

A CRITICAL STUDY ON TAKRARISHTA

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ABSTRACT

Takrarishta, a fermented medicament prepared by buttermilk is a classical Ayurvedic formulation mentioned in Charaka Samhita. There are abundant references of Takra (buttermilk) in various Ayurvedic classics. Their method of preparation, types, qualities and benefits were also discussed in various chapters of the Samhitas and Sangraha granthas. Whereas, only two references are found with regards to Takrarishta. Both the references are found in Charaka Samhita, Chikitsa Sthana of 14th (Arsha Chikitsa) and 15th (Grahani Chikitsa) chapters respectively. Even though in both the references Takra is used as a common medium, the difference lies in the herbal ingredients which are uncommon in these formulations. But, both are having common indications of Agnimandya, Shotha and Arshas.

In latter texts also the same reference of Takrarishta is found without much variation. But keen literature review discloses the rationality behind such a naming and its utility in respective contexts. Effort is carried here to clear the ancient Ayurvedic wisdom with available literatures and references.

KEY WORDS: Takra, Takrarista, Yoganamakarana, Shukta sandhana, Acidic fermentation, Asava, Arishta

INTRODUCTION

Among the basic principles of Bhaishajya kalpana, 'Yoga namakarana Siddhanta'¹ is also included. As per this substrate some rationality also exists in naming of a recipe.

By name Takrarishta², it appears as a type of Arishta Kalpana (fermented product). As the media used is Takra (butter milk)³, probably this name was given by our ancient Acharyas.

Acharya Charaka,^{2,4} was the first person who mentioned Takrarishta During this period, as there was no any discrimination between Asavas and Arishtas^{5,6}, Charaka considered it under Arishta kalpana itself, though it is the fermentation where boiling was not carried unlike other Arishtas.

In spite of their good knowledge regarding Amla Sandhana⁷, consideration of a Shukta Sandhana (Amla Sandhana) in the name of Arishta (a type of Madya Sandhana), still appears a surprising fact.

Probably, wider acceptance or consideration of all fermented products with the Asava or Arishta name would have made them to consider this product also as a kind of Arishta.

Secondly, possible knowledge of Takra itself as a sandhita dravya (Fermented product⁸) intended the

scholars to call it as Takrarishta, as here refermentation of Takra was carried along with some other drugs.

If 'Na rishyate iti Arishtaha'⁹ derivation is considered, then it is possible to say that the drugs of the recipe, in the media of buttermilk are not degraded very easily or in short duration and hence the name 'Takrarishta' can be substantiated.

The consideration of such a fermented product in the name of Asava may be claimed more suitable by some of the scholars, it appears true, superficially, if one observes the quotation cited. As in the quotation it is told that "Takram tadasutam jatam"¹⁰ surely inclines one to call it as 'Takrasava'.

Takra itself is an acidic fermented product and hence once again 'Asutatwam' of the same is double fermentation of a single product. This would have made them to consider it as a product of long lasting without deterioration (Arishta) unlike other acidic fermented products like Seedhu¹¹, Souveera¹², Shandaki¹³, etc.

MATERIALS AND METHODS

A thorough literature review reveals a hidden fact and rationality regarding the same.

Acharya Charaka mentioned the formulations Takrarishta in two different contexts like Grahani adhikara² and Arsha adhikara⁴. With out any

discrimination both the preparations were termed as Takrarishta, in spite of much variability in preparation as well as number of ingredients.

Acharya Shodhala¹⁴ further refers this formulation in his text Gada Nigraha- Prayoga Kandha in Asavadhikara., Here in place of Kunchika, Sushavi is mentioned and other than this all the ingredients are same as per the reference of Charaka Chikitsa.

The ingredients and the proportion of ingredients of Takrarishta⁴ are given in Table No. 01.

Even though quantity of buttermilk is not specified, it is taken 1 Adhaka (3.072 lt.) in practice (As like in Cha.Chi.15).

Here, some specification is given regarding Takra as Manda amla (mild acidic) and Katu Rasatmakatwa (Pungent taste). Here 'Katu rasatwa' of buttermilk appears vogue. Probably by the line "Tacchoornam Takra Samyutam" or "Mandamla katukam sthapayet", taste of whole buttermilk wort may be considered, as most of the drugs told in this recipe are of Katu rasatmaka. Here much emphasize has been given regarding the container, as Ghrita bhajana suggestive of the container anointed with ghee.

