



Int J Ayu Pharm Chem
www.ijapc.com
e ISSN - 2350-0204
Volume 8 Issue 3
5/10/2018

Greentree Group Publishers





A Review on Takradhara: Special *Panchakarma* Therapy

Kuldeep^{1*}, Suhas A. Chaudhary², Vimal Tewari³, and S.K.Tiwari⁴

¹⁻⁴Regional Ayurveda Research Institute for Infectious Diseases, Agam kuan, Patna Bihar, India

ABSTRACT

Panchakarma means five special procedures of detoxification for body & mind. *Panchakarma* can be administered both in a healthy, as well as the diseased person. When a healthy person undergoes *Panchakarma* therapy, it has a preventive effect on the body and in diseased person it helps in detoxification and bringing the equilibrium state of health. *Takradhara* is one among the *Panchakarma* procedure that is wide utilized in the management of various chronic diseases. It's a special *Panchakarma* medical care during which medicated milk poured in a very continuous stream over the forehead in a specified manner. *Takradhara* is a traditional Ayurvedic procedure useful in treating psychosomatic disorders, psoriasis, hypertension and lack of sleep etc. Many research works conducted on *Takradhara* proved its efficacy scientifically. We have also discussed type, procedure manual, complication & management and the probable mode of action in psoriasis, hypertension, psychosomatic disorders and regulation of emotional and behavioural patterns.

KEYWORDS

Takradhara, Psoriasis, Hypertension, Psychosomatic Disorders, Panchakarma



Greentree Group

Received 10/03/18 Accepted 17/04/18 Published 10/05/18



INTRODUCTION

Now a day's an overwhelming global attention is on the natural therapies, procedures and medicines. *Panchakarma* therapies are one of them; it is the ultimate method of Ayurvedic detoxification for body & mind. It is testified by the fact that Panchakarma are essentially applicable to a variety of cases for their preventive, curative and pro motive conditions which shows its importance and validity in the treatment of varies diseases.

As a human being we all know that day by day people are suffering from mental and psycho somatic disorders due to unhealthy social and working environment. Some special therapies were also described in our ancient Ayurvedic texts for psycho somatic disorders which are very effective in present Materialism era.

Takradhara is a special *Panchakarma* therapy in which medicated buttermilk processed with medicinal herbs is used in the form of an external remedy¹. It is used in the form of a thin stream i.e., Buttermilk is poured in a continuous stream over the forehead, in a specified manner. *Takradhara* is a traditional Ayurvedic procedure which is useful in treating psychosomatic disorders, psoriasis, hypertension and lack of sleep etc.

Different Types of *Takradhara*:

Ekanga Takra Dhara – When *Dhara* done over a portion of the body for Example. In case of a limb afflicted with Psoriasis.

Sarvanga Takra Dhara – It is also called *Kaya Takradhara* –when *Dhara* done for the whole body – useful in stress, fatigue.

Shiro Takra Dhara –When *Dhara* done over the head of the patient – useful in hypertension, headache, migraine etc.

Indications:

It is mainly indicated in psycho somatic disorders, insomnia, tension head-ache, greying of hair etc. It is not advisable in *Amanubandha* conditions. *Takra Dhara* is highly effective in treatment of the following disorders - *suklakeha* i.e Premature greying of hairs, *Klama* – fatigue, *Doshkopa* – Aggravation of *Doshas*, *Shiroruja* –Headache *Ojakshaya* decreased body's immunity, *Karacharana parisphotan* – fissures and Cracks in sole and palm, *Mutradosha* – disorders related with urinary systems, *Sandhi shaitilya* – laxity of joints, *Hridroga* – cardiac disorders, *Agnimandhya* – hypometabolism , *Aruchi* – reluctance, *Karna roga* –ear's disorders, *Netra roga* – eye's disorders².

Materials required for *Takradhara* preparation:



Table 1 Contents of *Takradhara*

| Sr.no. | Contents | Quantity |
|--------|----------------|----------|
| 1 | Amalaki Churna | 200gms |
| 2 | Milk | 1.5 ltr |
| 3 | Musta Churna | 100gms |
| 4 | Oil(for Talam) | 10 ml |
| 5 | Rasna Churna | 5gms |

Dose and method of administration

Preparation of the medicine:

a) *Takra*: According to table no.1; one and half litres of milk diluted with four times water and boiled with 100 gm of crushed *Mustha* and reduced to the one fourth. Thereafter, *Mustha* is sieved out once it's cooled down; this ready milk ought to be soured overnight. Next morning the curd is churned along with Amalaki *kwatha* to prepared *takra* for Dhara.

