

Concept of Rasayana and Ayurvedic Drugs

Prabhakar H Kannalli¹, Shankaragowda²

¹PG Scholar, ²PG Professor and Head,

^{1,2}Department of Rasashastra & Bhaishajya Kalpana,

Taranath Govt Ayurvedic Medical College and Hospital, Ballari, Karnataka, India

ABSTRACT

Ayurveda is the life science and an ancient system of medicine. The main purpose of it is to maintain the health of healthy individuals and cure the disease of diseased one. To fulfil both these purpose bhashajya is mainly divided in two types. To maintain the health of healthy person Swasthasyorjaskara Bhashajya is given which includes Rasayana and Vajikarana a chikistha and to cure the disease of sick person Artasya roganuta bhashajya is given which include the other disease and its treatment. A disease produced due to specific infectious agent or its toxic products, capable of being directly or indirectly spread from man to man, animal to animal or environment to man or animals. Ayurveda has described a larger number of Rasayana, which can provide protection against toxic substances and diseases. They promote physical health, improve the status of the Dhatu (tissue), confer immunity and rejuvenate the system. Concept of Naimittika rasayana is a unique concept in Ayurveda, proved for its beneficial role in the patients suffering from communicable disease in promoting vitality, and ability to withstand the devastating effects of these diseases. This concept brings a new dimension into the health-care, and promotes an integrated approach between different modalities in the field of public health. The paper will discuss about the approach in the management of communicable disease through rasayana therapy with appropriate examples.

KEYWORD: Rasayana, Ayurveda drugs, immune modulatory action, formulations

INTRODUCTION

Ayurveda an ancient science gives vast descriptions of Adjunct therapy in the name of (Rasayana/ Ghrita/ lehyas). Rasayana or rejuvenation therapy, is one of the eight main branches of Ayurveda and is recommended to increase Ojas (life/ essences of saptadhatus) after detoxification programmes.

The ^[1]Rasayana drugs and formulations provides longevity, memory, Intellectual power, freedom from the diseases, youthful age, excellence of luster, complexion and voice, optimum strength of physique and sense organs, respectability and brilliance.

It is good for all the age groups like elderly, pregnant women, children and old ages.

Rasayana therapy prevents the effects of early ageing, develops resistance and immunity in the body to counteract the diseases and also helps in alleviating the prakupita doshas in the body.

Ayurveda has provided guidelines for slowing down the ageing process (Jara) by Increasing Ojas. Modern scientific evaluation of rasayana plants and other treatments used in Ayurveda have borne out the fact that rejuvenative tonics have the ability to protect the body against the ravages of

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Corresponding Author

DR. Prabhakar H Kannalli

Email: prabhakarhkannalli26@gmail.com

age and the damaging effects of the environment in which we live, by enhancing the body mechanism, ability to fight off disease- carrying organisms through non- specifically activating the immune system.

Use of rejuvenative foods, oils/ghee, herbs and behavioral rejuvenation is very important in making a life longer, disease free and happy.

NEED OF RASAYANA

Cell death in body is possible due to varied factors leading to physical metabolic and psychological impairments thus setting foundations of various ailments with Rasayana therapy it is possible to prevent or delay this damage.

THE POSSIBLE MECHANISM OF ACTION:

Nourishes and Maintains the cell life (Neutraceutical action)
Encourages the growth of new cells (Regenerative action)
Prevents recurrent infection, expelling the damaged cells (Immunomodulatory action)
Eliminates the toxic metabolites and pollutants (Antioxidant action)
Maintains the balance between mind and body (Adaptogenic).

CLASSIFICATIONS^[2]

BASIS OF UTILITY

1. Naimittika Rasayana (used for particular disease) Ex. Pippali (piper longum) rasayana for rajayakshma.
2. Kamyas Rasayana (used to fulfill a desire or to serve a special purpose. It is of four types:
 - Prana kamyas- Achieves or maintains the best quality of prana in the body.
 - Medha kamyas- Enhance the memory and intellect.
 - Ayush kamyas- increase longevity
 - Chaksu kamyas- maintains the healthy eyes.

