

Therapeutics utilization of *Rasayan chikitsa* as per principles of Ayurveda

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Abstract

Rasayan chikitsa is one of the important branch of Ayurveda helps to maintain healthy life style. As per Ayurveda, *Rasayana* improve immunity and perform many vital functions of human body. Many herbs and dietary material can act as *rasayan* and work as immune stimulant, antioxidant, adoptogenic and anti-stress agent etc. *Rasayanas* are also known to have anti-infective properties. *Rasayan* drugs consists Vitamin C, Vitamin E, Beta carotene, Riboflavin and other important phytoconstituents. This article presents some therapeutic importance of various *rasayan* with their clinical or traditional evidences.

Keywords: Rasayan chikitsa, Ayurveda, Rejuvenation Therapy, Ayurveda Principle

1.Introduction

Basic principle of ayurveda is to maintenance of health of healthy person and is to cure diseases; Ayurveda has some special treatment options for many classified diseases like; *Rasayan chikitsa*; Rasayana therapy involve clinical effects like; *Vaya Sthapana*, *Ayushkara*, *Medhakara*, *Balakara* and *Jara Vyadhi Nashana* effects. Rasayan therapy performs work like rejuvenation and promotes healthy life by preventing the diseases. The ultimate aim of rasayan therapy is to correct *dosha* disturbances & improve *agni* and *dhatu* function which overall improves strength, immunity, *ojus*, vitality, longevity, memory, intelligence and excellence of luster. The current scenario of lifestyle is very much responsible for the *tridosha* imbalance along with *dhatu* disturbances thus need of rasayana therapy becomes essential to increases the essence of each *Dhatu*, starting from *Rasa* [1,2].

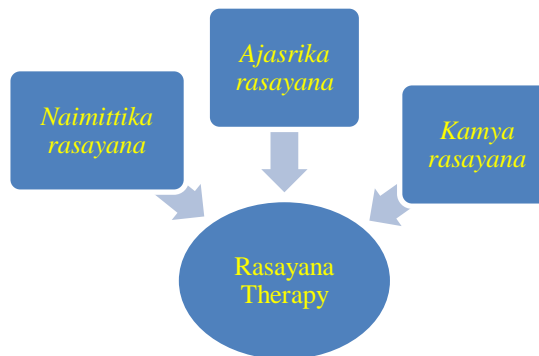


Figure 1: Type of *Rasayana* Therapy

2. Types of *Rasayana* Therapy

1. *Naimittika rasayana*
2. *Ajasrika rasayana*
3. *Kamya rasayana*

2.1 Naimittika rasayana

It is the type of *rasayan* therapy utilized for specific curative purpose. It hastens the recovery from prevailing diseases. Some examples of this *rasayana* are *Dhatri rasayana*, *Mandookaparni rasayana*, *Brahmi rasayana*, and *Triphala rasayana*.

2.2 Ajasrika rasayana

It is used to improve health and maintaining good healthy lifestyle, diet or exercise. It involves utilization of milk, ghee, honey and maintainance of discipline life style.

2.3 Kamy rasayana

It is used to improve function like; *kama* desire. It also improves *prana* (life energy), *medha kamy*; used for enhancing the memory and intellect.eg. *Shankhapushpi*. *Ayush Kamy*; used for increasing longevity.

3. Basic Principles of Ayurveda and Role of Rasayana

Ayurveda suggest that body consisted of five elements; ether (space), air, fire, water and earth. These elements also contribute towards the nature like human body. Ayurveda believe that imbalance of these elements leads to many diseases. The combined rational effects of these elements are responsible for *Vata Dosh*, *Pitta Dosh* and *Kapha Dosh*; these three are represents as “*Tridosha*” of ayurveda which play vital role for diagnostic as well as treatment purpose of many disorders. As per traditional ayurvedic text *Rasayana* Therapy play important role of treating many diseases by correcting the imbalance of *Tridosha*. *Rasayan* improve movement by correcting *Vata Dosh*, also improve metabolism through balancing of *Pitta Dosh* and improve growth and protection mechanism by correcting *Kapha Dosh*.

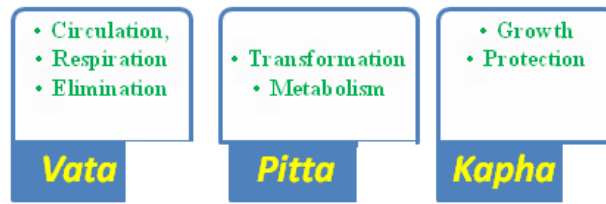


Figure 2: *Rasayana* Control of Principle Functions of *Tridosha* for Curing Diseases.

4. Some therapeutics importances of Rasayana

A. Vayasthapak Mahakashay (Great Extractives)- Anti Aging Drugs

Mahakashay is an ayurvedic formulation comes under the ctagory of *rasayana* used as age stabilizer it also cures various diseases and improve aphrodisiac power. This type of formulation contains many herbs like; *Guduchi Tinospora cordifolia*, *Haritiki Terminalia chebula*, *Amalki Emblica officinale*, *Shweta Clitoria ternatea*, *Jeewanti Leptadenia reticulate*, *Atirasa Asperagus racemosus*, *Mandookaparni Centella asiatica*, *Punarnava Boerhaavia diffusa*, etc [3].

