

## **TAKRA PRAYOGA IN UDARA ROGA**

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### **ABSTRACT**

*Udararoga* is one among the *Astamahagada*. The diseases that are manifested in the abdominal cavity causing the distension of the abdomen is *udararoga*. In this condition *Agni* plays a major role in the manifesting of disease where the *apakruthaaharapaka* mala, and all *malaswaropa* is accumulating in the *udara* leads to this *ghoravyadhi* where *mandagni*, *malinabhojana* and *malasanchaya* are considered as main *nidanas*. Ayurveda emphasizing on being healthy gives the detailed description about the initiation of the disease step by step. There are so many formulations to treat *Udararoga*, *takra* is one among them. It is a dietary product and is being used by *Ayurveda* from centuries. *Takra* is a product obtained by curd (fermented product of milk). In *Ayurveda* the usefulness of *Takra* is mentioned in many topics like *Udara*, *Arshas*, *Grahani* etc. Along with this *Ayurveda* also mentioned the importance of *Takra* in disturbed condition of *Agni* (digestive fire). *Takra* (buttermilk) acts as *Tridoshashamak* by means of its different *Gunas* (properties). *Takra* is light for digestion as it contains probiotics and prebiotics and it combines maintains growth of bacteria in the colon. Hence it is preferable in patients suffering from the disease having *Mandagni* (low digestive fire). Due to these specialty *Takra* remains a key component while thinking about the medicine and dietary supplementations for the patients of *AgniVikriti*.

**Keywords:** *Udara*, *Takra*, Buttermilk, Probiotics, Prebiotics.

### **INTRODUCTION**

*Takra* is mentioned as *amrutha* (nectar). He who uses *takra* daily does not suffer from disease, and diseases cured by *takra* do not recur, just as *amrita* (nectar) is for the god same as *takra* is

for human being.<sup>1</sup>In classical text books of *Ayurveda*, for different disease conditions, various formulations of *takra* have been described. In *Charakasamhita*, *Takra* is very useful in the digestive problems and the dis-

ease associated with the *Vata* and *Kapha*. In *yogaratnakara* text book *acharya* mentioned in *takramahima*, as if *takra* were available in *kailashparvata* than lord *ganeshaudara* will not increase.<sup>2</sup>

#### **NIDANA**

Intake of *Atiushna*, *Lavana*, *Kshara*, *Vidahi*, *Amla*, *Gara* (poisonous) substances, *Mithya-samsarjana*, *Ruksha*, *Vidahi*, *Asuchibhojana*, *Pleeha*, *Arsha*, *GrahaniDoshakarshana*. *Panchakarmabibhramat*, Negligence of treatment of diseases, like *PlihaRoga* in *klisthavyadhi*, *Vegavidharana*, *Shrotasamdushanat*, Continued presence of *Ama* (product of improper digestion and metabolism) in the body, Intake of irritating food and drinks, Over nourishment, Obstruction by piles, hair and hard stool masses, Ulceration and perforation of intestines, Excessive accumulation of vitiated *Dosha*, Indulgences in *Pap karma* (sinful acts) because of the above mentioned factors, different varieties of *Udara* are manifested, especially in those having *Mandagni* (low digestion strength).<sup>3</sup>

#### **SAMPRAPTI**

Due to *Vikruti* in *Jathragni*, *malavruddhi* will take place in *sharira*. If there is suppression of *Agni* and if the person takes *Malinabhojana*, this leads to indigestion as a result of which *Doshas* get accumulated. This causes vitiation of *Prana*, *Agni*, *Apana*, does obstruction to the upward and downward channels of circulation. Thereafter, the vitiated *Doshas* get lodged between the *twak* and *mamsa* cause extensive distension of lower part of abdomen. This gives rise to *Udararoga*.<sup>4</sup>

#### **PRATYATMA LAKSHANA OF UDARA**

*Shuskavakra*, *Krushagatrata*, *AdhmanaUdaraKukshaya* – Distension of the abdomen and pelvis, *Pranastha Agni*, *Bala*, *Aahara* – Loss of digestion fire, Appetite and Strength incapability of doing any work, They are helpless for want of effective remedy and they are breathing their last breath like an orphan.<sup>5</sup>

#### **SAMANYA LAKSHANA OF UDARA**

*Kukshiaadhmana*, *Aatopa*, *Shoatha* in *Hasta* and *Pada*, *Agnimandya*, *Slakshanata* in *GandaPradesha*, *Karshyata*.<sup>6</sup>

#### **TYPES OF TAKRA**

- 1) **Rukshatakra** is that from which fat is completely removed.
- 2) **Eshatsnigdhatakra** is that from which half of the fat is removed.
- 3) **Snigdhatakra** is that from which fat is not at all removed.