b) Amalaki *kwatha*: *Amalaki kwatha* should be prepared of dried *Amalaki* fruit boiled with 16 times of water and reduced to 1/8th of original quantity. Some of that is used to wash the head after the procedure. Good quality *Amalaki* (Indian Gooseberry fruit or *Emblica officinalis*) fruits dried in sunlight and air for at least a period of one year. The *Amalaki* should be taken in coarse powder form and care should be taken to choose quality fruits devoid of contamination³. Seeds should be discarded beforehand. Milk for the preparation of *Takra* may be medicated with *Argwadhadi Churna*, *Useera*, *Hreebera*, *Chandana*, *Vashti*, *Panchagandha churna* according to the disease.

Pre-operative measures

As a practice, *Bala oil* / *khseer Bala oil* or any specific oil according to disease condition may be applied over head. The eyes should be covered with cotton gauze and the patients's ear should be plugged with cotton. The patient and the relatives ought to be educated about each and every detail of the procedure, advantages and limitations of the treatment.

Dietary guidelines

Patient should consume *Pathya ahara* and should not directly expose to wind, dust, sunlight and rain. A proper diet plan and life style should be prescribed to patient and adhere to this strictly during and after treatment.

Season/Time:

Usually, the treatment is done in the morning hours, between 7-10 am. If situation demands, it can be done between 4-6 pm. It is contraindicated in *Sisira* and *Hemantha ritu*.

Duration:

Usually, *Takradhara* is done for a period of 7 to 14 days. Usually the procedure is done for 60 to 120 minutes⁴.

Procedure:

The patient should lie down in supine position on the *droni*. A small pillow should be placed under the neck. The Dhara vessel ought to be kept on top of



forehead in such the way a nonstop stream of buttermilk poured on patient's forehead. The tip of *dharavarti* should be 6-7 cms (*four angul*) above the forehead of the patient and total length of varti should be three times 18-21 cm⁵. The *takra* is to be recollected and poured again into the vessel. The attendant keeps swinging the vessel slowly across the patients head so that the *takra* will fall into the patient's entire forehead without interruption. Simultaneously the head is lightly massaged for better effect. *Dhara* should not pour from a distance less than prescribed height it may aggravate the disease⁶. In short all the procedures are same as *sirodhara*, but *takra* should not be heated or reused. Buttermilk used in *dhara* should be taken freshly prepared and use only once.

Paschat Karma (after procedure management):

After the *dhara*, the head is washed with Amalaki kwatha or the body is swabbed with warm sponging. After that wet head should be dried with towel then *Rasnadi Choorna* may be applied for *Tala Dharana*. In *Tala Dharana*; *Rasnadi Churna* is applied on the crown of the sclap, and rubbed for few seconds. This will combat the cold induced by the treatment procedure. Patient is advised to take rest for a period same as the period of

the procedure, then to take bath. Warm water bath is advised after a couple of hours after treatment. Water processed with Dashamoola (10 roots), Nirgundi or Nimba may be used for bathing purpose.

Dietary and lifestyle guidelines after treatment

The patient is advised to take light digestible food on the days of treatment. The patient is advised not to take stomach full of food. Fried and refrigerated foods and heavy foods are avoided. Hot and fresh food should be taken. Hot water should be used for drinking and bathing purposes⁷.

After procedure patient should to avoid over-stressed environment, sexual activity, excess sunlight & dust, Smoking, alcohol, withholding natural urges i.e. *Vegavarodha*, walking for long distances and heavy exercise. The patient should not remain awakened till late night and also not sleep for long hours. The head position (placement of pillow) while sleeping should neither be too high nor too low. Speaking too much and speaking loudly is restricted. The patient should be kept away from Exhaustion. They should keep away grief and anger. The patient is advised to take a break from the work if possible (during treatment).

Complications and management:



In some patients if dhara is poured from a distance greater than prescribed height it may cause Shivering due to excess cold. In such cases the procedure is stopped immediately and the patient is managed with *ushnopachara* i.e. hot water bath, hot liquid for internal uses or should be kept in a warm room for a few hours.

Possible mode of action of Takra Dhara:

A) In Psychosomatic disorders:

When *takra* is poured in a continuous stream over the forehead it might communicate with the deepest recesses of the brain by soothing the Marmas; Marmas (vital points of convergence of bones, muscles, blood vessels, soft tissues and joints) are the Pranas and it may be correlated with vital energy of body. On stimulation of Marma, they activate immune system of the body. With an Ayurveda perspective the Marmas located in the head viz., Apanga, Avarta, Shanka, Utkshepa, Seemantha and Sthapani Marma.

