BENEFITS OF TAKRA (BUTTERMILK) AS PER DIFFERENT PREPARATORY METHODS

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ABSTRACT
Ayurveda is the ancient medical science. It specially deals with diet which can’t be ignored during treatment as well as for healthy life. It gives absolute knowledge of diet and food articles. Takra is one among the most beneficial food which is widely used in India from centuries. In Ayurveda detail description of different preparatory methods of takra are found and they are having different properties and uses. Takra is having agnideepak & tridosghan properties. Takra prepared by proper method is useful for healthy person as well as patients. Different types of takra should be used according to doshprakop, Jatharagni & sharirik bala of a person. Takra should be taken in winter season. In Bhavprakash takra is considered as nectar on earth when it is taken in proper manner. So, the knowledge of Preparatory methods and properties of takra is useful for society.

Keywords: Takra, Agnideepak, Tridosghan, Nectar

INTRODUCTION
Ayurveda is the science which uniquely provides information about diet. Good health is achieved with proper digestion and metabolism of food. Food is considered as powerful as medicine and takra is one of them. Takra is a product which is made from curd & it is widely used throughout the world. It is also considered as a Pathya Ahar. In Bhavprakash takra is considered as ‘Nectar’ on earth.1 It is very useful for proper digestive system. Regular intake of takra keeps a person healthy due to its Agnideepak & Tridosghan properties.2 According to Ayurveda Agnimandya is the root cause of any disease and takra is very useful in digestive problems.

The person who takes takra daily, never becomes ill and diseases which are cured by Takrapan never happened again (cure permanently).3 There are different preparatory methods described in Bhavprakash & Charak 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 agnivkruti. In Ayurveda takra is used to maintain health & to treat diseases. Takra is considered as best medicine for Arsha.4 It is used in many diseases with the combination of other herbs such as Grahani, Atisar, Shoth & Urinary disorders. It is used as Anupan for various Aushadhi Yog like Punarnava
Mandur. It is also used in Takradhara in diseases like Psoriasis & hypertension.

**Characteristics of Takra**
Takra stimulates digestive system (Agnideepan). It is Grahi & easily digestible. It has Vata & Kapha shamak properties. It does not cause Pittaprakop due to its Madhur Vipak. It is useful in Kaphaprakop due to its Kashay Ras, Ushn Virya & Ruksha guna. It is useful in Vataprakop due to its Madhur vipak, Amla Ras & Snigdh guna.

**Table 1: Types of Takra based on Method of Preparation**

<table>
<thead>
<tr>
<th>Sr.No.</th>
<th>Types of Takra</th>
<th>Method Of Preparation</th>
<th>Characteristics &amp; uses</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Ghola</td>
<td>Curd is churned without adding water and without removal of fat.</td>
<td>After adding water, it is Vatanashak &amp; Pittanashak</td>
</tr>
<tr>
<td>2</td>
<td>Mathita</td>
<td>Fat is separated and curd is churned without adding water</td>
<td>Kaphashamak &amp; Pittashamak</td>
</tr>
<tr>
<td>3</td>
<td>Takra</td>
<td>Curd is churned after adding ¼ th quantity of water.</td>
<td>Agnideepak, Viryavardhak, Truptikaraka &amp; Vatanashak</td>
</tr>
<tr>
<td>4</td>
<td>Udashvita</td>
<td>Curd is churned with ½ part of water</td>
<td>Kaphakarak, Balavardhak &amp; Aamnashak</td>
</tr>
<tr>
<td>5</td>
<td>Chacchika</td>
<td>Cured is churned &amp; fat is removed then more water is added</td>
<td>Vatashamak, Kaphakarak</td>
</tr>
</tbody>
</table>

**Preparation of Takra according to increased Doshas & Diseases**

In Vata Prakop - Amla Takra + Sunthi Or Amla Takra + Saindhav
In Pitta Prakop – Madhur takra + Sita
In Kapha Prakop – Madhur Takra + Trikatu (sunth + Marich + Pippali)

**Table 2: Types of Takra based on fat content.**

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Types Of Takra</th>
<th>Uses</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Ruksha Takra (butter is completely removed)</td>
<td>Used in Kaphaprakop, Mandagni &amp; Adhambala (least body strength)</td>
</tr>
<tr>
<td>2</td>
<td>Ardhodhrut Sneh (half of butter is removed)</td>
<td>Used in Pittaprakop, Manditar Agni &amp; Madhyam bala (moderate body strength)</td>
</tr>
<tr>
<td>3</td>
<td>Anudhrut sneh (fat is not removed)</td>
<td>Used in Vataprakop, Mandatam Agni &amp; Utambala (Strong body strength)</td>
</tr>
</tbody>
</table>

**Effect on Takra after Heating**
Buttermilk without heating destroys Kapha of Koshtha (Abdomen) but increases Kapha of throat. One should use heated takra for the treatment of Shwas, Kasa.