3. Ajasrik Rasayana

It is used to maintain good health and improve the quality of life through a healthy life style, diet or exercise in daily routine. Eg: milk, Ghee, Honey, adopting the principles of Acharya rasayana.

BASED ON CONSUMPTION^[3]

1. kuti praveshika Rasayana (Indoor)- method of consuming Rasayana by entering into an isolated and specially constructed cabin and staying therein until the completion of therapy. (minimum 4 weeks).
2. Vatatapika Rasayana (outdoor)- there will be isolation, no special constructions or instructions and restrictions to be followed. The person can lead a normal day-to-day life and yet take the Rasayana.

BASED ON MODE OF ACTION

- Samshodhana- Dosasamsodhanadi samshodhanam
- Samsamana- samsanadi nagabaladi prayogadikam

1. ACCORDING SUSHRUTA MAHARSHI^[4] has classified into four types (entirely description about the Rasayana)

- Sarvopagatha samaniya
- Medhayuskamiya
- Svabhavavyadhi Pratisedhaniya
- Nivrtta santapiya

In this, sarvopagatha samaniya deals with counteract the disease process. Medhayuskamiya is one of by which an individual can increase his intellect and prolong his life. svabhavavyadhi pratisedhaniya is one which delays the onset of svabhavika vyadhis like kshudra, pipasa, jara, mrutyu etc. and nivrtta santapiya rasayana rebuilds the physical & mental faculties following their disturbance due to disease process.

2. BASED ON SPECIAL VARIETIES^[5]

- Medhya Rasayana (Acharya Charaka has been mentioned four medhya rasayana) which are memory power enhancer and cures mental disorders.

- Acharya Rasayana (Acharya Charaka has been explained about the sadvritta).

MATERIALS AND METHODS

The related references have been collected from different Ayurvedic texts and its available commentaries, related websites. The collected references have been critically observed, compiled and discussed thoroughly.

DISCUSSION^[6&7]

RASAYANA YOGAS ACCORDING TO DIFFERENT AUTHOURS

Cold water, milk, honey and ghee each one separately is beneficial.

These in the combination of any three or all consumed before meals withhold aging.

Rasayana drugs for specific dhatu or tissues^[8]

Rasa (plasma): kharjura, draksha, kasmari
 Raktha (blood): Lauha, amalaki, bhringaraj, palandu
 Mamsa (muscle): Bala, nagabala, Ashwagandha, salaparni
 Meda (adipose): guggulu, shilajit, amrita, haritaki
 Asthi (bone): laksha, vamsalochana, sukta, sankha
 Majja (marrow): Lauha, vasa
 Shukra (reproductive tissue): kapikacchu, Ashwagandha, shatavari.

Ayogya for Rasayana sevana^[9]

Anatmavan – mentally weak
 Alasi – lethargic
 Pramadi – carelessness
 Vyasani – addict
 Papakari – troublesome nature
 Beshajaapamani – dishonour for medicine

WHO CAN BE USE RASAYANA

- Ideally use of Rasayana should be started before onset of old age. But one can start the practice of same at any age.
- For maximum benefit of same biopurification of body should be achieved.
- Selective Rasayana can be used for selective benefit.
- People desirous of achieving of highest physical and mental health should use rasayana

Rasayana specially suited to specific prakriti (constitutions)

