



WONDERFUL EFFECT OF RASAYANA IN IMMUNITY

Dr. Manisha Chandniha

Asstt.Professor Department of Samhita Siddhant, K.J.Institute of Ayurveda & Research attached Kashiba Ayurvedic Hospital, Savli, Vadodara, Gujarat.

Dr. Manoj Runghe*

Professor & Head of Department Department of Samhita Siddhant, K.J.Institute of Ayurveda & Research attached Kashiba Ayurvedic Hospital, Savli, Vadodara, Gujarat. *Corresponding Author

ABSTRACT

Ayurveda is an ancient Indian system of medicine. According to Sushruta Samhita The term swasthya is equilibrium state of Dosha, Agni, Dhatu and Mala. Three dosha (vata, pitta, kapha), Agni (dhatvagni, bhutagni and jatharagni), Dhatu (sapt dhatu ras, rakta, mansa, meda, asthi, majja, shukra) and trimala are responsible for maintaining good health. The Rasayan therapy enhance the qualities of Rasa, enriches it with nutrients so one can attain longevity, memory intelligence, freedom from disorder, youthfulness, excellence of luster Complexion and voice, optimum of physique and sense organs, mastery over phonetics and brilliance. Our faulty lifestyle and diet is totally responsible for vitiation of Doshas in our body. Lifestyle like addiction of day sleep, excessive sexual indulgence and alcohols, exposed to stressful life, excessive and irregular exercise, subjected to excess of fear, grief, hunger, greed and overwork. Rasayana is a specialized type of treatment influencing the fundamental aspect of body viz. Dhatus, Agni and Srotansi and ojus etc. Rasayana Chikitsa boosts the ojus and immune system.

KEYWORDS : Dhatu, Srotansi, ojus, Rasayana.

Introduction: Ayurveda is an ancient Indian system of medicine. Ayurveda can be defined as a system, which uses the principles of nature, to maintain health in a person by keeping the individual's body, mind and spirit in perfect equilibrium with nature. According to Charak samhita, "Ayu" is, the combination of Sharir, Indriya, Satva, Atma and Dhaari, Jeevita, Nityaga, Anubhandha are its synonyms The aim of this system is to preserve life. For achieving Dharma, Artha, Kama and Moksha the health is important.

According to Sushruta Samhita The term swasthya is equilibrium state of Dosha, Agni, Dhatu and Mala. Three dosha (vata, pitta, kapha), Agni (dhatvagni, bhutagni and jatharagni), Dhatu (sapt dhatu ras, rakta, mansa, meda, asthi, majja, shukra) and trimala are responsible for maintaining good health. Ayurveda has two aims i.e. prevention & promotion of health and secondly cure from the disease. Acharyas promoted the use of rasayana to enhance the oja and immunity. Rasayana therapy means rejuvenation therapy. Taking rasayana is helpful to increase the immunity of the person to keep him away from the disease. Rasayana are health promoting and rejuvenating agents which by their empirical effects produce resistance against disease both physically and mentally.

Meaning of Rasayana

The word Rasayana is composed of two words Ras + Ayan. The means by which one gets the excellence of Rasa (The nourishing fluid which is produced immediately after digestion) is known as Rasayana. Apart from the excellence of Rasa, the individual is endowed with Psychic excellence like sharp memory, by virtue of rejuvenation therapy.

Need of Rasayana

Our faulty lifestyle and diet is totally responsible for vitiation of Doshas in our body. These Doshas get vitiated because of unwholesome diet and ingredients of food which are alkaline, sour, salty and pungent. Ingestion of dry vegetables, meat and ingredients which are mutually contraindicated like fruit salad, banana with milk, fish and milk, abhishyandi diet (e.g. eating curd in night), heavy, putrid food and habits like irregular time of diet, taking meal before the digestion of previous meal. Lifestyle like addiction of day sleep, excessive

sexual indulgence and alcohols, exposed to stressful life, excessive and irregular exercise, subjected to excess of fear, grief, hunger, greed and overwork. These factors vitiate Doshas and vitiated Doshas are responsible for manifestation of diseases in the body.

Aim & Objective: To review Rasayana & Vyadhihikshmatava from various Ayurvedic samhita. To study the Rasayan Therapy improves our inner immune power and fights against diseases to maintain health of a diseased person and gives strength to all dhatu.

