TAKRA IN PATHYA-APATHYA - A CRITICAL REVIEW

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ABSTRACT

Health for all, prevention and cure of disease is the motto entitled in major Ayurvedic texts. In this context many regimes had been described in Ayurveda. Pathya- Apathya is one such regime, which emphasize on prevention from many common ailments and maintenance of good health. From primitive era till present age, use of Takra for health benefits is in vogue. Takra is mentioned in nearly all Ayurvedic classics. Various types of Takra, its method of preparation, properties of Takra and its uses according to Acharyas have been collectively studied for its critical evaluation in health keeping. On virtue of its Gunas viz; Laghu, Anushna, Grahi, Dipak, Madhur vipak, Takra can be advocated for all types of Prakruti for maintenance of physical or mental health and can be added in day to day ritual – Dinacharya.

KEYWORD: Takra, Pathya- Apathya, Laghu, Grahi, Prakruti, Dinacharya.

INTRODUCTION

Equilibrium of Agni, Dosha - Dhatu and Mala along with sound state of soul, mind and senses is indication of being healthy. For this purpose Takra is Pathyakar.

बोजनांतः च किं पेयम्।
जयंत: कस्य वै सुतः।
As there is Amurt - nectar for Devgan in Swarga, likewise Takra is Amrut for human beings on earth. Above verse from Subhashita states that it is Durlabh- inaccessible to king of heaven - Indra. These clearly throw light on importance and health benefits of Takra. In Ayurveda Takra is used both to maintain health and as a treatment against diseases. Ayurveda classics mention the use of Takra in Ashtaumahagada - Arsha, Grahani, Udara and Pliha rog. Hence Tarka had gained utmost importance on the earth. It is natural probiotic drink which is useful in irritation, swelling, digestive disorders, spleen maladies, anemia and lack of appetite. It is mentioned as whole food - Purna anna. It contains all the elements necessary for a good balanced diet. As over 90 percent of Takra is water, its consumption helps to maintain the water balance of the body.

AIMS AND OBJECTS

- Takra review in Ayurvedic texts.
- Pathya - Apathya kalpana of Takra.
- Takra - A natural drink in health maintenance.
- Use of Takra in various diseases.

MATERIALS AND METHODS

According to different Ayurvedic texts Takra types are mentioned below.

Acharya Charaka had mentioned three types of Takra. This classification is based on Sneha quantity kept left in prepared Takra.

1. Ruksha - devoid of Sneha - Navneet
2. Ardha Sneha yukta - half the quantity of Navneet
3. Purna Sneha yukta - total quantity of Navneet

Acharya Sushruta had not mentioned the types of Takra but had described procedure to make Takra along with its Guna. Accordingly half part of water is taken with one part of freshly prepared Dadhi - curd. Then this mixture is churned with proper churner and then it is ready to consume. Thus formed Takra is not too thick in consistency not too thin, is of Madur, Amala, Kashaya Rasa. Guna of Takra as described by Acharya Shushrutare as follows;
Rasa - Madhur, Amla
Anurasa - Kashaya
Virya - Ushna
Vipaka - Madhur
Guna - Laghu, Ruksha, Agnidipak
Dosha - Shleshma- Anilahara

Sushruta had also mentioned contraindication for Takra intake, which states as follows; Takra is not advocated in, Urakshat, Ushna kala, Durbal, Murcha, Bhram, Daha and Raktapitta. For different Dosha vitiation, Acharya had mention use of Takra along with specific Prakshep for respective Doshas. Viz;
Vaat - Takra along with Saindhav
Pitta - Takra along with Sharkara
Kapha - Takra along with Trikatu Churna and Yava Kshar.

Acharya Bhavmishra had mentioned following types of Takra along with its procedure to make and Guna.

1. **Ghola**
Dadhi - curd when churned without adding any water in it is called Ghola. When taken along with Sharkara is Rasalavat, Vaat - Pitta Nashak, Shukral, Balya, Ruchikar, Bruhan, Snigdha and Dipak. It is useful in Raktapitta, Trushna, Daha and Pratishaya.

2. **Mathit**
Dadhi devoid of Sneha part and such Dadhi is churned to make Mathit. This is mentioned to be Kapha - Pitta Nashak.

3. **Takra**
Dadhi along with one fourth part of water is churned to make Takra. In this procedure the Sneha part is not removed. It is useful in Gara, Grahani, Shopha and Arsha.

4. **Udashwit**
Dadhi along with half part of water is churned to make Udashwit. It is said to be Kapha prakopak, Balya and Aam dosha nashak.
5. **Chacchika**

*Dadhi* along with half part of water is churned to make *Chacchika*. In this the *Sneha* part is removed totally. It is *Deepan, Laghu, Sheetal* and useful in *Shram, Trushna, Vaat - Pitta vikar* but is *Kapha karak*.

**DISCUSSION**

*Takra* - on virtue of its *Guna* viz; *Laghu, Ruksha and Deepan* acts as *Grahi* and is useful in most of the gastric disorders. *Ayurveda* classics had mentioned its prime application on vitiated *Agni* which results in diseases like *Grahani, Arsha, Pliha, Udar* and *Prameha*. Use of *Takra* is advocated internally as well as externally. In diseases like *Twak vikar, Yonigat vikar* and *Vatta* vitiation it is used externally. Daily intake of *Takra* keeps the person healthy by virtue of its *Tridosh Shamak* properties. In combination of different drugs *Takra* is indicated in various disorders.

**CONCLUSION**

He who uses *Takra* daily does not suffer from diseases, and diseases cured by *Takra* do not recur; just as *Amrut - Nectar* is for god, *Takra* is to humans. (B.P.6.7).

Thus insightful preparation and consumption of *Takra* will lead to a healthy life.

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**REFERENCES**