types of fried vegetables, *Yavagu*, vegetable soup, meat soup, *Khada*, milk and *Takra*¹².

Arshas with Vibandha

The recipe prepared out of *Yavani, Nagara, Patha, Dadima juice, jaggery* along with *Takra* and *Lavana* helps in the downward movement of flatus and stool¹³.

Arshas with Atisara

The soup of the meat of *Lavaka* added with the juice of sour fruit and *Takra* is useful in the patient of *Arshas* suffering with *Atisara*¹⁴.

Arshas with Bleeding

To stop bleeding from *Arshas* the patient should be given onion cooked with *Takra* or soup of *Masura* made sour by adding *Takra*¹⁵.

Sitz bath in Arshas

The patient can also be given sitz bath with *Takra*. Before giving sitz bath with *Takra* the pile mass should be well smeared with any medicated oil¹⁶.

Arshas in the *Guda Pradesha* (Anal region) once cured by the administration of *Takra*, do not recur. When sprinkled over the ground *Takra* burns all the grass thereon, let alone the dry type of piles in a patient who's *Agni* has been kindled through this therapy.¹⁷

Udararoga

In *Vatodara Takra* with *Pippali, Lavana* should be given.

In *Pittodara Takra* with *Sharkara, Madhuka* should be given.

In *Kaphodara Takra* with *Trikatu, Saindhava* should be given.

In *Jalodara Takra* with *Trikatu* should be given.

In *Baddhagudodara Takra* with *Hapusha, Saindhava* should be given.

In *Chidrodara Takra* with *Pippalli, Kshara* should be given¹⁸.

In *Udara Roga Narayana Churna* should be prescribed with *Takra*.¹⁹

Vaataja Hridroga

Taila (Decoction may be prepared of *Punarnava, Devadaru, Bilva, Syonaka, Gambhari, Patala, Ganikarika, Rasna, Yava, Kulattha* and *Kola* by boiling with water. Medicated oil prepared by cooking with this decoction), *Sauviraka, Masthu* and *Takra* taken in equal quantities, should be added with *Lavana*. This recipe in lukewarm form cures *Vatika* type of *Hrid Roga*²⁰.

Kaphaja Grahani

After taking light food, the *Grahani* patient should drink sour *Takra*.

Freshly prepared *Takra* is astringent in taste; therefore it could have appropriately been used in *Kaphaja* type of *Grahani*. But for stimulation of *Agni*, sour type of *Takra* is good²¹.

Due to *Deepana, Sangrahi, Laghu* property *Takra* is used in *Grahani*.

Kaphaja Mutra Krichra

Takra is one of the best remedy in *Mutra krichra* condition.²²

Seeds of *Sitivaaraka* along with *Takra* suits in this condition²³.

Kaphaja Chardi

Takra adding with *Sunti, Pippali, Maricha* and *Takra* adding with *Nimba* are useful in such conditions²⁴.

Kaphaja Atisara

Intake of *Pippali* along with *Takra* added with powder of *Citraka* cures *Kaphaja Atisara*²⁵.

Kaphaja kasa

Intake of *Ruksha* type of *Takra* is helpful in *Kaphaja Kasa* condition²⁶.

Kaphaja gulma

Vegetable dishes prepared with *Pippali, Nagara*, soup of dried radish, *Bilwa, Varuna, Chirabilwa, Yavani* and *Chitraka* prepared by adding *Bijapuraka, Hingu, Amlavetasa, Dadima, Oil, Ghee* and *Takra* cures *Kaphaja Gulma*²⁷.

Swayathu associated with Atisara

Takra along with *Sunthi, Maricha, Pippali, Souvarchala* and honey is fruitful²⁸.

Rajyakshma associated with Atisara

The patient should drink water boiled with *Laghu pancha mula, Takra, Sura, Cukrika* and juice of *Dadima*. This recipe is useful for digestive stimulant and *Grahi*.²⁹

Patha, Bilwa, and Yamani should be mixed with *Takra* is also beneficial in such condition.³⁰

Indrayava with *Nagara* should be mixed with *Tandulambu* should be given this recipe to drink. After the recipe gets

digested, the patient should be given *Yavagu* cooked with *Cangeri*, *Takra* and *Dadima*³¹.

Krimi

Gruel prepared with *Vidanga*, *Pippali*, *Maricha*, *Sigru*, *Takra* and *Lavana* cures *Krimi*³².

