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Shraddha R. Dudhate, Brijesh R. Mishra

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Takra: A complete remedy and nutrition

Shraddha R. Dudhate, Brijesh R. Mishra

Shraddha R. Dudhate (MUHS, Maharashtra, India); Brijesh R. Mishra (MUHS, Maharashtra, India)

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ABSTRACT: Ayurveda is a lifestyle science. It specially deals with the diet which can't be ignored during the treatment as well as healthy life. It gives absolute knowledge of diet and food articles. Takra is considered to be the amrita 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 Vatakaphaja origin diseases. From primitive era till present age, use of Takra for health benefits is in vogue. Takra mentioned in nearly all ayurvedic classics. Various types of Takra , it's method of preparation, properties of Takra and it's uses according to Acharyas have been collectively studied for it's critical evaluation in health keeping. Due to it's properties, Takra can be advocated for all types of Prakrutis for maintenance of physical or mental health and can be added in day to day rituals -Dincharya. Takra is a product obtained by curd (fermented product of milk). Takra is mentioned in ayurveda as remedy in disturbed conditions of Agni.

INTRODUCTION

Takra (buttermilk) is a dietary product and is being used by many people around the world by centuries. Many kinds of buttermilk preparation methods are available in the world. In areas of Indian Subcontinent the buttermilk is known as traditional buttermilk. In these areas buttermilk is prepared from curd. In ayurveda

buttermilk is commonly known as Takra. In compendiums of ayurveda, it is mentioned that Takra is very useful in the digestive problems and the diseases associated with the digestion.

Ayurveda states importance of agni (digestive fire) through it's compendiums to keep healthy status of the body in healthy conditions. Agni, if disturbed , can create many

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kinds of disorders. It is interesting to see how Takra acts as primary aid in the disease associated with the agni. Takra can also be used as a Pathya Ahara (beneficial diet) to maintain healthy status of the body.

Equilibrium of Agni, Doshas, Dhatus and Malas along with the sound state of soul, mind and senses is indication of being healthy for this purpose Takra is pathyakar.

AIM AND OBJECTIVES

1. To study Takra according to Ayurveda.

2. To study Takra according to modern medical science.

MATERIALS AND METHODS

Present work has been done based on -

1. The various reference related to the topic will be collected from the Ayurvedic Text, modern text, and journals.

2. The library of Shree Ayurvedic College and hospital, Nagpur, Search engine like Google etc. with the help of internet, relevant medical journal, and researchers view etc.

OBSERVATION

As there is Amrit (nectar) for Devgan in Swarga, likewise Takra is Amrit for human beings on earth. Above verse of Subhashita states that it is Durlabh - inaccessible to king of heaven Indra. In ayurveda Takra is used both to maintain health and as treatment against diseases. Ayurveda classics mentions the use of Takra in Ashtaumahagada- Arsha, Grahani, Udara and Pleeha Roga. Hence Takra has gained most importance on the earth. It is natural pro-biotic drink which is useful in irritation, swelling, digestive disorders, spleen disorders, anaemia and lack of appetite. It is mentioned as a whole food- Purna Anna. It contains all the elements necessary for a balanced diet. As over 90% of Takra is water, its consumption helps to maintain the water balance of the body.

The person who takes Takra daily, never becomes ill and diseases which are cured by

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Takrapana, never happen again (cure permanently).[2] There are different preparatory methods described in Bhavprakasha and Charaka Samhita. These different preparations are having different properties. Digestive system of people is collapsing because of today's lifestyle. Nowadays people use Takra without knowing its actual action. So if we know the proper method of consuming Takra then it will be more useful for our health. Takra is easy to digest and hence beneficial in patient with Agnimandya or Agnivikruti.

Characteristics of Takra[3]:

Rasa - Madhur , Amla

Anurasa - Kashaya

Virya - Ushna

Vipaka - Madhur

Guna - Laghu, Ruksha, Agnidipak

Dosha - Shleshma-Anilhara

Vyadhi - Gara, Atisara, Grahani, Pandu, Arsha, Arochaka, Visham jwara, Trushna, Chhardi, Prasek, Shool, Hrudya, Mutrakriccha, Snehavyapad, Avrishya.

Types of Takra:

Based on the fat content[4]-

- Ruksha Takra (Udhrut sneh Takra) - Butter is completely removed. Used in Kapha Prakop, Mandagni and Adham Bala (less body strength).
- Ardhadhrut Sneh - Half of the butter is removed. Used in Pittaprakop, Mandtar Agni and Madhyam Bala (moderate body strength).
- Anudhrut Sneh - Fat is removed. Used in Vataprakop, Mandatam Agni and Uttambala.

Based on the preparation of Takra[5] -

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- Ghola - Curd Churned without adding water and without removal of fat. After adding water it is Vatanashak and Pittanashak.

