

BENEFITS OF TAKRA (BUTTERMILK) AS PER DIFFERENT PREPARATORY METHODS

Priyanka Bangre*¹, Archana Belge²

*¹P.G. Scholar, ²Professor;

Department of Swasthavritta, Shree Ayurveda Mahavidyalaya, Nagpur, Maharashtra, India

Email: priyankakarande182@gmail.com

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* & *tridoshghan* 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 Bhavprakasha *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*, *Tridoshghn*, 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* & *Tridoshghan* 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 hap-

pened 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 *agnivikruti*. 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.⁵ 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* & *Snigdha guna*.⁶

Table 1: Types of Takra based on Method of Preparation ⁷

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

Preparation of Takra according to increased Doshas & Diseases⁸

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*)

In *Arsha*(haemorrhoids) & *Atisar* (dysentery) – *Takra* + *Hing*+ *Jeerak*+ *Saindhav*

In *Mutrakruccha* (painful micturation) - *Takra* + *Gud* (jaggary)

In *Pandu* (Anemia) – *Takra*+ *Chitraka*

Table 2: Types of Takra based on fat content.⁹

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

Effect on Takra after Heating¹⁰

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

Takrapinda¹¹

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*. *Acharya Charaka* has explained *Takrarishta* in two different diseases like *Grahani Adhikara*¹² & *Arsha Adhikara*.¹³ 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*.¹⁴

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.¹⁵ 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.¹⁶

Benefits-

- It increases the body strength of a weak person¹⁷
- It maintains the strength of healthy person
- Increases digestive power
- Improves texture of skin.

Properties of Takra according to sources of milk¹⁸

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 Takra¹⁹

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*, *Shoulya*, *Grahani*, *Arsha*, *Bhagandar*, *Prameha*, *Gulm*, *Atisar*, *kushtha*, *Shoth*, *Trushna*, *Krumirog*.²⁰

Contraindication of Taking Takra²¹

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 *Pittaprapok* 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 *doshaprapok*. Such as *Acharya Charaka* has suggested to use *Ruksha Takra* in patient having *adham bala* (least body strength) and *Anudhrut Takra* in Patient having *Uttam bala* (good body strength). If patient takes *Anudhrut 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 *doshaprapok*, *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.

REFERENCES

1. Bramha Shankar Shastri, Bhavprakash Purvardha, Chaukhama Sanskrit Sansthan Varanasi, *Takra Varg* 16/7 p.n. 771
2. Vidadhar Shukla, Ravidatta tripathi, Agnivesha, *Charaka Samhita with Vaidya Manorama commentary Chaukhamba Sanskrit Pratishthan*, 1st edi Charak Chikitsasthan 15/117-8 p.n 371
3. Bramha Shankar Shastri, Bhavprakash Purvardh, Chaukhama Sanskrit Sansthan Varanasi, *Takra Varg* 16/7p.n. 771
4. Vidadhar Shukla, Ravidatta tripathi, Agnivesha, *Charaka Samhita with Vaidya Manorama commentary Chaukhamba Sanskrit Pratishthan*, 1st edi Charak Chikitsasthan 14/77 p.n 328
5. Kaviraj Atridev Gupta, Ashtanghrudyam with Vidyotini Hindi Commentary, Chaukhamba Sanskrit Sansthan, 14thedi. Sutrasthan 5/33-4 p.n.44.
6. Vidadhar Shukla, Ravidatta tripathi, Agnivesha, *Charaka Samhita with Vaidya Manorama commen-*

- tary Chaukhamba Sanskrit Pratishthan , 1st edi Charak Chikitsasthan 15/117-8 p.n 371
7. Bramha Shankar Shastri, Bhavprakash Purvardha, Chaukhama Sanskrit Sansthan Varanasi, Takra Varg 16/3-5 p.n. 771
 8. Bramha Shankar Shastri, Bhavprakash Purvardha, Chaukhama Sanskrit Sansthan Varanasi, Takra Varg 16/12-3 p.n. 772
 9. Vidadhar Shukla, Ravidatta tripathi, Agnivesha, Charaka Samhita with Vaidya Manorama commentary Chaukhamba Sanskrit Pratishthan , 1st edi Charak Chikitsasthan 14/84-85 p.n 329
 10. Bramha Shankar Shastri, Bhavprakash Purvardha, takra varg , Chaukhama Sanskrit Sansthan Varanasi, p.n. 772
 11. Vidyadhar Shukla, Ravidatta tripathi, Agnivesha, Charaka Samhita with Vaidya Manorama commentary , Chaukhamba Sanskrit Pratishthan, 1st edi. Sutrasthan 27/236
 12. Vidadhar Shukla, Ravidatta tripathi, Agnivesha , Charaka Samhita with Vaidya Manorama commentary Chaukhamba Sanskrit Pratishthan , 1st edi Charak Chikitsasthan 15/120-21 p.n 371
 13. Vidadhar Shukla, Ravidatta tripathi, Agnivesha, Charaka Samhita with Vaidya Manorama commentary Chaukhamba Sanskrit Pratishthan , 1st edi Charak Chikitsasthan 14/73-5 p.n 328
 14. Vidadhar Shukla, Ravidatta tripathi, Agnivesha, Charaka Samhita with Vaidya Manorama commentary Chaukhamba Sanskrit Pratishthan , 1st edi Charak Chikitsasthan 14/75 p.n 328
 15. Vidadhar Shukla, Ravidatta tripathi, Agnivesha, Charaka Samhita with Vaidya Manorama commentary Chaukhamba Sanskrit Pratishthan , 1st edi Charak Chikitsasthan 14/78 p.n 329
 16. Vidadhar Shukla, Ravidatta tripathi, Agnivesha, Charaka Samhita with Vaidya Manorama commentary Chaukhamba Sanskrit Pratishthan , 1st edi Charak Chikitsasthan 14/82-83 p.n 329
 17. Vidadhar Shukla, Ravidatta tripathi, Agnivesha, Charaka Samhita with Vaidya Manorama commentary Chaukhamba Sanskrit Pratishthan , 1st edi Charak Chikitsasthan 14/82-83 p.n 329
 18. Bramha Shankar Shastri, Bhavprakash Purvardha, Chaukhama Sanskrit Sansthan Varanasi, Takra Varg 16/18 p.n. 773
 19. Bramha Shankar Shastri, Bhavprakash Purvardha, Chaukhama Sanskrit Sansthan Varanasi, Takra Varg 16/15-6 p.n. 772
 20. Bramha Shankar Shastri, Bhavprakash Purvardha, Chaukhama Sanskrit Sansthan Varanasi, Takra Varg 16/15-6 p.n. 772
 21. Bramha Shankar Shastri, Bhavprakash Purvardha, Chaukhama Sanskrit Sansthan Varanasi, Takra Varg 16/17 p.n. 772

Source of Support: Nil

Conflict Of Interest: None Declared

How to cite this URL: Priyanka Bangre & Archana Belge: Benefits Of Takra (Buttermilk) As Per Different Preparatory Methods. International Ayurvedic Medical Journal {online} 2019 {cited July, 2019} Available from: http://www.iamj.in/posts/images/upload/1189_1192.pdf