

REVIEW OF TAKRARISHTA

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ABSTRACT

Takrarishta will be come mainly under *Sandhana Kalpana*, which is extensively used in all types of *Udara rogas* and especially in *Grahini roga*. It is a one of the *Asavavarishta Kalpana*. Which is mainly indicated in *Gulma, Arsha, Shotha, krimi, Medo roga and Udara rogas*. In Takrarishta, Takra is used as *dravadravya* along with *Prakshepaka dravyas* hence called as Takrarishta. Takrarishta is 1st mentioned in one of the classical text under *Grahani Roga Adhikaara*. There are formulations having same ingredient as mentioned in *Charaka Samhita* and in one reference have difference in ingredients. This paper is an attempt to review the formulation "*Takrarishta*" explained in various literature of *Ayurveda Pharmaceutics*.

KEYWORDS: Asavarishta, Grahani roga, Takrarishta, Udara roga.

INTRODUCTION

Sandhana Kalpana are the unique Fermented formulations of pharmaceuticals. In *Sandhana Kalpana* Takrarishta will come under type of *Asavarishta Kalpana*. Takrarishta is 1st mentioned in one of the classical text under *Grahani Roga Adhikaara*. This is indicated in *Gulma, Arsha, Shotha, krimi, Medo roga and Udara rogas*. There are formulations having same ingredient and one have slight variation as mentioned in *Charaka Samhita*,^[1] other classical texts and the same is mentioned in *AFI*^[2] approved by Govt. of India.

The ingredients of this formulation are easily available and it's easy to prepare and is cost effective in nature. The drugs used in this formulation are having identical properties like *deepana, Rochana, varnya and Vatanulomana*. All these properties remove obstruction in the passage and do *Sroto vishodhana* (cleansing the channel) and have good *Grahi swabhava* which is most commonly used in *Grahani roga* where *grahi swabhava* and *pachana* action is needed to increase assimilation ability. It is a great scope of Review and Research to find out safe, potent, cost effective remedy from *Ayurveda* for its management.

Hence, here an attempt made to review the formulation "*Takrarishta*" explained in various literature of *Ayurveda Pharmaceutics*.

AIM

To Review about classical References of Takrarishta a *Asavavarishta Kalpana*.

OBJECTIVES

To know different references of Takrarishta which are mentioned in *Ayurvedic texts*.

To know all references of Takrarishta along with difference in ingredients and dosage of the formulation.

To know formulations different names of the formulation Takrarishta.

MATERIALS AND METHODS

Ingredients

1. Ajamoda – 3pala
2. Amlaki – 3pala
3. Haritaki – 3pala
4. Maricha – 3pala
5. Saindava Lavana – 1pala
6. Vida Lavana – 1pala
7. Samudra Lavana – 1pala
8. Sauvarchala Lavana – 1pala
9. Romaka Lavana – 1pala
10. Takra – 1Adhaka

Method of Preparation

1. All ingredients will be taken in above said quantity and made it as fine powder individually.
2. Preparation of takra is carried out by using Dadhi and Water quantity as mentioned in *AFI* quantity.
3. Take prepared Takra in a vessel.
4. Add one after the other fine powder of ingredients along with stirring.

5. After adding all ingredients that liquid of mixture will be poured into fumigated porcelain or mud pot.
6. And closed it properly.
7. Kept for Fermentation.
8. Keep observing onset and completion of fermentation changes.
9. Once Fermentation gets complete open the seal and filter it and preserved.

Dose – 12 to 24ml

Anupana – Equal qty of water

Completion of Fermentation According Ritus

1. Sharad Ritu and summer – 3days
2. Varsha Ritu – 4days
3. Vasanta Ritu – 6days
4. Sheeta kala – 8days

Indications

- Shotha
- Gulma
- Arsha
- Krimi roga
- Prameha
- Udara roga

Mainly it is mentioned in Charaka Samhita and the same Reference is mentioned in Bhaishajya Ratnavali^[3], Chakradutta^[4], Astanga Hridaya^[5] and even AFI by Govt. of India.

One more Reference slight change in name of formulation and ingredients mentioned in Astanga Hridaya^[6] as Hapushadi Takrarishta.