Method & Material:

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.

To achieve healthy and longevity in life, these are various types of Rasayana therapy described in Ayurveda. As on the basis of Dravya and Adravya –

- Dravyabhuta Rasayana Therapy – Dravya means substances. Therefore, the rasayana therapy where various herbs, minerals foods etc. are used is known as Dravyabhuta Rasayana Therapy.
- Adravyabhuta Rasayana Therapy – Adravya consequently means that where no substance is used hence when modalities like good behavior meditation etc. are used. This is also known as Achara Rasayana.

Classification of Rasayana: Based on the aim

(1) Naimittika rasayana: Used for a particular cause, which cause a disease. eg. Pippli (piper longum) rasayana for Rajyakshma, Mandookparni (Centela asiatica) rasayana for medha, Triphala rasayana for chakshu. Naimittika rasayana for some of specific diseases.

- Netra roga – Jyotishmati, Triphala, Yashtimadhu.
- Hridya roga – Shaliparni, Arjuna, Pushkarmula.
- Twak roga – Tugaraka, Somaraji, Bhalattaka.
- Pandu – Lauha, Mandura.
- Vata vyadhi – Guggula, Bala, Nagbala.

- Madhumeha – Shilajit, amalaki.

(2) Ajasrika 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 Achar rasayan.

(3) Kamy rasayana- It is used to fulfil a desire or to serve a special purpose. It is of four types:

- Prana kamy- achieves or maintains the best quality of prana in the body. e.g. – Amalki, Haritaki, Guduchi.
- Medha kamy- enhances the memory and intellect. e.g. – Brahmi, Vacha, Mandukpurni, Sankhpuspi.
- Sri Kamy rasayan - increase longevity. e.g. – Amalki, Haritaki.

Based on mode of action:

(1) Samsodhan – 'Dosasya samsodhanadisamsodhanam'
(2) Samsamana – 'Samasamanam nagaba-ladi prayogadikam samsodhana and samsamana both are curative in nature samsodhana type of Rasayan expels the aggravated dosas whereas sam-samana type pacifies the accumulated ones.

On the basis of drug, diet and life style:

- Aushadha Rasayana Therapy – Based on drugs and herbs.
- Ahara Rasayana Therapy – Based on diet and nutrition.
- Achara Rasayana Therapy – Based on conduct and behavior and lifestyle. By avoiding excess of anything, non-violent and clam behavior, avoid use of alcohol and sexual indulgence, by keeping cool mind, patience, sincerity worshipping God and elders, egoless nature are the examples of Achara Rasayana.

As per method of use:

1) Kutipraveshik Rasayana – It is the procedure of an Indoor therapy. This is administrated by keeping the individual inside a special cottage.

2) Vatatapika Rasayana – It is an outdoor therapy. This is administrated even if the individual is exposed to the wind and the sun. In today's lifestyle we can administer this rasayana without disturbing our daily routine.

Shodhan is very essential for a person who wishes to undergo rasayana therapy as a preparatory procedure. Rasayana is more effective when it is given after panchakarma therapy. The shodhan process detoxifies both body & mind. This helps in the initial detoxification of the body and prepares it for the rasayana regime.

1) Kutipraveshika Rasayana:

Kutipraveshika is made up of two words. That is "Kuti" means "A cottage" and praveshika means "To enter". In this method, the person has to reside in a specially prepared cottage for a long period while receiving various herbs. The cottage should have sufficient space and height, three interior chambers one after the other, a small opening and thick wall. The person is given Rasayana preparation inside the cottage. The person has to strictly follow the prescribed diets and other instructions given by the physician. He should undergo panchakarma therapy before taking the rejuvenation.

2) Vatatapika Rasayana:

It consists of two words "vata" means Air and Atapa means "Heat" or "Sun". So this is a method of taking rasayana, while a person remains exposed to air and heat and this rasayana can be taken while working and doing your normal routine work.

Following are some of examples of rasayanas used for specific purpose.

