



## Chapter 30. Takra Dhara

Takra Dhara is a traditional Ayurvedic therapy developed by Kerala Physicians. In this procedure, medicated buttermilk is poured continuously over the forehead in a specific manner. It is an effective treatment for psychosomatic and psychological disorders.

### Indications:

- Psychological problems
- Anxiety disorders
- Psoriasis
- Psychosomatic disorders
- Insomnia
- Tension headaches
- Greying of hair

### Contraindications:

Takra Dhara is not advisable in **Amanubandha** (conditions involving indigestion or weak digestion).

### Commonly Practiced Drugs:

The milk for preparing Takra can be medicated with herbs such as:

- Argwadhadi Churna
- Useera
- Hreebera
- Chandana
- Yashti
- Panchagandha Churna (according to the disease being treated)

### Infrastructure Facilities:

#### Manpower:

- A qualified physician
- An experienced technician
- An attendant

#### Space:

- Full-fledged Panchakarma theatre

### Materials Required:

1. Sirodhara device
2. Vessels (for preparing Takra and Amalaki Kwatha, and for collecting the liquid)
3. Towels
4. Cotton plugs (for ears)
5. Gauze pieces (60 cm length)
6. Amalaki Choorna (200 g)
7. Milk (1.5 litres)
8. Musta (100 g)
9. Oil for Talam (10 ml)
10. Rasnadi Choorna (5 g)



## Dose and Method of Administration:

### Preparation of the Medicine:

- **Takra:** Dilute 1.5 litres of milk with four times the amount of water. Boil this with 100 g of **Musta** (skinned and crushed) tied in a muslin bag. Reduce the mixture to the original quantity of milk. Squeeze the muslin bag to extract the essence. After cooling, ferment the milk by adding a little sour buttermilk overnight. In the morning, churn the fermented milk and mix it with **Amalaki Kwatha** (1.5 litres). Remove the butter and use the remaining liquid for the **Dhara**.
- **Amalaki Kwatha:** Boil 200 g of dried **Amalaki** in 8 litres of water, reducing it to 2 litres. Use 1.5 litres for mixing with the buttermilk and 500 ml for washing the head after the procedure.

## Procedure:

### Pre-operative Measures:

1. Apply suitable medicated oil according to the patient's condition on the head.
2. Cover the patient's eyes with eye pads and tie gauze around the head above the eyebrows.
3. Plug the ears with cotton pieces.

### Procedure:

1. The patient should lie in a supine position on the **Droni** (treatment table), with a small pillow under the neck.
2. The **Dhara Pot** is placed above the forehead with the **Dharavarti** (wick) about 4-5 cm above the forehead.
3. The **Takra** (buttermilk mixture) is poured continuously over the forehead, oscillating the vessel to ensure the buttermilk covers the entire forehead.
4. The liquid is collected, filtered, and poured back into the vessel for reuse during the procedure.

## Duration:

- Usually done for **45 minutes**.
- The treatment is typically performed for **7 to 14 days**.
- Best done in the morning (7-10 am), or in the evening (4-6 pm). It is contraindicated in **Sisira** (winter) and **Hemanta** (early winter) seasons.

## Post-operative Procedure (Paschat Karma):

1. After the **Dhara**, wash the patient's head with **Amalaki Kwatha**.
2. Wipe the head with a towel and apply **Rasnadi Choorna**.
3. Advise the patient to rest for the same duration as the treatment before taking a bath.

## Complications and Management:

- **Shivering:** In case of excessive cold sensation, stop the procedure immediately and manage the patient with warm therapies (**Ushnoupachara**).

## Vital Data Recording:

- Record temperature, pulse rate, blood pressure, and respiratory rate before and after the treatment.
- Perform routine pathological investigations before and after the treatment.
- Specific biochemical investigations like **Blood Sugar**, **Blood Urea**, and **Serum Cholesterol** may also be conducted to monitor the patient's health.

This therapy is gentle yet effective in balancing the mind and body, making it a popular choice for treating various psychological and somatic conditions.