**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 prepared and Takra is obtained by Manthana Samskara. Takra freshly churned and taken does not cause burning sensation during the process of its digestion.

**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.

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).

**Types of Takra**

1. Rasneha 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 removed.

**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 nature.

**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..
In Kaphodara Takra with Trikatu, Saindhava should be given.
In Jalodara Takra with Trikatu should be given.
In Badhagujododa Takra with Hapusha, Saindhava should be given.
In Chidrodara Takra with Pippalli, Kshara should be given.
In Udara Roga Narayana Churna should be prescribed with Takra.

Vaataja Hridroga
Taila (Decoction may be prepared of Punarnava, Devadar, Bilwa, Syonaka, Gambhari, Patala, Gankarika, Rasna, Yava, Kalatttha and Kola by boiling with water. Medicated oil prepared by cooking with this decoction), Sauvakra, Masthu and Takra taken in equal quantities, should be added with Lavana. This recipe in lukewarm form cures Vatika type of Hrid Roga.

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

Kaphaja Mutra Krichra
Takra is one of the best remedy in Mutra krichra condition.

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

Kaphaja kasa
Intake of Ruksha type of Takra is helpful in Kaphaja Kasa condition.

Kaphaja gulma
Vegetable dishes prepared with Pippali, Nagar, soup of dried radish, Bilwa, Varuna, Chirabiliwa, Yavani and Chitraka prepared by adding Bijapuraka, Hingu, Amlavetas, Dadima, Oil, Ghee and Takra cures Kaphaja Gulma.

Swayathu associated with Atisara
Takra along with Sunthi, Maricha, Pippalli and Souvarchala and honey is fruitful.

Rajayakshma 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.

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

Indrayava with Nagar 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 Cangari, Takra and Dadima.21

Krimi
Gruel prepared with Vidanga, Pippali, Maricha, Sigru, Takra and Lavana cures Krimi.22

Udara shoola
Warmed up powder Yava mixed up with Takra and alkalis eradicate abdominal pain.23

Mutra krichra and Prameha
By the administration of Haritaki with Takra is fruitful recipe.24
Kusta, Gokshura, Pippali, Maricha, Sunthi, Vasa, Vacha, Ela, Hingumixed with Takra, Dadhi Manda and the juice of sour type of Badara.25

Sneha vyapath
Gruel prepared with Takra eradicates untoward effects caused by incorrect intake of Ghrita.
Takra and oil cake (Takrapinyaka) would alleviate such defects as caused by the incorrect intake of Taila.26

Use of Takra in Virechana and Yamana Karma
Tilwaka with Takra
12gms of Tilwaka powder should be taken along with Dadhi-Takra and used for purgation.27

Ikshwaku with Takra
The pulp of Ikshwaku boiled by adding Takra, mixed with honey and salt may be taken for emesis.28

Gulma and Udara
The root of Danthi 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.29

Takrarista
Stimulates the power of digestion and cures Sotha, Gulma, Arsha, Krimi, Meha, Udara Roga.30

Bahya prayoga
Yonigata vikara
Douching should be done with Takra, cow's urine, Suktha or the decoction of Triphala. Which cures morbid vaginal discharges.31

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 relieved.32
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 body.33

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.34
While taking the Mandura vataka, the patient should take Takra and Vatya (roasted barley).35

Punarnava mandoora
Punarnava mandoora should be mixed with Takra can be recommended.
Punarnava mandoora cures Pandu, Pleeha Roga, Arshas, Vishamajwara, Swayathyu, Grahani Dosha, Kusta, Krimi.36

Citra ghrita
This ghee should be cooked with the paste of Citrakamula and Takra.
This medicated ghee is an excellent recipe for curing Swayathyu, Arsa, Atisara, Gula, Prameha.37

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-Bala Roga. Involvement of predominant Dosa and Rutu. It acts as Vata Kapha Shama 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 Esat 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 Takraristam.

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