- Mathitha - Fat is separated and curd is churned without adding water. It is Kaphashamak and Pittashamak.

- Takra - Curd is churned after adding 1/4 th quantity of water . It is Agnidipak, Viryavardhak, Truptikara and Vatanashak.

- Udashvita - Curd is churned with adding half quantity of water. It is Kaphakarak, Balavardhak and Aamnashak.

- Chacchika - Curd is churned and fat is removed then more water is added. It is Vatshamak and Kaphakarak.

Usefulness of Takra :

As Takra is said nectar on earth, it is useful in many ways. It is used in treatment of many diseases-

- Takra Prayog in Kaphaja Gulma[6] - Takra mixed with yavani churna and vida lavana should be administered in kaphaja gulma to promote digestion power and anuloman of vata, mutra and pureesha.

- Takra prayog in Aruchi[7] - Fried Rajeeka, Jeerka powder, bhrushta hingu,shunthi,saindhav should be mixed with Godadhi and Takra is prepared and filtered through a clean cloth is the best taste promoter as it stimulates taste perception immediately and promotes Agni thus helpful in curing Aruchi.

- Takra prayog in vidvibandha8 - In case of Vidvibandh, takra mixed with yavani and vida lavana is beneficial.

- Takra prayog in Arsha9 - There is no recipe for arshas caused by Vatakapha better than Takra. Various takra preparations in management of arsha roga are as follows-

- Takra or Dadhi prepared in the pot anointed with chitraka mula kalka is beneficial to alleviate Arsha roga.

- Takra processed with Bharangi , Asphota, yavani, Amlaka and Guduchi.

- Takra processed with Pippali, Pippali mula, Chavya, Chitraka, Shunthi, Vidanga,

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Haritaki is beneficial in Arsha roga.

- Kalka of Kutaja and Vandaka mula mixed with Takra.10

- Powder of Kalinga, Magadha, Chitraka and Surana each succeeding by one part than its preceding one should be consumed with Takra is beneficial in swelling and pain in rectum.11

- Hingwadi churna with Takra is beneficial in swelling and pain in rectum, poor digestion as well as abnormal tumor.12

- Takra mixed with Chitrak kalka which has been collected either in Aashadha or Kartika or Margshisha months or during the constellation of Pushya in any other month is beneficial.[13]

- Avleha prepared with the decoction of Chitraka made thick by adding honey and Jaggery can be eaten followed by Takrapana.[14]

- Takra is poured into a pot smeared side with ghee and added powder of Ajamoda, Ajaji, karavi, Yavani, chitraka, pippali dwaya and pippali mula allowed to ferment. This buttermilk also be useful in curing Arsha.[15]

- If the Kayagni of the patient is very weak, then should be given only Takrapana in the morning Takravalehika (linctus prepared by adding buttermilk to the floor of fried paddy) should be given in the evening or after Takra is digested which is taken in the morning. Again Takra with saidhava lavana should be given for drinking followed by Takrodana (rice mixed with buttermilk) added with fat should be given.[16]

- **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(constipation) and light for digestion.[17]

- **Takra prayog in Atisara -**

- In Pakvatisara : Yavagu prepared with Takra processed with Bilva, Musta, Akshibheda, Dhataki pushpa cures Pakvatisara.[18]

- In Kaphaja Atisara - Powder of Pata, Mochgrasa, Ambodha, Dhataki, Bilwa, Nagara consumed with Takra and Guda destroys Kaphaja Atisara. [19]

- **Takra prayoga in Udara roga** - Takra which is not very sandra(thick), swadu

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rasa (sweet, not so sour in taste) and which is free from fat is useful in the patients of Udara roga.[20]

Udara roga bhedanusar Takrapana:[21]

 Vatodara - Takra with pippali and saidhava.

 Pittodara - Takra which is swadu and added with sita and madhuka churna.

 Kaphodara- Takra along with Yavani , saidhava, Ajaji, trikatu mixed with madhu.

 Nichayodara - Takra along with Trayushan, Kshar, Lavana.

 Plihodara - Takra along with Madhu taila and churnas of Vacha.

 Udakodara - Takra along with Trikatu churna.

 Baddhodara - Takra added with hapusha, Ajaji, yavani and saidhava lavana.

 Chhidrodara - Takra along with pippali and Kshaudra.

 Takra prayoga in vataja hrudroga :

 Hrudroga caused by Vata, patient should drink Takra mixed with Vida Lavana it cures Vataja hrudroga as well as gulma , Arsha.

