TAKRA PRAYOGA IN ARSHAS

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ABSTRACT

In present era Arshas (piles/haemorrhoids) is a very common ano-rectal disorder caused due to unhealthy food habits, improper diet regimens. Takra is considered as amrita (nectar) in treating ano-rectal disorder’s especially in Arshas. A simple preparation of takralone with some medicaments can be used as anaushadaor patya in treatment of Arshas. Ano-rectal diseases such as Arshas require specific treatments such as bheshaja, kshara, agni karma and shastrakarma, but also as an adjuvant requires vatanulomana and agnideepana. Takra has the qualities of vatanulomana and agnideepana. Hence it is said that takra acts as amrita in ano-rectal diseases, especially in Arshas. It is also said that chances of re-occurrence of Arshastreated with takra is very rare.

Keywords: Arshas, takra, haemorrhoids.

INTRODUCTION

Arshas in Ayurveda classics is defined as “ArivatPrananShrunothiHinasthiti Arsha”¹. That which tortures patient like an enemy. It is mainly of two types- Shushka Arsha and ArdhraArshas. It mainly presents with complaints such as protrusion of mass, bleeding per rectum and soiling of under clothes. Takrabhyasa in Arshas is mentioned in various text books of Ayurveda, where in it can be used as Aushadhaor as Akara.

Arshas- The VatadiDosha’s involving Twacha, Mamsa, MedadiDushya’s produce Mamsankura in GudaPradesha. On predominance of Dosha’s, it is of 6 types Vataja, Pittaja, Kaphaja, Sannipataja, Sahaja and Raktaja. In Charaka Samhita² ChikitsaSthanaArshas is considered as KruchraSadyaVyadhi as it is BahuVyadhikara as it involves all Vata, Pitta, Kapha and Rakta in its management. VibadhaVata-Mutra-Purisha, Panduta, Balahani, Gudashula, Parikartana (cutting type) of pain in Nabhi and Vankshana are some of the Samanya-Lakshana’s of Arshas³.

Sampraptiō Arshas-
Nidanasevana and mandagni

Nidanasevana

Vataditiridoshaprakopa

Sthanasamshraya in guda
Raktaprapoka
↓
Mamsaankurautpaththi
↓
Mamsavat Katina ankura

**Arshas**

**Samprapthighataka**
- *Dosa* - Tridosha
- *Dushya* - Mamsa, Rakta, Meda, Twak
- *Srotas* - Mamsavaha, Raktavaha, Purishavaha
- *Adishtana* - Gudavalitraya
- *Srotodusti* - Sanga
- *Agni* - Jataragnimandya
- *Udbavasthana* - Aamashayotta
- *Swabhava* - Daruna
- *Sadyasadyata* - Kruchrasadya

**Preparation of various types of takra**

It is of 5 types namely.

1. **Ghola** - curdswith its *saara*, churned with or without adding water.
2. **Mathita** - curds without *saara*, churned without adding water.
3. **Takra** - curds churned by adding water - 1/4th of the quantity of curds.
4. **Udasvit** - curds churned by adding half the quantity of water.
5. **Chachika** - curds without *saara*, churned with adding water

**Gunas of takra**

- *Ushnaveerya*, *Deepana*, *Laghu*, *Preenanam*, *Vrushya* and *Vatashakaka*.
- Importance of Takrapana:
  - “yathasuranamamrutamsuhkayathathanaranambuvitakramaha”
  - Just like amritatu SurasTakra is for humans.
  - *Udasvit* helps in mitigation of Ama, Chachika easily digestible, mitigates Pitta and Vata, and acts as Agnideepaka.
  - “natakramasevivathatekadamnakekkadagrahpravatantirogaha”

He who uses *Takra* daily does not suffer from diseases, and diseases cured by *Takra* do not recur.

- *Amlatakra* with *Shunti* and *Saindhava* mitigates *Vatadosha*.
- *Amlatakra* with *Sita* mitigates *Pitta Dosha*.
- *Amlatakra* with *Vyosa* and *Kshara* mitigates *KaphaDosha*.
- Asthaguna’s of takra:
  - Increases appetite, *Pranadayaka*, *Rakta* and *Mamsavardhaka*, *Kapha* and *Vatavikarnashaka*, *Amanashaka* and *Abhigatahrut*.

**Nutritional value per 100 g (3.5 oz)**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy</td>
<td>169 kJ (40 kcal)</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>4.8 g</td>
</tr>
<tr>
<td>Fat</td>
<td>0.9 g</td>
</tr>
<tr>
<td>Protein</td>
<td>3.3 g</td>
</tr>
<tr>
<td>Minerals</td>
<td>(12%)</td>
</tr>
<tr>
<td>Calcium</td>
<td>116 mg</td>
</tr>
</tbody>
</table>

**Units**
- g = micrograms • mg = milligrams
- IU = International units

Percentages are roughly approximated using US recommendations for adults
Assimilation

Water content in buttermilk at its highest is 91–92%. High water content allows the use of buttermilk both for maintaining the water balance of the human body and as a quick thirst quencher. As the water content of buttermilk is mainly bound to proteins, it is absorbed from the intestines slowly enough that this drink is better than any type of water, either ordinary or flavoured.

_Takraprayogain case of Arshas_

In one or the other form every author has mentioned the use of Takra in case of Arshas.

EX- _Takraarishta_

_Takra_ is considered to be the best in case of _Vata-SleshmaArshas_. _Takra_ helps in treating the _Sroto-dustinturn_ providing _Bala-pushitivarna_. In _Chakradatta_ it is explained that in case of _Vibandhba butter milk_ mixed with _Yavani_ and _Vidalavana_ is useful. There is no remedy for _Arshas_ caused by _Vata_ and _Kapha_ better than _Takra_, which is used with or without fat content according to _Dosha_. The _Arshas_ treated by _Takra_ do not reoccur. Hence forth by clearing the channels and by its _Guna_, _Takra_ is considered as best in case of _Arshas_ either in form of _Patya_ or in form of _Aushada_.

DISCUSSION

The first line of treatment of _Arshas_ is _Vatanulomana_ and _Agnibalavardhana_. _Takra_ by it _Vata-pittaharaguna_ brings down the pain presented in case of _Arshas_, by _Swadupaka_ it mitigates the burning sensation, by _Kashaya rasa_ it stops the bleeding, by its _Deepana_ property cures _Agni-mandya_, thereby helping in _SrotoShuddhi_. Based on _Agnibala_ of the patient the suitable _Takra_ with or without fat content is used, thereby treating all types of _Arsha_. Hence it is said that _Arshas_ treated by using _Takra_ will not reoccur. One should use his _Yukti_ and treat _Arshas_ using _Takra_ as _Patya_ or as _Aushada_.

CONCLUSION

_Takra_ when processed with other drugs acts as _Tridoshahara_ thus, providing an aid to cure all types of _Arshas_.

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Source of Support: Nil
Conflict of Interest: None Declared