The time duration of fermentation is not told in this original text; where as in practice 14-21 days duration is followed.

Sandhana siddhi

Regarding the Sandhana siddhi Lakshanas, one clue has been given to test the final product as 'Vyaktamla katukam'. Here, much emphasize is given with regards to clear manifestation of dominant Katu (pungent) and Amla (sour taste) Rasa.

Dose – Even though dose is not specified, general dosage of Amla Sandhana i.e., 1 pala (48ml) is considered. Now-a-days as this is impracticable in therapeutics, it is given in the dose of 15-20ml.

Oushadha kala –

The verse "Kaleshu Annasya Trishitam⁴", here suggestive of the Oushadha sevana kala. According to this verse, in Annakala (morning and night), after food it can be administered. But in specific cases, finding the necessity, three times a day (morning-noon-and night) it can be advised for intake.

Anupana –

Even though Anupana is not specified, it is better to administer along with equal amount of water.

Indications –

While in Phalashruti, it is told that Takrarishta is having Deepana, Ruchya, Varnya and Kaphavatanulomana properties.

Acharya Charaka has advised this product in Guda Roga (Arsha), Shotha (Oedema) and in Kanta Roga (Throat disorders).

The ingredients and the proportion of ingredients of Takrarishta² are given in Table No. 02.

Quantity of Buttermilk – In the verse, quality (type) and quantity of buttermilk is not specified. However, the commentator cleared that the media should be taken in one Adhaka = 4 Prastha quantity.

For the same, in Patantara, instead of "Takram tadasutam jatam", "Takram sasutam jatam" is also mentioned. Hence, if that patantara is modified and "Takrakamsasutam jatam" is considered (as like in later text Asavarishta vijana samgraha), the quantity of buttermilk can be derived as 1 Kamsa = 1 Adhaka \approx 3.072 lt.

Paka Siddhi lakshana –

Here for the word 'jatam' Chakrapani¹⁵ has given the commentary that "Jatamiti Amla rasasya jatam". Therefore, the finished product should have dominant sour taste as per the verse.

Action and uses –

In the phalaprapiti, it is said that this formulation is Deepana and hence useful in Shotha, Gulma, Arsha, Krimi, Meha, Udara, etc. As it is told under Grahani Adhikara, surely it is a formulation of priority in this disease.

Similarly, in Atisara, Pravahika, Ajeerna, Agnimandya and other Udara vikaras also it is useful.

The text does not explain the time duration for the preparation of Takrarishta. Also, this reference does not refer the dose, vehicle and time of administration of Takrarishta.

DISCUSSION

Ashtanga Hridaya, Chikitsa sthana¹⁶ (As.Hri.Chi. 8/44-47) also refers the same version told by Cha.Chi.14/72-75 without any difference.

Chakradatta¹⁷ quoted the same reference of Charaka – Grahani Adhikara, without any discrepancy; where as he has not mentioned the Takrarishta of Arsha Adhikara of Charaka. Astanga Sangraha Chikitsa sthana¹⁸ (As.Sa.Chi. 7/44-45) refers Arsha Adhikarokta Takrarishta.

In Gadanigraha, under Prayoga Khanda- Asavadhikara, Takrarishta is explained. Here, Acharya Shodhala has followed the same verse of Cha.Chi.14/72-75. The difference lies only in the mentioning of Sushavi instead of Kunchika.

In the phalashruti, in the place of Varnya, Balya is told by Shodhala. Similarly, in the last line, in the place of "Kandvarti nashanam" (subsides itching and pain in anal region), "Kantarti nashanam" (subsides pain or irritation of throat) is mentioned.

However, Gada nigraha text does not refer Takrarishta in Grahani Adhikara.

In Bhaishajya Ratnavali¹⁹ also the same recipe of Takrarishta, told in Grahani Adhikara is explained.

Asavarishta vijnana²⁰, text of Pakshadhar jha refers Takraista formulation of Grahani Adhikara. Here, with the consideration of Patanthara of Charaka Samhita "Takrakamsasutam jatam" is clearly mentioned and hence guided the manufacturer to take buttermilk in 1 Kamsa = 1 Adhaka pramana.