Hapushadi Takrarishta

Ingredients

1. Hapusha – 1pala
2. Krishna Jeeraka – 1pala
3. Dhaniya – 1pala
4. Shweta Jeeraka – 1pala
5. Karavi – 1pala
6. Shati – 1pala
7. Pippali – 1pala
8. Pippali Mula – 1pala
9. Chitraka – 1pala
10. Gaja Pippali – 1pala
11. Ajamoda – 1pala
12. Takra – 4parts.

Method of Preparation

1. All ingredients will be taken in above said quantity and made it as fine powder individually.
2. Preparation of takra is carried out by using Dadhi and Water quantity as mentioned in AFI. quantity.
3. Take prepared Takra in a vessel.
4. Add one after the other fine powder of ingredients along with stirring.

5. After adding all ingredients that liquid of mixture will be poured into fumigated porcelain or mud pot.
6. And closed it properly.
7. Kept for Fermentation.
8. Keep observing onset and completion of fermentation changes.
9. Once Fermentation gets complete open the seal and filter it and preserved.

Note

- Mentioned Fermentation duration as 6 to 7 days.
- Rasa as Amla and Katu.
- Administration especially advised during Bhojana and When person wil having Trishna.

Dose – 3 to 4 tola.

Karma

- ✓ Agnideepaka
- ✓ Rochaka
- ✓ Balakaraka
- ✓ Kapha vatanulomana

Indications

- * Guda Shotha
- * Kandavarti Nashana

The same Reference is also mentioned in Charaka Samhita,^[7] Yoga Ratnakara.^[8]

DISCUSSION

Derivation of Takrarishta is Takra + Arishta.

Takra is a kalpana which will come under Pathya kalpana, and it is prepared by using Dadhi (curd) and then Jala (water) either in ration equal quantity, half quantity or quarter quantity then both will and churning process should be done for particular time.

There are 3 types of Takra according to Charaka, 5types according Bhava Prakash, 10types according to Kaiyyadeva Nighantu and it is also mentioned in AFI by Govt. of India.

It acts as Grahi, Agnidipaka, Triptikaraka, Viryavardaka, Medhavardaka and Vatanashaka.

Arishta: It is type of Sandhana Kalpana, especially comes under Asava Kalpana. where we will use Apakwa Rasa as dravadravya and keep for fermentation.

In Takrarishta, Takra is used as Dravadravya hence it is called as Takrarishta. Takra is Apakwa Rasa and method of preparation as like of Asava Kalpana only even though it is called as Takrarishta not as Takrasava because it is exceptional formulation in Asava Kalpana.

It is a unique and easy Fermenting preparation and used particularly in Grahani Roga, Arsha and Udara Roga in day to day Practice.

1st mentioned in Charaka Samhita in Grahani Chikitsa Adhikara, same reference seen in other classical text books. One more slightly altered formulation also mentioned in the name of Hapushadi Takrarishta by Charaka Samhita in Arsha chikitsa Adhikara and Astanga hridaya chikitsa sthana.

According to classical books it is indicated in *Gulma, Arsha, Shotha, krimi, Medo roga and Udara rogas*.

The ingredients of this formulation are easily available and it's easy to prepare and is cost effective in nature. The drugs used in this formulation are having identical properties like *deepana, Rochana, varnya and Vatanulomana*. All these properties remove obstruction in the passage and do Sroto vishodhana (cleansing the channel) and have good Grahi swabhava.

Hence it became more important to Review and do research works on such formulations and do standardization of those formulations which are used extensively.

CONCLUSION

Takrarishta is 1st mentioned in one of the classical text under *Grahani chikitsa Adhikaara*. This is indicated in *Gulma, Arsha, Shotha, krimi, Medo roga and Udara rogas*. There are different references are available. In that some have same ingredient but author quoted it as by different name and in some references ingredients are same & named also same, different ingredients and slight different name as Hapushadi Takrarishta, mentioned by Charaka Samhita in Arsha Chikitsa Adhikara.

In AFI Takrarishta is mentioned as per reference of Charaka Samhita Grahani Chikitsa Adhikara and dose he have mentioned it as *12ml to 24ml BD*.

The ingredients of this formulation are easily available and it's easy to prepare and is cost effective in nature. The drugs used in this formulation are having identical properties like *deepana, Rochana, varnya and Vatanulomana*. All these properties remove obstruction in the passage and do Sroto vishodhana (cleansing the channel) and have good Grahi swabhava. This formulation is extensively used by Ayurvedic physicians.

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