**Ghol** – Churned with fat & without water. It is *Vata-pittanashaka*<sup>7,8</sup>

**Mathitha** – Churned without fat & Water. It is *Kapha-pittanashaka*.

**Takra** – *Chaturthansa* part of water mixed than churned. It is *Tridoshanashaka*.

**Udaschvita** – Churned with half quantity of water. It is *Kaphakara*.

**Chachika** – First churned than remove the fat later again churned with lots of water.

#### **PROPERTIES OF TAKRA**

It stimulates the power of *agni*, it is *grahi* and *laghu* for digestion. It has *madhuravipaka* and therefore, it does not cause aggravation of *pitta* because of its *Kashayarasa*, *ushnavirya*, *rukshaguna*. It is useful for counteracting the aggravated *kapha* because of *madhura*, *amla*

*rasa, snigdha*guna, it is useful for counteracting the aggravated *vata*. Probiotics and Prebiotics combined maintain growth of bacteria in the colon. Buttermilk has probiotic qualities that help to regulate the functions of gastrointestinal system.

### **TAKRA SEVANA KALA**

In should be given in shitakala, agnimandya, kapha - vataroga, aruchi&shrotovrodha.<sup>9,10</sup>

### **INDICATION**

*Agnimandya, vataroga, aruchi, nadiavarodha, garavisha, chardi, praseka, vishamajwara, pandu, medoroga, grahni, arshas, mutragraha, bhagandara, prameha, gulma, atisara, shola, pleeha, udararoga, switra, kosthagaroga, kustha, shotha, trushna, krimiroga.*<sup>11</sup>

### **CONTAINDICATION**

*Takra* should not be given inkshataroga, *ushnakala, daurbalya, murcha, bhruma, daha, raktapitta.*<sup>12</sup>

### **TAKRA PRAYOGA IN UDARA**<sup>13</sup>

Butter milk, which is not very thick, which is sweet (not sour) in taste and which is free from fat is useful for the patient suffering from *udararoga*.

- 1) **Sannipatik Udara** -Patient should take *takra* with *pippali, maricha, Sunthi, yavakshara, saidhavalavana*.
- 2) **Vatodara Takra** – Patient should take with *pippalichurna* and *saidhavalavana*.
- 3) **Pittodara Takra** - Patient should take with *swadu* (freshly churned and sweet), added with sugar and *yasthimadhuchurna*.
- 4) **Kaphodara** -Patient should take with *yavani, saidhavalavana, ajaji, trikatu* and mixed with *honey* is useful. This *takra*

should be slightly warm and it should not contain much of fat.

- 5) **Plihodara** -Patient should take with *madhu, tilataila, vacha, Sunthi, satahva, kustha* and *saindhavalavana*.
- 6) **Udakodara** -Patient should take *takra* prepared of well formed curd along with *trikatuchurna*.
- 7) **Baddhodara** -Patient should take with *hapusa, yavani, ajaji, saidhavalavana*.
- 8) **Chidrodera** –Patient should take with *pippali* and *madhu*.

### **DISCUSSION**

Probiotics and Prebiotics combined maintain growth of bacteria in the colon. Buttermilk has probiotic qualities that help to regulate the functions of gastrointestinal system. This is because probiotics introduce healthy bacteria into body, particularly into the digestive tract, where bacteria are essential for the breakdown and absorption of foods and their nutrients. Factors like unhealthy food habit, repeated intake of antibiotics can decimate the healthy bacteria in the intestines, allowing unhealthy bacteria to flourish. A regular source of probiotics like buttermilk is important, as it will help to maintain normal gut. We are having same concept in *Ayurveda* in the form of *Takrarista* as a probiotic & prebiotic concept to treat *udararoga*.

### **CONCLUSION**

*Takra* helps in proper digestion as it has *Tridosahara* property and it is mainly indicated in disorders related to gastrointestinal tract. Since buttermilk contains most of the vita-

mins, minerals, protein. As it contains probiotic which facilitates proper digestion and absorption process, it maintains proper metabolism to keep the person free from disease among as *udarroga*

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