



## Review Article

www.ijrap.net (ISSN:2229-3566)



## EFFECTS OF TAKRADHARA ON PSYCHO-SOMATIC DISORDERS: A REVIEW

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Received on: 14/08/20 Accepted on: 30/09/20

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DOI: 10.7897/2277-4343.1105155

## ABSTRACT

In modern era, *Ayurveda* is a 'science of life' which deals with the maintenance, preservation and promotion of good health and cures the diseases in healthy life that established in various *Ayurvedic* classics. In *Ayurveda* system of medicine, *Panchakarma* has a very effective role for detoxification to the body in healthy life process. It includes with five major procedures which prevents various diseased conditions. *Takradhara* is one among the *Panchakarma* procedure included under the *Murdhani taila* (a process of anointing the head with oil) in ancient *Ayurvedic* science. It is a unique *Panchakarma* measure in which medicated milk poured over the forehead in a specific manner. *Takradhara* is very much effective in such cases of various psycho-somatic conditions which occur due to vitiation of *Manasvaha srotas* like as lack of sleep, migraine, anxiety, stress, headache etc that are scientifically proved based on many research works.

**Keywords:** *Panchakarma, Takradhara, Psycho-somatic disorders.*

## INTRODUCTION

In *Ayurvedic* system of medicine, *Panchakarma* has a very effective role for detoxification to the body in healthy life process. It includes with five major procedures which plays a vital role in the preservation, maintenance and conservation of health and promotion of longevity and also prevents various diseased conditions. In ancient science, *Shirodhara* is a most common unique technique in *Panchakarma* measures. It is included under the *Murdhani taila* (a process of anointing the head with oil) in *Ayurvedic* science. *Shirodhara* is the process in which medicated liquid substances (e.g. oil, milk or buttermilk) are poured on the forehead in a specific manner. It commonly effects on the psycho-somatic diseases which occur due to vitiation of *Manasvaha srotas* like as *Anidra* (insomnia), *Shiroshoola* (headache), Anxiety, *Chinta* (stress) etc. In *Ayurvedic* literatures, it may be of three types - *Taila, Kshira* and *Takradhara*. *Takradhara* is the process of pouring the '*Takra*' on the forehead. The benefits of *Takradhara* in *Ayurvedic* manage tools are very similar to that of *shirodhara*. *Takradhara* is very much effective in the management of various disorders like psycho-somatic disorders e.g. anxiety, depression etc. and obsessive-compulsive disorder, schizophrenia, obesity, hypertension, vascular disorders, migraine, and nausea, psoriasis, lack of sleep, premature greying of the hairs, diabetic retinopathy etc. as per many research works that are proved scientifically.

## Types of Takradhara

- Ekanga Takradhara:** When Dhara done over a portion of the body for Example - In case of a limb afflicted with Psoriasis.
- Sarvanga Takradhara:** It is also called Kaya Takradhara. When Dhara done for the whole body that useful in stress, fatigue.
- Shiro Takradhara:** When Dhara done over the head of the patient, useful in hypertension, headache, migraine etc.<sup>1</sup>

## Properties of Takra

- Rasa - Kashaya, Amla, Madhura.
- Guna - Grahi, Laghu, Ruksha.
- Virya - Ushna.
- Vipaka - Madhura.
- Karma - Deepaniya, Vrishya, Prinana, Vata nashaka.<sup>2</sup>

## Types of Takra

Acharya Charaka is described 3 types of Takra in Grahani Chikitsa on the basis of property. They are -<sup>3</sup>

Types of Takra	Indication
1) Ruksha	Kaphadosha
2) Ardhwasnehayukta	Pitta dosha
3) Purnasnehayukta	Vatadosha

Acc. to Bhava Prakash Nighantu, 5 types of Takra are described in Takra varga. These are - Ghola, Mathita, Takra / Katvara, Udasvita, Chachika<sup>4</sup>. But, In Kaiyadeva Nighantu 10 types of Takra are discussed - Mathita, Udasvita, Takra, Dandahata, Kaalashya, Karamathita, Ghola, Galita, Shwetamatha, Shadava<sup>5</sup>.