 Taila , sauviraka, musta and Takra taken in equal quantities should be added with salt. Intake of this potion, in luke warm form cures Vataja hrudroga.[22]

 Takra prayoga in mutrakruchhra:

 Takra mixed with guda is beneficial in Mutrakrucchra.[23]

 Takra mixed with powders of kushta, gomedaka, hingu, krounchrasti, Trayushana, vacha, ela, gokshura, kharahva, asmabheda and the juice of badaramla cures Mutrakruccha and Prameha.[24]

 Takra prayoga in pandu[25] - Takra mixed with chitraka, hingu, jeeraka, saindhava and mishree having properties of balya , ruchya, basti shool vinashana, it is indicated in pandu roga and also it is beneficial in Arsha, Vata vyadhi and Atisara.

 Takra prayog in kaphaja Chhardi[26]: The patient who is suffering from Kaphaja chhardi should be given Purana shali, godhuma, yava as food. Along with this Takra cooked by adding shunti, pippali and maricha as a drink is very beneficial.

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 Takra prayog in Krumi[27] : Yavagu of vidanga, pippali mula, shigru, maricha prepared with butter milk and salted with sauvarchala lavana cures krumi.

 Takra prayog in shotha, meha[28] - Aristha prepared out of Takra by adding powders of Yavani, Amalaka, Pathya, Maricha along with Pancha Lavana is beneficial in curing Shotha , Mocha, Krumi, Gulma, Arsha and Udara Roga.

Dosha Vaishamya Anusar Takrapana prayog[28]-

 Vata Dosha Vruddhi- Amla Takra mixed with Shunti and Saidhava.

 Pitta Dosha Vruddhi- Swadu takra mixed sita.

 Kapha dosha vruddhi- Takra mixed with trikatu and kshara.

Takra Sevan Kala (period for consuming of Takra)-

Acharya Charaka also underlines the fact of time period for Takra Sevana. They mentioned that one should indulge in Takra Sevan for 7 days, 15 days, 30 days only. They also warned not to overuse Takra after 30 days. In these 30 days Takra Sevan Kala one should carry out pattern of Takra Sevan in increasing and decreasing order.[29]

 The importance of observing the period of Takra Sevana is it preserves the increasing power .

 Strengthens the power of Vata Dosha.

 Maintains bala.

 Upachay(consistency of body)

 Varna (maintains colour of skin)[30]

Contra-indications of Takra sevan[31]:

 Ushana Kala : hot season

 Kshat Durbal Purush: debilitated person

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 Vyadhis : Murccha, Bhrama, Daha, Raktapitta.

Nutritional Values of Takra :

Buttermilk is rich source of Potassium, Calcium, Phosphorus, VitaminB12, & Riboflavin. Buttermilk is a good aid for those suffering from digestive problems. One cup of buttermilk contains 2.2 grams of fat & 99 calories, whereas whole milk contains 8.9 grams of fat & 157 calories (some brands may vary regarding the fat contains of buttermilk).

Table no. 1 Nutritional value of Takra (Buttermilk) in each cup [32,33,34]

Sr.no.	Contents	Quantity	% Values
1.	Calories	--	100%
2.	Total fat	2.2 gm	4%
3.	Saturated fat	1 gm	8%
4.	Cholesterol	10 mg	4%
5.	Sodium	260 mg	10%
6.	Total carbohydrates	10 gm	4%
7.	Proteins	8 gm	15%
8.	Vitamin A	130.00 IU	2%
9.	Vitamin C	5.00 mg	4%
10.	Calcium	--	30%
11.	Thiamine	--	6%
12.	Zinc	--	8%
13.	Riboflavin	--	20%
14.	Vitamin A6	--	4%
15.	Folate	--	4%
16.	Vitamin B 12	--	10%
17.	Phosphorus	--	20%
18.	Magnesium	--	8%
19.	Potassium	370 mg	--
20.	Calcium	284 mg	--
21.	Protein	16.55 gm	31.1%
22.	Iron	0.25 gm	1.4 %

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DISCUSSION

&

CONCLUSION

Takra (Buttermilk) is very useful in the diseases associated with the AgniVikriti. By means of its Rasa (Taste), Virya (Acting Property), Vipaka (The Taste that emerges after digestion) & Guna (Property) acts as Tridoshaghana. It is found very useful in Vata-KaphaPradhan conditions. Besides the usefulness of Takra (Buttermilk) in Grahani (Sprue), Arsha (Piles) & Udara (Ascitis) it is also useful in Sthaulya (Obesity), Prameha (Diabetes), Shotha (Swelling), complication of Ghrita (Ghee), Tail (Oil) & Garavisha (Low Potency Poison). Takra(Buttermilk) can be used as principal drug like Takrarishtam or along with various Dravyas or as a dietary product in the form of Pathya Ahara (Beneficial Diet). Nutritional Values also suggest that Takra (Buttermilk) also strengthen the immunity and helps to maintain the health by preventing diseases.

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