Review Article

Indian Journal of Ancient Medicine and Yoga
Volume 8 Number 4, October - December 2015
https://dx.doi.org/10.21088/ijamy.0974.6986.8415.5

Takra (Buttermilk) as Therapeutic Drink

Baby Ganeriwala*, HazeraKhatun*, M.J. Roomi**

Abstract

Person using takra never gets diseased and by its virtue a disease is cured by takra never recurs. As Amrita (nectar) is precious for Devatas (Gods), likewise takra is said to be precious for mankind on earth [1]. Keeping such importance of takra in mind, this review article is highlighted to give all relevant information's at one place together with its value in contemporary science.

Keyswords: Takra; Buttermilk.

Introduction

Takra is a liquid preparation, prepared by continuous churning ofdadhi(curd) for onepraharakala (3 hours) with different ratios of water added to it [2]. Takra is of such importance that it cures skin discoloration, skin diseases (Kushtha), Ugliness, central obesity and it also neutralizes effects of toxin (VishaRoga) and heat (Daha) in human body.

It is believed that if Takra would have been present at mount Kailash, the bluish colour of throat (Neelkanth) of Lord Shiva would not be present. If Takra would have been present in Vaikunth, Lord Krishna would not be blackish. Similarly the king of DevlokIndra would not be ugly, the belly (Udar) of Lord Ganesh would not be so big, Lord Kuber would not suffer from skin diseases (Kushtha) and Agni dev would not have such heat (Daha) [1].

The curd has to be taken in a clean vessel with the help of yantra(mechanical churner) it has to be churned for a while. Later little quantity of water is added and the churning is continued. In thisway if the curd is churned for one praharkala, it will be the perfect takra prepared [2].

Author's Affiliation: *Assistant professor, Raghunath Ayurved Mahavidyalaya & Hospital, Contai, Purbamedinipur - 721401, West Bengal. **Medical Director, Eastern Calcutta Medical Center, Kolkata, West Bengal.

Reprint's Request: Baby Ganeriwala, Assistant Professor, Raghunath Ayurved Mahavidyalaya & Hospital, Contai, Purbamedinipur - 721401, West Bengal

E-mail: drbabyganeriwala@gmail.com

Synonyms [4]

Dandahata,Kalashaya,Gorasa,Vidholita.

Vernacular Name [5]

Hindi – chach, matha, mattha.

Bengali- ghola

Marathi – takra

Gujarati – chhas.

Kannad- alimajagi

Farsi – masta, daga.

Arabic – hamiz, marbiz

English – butter milk.

Properties of Takra [6]

Rasa: Kashaya,amla, madhur.

Guna:Grahi, laghu,ruksha.

Virya:Ushna

Vipak:Madhura

Anurasa: kashaya [7]

Dosa karma:vata-kapha hara [7,8], Vata nashak [7]

Karma: Agni deepan.Viryavardhak,Medha vardhak [6,7,8].

TYPE

Table 1: Types of Takraaccording to different acharyas

Name	Amount of water/butter	Function
Udavshit	Churned with half of water,[2,3,6] with butter [6]	Kaphadayak [3]
Mathita	No water, without butter[2,3,6]	Kapha -pitta nashak [3]
Ghola	No water, with butter [2,3,6,7]	Vata -pitta nassak [3]
Takra	one fourth of water [2,3,6] without butter [6] half water, without butter [7]	Tridosa nasak [3]
Ruksha	All butter part is removed [9]	Kaphadosa nashak [9]
Ardhasnehayukta	Half butter left in it [9]	Pitta dosa nashak [9]
PurnaSnehayukta	Full better left in it [9]	Vatadosa nashak [9]
Sajala	Churned curd mixed with water [8]	-
Nirjala	Churned curd without water [8]	-
Chachika	Sufficient amount of water, without butter(most dilute one) [6]	-
Dandahata	One and half part water [2]	-
kalaseya	Two part of water [2]	-
karamathita	Churned with hand [2]	-
Galita	Filtered through cloth [2]	-
Sveta mantha	Churned with equal quantity of water [2]	-
sadava	Takra with any of the added fruit juice [2]	-