Takradhara stimulates these Marmas and improves circulation; thereby improving their circulation which in turn improves the blood circulation of brain. This improves the higher intellectual functions also. So an improvement in psychic symptoms is achieved. Improvement in circulation to hypothalamus also improves the function of Autonomic Nervous

System as its stimulation during stress causes many physiological disturbances.

B) In hypertension

Takradhara is a special *Panchkarma* therapy in which medicated buttermilk processed with medicinal herbs is used in the form of an external remedy. It is used in the form of a thin stream i.e. Buttermilk is poured in a continuous stream over the forehead, in a specified manner.

When vitiated *Vayu* enters in *Rakta dhatu* (blood element) it causes. The blood and *Pitta* have an inseparable relationship as *Pitta* resides in the blood. When the *Pitta* gets vitiated, it can vitiate the *Rakta* too and vice versa. *Takradhara* pacifies *Rakta* and *Pitta dosha's usna* (hot) and *tisna guna* with its coolant property.

Chakras stimulation effect *Takradhara* may stimulate *Chakra* thereby improving the functions of mind which is vitiated in Stress as it is the place of subtle mind. Structures like Pituitary gland, pineal body, subcortical structures of mid brain are related with mental functions like anger, grief, pain, fear, memory and other higher intellectual functions. *Dhara* acts at this level improving their functions.

Effect on Endocrine system We all know that The hypothalamus is the main regulator of endocrine system so effect of *Takradhara* on hormone secretion can also be postulated considering the effect on



hypothalamus. The hypothalamic Neurons which secrete the regulatory hormones are themselves under the control of specialized Monoaminergic, neurotransmitter neurons which arise in the mid brain. These are releases Dopamine, nor-adrenaline and Serotonin. In turn, these mid brain nuclei are under the control of visceral brain and are responsive to stress and emotional disturbances.

Regulation of emotional and behavioural patterns.

The limbic system and hypothalamus regulates the feeling of rage, pain, aggression, pleasure and behavioural patterns. It can be postulated that Takradhara may be having some effect on hypothalamus resulting in decrease of most of the psychic somatic disorders like psoriasis.

Chitta Nasha (psychological abnormality) and *Bhaya* (fear complex) is said to cause due the injury of *Seemantha Marma* (joints of the skull). Thus *Dhara* can heal the *Marma* and it may reverse the *Chitta Nasha and Bhaya*, i.e. it might relieve stress, anxiety and depression. Due to its relaxing effect heart function and circulation improve and in turn it will benefit in reversing the events in hypertension.

C) In psoriasis

Takra:

Takra contained all the five *rasa* except *lavana*. It has *usnaviryra* and *amlavipaka* and also has *vata kapha nashak properties*. *Traka* (Buttermilk) contains large amount of lactic acid. It is scientifically proved that lactic acid is used to moisten & lessen the appearance of thickened. Lactic acid is a good for vehicle trans-dermal absorption of drugs.

Takradhara ingredient like *Amalaki* has anti inflammatory and antioxidant properties⁸. It is also known that *Musta* has anti inflammatory and antioxidant properties⁹. Lactic acid in *Takra* may also help in the trans-dermal absorption of these drugs & have systemic anti-inflammatory, antioxidant effects in psoriasis. In psoriasis, cells divide faster than normal which produces scales. The ascorbic acid content of *Amalaki* fruit has antioxidant activity and immunomodulatory effects. Scientific researches on *Amalaki* extract shows inhibited cell proliferation, induced apoptosis, and increased reactive oxygen species production¹⁰. So it is very beneficial in psoriasis treatment.

Clinical Vital Data & laboratory investigations:

Temperature, Pulse Rate, Blood Pressure, Respiratory Rate etc. is to be recorded every day before and after the treatment. Routine pathological investigations are to



be done on the first and last day of procedure. Specific biochemical investigations like Blood Sugar, Blood Urea, and Serum Cholesterol etc. are also to be estimated. Laboratory tests for urine, stool and blood etc and radiological reports shall be advised to identify and rule out the diseases at the backdrop and also to rule out complications.

Clinical research work on *takradhara* and their outcomes:

➤ A clinical study was conducted IPGT&RA, Gujarat on 16 patients with takradhara and makandi Ghanavati and highly significant result was found in overall symptoms of psoriasis¹¹.

➤ A clinical study conducted in IPGT&RA, Gujarat on 10 patients with takradhara in essential hypertension and found very highly significant result in overall symptoms. But it was also found that Takradhara and Sarpagandha ghana vati is more effective in mild hypertension, on the other hand moderate and severe ranges of EHT can be normalized in a better way by Takradhara and Sarpagandhaghana vati combined therapy¹².

