

## TAKRADHARA: PROCEDURE AND VARIOUS DISEASE-SPECIFIC COMBINATIONS- A REVIEW

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<https://doi.org/10.46607/iamj10p8012023>

(Published Online: November 2023)

### Open Access

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Article Received: 01/10/2023 - Peer Reviewed: 05/11/2023 - Accepted for Publication: 17/11/2023.



## ABSTRACT

*Shirodhara* is one among the types of *Moordhni Taila*, where medicated *Dravadravya*- either oil or infusion is continuously poured over the forehead and then allowed to flow over the whole scalp from a specific height for a particular duration. *Takradhara* is the most important variety of *Shirodhara*, where medicated *Takra* is used for the procedure. *Dhara*, simply with raw buttermilk, is very rare. Usually, *Takra* is mixed with *Amalakikashaya* or other *Dravadravyas*. Changing the liquid as per the *Dosha* condition with necessary alteration in its process is helpful to alleviate any *Dosha*. This *Dhara* also balances the derangement of *Tridoshas* and improves the strength of all *Indriyas*. As a whole, *Takradhara* is a very simple, cost-effective, and non-invasive procedure under *Chaturvidha Moordhni Taila*. Other *Shirodharas* mentioned in *Dharakalpa* are *Ksheera Dhara*, *Stanya Dhara*, and *Snehadhara*, where *Takradhara* is considered supreme. It can be done in *Sarvanga* or *Ekanga*, depending upon the condition. It can be used effectively in the management of various disorders, especially those that are psychosomatic and with a predominance of *Vata* and *Pitta Dosha*.

**Key words:** *Moordhni Taila*, *Shirodhara*, *Takradhara*, *Ksheera Dhara*, *Stanya Dhara*, *Snehadhara*

## INTRODUCTION

*Takradhara* is the essential variety of *Shirodhara* among the *Keraleeya Panchakarma* practiced in

vogue, where *Takra* is poured on the forehead in a specific manner. *Dhara*, simply with raw buttermilk,

is very rare. Usually, *Takra* is mixed with *Amalaki-kashaya* or other *Dravadravyas*. Changing the liquid as per the *Dosha* condition with necessary alteration in its process is helpful to alleviate any *Dosha*. This *Dhara* also balances the derangement of *Tridoshas* and improves the strength of all *Indriyas*. It is effective in premature greying of hair, *Klama* (fatigue), *Shirashoola*; reverses *Doshakopa* and *Ojakshaya*; pacifies *Toda* (pricking pain) over *Kara* and *Pada*; *Moothradoshahara*; beneficial in *Sandhisaitilyam* (slackening of joints), *Hridroga*, *Aruchi*, *Agnimandhya*; and also pacifies *Shira*, *Karna*, *Netra Amayas*. As a whole, *Takradhara* is a very simple, cost-effective, and non-invasive procedure under *Chaturvidha Moordhni Taila*. Other *Shirodharas* mentioned in *Dharakalpa* are *Ksheeradhara*, *Stanyadhara*, and *Snehadhara*, where *Takradhara* is considered supreme. It can be done in *Sarvanga* or *Ekanga* depending upon the conditions. Continuous pouring of *Takradhara* over *Shirapradesha* for specific duration has tranquilizing effect, regulates the rhythm of *Pranavayu* and *Mana* and thus makes the body calm and pleasant.

## MATERIALS REQUIRED

- *Musta Choorna*- 125gms
- *Ksheera*- 1litre
- *Jala*- 4litres
- *Amalaki Choorna*- 200gms
- *Takra*- q.s
- *Rasnadi Choorna*- 5gm
- *Droni*- 1
- *Dharapatra*- 1
- *Dhara* stand with chain- 1.
- Coconut shell with serrated base- 1
- Vessels- 3
- Towels- 3
- Cotton *Varti*- 12 inches length
- Coconut leaf- 1
- Small piece of plantain leaf- 2

## PROCEDURE<sup>1</sup>

- ❖ *POORVAKARMA*- Includes preparation of medicine and patient.

## Preparation of medicine-

- **On previous day:**

*Mustaksheerakashaya* should be prepared (125gms *Musta Choorna* tied in *Pottali* + 1litre *Ksheera* + 4 liters water which is boiled till *Ksheeravasesha*), after squeezing the *Pottali* allow this to cool properly, add 1tsp *Takra* and kept for fermentation overnight.

**Precautions:** Medicine for *Takradhara* has to be prepared with special care. A steady and mild fire is to be maintained at the time of boiling milk and should be stirred continuously. Even after removing the *Ksheerapaka* from stove, ladling is continued until it cools down. *Takra* should be added when it is cooled and kept closed in a safe place.

