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Exploring The Therapeutic Benefits Of Takra Pana In Grahani Roga

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Abstract

The present study is dealt with the clinical excellence of ayurvedic management of *Grahani Roga* by *Takra pana*. In *Grahani roga* the function of *Grahani* get altered as a result the process of *Ahara Paka* (i.e; digestion) and *Sosa* (i.e; absorption) get altered and *Aam* is produced within *grahani* and the disease *grahani* get initiated, due to its direct correlation with the unhealthy eating patterns and stressful lifestyle of the modern world, *grahani* is a disease of significant therapeutic relevance. Hence the term *grahani* is implicated for *Grahani rupa aasaya*, *Grahani dosa* and *Grahani roga*. In *Grahani Roga* the disease takes place within *grahani* due to vitiation of *dosa* in the situ and involvement of *agni* by the vitiated *dosa*. The disease *Grahani* takes place in *Aasaya* named as *Grahani*. The *Aasaya Grahani* is made up of *Sasthi Pitta Dhara Kala*, *agni* reside on that *Kala*. Hence, *Grahani* is termed as the site of *agni*, this *agni* responsible for entire digestion and absorption *Takra pana* is very often a procedure of treatment being practiced as a *Anna* for *Agni Raksha* attempt.

Keywords – Grahani roga, Takra, Agni-raksha.

Introduction :

Grahani roga is not specifically mentioned in the old Ayurvedic texts when discussing *upashaya* and *anupashaya*. Hetu *viparita*, *vyadhi viparita* and *ubhaya viparita*, *vyadhi viparita arthakari*, & *ubhaya viparita arthakari* are some of the groupings under which *upashaya* or those *aushadhi*, *aahara* & *vihaar* ^[1] that relieve the patient from his pain are explained. A few of the variables fall under these categories.

Usage of *Takra* (Butter-milk) as Anna (Diet) is mentioned under *Upasaya* of Pancha Nidana Lakshana by Vijaya Rakshit, the commentator ^[2]. *Takra* is an example as an "Anna", which is opposite to *aetiology* and disease in *Vataja* and *Kaphaja Grahani* as it has been mentioned "Atha Hetu Vyadhi Vipritani Annam Yatha". *Takra* Pana acts as an *Upashaya* is one among the Nidana *Panchaka* which gives temporary relief or, not long lasting to the person by the use as Anna (Diet). Food which is Antagonist to Cause and Disease *i.e.*; Example of *Ubhaya viprita anna* is *Takra* indicated in *Vataja* and *Kaphaja Grahani*. So, *Takra pana* is *Satmya (Comptable)* in a case of *Grahani roga*.

Takra is that form in which fat has been separated by churning etc. and added water half of its quantity and it is neither too thick nor too thin like liquid; Sweet and Sour in taste primarily and Astringent in taste later on ^[3]. *Takra* is a *Samgrahi*, *Deepana etc* is used in *Grahani Dosa*, *Aruchi etc* ^[4]. It is used as *oushadhi* in the form of *Takrarista* & acts as a *Pathya* in the form of different dietary preparations. It can be used as both preventive & curative in the patients of *Grahani*.

Properties of *Takra* ^[5] :

| Rasa | Madhura, Amla |
|----------|---|
| Anu-Rasa | <i>Kasaya</i> |
| Guna | Laghu, Ruksha |
| Virya | Ushna |
| Vipaka | Madhura |
| Karma | Agni-deepak, Arochaka Nasak, Trishna Nasak etc. |

Mode of Action :

Rasa of *takra* is Madhura, Amla and Kashaya *Anurasa* which is Having Laghu, Ruksha Guna . Veerya is Ushna and *Mdhura vipaka*. It acts as *Tridosahara* , Agni *deepana*, Hrudya, *Kapaha-vata shamaka* and acts as *Grahi*.

Due to *kashaya anurasa*, *ushna virya* & Ruksha, Vikasi guna, it will pacifies *aggravated* Kapha. Due to its Madhura, Amla rasa, Sandra guna, it will pacifies vitiated Vata. Due to Madhura *vipaka*, Pitta will not became vitiated. *Takra* is *Grahi dravya* which is better choice in *Grahani* dosha because it acts as *Deepana*, *Pachana* which cures *Mandagni*. *Takra* is *Srotoshodhaka*, helps in the proper absorption of Rasa. Hence the probable mode of action based on its properties & samskara.

Hemadri, the commentator clarifies that *Takra* is *mathita dadhi* (well churned curd or, coagulated milk), it is of two kinds; *Sajala* (mixed with water) and *nirjala* (Unmixed with water). *Sajala* (water diluted) is again of two kinds; *Sasneha* (with fat) and *Asneha* (without fat). According to *Maharisi Vagbhatta*, *Asneha Takra* is *Supachya* (easily digestable), astringent and sour in taste kindles hunger and mitigates kapha and *vata* and cure duodenal diseases, *lose* of taste etc. ^[6]

The term "*Jeerne Jiryati Ca Aadhmanam Bhukte Swastham Upaiti*" ^[7] (when the food is fully digested) appears in *Vataja Grahani*. The phrase

"*Jeerne*" was clarified by Vijaya Rakshit as "Anne *iti sesh*," which means "complete digestion," in response to the statement. This means that once the food has been fully digested, the individual with *Vataja Grahani* may frequently have stomach cramps. Complete digestion should be interpreted as a misnomer, as real digestion does not occur. The only meal that travels downward is partially digested. A vacant stomach causes the *vata* to become more agitated, which results in cramps. Small meals at that time help to somewhat calm the *vata*. These characteristics are seen as *Upasaya* and are investigated through questioning, or "*Prashna Pariksha*".

