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)

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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.

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