- **On the day of Takradhara:**

*Amalakikashaya* is prepared according to *Kwathavidhi*, add this to *Mustaksheerakashaya*, churn the *Dadhi* and remove the *Navaneeta* portion. Butter from prepared medicated *Takra* should be removed completely with the help of *Shakapatra* (plantain leaf). *Ksheerakashaya* is again boiled, *Musta Pottali* put in the *Ksheera* on previous day is squeezed well and removed when boiling process is over. The quantity of *Ksheera* for the next day's *Dhara* and also for preparing *Takra* is to be collected and boiled.

## Preparation of patient-

- **On Takradhara day:**

*Abhyanga* over *Shira* (head) and *Sarvashareera* (whole body), Patient should lie in supine position, Cover the eyes with gauze and ears with earplug, Tie the bandage cloth surrounding the head above the eyebrows and ear level (knot at sides- not too tight or loose).

- ❖ *PRADHANAKARMA*- Fill the *Dhara* vessel with the medicated *Takra* by closing its opening with finger and allow to flow through *Varti*. Pouring of *Takra* is done very slowly, by moving the vessel to and for in a uniform manner. Massaging the scalp should be done in between to enhance wetting. Paying attention to the filling and emptying of *Dharapatra*, one can adjust the speed of refilling. The fall of *Dharadrava* from too high or too low level, too fast or too slow nature, too thick or

too thin flow are considered harmful. Duration depends upon the nature of disease, *Doshas* and *Satvabala* of patient. The maximum time allowed is 3 *Nazhika*(75mins) and minimum is 1 *Nazhika*(25mins).

- ❖ **PASCHATHKARMA**- Head bath with *Amalaki-kashaya* and body bath with lukewarm water. Wipe the head with a dry towel and apply *Rasnadi Choorna* on vertex. Rest for a minimum of 5mins to maximum of 30mins.
- ❖ **Time of the procedure:** Generally during morning hours, between 7-10am. If necessary, it can be done between 4-6pm.
- ❖ **Duration:** 7 to 14 days, 45mins to 1 hour per day.
- ❖ **Complications and Management:** Shivering is observed in some patients when *Dhara* is poured from height and due to the *Sheetaguna* of *Takra-dhara*. In such cases the procedure should be stopped immediately, and the patient is managed with *Ushnopachara*.

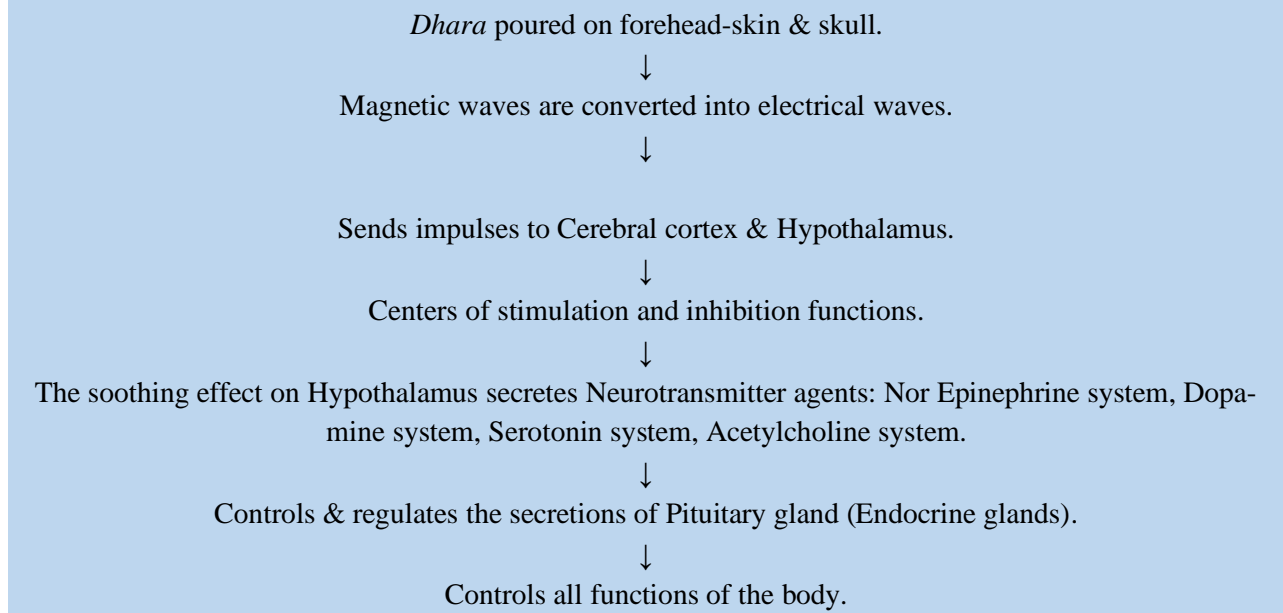
#### VARIOUS TAKRADHARA COMBINATIONS WITH THEIR CLINICAL APPLICABILITY

- Medicinal herbs like *Chandana*, *Usheera*, *Madhuyashti* and *Hribera* are also put in *Ksheera* while preparing *Ksheerakashaya* other than *Musta*<sup>2</sup>. Generally, *Musta* is enough for intended benefit for all diseases. But as these drugs are also having *Sheeta Virya*, potency increases, and effect will be faster. This combination can be used in all *Manasika Vikaras*.
- *Panchagandha Choorna*<sup>3</sup> mentioned in *Kerala Chikitsa Paddhathi* can be added with

