



Takra

Takra is a classic Ayurvedic digestive drink traditionally prepared from diluted yogurt and digestive spices.

Servings: About 3
Preparation Time: 10 minutes



Ingredients

- ½ cup yogurt (plain, whole, non-homogenized, cream on top)
- 2 cups water
- 1 teaspoon of dry roasted **cumin seeds**
- Fresh cilantro or mint
- **Pink Himalayan salt** or **sea salt** to taste

Instructions

- Place the yogurt and water in a blender.
- Blend on low for 3–9 minutes (depending on your blender and the yogurt).
- Scrape off fat that forms on the top (this is important for this remedy because the fat is harder to digest, and the idea is to increase digestion rather than bogging it down). If you get foam rather than fat forming at the top, you may want to try another brand of yogurt, but be sure to scrape off this foam as well.

Takra (Cont.)



Instructions (Cont.)

- The fat that is scraped from the top can be saved and used as fresh butter or saved in the refrigerator to be made into ghee when you have enough accumulated.
- After scraping, add the cumin seeds, cilantro or mint, and salt to taste. Other digestive herbal blends can be used depending on your constitution, current state of balance, time of life, and time of year.
- Drink takra 15 - 30 minutes before each meal to aid digestion. If you already have good digestion, takra can be consumed immediately following a meal in small portions.
- The yogurt needs to be non-homogenized, meaning that the yogurt and fat molecules have not been spun at high speeds to combine the molecules in the processing of the yogurt. Brands that work well are Seven Stars and Green Valley, or your local farmer's market may have a fresh yogurt. Homemade yogurt is ideal.
- Make takra fresh each day in the morning before breakfast. It can be placed in a thermos to carry to work and does not need refrigeration if consumed on the same day, according to Ayurveda.

Takra (Cont.)



Instructions (Cont.)

- While takra does not create gas, you may feel a bit bloated and gassy for the first 1-2 weeks. The Vata (air) is moving back into the digestive system to be eliminated, so don't give up! :)

This recipe is excellent for all three doshas. More heating spices can be added for Kapha individuals and those with a Kapha imbalance.

Ayurveda reminds us that the most potent ingredient in any recipe is the love and intention of the cook. May this practice serve you well.

*With love + wishes
for balanced Agni,
Belinda*

