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### Role of *takrasevan* in *agnimandya* - a review.

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#### ABSTRACT:

**Background:** Our health and overall well-being mainly depends on our eating habits, physical activities, sleep patterns etc. Human beings, in order to adjust themselves in the modern era, have been compelled to become fast and mechanical. Due to this they can't give proper attention to diet and exercise. Due to this Aaharpachan *Kriya* gets affected leading to Agnimandya (low or decreased digestive power). According to Ayurveda Agnimandya is responsible for almost all diseases. **Objectives:** Objective is to study importance of Takrasevan in Agnimandya. **Material and methods:** Ayurvedic / modern texts and literature, research paper. **Discussion:** Grahani, Atisar, Arsh etc. are the commonest diseases seen in today's life. These

diseases are not life threatening but can cause great distress to patient. Ayurveda gave an amount of treatment modalities; one of them is Takrasevan i. e. consumption of buttermilk. Takra having ushna virya, kashaya rasa, madhur vipak and ruksha guna properties which pacifies Vata, Pitta, Kapha and potentiate the Agni and digests as well as absorbs the food articles and treats the disease in generous way. **Conclusion:** By this study it can be conclude that Takra (Buttermilk) can use on daily basis as dietary product. As it contains Probiotics which facilitates proper digestion and absorption process, it maintains proper metabolism to keep person free from diseases.

#### Keywords:

Agnimandya, Takrasevan, probiotics.

## INTRODUCTION:

Our health and overall well-being mainly depends on our eating habits, physical activities, sleep patterns etc. Human beings, in order to adjust themselves in the modern era, have been compelled to become fast and mechanical. Due to this they can't give proper attention to diet and exercise and Aaharpachan Kriya gets affected leading to Agnimandya (low or decreased digestive power) which is responsible for almost all diseases. Ayurveda gave an amount of treatment modalities; one of them is Takrasevan i. e. consumption of buttermilk. It facilitates proper digestion and absorption process, it maintains proper metabolism to keep person free from diseases.

## MATERIALS AND METHODS:

Ayurvedic Samhitas, modern texts, research paper, websites.

### Literature review

#### *Agnimandya*

Agni is the most important fundamental principle of Ayurveda. It is responsible for all physiological functioning of body. It is broadly divided into

- Jatharagni - 1
- Dhatwagni - 7

#### ➤ Bhutagni - 5

The Jatharagni represents all the digestive chemicals and enzymes produced in or poured in the gastrointestinal tract which is responsible for digestion of different components of ingested food. The Jatharagni is considering as 'Master Agni' and functioning of other Agni i.e. Dhatwagni and Bhutagni are depends upon strength of Jatharagni. Life is depends upon Agni hence it is praised as "God".

In Ayurvedic samhitas decreased in intensity of Agni has been termed as "Agnimandya". Acharya Charak, Sushrut, Vagbhat has not describe this separately but describe in course of other diseases. Acharya Madhav has described Agnimandya as a separate disease. According to Ayurveda Agnimandya is responsible for all diseases in body. रोगः सर्वेऽपि मन्दोग्नौ । ..... अ.ह.नि. १२/१

Signs and symptoms of Agnimandya:

1. Kshudhamandya (loss of appetite)
2. Aruchi ( loss of taste )
3. Avipak (decrease in digestion )
4. Prasek ( excessive salivation )
5. Amashay pradeshi gaurav (heaviness of stomach )
6. Shirogaurav ( heaviness of head )
7. Antrakunjan (excessive peristalsis)
8. Pravahan ( strenuous defecation )

Agnimandya is a main symptom in diseases like Jwara, Pandu, Atisara, Udar, Grahani, Ajeerna, Kamala, Shotha, Arsh etc.

Grahani, Arsh, Atisar are the common diseases seen in today's life. These diseases are not life threatening but can cause great distress to patient. Ayurveda gave an amount of treatment modalities one of them is *Takrasevan* i. e. consumption of buttermilk. Takrarishtha is mentioned by Charakacharya in Udar, Arsh, Grahani vyadi.