*Mustachoorna* is found to be very effective in case of *Nidranasha*. The drugs in *Panchagandha choorna* are having *Vata-Pitta Shamaka* property, *Sheeta Virya* and is very helpful in relieving insomnia.

- *Vidanga + Amalaki Choorna* processed in *Takra* is used for *Takradhara* along with *Nasya* and *Shamana* medicines proved to be effective in *Khalitya*<sup>4</sup>. *Vidanga* has antiparasitic, antifungal, antioxidant and stimulative action. Along with *Amalaki*, it acts against microbial infections as well, *Vatahara* and *Sleshma-Krimihara*.
- *Takradhara* procedure with mixture of *Dashmoola Kwatha* and *Nirgundi Swarasa* is found very effective in the management of *Anidra*. It had *Vata-Pitta Shamaka* property which not only reduces stress and tension but also enhances the circulation of brain, improves memory, nourishes the hair on scalp, calms the mind and body and helps to beat insomnia as well.<sup>5</sup>
- *Takra* processed with *Medhya* drugs like *Brahmi*, *Jatamamsi*, *Vacha*, *Aswagandha Choorna* as *Takradhara* is found to be effective in children aged 7-12years. External stimulus through *Shirodhara* calms the mind and relaxes entire body by pacifying vitiated *Vatadosha*, alleviating *Chintadi Manasika Bhavas* and it also helps to increase cerebral functions thus decreasing hyperactivity and impulsive behaviour in ADHD.<sup>6</sup>

**PHARMACODYNAMICS OF SHIRODHARA<sup>7</sup>**



**TABLE 1: Pathya and Apathya<sup>8</sup>**

<b>PATHYA</b>	<ul style="list-style-type: none"> <li>• Saindhava, Pepper</li> <li>• Shashtikasali, Godhuma, Old Grains</li> <li>• Coconut Oil in reduced doses, Ghrita</li> <li>• Greengram, Commongram, Horsegram, Pigeon Pea</li> <li>• Bittergourd, Plantains, Potatoes, Gooseberry</li> <li>• Boiled Buttermilk</li> <li>• Goat’s meat</li> </ul>
<b>APATHYA</b>	<ul style="list-style-type: none"> <li>• Chillies, Tamarind</li> <li>• Newly harvested Paddy</li> <li>• Sesamum</li> <li>• Blackgram</li> <li>• Pumpkin, Brinjal, Onion, Drumstick</li> <li>• Asafoetida</li> <li>• Curd</li> <li>• Fish</li> <li>• Alcohol</li> <li>• Natural urges should not be stopped.</li> <li>• Divaswapna, Vyayama, Maithuna; exposure to mist, sun, dust, wind &amp; rain are highly restricted.</li> <li>• Walking longtime, travelling in jerky vehicles, prolonged sitting &amp; standing.</li> </ul>

**CONCLUSION**

Takradhara is very effective in premature greying of hair, Klama (fatigue), Shirashoola; reverses

Doshakopa and Ojakhaya; pacifies Toda (pricking pain) over Kara and Pada; Moothradoshahara; beneficial in Sandhisaitihilyam (slackening of joints), Hridroga, Aruchi, Agnimandhya; and also pacifies Shira, Karna, Nethra Amayas. It is having Vatashamaka and

*Pittashamaka Guna*, which not only reduces stress and tension, but also enhances brain circulation, improves memory, nourishes hair on scalp, calms the mind and body. If done with proper attention and due care in all aspects, there is no disease that cannot be cured by *Dhara*. As a whole, *Takradhara* is a non-invasive, simple, cost-effective as well as pleasant therapeutic procedure with a number of qualities.

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**Source of Support: Nil**

**Conflict of Interest: None Declared**

How to cite this URL:Amrutha.B. T & Joshi George: Takradhara: procedure and various disease-specific combinations- a review. International Ayurvedic Medical Journal {online} 2023 {cited November 2023} Available from: [http://www.iamj.in/posts/images/upload/61\\_65.pdf](http://www.iamj.in/posts/images/upload/61_65.pdf)