**Takrapinda**
When water is completely removed from Takra & only thick and dense portion remains is called Takrapinda. It is Ruksha, Guru & Grahi in nature.

**Takrarishta**

In this Aushadhi other ingredients are mixed with takra. Achraya Charaka has explained Takrarishta in two different diseases like Grahani Adhikara & Arsha Adhikara. These both Preparations have very little difference in preparatory method & uses. Takrarishta is useful in improving digestive system, Anorexia (aruchi), Improves Body texture & useful in kapha & Vata disorders. These are used in Shoth, Gulm, Arsha, Prameha, Krumi & Udarrog.
**Takra sevan Kal & Kram (Time period & method of takra consumption)**

One should take *Takra* for seven days, ten days, fifteen days, or one month according to strength of a person & strength of a disease. The quantity of consumption of *takra* should be in increasing order. Once the maximum dose is reached one should decrease the dose in the same manner. One should not stop consumption of *takra* suddenly.

**Benefits**
- It increases the body strength of a weak person
- It maintains the strength of healthy person
- Increases digestive power
- Improves texture of skin.

**Properties of *Takra* according to sources of milk**

*Takra* obtained from cow’s milk is sweet & sour in taste. It increases taste perception, *agnideepak*, useful for heart, increases strength & having *vatnashak* property.

*Takra* obtained from buffalo’s milk is having *snigdha* guna, *Kaphakarak*, vata & Pittanashak properties. It makes blood impure & *Guru*, *abhishyandi* in nature.

**Indication of Taking *Takra***

*Takra* acts as Nectar when it is consumed during winter season, because of its *Ushnveerya* property. It can be taken during *Mandagni* (low digestive capacity), in *Vata dosha* disorders, *Aruchi*, in *strtorodh* (blockage of circulatory channel).

It helps in curing poisoning, *Chardi*, *Jwar*, *Pandu*, *Sthouluya*, *Grahami*, *Arsha*, *Bhagandar*, *Prameha*, *Gulm*, *Atisar*, *kushtha*, *Shoth*, *Trushna*, *Krumirog*.

**Contraindication of Taking *Takra***

One should not consume *takra* during summer season. Person who has least body strength should not take *takra* in more quantity. *Takra* should not be taken in fainting, giddiness, burning sensation, during *Pittaparakop* because of its *ushnveerya* property.

**DISCUSSION**

In Ayurveda *takra* is used in various diseases. It is used as a main medicine as well as Anupan. Various preparatory methods are mentioned in *Charaka Samhita*, *Bhavprakash*, but people are unaware of this. Every preparatory method is having different uses.

Various combination of *Takra* with other drugs are used in different *doshaparakopa*. Such as *Acharya Charaka* has suggested to use *Ruksha Takra* in patient having *adham bala* (least body strength) and *Anudhurt Takra* in Patient having *Uttam bala* (good body strength). If patient takes *Anudhurt Takra* who is having *adham bala* then it will not be useful and sometimes unwanted effects can be seen.

*Takra* is advised to take in winter season. But commonly it is found that it is taken during summer season. So, proper knowledge of different properties of *Takra* is necessary.

**CONCLUSION**

*Takra* prepared from proper method is useful for healthy person as well as patient. Different types of *Takra* should be used according to *doshaparakop*, *jatharagni* & *Sharirik bala* of a person. It is advised to take according to *Ritu & Prakruti* of a person. *Takra* should be taken in winter season and it is best for *Kapha Vataj Prakruti* of a person. *Takra* has *Vat kapha Shamak* property and it does not cause *pitta prakop* due to its *Madhur vipaak*. If one uses *takra* in proper manner, then it is Nectar for human being.

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