Therapeutic advantages of *Takra* :

Our classics indicate a wide variety of preparations for the treatment of this illness. *Takra Prayoga* is one such example. *Takra* performs *srotoshodhana*, according to Acharya Vagbhata, which causes *rasa* to reach the *srotas*. This results in healthy nutrition, strength, and skin tone. Through its several *gunas*, *takra* functions as *Tridoshaghna*. Since *takra* has a unique quality that makes it highly helpful for patients with *agni vikruti* who have various *dosha dushti*, it is a crucial part of treating patients with *agni*-related disorders, among which *grahani roga* is one.

Indications of *takra* in combination with different drugs :

Even though *takra* is considered as *tridoshahara* it can be used along with combination of different drugs to enhance its *doshahara* property, In *vataja* disorders *takra* along with *saindava lavana*. In *pittaja* disorders *takra* along with *sharkara*. In *kaphaja* conditions *takra* with *kshara* and *Trikatu*

Along with *Hingu*, *Jeeraka*, *Saindava lavana* in *grahani* acts as *Rochana*, *Pustiprada*, *Balya*, *Bastishoola vinashana*. *Takrarista* prepared with *takra* along with *Yavani*, *Amalaki*, *Pathya*, *Maricha* Each 3pala (144gms) and *Saindhava*, *Sauvarchala*, *Vid*, *Oudbhida*, *Samudra lavana* Each 1 pala (48gms) acts as *Agnideepanartha*. It helps in relieving conditions of *shotha*, *Gulma*, *Prameha*, *Krimi*, *Arsha* & *Udara roga*. It helps in relieving conditions of *shotha*, *Gulma*, *Prameha*, *Krimi*, *Arsha* & *Udara roga* [8].

The duration of *takra* consumption:

Acharya Charaka also emphasizes the importance of *takra sevana*, stating that one should partake in it for seven, ten, or thirty days. *Takra sevana* should be performed in order to increase and declining order (*Apakarsha* and *Utkarsha*). [9]

Nutrition Information of Butter-milk [10] :- A one-cup serving of cultured 1% buttermilk contains:

- 110 calories
- 9 grams of protein
- 3 grams of fat
- 13 grams of carbohydrates
- Less than 1 gram of fiber
- 12 grams of sugar

Buttermilk is an excellent source of protein, which your body needs to build healthy muscles, skin, and bones. Most buttermilk on the market is also fortified with extra vitamins and minerals, such as:

- Vitamin A
- Vitamin D
- Calcium
- Potassium
- Phosphorous
- Riboflavin
- Probiotics

Potential Health Benefits of Buttermilk:

The vitamins, minerals, and probiotics in buttermilk provide some excellent health benefits. For instance, the vitamin A in fortified buttermilk is an important part of keeping your eyes healthy. Vitamin A is part of a group of vitamins known as retinoids because they're a crucial part of keeping your retinas in good shape. Vitamin A also boosts your immune system and keeps your lungs, heart, and kidneys healthy.

Buttermilk provides some other significant health benefits:

- It can give you more energy. The riboflavin in buttermilk is a B vitamin that is vital for your *body's* energy production systems. Riboflavin also helps regulate your *body's* amino acids, which make up proteins.
- It can give you another option if you're lactose intolerant. People who have lactose intolerance may find buttermilk easier than standard milk to digest. The process of making buttermilk involves adding bacteria that break down and digest lactose in the milk. The bacteria convert lactose into lactic acid, lowering the total amount of lactose.
- It can make your gut healthier. The healthy bacteria added to buttermilk offer another benefit: they act as probiotics. Your gut is filled with bacteria that help you digest your food. Sometimes after you take antibiotics or have a stomach illness, the number of "good" bacteria in your gut becomes lower than it should be. Probiotics help improve your digestive health by repopulating your stomach with the bacteria you need for digestion.

- It can help your bones. Buttermilk is an excellent source of calcium. Your bones, teeth, and blood all include significant amounts of calcium, making it the most common mineral in your body. Calcium is not only important to your *body's* bone structures, but also critical to maintaining signaling systems in your blood.
- It can help keep your Cholesterol levels healthy. Studies have shown that a small amount of buttermilk each day can help lower cholesterol and triglyceride levels in people with high cholesterol levels. High cholesterol is tied to heart Disease and strokes, so keeping your levels to a healthy range will really help your health.

Potential Risks of Buttermilk:- Although people who have lactose intolerance may find they are better able to tolerate buttermilk, remember that it is still a dairy product. People who have dairy allergies or are particularly sensitive to lactose should be cautious about buttermilk. It's also not a low-calorie food, so if you are trying to limit your calories, be sure to have just one or two 8-ounce servings a day.

Conclusion:

Takra Pana acts as *Tridoshagna*, *Deepana*, *Pachana*, and *Srotoshodhaka* in the *Deepana* & *Pachana* treatment principles of *Grahani roga*. *Takra's* nutritional benefits also imply that it boosts immunity and promotes health by averting illnesses. It serves as a *Pathya* in the shape of various food preparations and as *oushadhi* in the form of *Takrarista*. It is both therapeutic and preventative for *Grahani* sufferers. *Grahani* can be

interpreted in three different ways. *Grahani* dosha, *Grahani roga*, and *Grahani avayava*. A structural defect and functional impairment of *Grahani*, which results in *Grahani roga*, are caused by the defective *agni*. Stressful lifestyles and unhealthy eating habits are the main causes of *Grahani* development. The primary sign is a shift in bowel habits. Along with additional dosha-based symptoms, they include *Atibaddha mala Pravriti* and *Atisrusta mala Paravrutti*.

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Declaration :

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