➤ Takradhara the divine procedure for improving quality of the sleep¹³.

The Study was conducted on 30 established cases of Anidra (Insomnia) All 30 registered, clinically diagnosed and

confirmed participants of Anidra have been gone through the procedure of Takradhara on daily basis approximately for 30 minutes in every sitting. The insomnia related symptoms was seen after completion of the course and 73% of the patients got relieved from drowsiness, 72% relieved from headache, 67% relieved from malaise, 60% relieved from yawning and 58% of the patients got relieved from fatigue.

➤ A comparative clinical study on the effect of takradhara in the management of nidranasha¹⁴.

The study was conducted on 20 patients of *Nidranasha*, who were attending the OPD and IPD of Saligao Ayurvedic Health Centre, Goa. The patients were randomly divided into 2 equal groups 10-10 patients. Group A were subjected to *Takradhara* prepared by *Musta Ksheerapaka Siddha Takra* mixed with *Amalaki Kashaya* and Group B were subjected to *Takradhara* using *Takra* mixed with *Musta amalaki Kashaya*. The assessment of study was based on scoring given to *Nidranasha lakshanas*. Results were statistically analysed with paired and unpaired 't' test. It was found that Group A showed better results than Group B in the Management of *Nidranasha*.



REFERENCES

1. Dr. D.V. Panditav et al., translator, shaharsyogam hindi-sanskrit anuvad, CCRAS 1990, New Delhi, Chapter-dharakalp 13/15, page-521.
2. Dr. D.V. Panditav et al., translator, shaharsyogam hindi-sanskrit anuvad, CCRAS 1990, New Delhi, Chapter-dharakalp 13/19, page-521
3. Dr. D.V. Panditav et al., translator, shaharsyogam hindi-sanskrit anuvad, CCRAS 1990, New Delhi, Chapter-dharakalp 13/15, page-521
4. Dr. D.V. Panditav et al., translator, shaharsyogam hindi-sanskrit anuvad, CCRAS 1990, New Delhi, Chapter-dharakalp 13/23, page-522-523
5. Dr. D.V. Panditav et al., translator, shaharsyogam hindi-sanskrit anuvad, CCRAS 1990, New Delhi, Chapter-dharakalp 13/23, page-522-523
6. Dr. D.V. Panditav et al., translator, shaharsyogam hindi-sanskrit anuvad, CCRAS 1990, New Delhi, Chapter-dharakalp 13/23, page-522-523
7. Dr. D.V. Panditav et al., translator, shaharsyogam hindi-sanskrit anuvad, CCRAS 1990, New Delhi, Chapter-dharakalp 13/39, page-526
8. B Antony, M Benny and TNB Kaimal. A pilot clinical study of evaluate the effect of Emblica officinalis extract (AMLAMAXTM) on markers of systemic inflammation and Dyslipidemia. Indian journal of clinical Biochemistry, 2008/23(4)378-38
9. Ramteke Ashok D, Gandhi sonali P, Jivan Thombre B, snehal saurkar. Clinical evaluation of Anti-oxidant activity of Musta with special reference to obesity Int. J. Ayur. pharma Research. 2014; 2[2]:83- 87
10. Kaur S, Michael H, The in vitro cytotoxic and apoptotic activity of Triphala-an Indian herbal drug. J Ethnopharmacol. 2005 Feb 10; 97(1):15-20. Epub 2004 Dec 25.
11. A Clinical study of Virechana Karma, Takradhara and Makandi (Coleus forskohlii) Ghanavati in the management of Ekakushtha (w.s.r. to psoriasis); Gulhane Chetan M., panchakarma department 2011 IPGT & RA, Jamnagar Gujarat.
12. Role of Takradhara and Sarpagandha ghanavati in the management of Uchha Raktachapa (Essential Hypertension). Sunit K Pathania; panchakarma department 2001 IPGT & RA, Jamnagar Gujarat.
13. Mohod Poonam, Mohod Sharad, Shivani, Kour Kirandeep. Takradhara the Divine Procedure for Improving Quality of the Sleep. International Journal of Ayurveda and Pharma Research. 2015; 3(11):50-54.
14. Vd. Rohit Mehta, Ayurvedacharya, Ayurveda Vachaspathi - Panchakarma, D.N.Y.S, MBA (Hospital Administration), Quality Council of India - NABH, New Delhi. "a comparative clinical study on the effect of takradhara in the management of nidranasha" ejbps, 2017, Volume 4, Issue 12, 765-768."