B. Rasayana for Neuro-Protection

A study confirms effect of Ayurvedic *Rasayana* as neuro-protector in Alzheimer’s disease. Study was based on the fact that *Amalaki rasayana*, prepared from Indian gooseberry fruits, and *Rasa-Sindoor*, an organo-metallic *Bhasma* prepared from mercury and sulphur improves general well-being. Study showed that dietary supplement of either of these formulations substantially suppressed neurodegeneration in Alzheimer’s disease. The suggested mode of action may involve prevention of accumulation of inclusion bodies and heat shock proteins, suppression of apoptosis and improvement of protein clearance in affected cells. Study confirmed the potential of these two Ayurvedic formulations *Amalaki rasayana* and *Rasa-Sindoor* in providing a holistic relief from the common neurodegenerative disorders [4].

C. RutuHaritaki Rasayana in Amlapitta

Rasayan Chikitsa involves utilization of various herbs like *Amalaki*, *Bhringaraj*, *Ashwagandha*, *Punarnava*, *Chitraka* and *Haritaki*. *Rutuharitaki Rasayana* describes the *Rasayana* effect of *Haritaki* taken along with different *Anupana*. *Amlapitta*, a disease of *Annava* *strotas* related with the gastric problem. *Haritaki* alongwith *Guda* (*Jaggery*) having curative properties for all types of gastric disorders. It possesses properties like; *Dipana*, *Anulomana* and *Tridoshashamak* which relieves *amlapitta*. A study conducted by Kamlesh *et al* proves

effect of *haritaki Rasayana* in *Amlapitta* clinically. Study suggests that gastric problem like heartburn, nausea and vomiting contribute greatly for *amlapitta*. As per ayurveda the *amlapitta vyadhi* is caused due to *Viruddhashana* and *Pittaprapokapa bhojana* and *pana*. The symptoms of *Amlapitta* involve *avipaka*, *klama*, *utklesha*, *amlodgar* and *aruchi*. Ayurveda claim *Haritaki* as effective treatment option for *amlapitta*. As per traditional ayurvedic text '*Haritakyadi shodhan*' stimulates *Agni* and help to maintain health by correcting imbalance, also improves vitality, strength, immunity, potency and antiageing effects. *Haritaki Rasayana* also possesses *Pittashamaka* effect since it's having properties like; *Madhura*, *Tikta*, *Kashaya*. Thus *Haritaki Rasayana* supports basic principles of Ayurveda i.e. *Lokatulyatvam Siddhanta*, *Panchabhautika Siddhanta* and *Shatakriyakal Siddhanta* [5].

D. Rasayana for Rajonivritti Janya Lakshana (Menopausal Syndrome)

Rajonivritti (Menopause) condition occurs due to hormonal changes in middle age women. Ayurveda suggests *Rasayana Chikitsa* is an effective tool for the management of *Rajonivritti*. Study proves effectiveness of various *Rasayana Chikitsa* like utilization of *Rasayanakalpa Vati* for the treatment of *Rajonivritti*. A study was conducted to proven the clinical efficacy of *Rasayanakalpa Vati* in *Rajonivritti*. *Rasayanakalpa Vati* (*Anubhuta*) contains dried powdered of many herbs like; *Haritaki* (*Terminalia chebula* Retz), *Amalaki* (*Embllica officinalis* Gaerth), *Guduchi* (*Tinospora cordifolia* Willd), *Mandukaparni* (*Centella asiatica* Linn), *Jatamansi* (*Nardostachys jatamansi* DC), *Suddha Guggulu* (*Commiphora mukul*) and *Pravala Bhashma* (*Corallium rubrum*). Study observed significant effect in duration of one month. Study established *Rasayanakalpa Vati* as a potent therapeutic agent for the treatment of *Rajonivritti* [6].

E. Bhasma as Rasayan

Bhasma are Herbo-mineral formulations of ayurveda, very important composition of *Rasashastra*. These formulations take on different valence states and have different crystal structure and physical properties. The advantage of *Bhasmas* is that this formulation having small size and thus provides better therapeutic effects. Studies have claimed the superiority of *Bhasmas* over other formulations. Utilization of metals and minerals of aquatic and soil origin in ayurveda is the basis of *bhasma* these metals and minerals after several process of purification and calcination forms nanosized fine powders as *bhasma*. *Bhasma* performed many vital function as *rasayan* such as stimulant, antioxidant, improves strength, immunity, longevity, memory and intelligence etc. Many traditional ayurvedic text mentioned *bhasma* as significant formulary of *Rasayan Chikitsa* [7].

5. Conclusion

Rasayana Chikitsa is a basic therapy for rejuvenation since it attains longevity, memory, intellect, freedom from disease, youth and excellence of lusture. This review articles describes significant informations regarding various options of *Rasayana Chikitsa* as per ayurveda including herbs, combinations of herbs in the form of traditional formulation and *bhasma*. *Rasayana* contributes significantly as the treatment component of ayurveda for curing various diseases and maintaining healthy life style.

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