### Properties of Takra:

तक्रं लघु कषायाम्लं दीपनं कफवातजित् ॥  
शोफोदराशौग्रहणीदोषमूत्रग्रहाराचौः ।

प्लीहगुल्मघृतव्यापद्मपाण्ड्वामयान् जयेत् ॥ ..... अ.ह.सू. ५/३३,  
३४

शोफशौग्रहणीदोषमूत्रग्रहोदराचौ । स्नेहव्यापदि पाण्डुत्वे तक्रं  
दद्यात् गरेषु च ॥ ..... च.सू. २७/२२९

तक्रं ग्राही कषायाम्लं स्वादुपाकरसं लघु । ..... भावप्रकाश पूर्व.  
तक्रवर्गे

Takra is made by adding 1 part of dahi (curd) and 4 parts of water by churning well.

- Rasa : Madhur , Amla
- Anurasa : Kashaya
- Vipaka: Madhura (according to Bhavaprakash)

- Guna : Laghu, Ruksha
- Veerya :Ushna
- Karma : Agni deepan, hrudya, Kaphavatahara, grahi
- Rogagnata : Shoth, Arsh, Grahani, Mootrakruchchh, Udar, Aroochi, Snehanjanit rog, Pandu, Vish, Pleeha, Gulm etc.

### Buttermilk:

Buttermilk is made from low fat milk with added cutlers to thicken it and to sharpen the taste.

Table No.1 showing nutritional values of 100 ml buttermilk:

Total Fat 0.88g	Iron 0.05 mg
Calories from Fat 7.92	Potassium 151.00mg
Cholesterol 4.00 mg	Riboflavin (B2) 0.15mg
Sodium 105.00 mg	Tocopherol 0.02 mg
Protein 3.31g	Theronine 0.16 g
Vitamin A 26.00 IU	Glutamic acid 0.64g
Vitamin C 1.00 mg	Energy 169.00kj
Calcium 116.00 mg	Folate 5.00 mcg

The acid forming bacteria, the commonest being Streptococci and Lactobacilli, ferment lactose in the milk, producing acids mainly lactic acid which

lead to formation of curd which are further carried on in the buttermilk.

### DISCUSSION:

*यथा सुरानाम् अमृतं प्रधानं तथा नराणाम् भुवि तक्रमाहुः । .....  
राजनिघंटु टीका*

It is highly appreciated for its therapeutic values. It is Agnideepan i.e. increases digesive power. Acharya Vagbhat states that, buttermilk cleanses the channels of circulation so that rasa reaches the tissue elements appropriately. This produces proper nourishment, strength, complexion and exhilaration. Takra serve as Amruta for humans. Due to Madhur and Amla rasa it brings down the aggravated Vata. Due to Madhur vipaka it does not aggravate Pitta. Due to Ushna virya and Ruksha guna it counteracts aggravated Kapha. According to Bhavprakash, who uses Takra daily dose not suffer from diseases and diseases cures by Takra do not reoccur.

<sup>[1]</sup>If we see the normal flora of the intestinal tract, the number of bacteria increases progressively beyond the duodenum in the colon, being comparatively low in the small intestine. Since certain organism are thought to play a role in the onset of inflammatory diseases of bowel, whereas other organisms are consider protective by

colonization. The microflora also makes an important metabolic contribution to the synthesis of certain vitamins. The most common bacteria present are Peptostreptococcus, Eubacterium, Lactobacillus and clostridium.

<sup>[2]</sup>Now days, Probiotics are used commonly in GI diseases. Probiotics are live microorganisms intended to provide health benefits when consumed, generally by improving or restoring the gut flora. Probiotics are live bacteria and yeasts that are especially good for digestive system. Our body is full of bacteria, both good and bad. Probiotics are often called good or helpful bacteria because they help keep the gut healthy. Buttermilk is good source of Probiotics as it is made by reintroducing Lactobacillus acidophillus, the Probiotic bacteria. Thus administration of Takra encourages the normal acid producing organism in the GI.

### CONCLUSION:

As Takra has Deepan , Pachan and Tridoshangha property it is mainly indicated in disorders in related to Agnimandya e.g. Udar, Grahani, Arsh. Atisar (GIT diseases) for 7, 10, 15 days and 1 month as required. We can use it as dietary product daily.

Since Takra (buttermilk) contains almost all vitamins, minerals, energy, proteins it can be considered as a wholesome diet to maintain the health. It helps to prevent bad breath, constipation and diarrhoea. It restores necessary intestinal bacteria that are helpful in diarrhoea due to food poisoning, irritable bowel syndrome. As it contains Probiotics which facilitates proper digestion and absorption process, it maintains proper metabolism to keep person free from diseases.

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