Indication

Sopha(oedema) [2,8,9], Udara(enlargement of abdomen the abdomen including ascites) [8,9], Arsa (hemorrhoids) [2,8,9],Grahanidosa (duodenal diseases)[2,8,9], Mutragraha (dysuria) [8,9], Aruchi (lossof appetite)[8,9], Pleeha (disorderofspleen) [8], Gulma[2,8], Ghritavyapad (complication duo to intake of excess ghee) [8], Gara (artificial poisons)[2,8], Pandu(Anaemia) [2,8,9], Agnimandya(poordigestive capacity)[2], Visama jwara [9],Visamagni [2], Kosthagata vata [9], Sroto avarodha [9], Sneha vyapad [9], Atisara (diarrhea)[9], Mutrakriccha[9], sitakala [2] etc.

Contraindication [2,7]

Kshata(traumatic wound), Ushnakala(hot seasons),Murccha(fainting),Bhrama(vertigo), Daha(burning sensation),Raktapitta(bleeding disorder),Vrana(ulceration),Karshya(emaciation), Shosha(consumption).

Use of Takra

On the Basis of Dosa [3,7]

For vatadosha-Amlatakra with Saindhavalavana

For pitta dosha-Swadutakra with Sarkara.

For kaphadosa-Ruksatakra with trikatu or kshara.

on the Basis of Season [2,7]

Prohabitedin: Grishma (summer)and sharada (autumn)kala

Indicated in :Shita (winter)kala.

on the Basis of Use of Salt [2,7]

Takra with saltis used for Agnidipan, and grahani.

Takra without salteven causes grahani and arsa.

Modern View [10, 11]

Buttermilk is a dairy ingredient widely used in the food industry because of its emulsifying capacity and its positive impact on flavor. Buttermilk is the aqueous phase released during the churning of cream in butter manufacture. It contains all the water-soluble components of cream such as milk protein, lactose, and minerals. It also encloses material derived from milk fat globule membrane (MFGM), which is disrupted during the churning and mostly migrates to the buttermilk fraction. Currently specific research interest in the milk fat globule membrane (MFGM), is increasing.

The main function of MGFM is to protect the milk fat from coalescing. Buttermilk contains more phospholipids than milk because of its high content in MFGM material, which is rich in phospholipids that constitute about one-third of the MFGM DM. The high content of phospholipids in buttermilk makes this dairy ingredient interesting for use as a functional ingredient because of the emulsifying properties of phospholipids. In addition, phospholipids have been shown to possess biological activity. Some studies have demonstrated the anti-carcinogenic potential of phospholipids, especially against colon cancer, as well as their protective effect against bacterial toxins and infection.

MFGM-specific proteins are special proteins which do not occur in this form in other milk phases. 25-70% of the MFGM is composed of these proteins whereas they constitute only 1-4% of the total milk protein. However, these proteins seem to fulfill important biological functions.

Table 2: Selected constituents in 100 g buttermilk and 100g skimmed milk

Constituent	/100 g buttermilk	/100g skimmed milk
Water	90.4 g	90.7 g
Protein	3.43 g	3.43 g
Fat	0.51 g	0.07 g
Cholesterol	4.0 mg	3.0 mg
Carbohydrates	4.01 g	4.80 g
Minerals	0.75 g	0.75 g
Vitamin B12	200 ng	300 ng
a-tocopherol	20 µg	Traces
Folic acid	5 µg	5 µg

MFGM proteins: 1. Antibacterial effects against *Staphylococcus aureus, Escherichia coli* and *Salmonella enteritidis 2.* Anticancer effects against breast cancer. 3. Coronary heart disease (CHD) 4. Autoimmune disease like Multiple Sclerosis (MS).

Conclusion

In all classical texts takra is mentioned, but in Brihatryees its method of preparation, mode of use, indications and contraindications are found in detail. Its role in grahani is specially emphasized due to its grahi, laghu, ruksha and deepangunas. With this review it can be concluded that type of takra depends on its water and fat content, based on which a physician can decide the type of takrapriscribed in respective dosha predominance in a particular disease. On the other hand the tendency and potential that buttermilk components can positively influence human healthand its contribution to a balanced daily diet is without doubt. In the future, much more research is necessary in order to investigate the full bioactive potential of buttermilk components on the one hand and buttermilk as a whole food on the other hand.

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