The author²⁰ guides the manufacturer to keep the wort on closing the lid and prescribed the time duration for the fermentation of Takrarishta as 7 – 15 days.

Vaidya Pandit Krishna Subbanna Bhatta in his text Asavarishta vijnana Sangraha²¹ (1954) also refers the same method followed by Asavarishta vijnana samgraha. But, he emphasized to take fresh and sweet buttermilk for the preparation.

The pharmaceutico -analytical Study carried by Krishnamurthy M S et al²² revealed following findings with regards to Takrarishta: Sp.Gravity: 0.9913– 0.9914 ,RI:1.347- 1.352,pH :1.66- 1.84,Alcohol content: 4.88%v/v- 4.92%v/v,Total Sugar content:1001 µg/ml - 1121 µg/ml,Ascorbic acid content: 3.131 mg/ml - 3.213 mg/ml,

Free fatty acid content: 0.0125mg/ml – 0.0126mg/ml,and Total protein content: 113.43mg/ml - 132.07 mg/ml.

The above bio-chemical values do substantiate that Takrarishta is an acidic fermented product which may contain small percentage of alcohol.Thus the name Takrarishta is substantiative in Ayurvedic classical view as well as modern perspective.

CONCLUSION

Takrarishta, being with the suffix of Arishta, is a kalpana of Shukta sandhana and 'Vyaktamla lakshana' is the dominant feature of this formulation.Buttermilk is a fermented product and refermentation of the same with some more salts and herbal drugs yields more stable product containing little amount of acohol and dominant characters of Acidic fermentation.The classical mentioning is substantiative through the available bio-chemical values.

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Table 1 Takrarishta – Arsha adhikara – Cha.Chi 14/72-75

Sl.No	Ingredients	Botanical Name / Chemical Name	Quantity	Eq.wt.	% of drug
1.	Hapusha	<i>Juniperus communis</i> Linn	1 Pala	48 gm	1.32
2.	Kunchika	<i>Nigella sativa</i> Linn	1 Pala	48 gm	1.32
3.	Dhanyaka	<i>Coriander sativum</i> Linn	1 Pala	48 gm	1.32
4.	Ajaji	<i>Cuminum cyminum</i> Linn	1 Pala	48 gm	1.32
5.	Karavi	<i>Carum carvi</i> Linn	1 Pala	48 gm	1.32
6.	Shati	<i>Hedychium spicatum</i> Linn	1 Pala	48 gm	1.32
7.	Pippali	<i>Piper longum</i> Linn	1 Pala	48 gm	1.32
8.	Pippalimula	<i>Piper longum</i> Linn	1 Pala	48 gm	1.32
9.	Chitraka	<i>Plumbago zeylanica</i> Linn	1 Pala	48 gm	1.32
10.	Gajapippali	<i>Pothos scandens</i> Linn	1 Pala	48 gm	1.32
11.	Yavani	<i>Tachyspermum ammi</i> Linn.Sprague	1 Pala	48 gm	1.32
12.	Ajamoda	<i>Carum roxburghianum</i> Benth.	1 Pala	48 gm	1.32
13.	Takra	Buttermilk	1 Adhaka	3.072 lt.	84.21

Table 2 Takrarishta –Grahani Adhikara - 15/120-121

Sl.No	Ingredients	Botanical Name / Chemical Name	Qty.	Eq.wt.	% of drug
1.	Yavani	<i>Tachyspermum ammi</i> Linn.Sprague	3 Pala	144 gm	3.70
2.	Amalaki	<i>Emblica officinalis</i> Linn	3 Pala	144 gm	3.70
3.	Hareetaki	<i>Terminalia chebula</i> Linn	3 Pala	144 gm	3.70
4.	Maricha	<i>Piper nigrum</i> Linn	3 Pala	144 gm	3.70
5.	Saindhava	Rock Salt	1 Pala	48 gm	1.23
6.	Samudra	Sea Salt	1 Pala	48 gm	1.23
7.	Bida	Black Salt	1 Pala	48 gm	1.23
8.	Souvarchala	Sonchal Salt	1 Pala	48 gm	1.23
9.	Romaka	Sambhar Salt	1 Pala	48 gm	1.23
10.	Takra	Buttermilk	1 Kamsa	3.072 lt.	79.0

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