

TAKRA IN PATHYA-APATHYA - A CRITICAL REVIEW

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ABSTRACT

Health for all, prevention and cure of disease is the moto 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*.

भोजनांते च किं पेयम्।

जयंतः कस्य वै सुतः।

कथं विष्णुपदं प्रोक्तम्।

तक्रं शक्रस्य दुर्लभम्।

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 *Ashtamahagada* - *Arsha*, *Grahani*, *Udara* and *Pliha rog*. Hence *Tarka* had gained utmost importance on the earth. It is natural pro biotic 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 Shushrut* are as follows;

Rasa - Madhur, Amla

Anurasa - Kashaya

Virya - Ushna

Vipaka - Madhur

Guna - Laghu, Ruksha, Agnidipak

Vyadhi - Gara, Shopha, Atisara, Grahani, Pandu, Arsha, Arochaka, Visham Jwar, Trushna, Chardi, Prasek, Shool, Hrudya, Mutrakricha, Snehavyapad, Avrishya.

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, Bhrum, 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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