- **Medhya Rasayana** – Improve the intellect and memory.
- **Amalaki Rasayana** – It is beneficial for brain, eyes, skin & hair. Stops ageing process.
- **Bhalattaka Rasayana** – Used for skin diseases.
- **Shatavari and Ashwagandha Rasayana** – Increases strength of the body.
- **Pippali Rasayana** – Used for anti aging purpose & used in treating respiratory conditions.

Materials – Like Herbs / Medicines used for Rasayana Therapy

- Ashwagandha – Cures and corrects nervous disorders.
- Amalki – Stops ageing process by decreasing the catabolic activity.
- Haritaki – Eliminates waste products and improves digestions.
- Shatavari – Promotes lactation in lactating mothers, useful in infertility, libido and women's health.
- Pippali – Useful in respiratory and gives strength to tissues.
- Bala – Gives strength to body tissues.
- Brahmi, Shankhpushpi, Vacha – Improves our memory power, gives sharpness and intelligence.
- Guggulu and Punarnava – Promotes waste product digestion in tissue and promotes kidney function.

Achara Rasayana:

One more Rasayana variety has been mentioned in Charak samhita. i.e. Achara Rasayana, which is a nonpharmacological form and in this Sadvrta and Swasthavrta followed strictly and gets the beneficial effects. It is just like a code of good conduct and habit.

Susruta has classified into four types

- Sarvo paghata Samniya
- Medhayuskamiya
- Svabhavavyadhi Pratisedhaniya
- Nivrtta Sanapiya

In this, sarvopghata samaniya deals with counteract the diseases process. medhayus-kamiya 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 kshut, pipasa, jara, mrtyu, etc. and nivrtta santapiya Rasayana rebuilds the physical and mental faculties following their disturbance due to diseases process.

Mechanism of Rasayana:

When Rasayana drugs of different rasas are taken, they are digested by jatharagni followed by bhutagni. During this phase vata, pitta & kapha produced along with pure saara part i.e. Ahaara rasa. This qualitative ahaara rasa produces pure Rasa dhatu, which then continues the chain of production of other raktadi dhatus with the help of respective dhatavagni up to ojas formation. Therefore well formed dhatus keep on nourishing the body till they are taken. Rasayana drugs act at the level of Rasa by improving the nutritional value of the poshak rasa which helps to obtain the best quality of dhatu e.g. shatavari, bala, atibala etc. Some rasayana drugs act at the level of Agni & strotas by improving digestion and metabolism. The rasayana drugs possessing the ushna, laghu, ruksha, and katu, tikta, kashaya rasa acts at level of agni, vitalizing the organic metabolism leading to an improved structural and functional pattern of dhatus. Drugs such as pippali, guggulu, rasana, bhalattaka, vidanga, chitraka, haritaki mainly acts at level of agni to improve the digestion and create excellence of saptadhatu. Similarly

amalaki, amrita, pippali, kumari are supposed to act the level of dhatwagni also causing excellence of all dhatus.

Vyadhikshamatva (immunity):

According to Acharya Chakrapani Vyadhikshamatava means “vyadhibalapratibandhatavam” and “vyadhyutapadapratibandhakatvam”.

When etiological factors come in contact with body they try to produce disease. At the same time the body tries to resist the disease. This power of the body, which prevents the development of disease or resists a developed disease, is called Vyadhikshamatava. Vyadhikshamatava is depends on the presence of bala in the body. Rasayana drugs also influence oja which increases sharir bala. A person with appropriate amount of bala is also said saptadhatu-sara. This provides the capacity to resist the external disease causing agents.

Benefits of Rasayana Therapy –

Ayurveda Rasayana Therapy has many benefits and it is very important in many ways are given below –

- Deergham ayu: It gives longevity.
- Smriti, Medhavadhak; Improves memory, intelligence, intellect power.
- Arogyam: Increases Resistances to diseases. Keep body young and agile.
- Prabha & Varna: Excellence of luster & complexion.
- Swaryam: Good for voice.
- Deha-indriyam balam pradam: Good for body & sense organs.

CONCLUSION:

Thus we can say that rasayana has important role in immunity enhancement. It is required to create awareness among people about rasayana, which will prevent disease & promote health of the every individual. Rasayana Therapy is that which rejuvenates the whole body and makes new and disease free body. Rasayana Therapy is a kind of Rejuvenation Therapy as well as preventive therapy.

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