## Takradhara Procedure

## Purva Karma

## 1) Preparation of Takra for Dhara procedure

## Required materials

- Milk - 1 litre
- Dadhi - As required amount
- Amalaki churna - 150 gm
- Jala (Water) - 3 litres
- Oil for Tailam - As required amount

Medicine for *Takradhara* - *Vacha*, *Bramhi*, *Shankhapushpi*, *Yastimadhu*

### Takra preparation

At first, milk and water should be taken in a vessel. Then *Vacha*, *Bramhi*, *Shankhapushpi*, *Yastimadhu* are together kept on a cloth and made a *Pottali*. This *Pottali* put into the vessel which filled with milk and water like as *Dola Yantra*. They should be heated on moderate fire continued to remains 1/4<sup>th</sup> part of the mixture. Then, the remaining 1/4<sup>th</sup> mixture mixed with *Dadhi* (curd) and kept for overnight. Next morning shows all the mixtures converted to *Dadhi* (curd) forms and 4 parts of water added with it. Then it churned and removed *Navanita* (butter milk) from it. Lastly, *Takra* is prepared.

### Preparation of Amalaki Kashaya

*Amalaki churna* should be taken in a vessel along with 18 *kudavajala* (water) and kept on the gas stove for boiling it, reduced to 1/6<sup>th</sup> of total quantity<sup>6</sup>. At last, *Amalaki kashaya* is prepared for *Takradhara*.

Thereafter, prepared *Takra* and *Amalaki kashaya* mixed properly and it should be lukewarm in nature. Then this mixture is used in *dhara* procedure.

## 2) Preparation to the patient

On an auspicious day at morning time, the patient should be advised for pray to God and evacuating the bowel and urine and then, the patient should lie in supine position on the *Droni* which was placed on northern area of the *Panchakarma* theatre. A pillow should be placed under the neck. The eyes should be covered with eye pads and gauze should be tied around the head above the eyebrows. The ear should be plugged with cotton pieces.

### Pradhan Karma

As per clinical practice method, required amount of *Kshiri-bala* oil or any specific oil according to disease condition may be applied over the patient's head. After the proper preparation of *Takra* for *dhara*, it should be kept in a *dhara* pot. Then, the *dhara* pot should be kept in a certain height in such a way as to allow flowing of the liquid over the forehead of the patient. The tip of *dhara* pot should be 4 *Anguli* in height above the forehead of the patient<sup>7</sup>. Then, the *dhara* procedure should be started and continued up to usually 45 minutes. The falling *Takra* should be poured again into the vessel / *Dhara* pot after recollecting from the *Droni*.

### Paschat Karma

After the completion of *dhara* procedure, the patient's head is washed with *Amalaki kwatha* and wiped with towel. Then *Rasnadi choorna* is applied on the head. Patient is advised to take rest for a period, then to take bath with lukewarm water. After bath, he / she should wear a clean cloth.

### Dietary regimen and lifestyle after Takradhara therapy

This therapy should be continued to minimum 7 days. On these days follow the dietary regimen and life style which discussed in the below.

### Pathya (Does)

The patient is advised to take light foods which are easily digestible on the days of treatment. The patient is not advised to take full stomach of food and also heavy foods. Hot and fresh

food should be taken at this time. Hot water should be used for drinking and bathing time<sup>8</sup>.

### Apathya (Doesn't)

After procedure should be avoid to the patient unhealthy environment, sexual activities, *Vegavarodha* (suppression of natural urges), long time walking and over exercise. The patient should not remain awakened till late night and also not sleep for long hours<sup>9</sup>.

### Effects of Takradhara

*Takradhara* is indicated for the cases of - *Kesha shuklata* (whitishness of hairs), *Klama* (yawning), *Vataadidoshapakopaavastha* (aggravation of the *Vata*, *Pitta* and *Kapha doshas*), *Shiro roga*, *Ojakshaya*, *Kara-paadatoda* (pain in extremities), *Sandhi Shaithilya* (loosening of joints), *Mutra dosha*, *Hridaya roga* (heart diseases), *Aruchi* (anorexia), *Mandagni* (low digestive capacity), *Karna* and *Netra rogas* (ear and eye disorders)<sup>10</sup>. It is also very effectual treatment for all *Urdhvajatrugata vikaras*<sup>11</sup>.