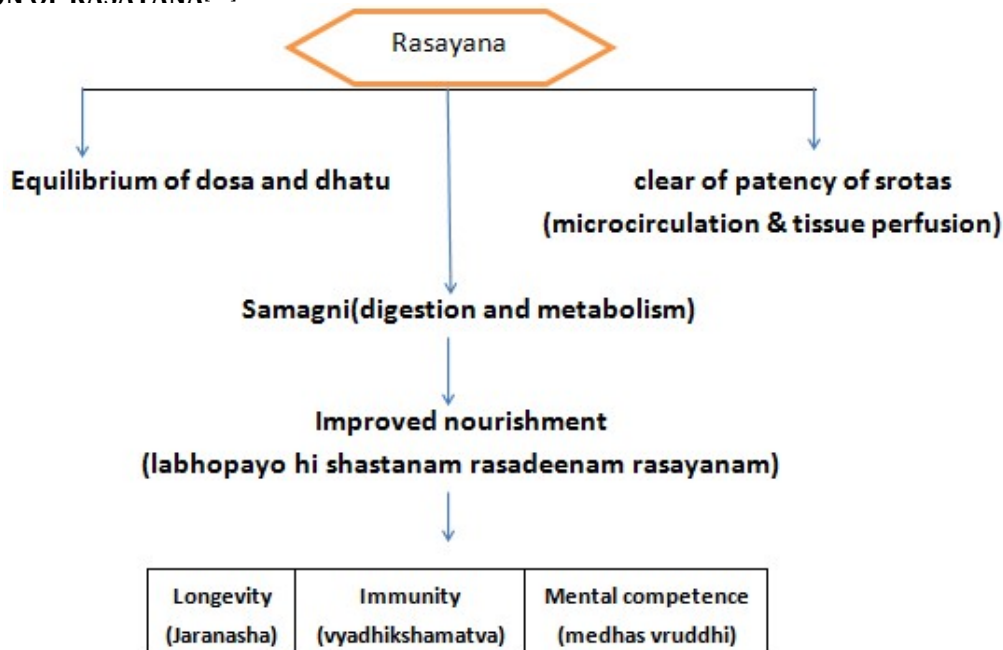
Deha prakriti (bodyconstitution)

1. vataprakriti: Bala, nagabala, ghrita
2. Pitta prakriti: Amalaki, Shatavari
3. Kapha prakriti: bhallataka, guggulu, pippali, vacha.

Manasaprakriti (mental constitution)

Ashwagandha, Sankhapushpi, bramhi, mandukaparni, other medhya dravyas

MODE OF ACTION OF RASAYANA^[10]



ANTIOXIDANT ^[11]

Anti oxidants can be defined as substance whose presence in relatively low concentrations significantly inhibits the action of free radicals.

All the Rasayana drugs are having anti oxidant property. Identified anti-oxidants are:

- Vitamin C
- Tocopherol
- Retinol
- Selenium
- Lycopene

In addition Rasayana drugs provides specific tissue nutrient which helps preserve the health of specific tissue like brain, skin, etc.

Nutriceutical action^[12]

Rasayana therapy which includes ideal dietics is supposed to provide best required nourishing fluid o body tissue.

It only requires excellent power of digestion & patency of body channels to achieves this objectives.

Regenerative action:

Rasayan has potential to reverse degenerative processes in cells by their restorative and free radical scangaving properties rasayana like Amalaki, Ashwagandha, Shilajit has this potential.

Immunomodulatory action:

Rasayana have immunomodulatory potential. Studies have shown that use of rasayana modulates immune phenomenon which help in having appropriate immunological response to a situation. this helps not only in providing adequate immune response what also avoids autoimmunity

Rasayana as Adaptogenics:

Rasayana help maintains the balance between mind and body

This is based on anti- stress practices in adily life (Acharya rasayana) and use of rasayana like Ashwagandha, Amalaki, Bramhi, etc for maximum benefit.

CONCLUSION

Preventing or retarding the onset of diseases has become a more attractive and cost effective strategy in the medical arena. Ayurveda Rasayana formulations can do neutraceutical qualities, both as preventive and curative.

It's not always possible to find out the active phyto – constituent and the rationality of a particular combination of herbs in terms of modern scientific methods.

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