Udara shoala

Warmed up powder *Yava* mixed up with *Takra* and alkalis eradicate abdominal pain³³.

Mutra krichra and Prameha

By the administration of *Haritaki* with *Takra* is fruitful recipe.³⁴

Kusta, *Gokshura*, *Pippali*, *Maricha*, *Sunthi*, *Vasa*, *Vacha*, *Ela*, *Hingu* mixed with *Takra*, *Dadhi Manda* and the juice of sour type of *Badara*³⁵.

Sneha vyapath

Gruel prepared with *Takra* eradicates untoward effects caused by incorrect intake of *Ghritha*.

Takra and oil cake (*Takrapinyaka*) would alleviate such defects as caused by the incorrect intake of *Taila*³⁶.

Use of Takra in Virechana and Vamana Karma

Tilwaka with Takra

12gms of *Tilwaka* powder should be taken along with *Dadhi-Takra* and used for purgation³⁷.

Ikshwaku with Takra

The pulp of *Ikshwaku* boiled by adding *Takra*, mixed with honey and salt may be taken for emesis³⁸.

Gulma and Udara

The root of *Danathi* and *Dravanthi* should be made to a paste by adding water. One *Aksha* of this paste should be given to the patient along with *Takra*. This recipe is useful for patients suffering from *Gulma* and *Udara*³⁹.

Takararista

Stimulates the power of digestion and cures *Sotha*, *Gulma*, *Arsha*, *Krimi*, *Meha*, *Udara Roga*⁴³.

Bahya prayoga

Yonigata vikara

Douching should be done with *Takra*, cow's urine, *Suktha* or the decoction of *Triphala*. Which cures morbid vaginal discharges⁴⁰.

Twakgata vikara

Powder of *Kusta*, *Haridra*, *Daruharidra*, *Nimba*, *Sarsapa* should be prepared in equal quantity and ground with *Takra*. One should apply this over the body smeared with oil. By this pruritus, pimples, urticaria, oedema are relieved⁴¹.

One should use as an unguent on the parts of the body affected by the *Twak Vikara* the leaves of *Chaturangula* as well as *Kakamachi* ground with *Takra* after applying oil to the body⁴².

Takra as Anupana with different Yogas

Mandura vataka

Mandura vataka should be taken by the patient in appropriate dose depending upon *Agni* along with *Takra*. *Manduravataka* cures *Pandu*, *Kusta*, *Ajeerna*, *Sotha*, *Urusthamba*, aggravation of *Kapha*, *Arshas*, *Kamala*, *Meha*, *Pleeharoga*⁴⁴.

While taking the *Mandura vataka*, the patient should take *Takra* and *Vatya* (roasted barley).⁴⁵

Punarnava mandoora

Punarnava mandoora should be mixed with *Takra* can be recommended.

Punarnava mandoora cures *Pandu*, *Pleeha Roga*, *Arshas*, *Vishamajwara*, *Swayathu*, *Grahani Dosha*, *Kusta*, *Krimi*.⁴⁶

Citraka ghritha

This ghee should be cooked with the paste of *Citrakamula* and *Takra*.

This medicated ghee is an excellent recipe for curing *Swayathu*, *Arsa*, *Atisara*, *Gulma*, *Prameha*⁴⁷.

CONCLUSION

Takra is very useful in the diseases associated with the *Agni Vikruthi* because of it acts as *Deepana*, *Pachana* and *Sangrahi*. Freshly *Manthana Takra* is beneficial for both *Swasta* and *Athura*. *Takra* Should be advised depends on *Rogi-Roga Bala*, Involvement of predominant *Dosa* and *Rutu*. It acts as *Vata Kapha Shamaka* and it does not cause aggravation of *Pitta*. It is found very useful in *Vata Kapha Pradhana* conditions. For *Kapha Pradhana* disorders *Ruksha Takra*, *Pitta Pradhana Vikaras Esath Snigdha Takra* and *Vata Pradhana Vikara Snigdha Takra* can be given. *Takra* can be given as *Bahya Prayoga* in *Arshas*, *Yonigata Vikara* and *Twakgata Vikara* along with internal medication. *Takra* can be used as *Ahara*, *Anupana*, *Sahapana*, *Bahya Prayoga* and formulation like *Takararistam*.

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