### Probable mode of action of Takradhara

We all are know that any substance situated at certain height possess Potential Energy (P.E. = mgh). When the substance fall from that certain height, this energy is converted into Kinetic Energy according to "Law of Conservation of Energy". So, it can be calculated as P.E. = K.E. i.e.  $mgh = \frac{1}{2} mv^2$

Potential Energy of a substance depends upon –

- 1) Mass of substance
- 2) Height of the substance

If height remains constant, P.E. depends upon mass of substance or mass  $\propto$  energy i.e. more the mass of a substance will be possessed the more mass energy by the substance.

Now,  $m = m_0 / \sqrt{1 - c^2/v^2}$  [Whereas,  $m$  = mass of substance,  $m_0$  = specific mass of substance,  $v$  = velocity of substance,  $c$  = velocity of light.] It is clear from above discussion that –  $m \propto m_0$  energy i.e. more the specific mass of a substance more will be its energy. On the other hand, we know that when a moving substance collides with a resting substance it generates acceleration i.e. momentum,  $P$  (momentum) =  $MV$

So, more will be the mass more will be the energy and more will be the momentum generated<sup>12</sup>.

According to above discussion, in *Takradhara* when *Takra* is fall on the forehead from a certain height it generates momentum and that momentum may change in voltage and stimulates the nerve impulse generation and conduction on hollow sinus which present in frontal bone. The impulse transmitted inwards through cerebrospinal fluid (CSF). This impulse along with little temperature may activate the functions of thalamus and the basal forebrain that normalizes serotonin and catecholamine level. In prolonged *dhara* therapy, continuous falling the liquid substances over forehead can causes tranquilizer effects and reduces stress and also effects on others psycho-somatic disorders like anxiety, depression, obsessive-compulsive disorder, schizophrenia, hypertension, vascular disorders, migraine, and nausea, psoriasis, lack of sleep by the nerve stimulation<sup>13</sup>.

When nerve endings of autonomic nervous system are stimulated, produce chemical substances like Acetylcholine which exists in the tissues in an inactive form and is activated by nerve impulse vibration. Small doses of Acetylcholine cause fall of blood pressure leading to decreased activity of central nervous system resulting in tranquillity of mind. And also increases the intensity

of  $\alpha$ -brain waves and decreases the brain cortisone and adrenaline level. Probably *Shirodhara* / *Takradhara* normalizes the two important neurotransmitters Serotonin and Nor-epinephrine, which regulates neuropsychological processes along with sleep<sup>14, 15</sup>.

In *Ayurvedic* science, pouring of liquid in *dhara* therapy may effect on *Sihapanimarma*, *Utkshepamarma* and stimulate *Gyanchakra* in the brain which regulate the rhythm in between *Mana* and *Prana Vayu* which produce hypnotic effect and regulate neuro-endocrine system<sup>16</sup>. Being a *Sira Marma* it have minute reflex action on the baroreceptor that reduced both systolic and diastolic blood pressure which are mostly effective in *Uccharakta-chap* (hypertension)<sup>17</sup>.

## CONCLUSION

In *Takradhara* therapy, pouring of the '*Takra*' over the forehead induces the normal sleep, causes lowering the blood pressure level and affects the other psycho-somatic diseases like anxiety, lack of sleep, migraine etc. which acts through above said mechanism. It also improves all the sense organs as well as body strengths, boosts memory power, normalizes the mental status and increases body vitality, skin lustre. It is a very safe and not very expensive method. It should be widely practice as OPD based treatment.

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## Cite this article as:

Raghunath Das et al. Effects of *Takradhara* on Psycho-somatic disorders: A Review. Int. J. Res. Ayurveda Pharm. 2020;11(5):135-137 <http://dx.doi.org/10.7897/2277-4343.1105155>

Source of support: Nil, Conflict of interest: None Declared

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