



## RASAYANA EFFECTS OF HERBAL DRUGS MENTIONED IN BRIHATRAYEE W.S.R.T. SEVAN VIDHI

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### ABSTRACT

All 3 Brihat samhitas cited definition of Rasayana in their own unique way and all these definitions cover all the aims of Rasayana therapy. Acharya have emphasized much more efforts on maintaining health by describing many references regarding the dietary habits and other good habits to maintain good health and to fight against diseases. In Bruhatrayee 9 separate chapters are described for Rasayana. Elaborate description of Rasayana is given in the four padas of first chapter in Chikitsasthana of Charaka Samhita. In Sushruta Samhita it is found 27 to 30 chapters of Chikitsasthana & 39th chapter of Uttartantra from Ashtang Hridaya. Sushruta Acharya mentioned Bhallataka, Tugaraka and Pippali. Separately other than Rasayana chapter. Acharya Charaka has mentioned 33 Single Rasayana Drugs, where Acharya Sushruta and Vagbhatta stated 22 and 45 drugs respectively for the Raasayana Karma. Amongst those 12 drugs by Acharya Sushruta and 18 drugs by Acharya Vagbhatta were newly added which are not stated by Acharya Charaka for Rasayana Karma. Along with its classical importance and utility, this therapy is useful in different medical problem of present era. Many dimensions of this therapy which give advantage to mankind which highlights the utility of Rasayana therapy.

**KEYWORDS :** Rasayana, Herbal drugs, Brihatrayee

### INTRODUCTION

Rasayana is not drug therapy but it is specialized procedure practiced in the form of rejuvenative recipes, dietary regimen and special health promoting conduct and behavior.

Study has been carried out in chronological order for better understanding of periodical development of Rasayana Karma, Vidhi, drugs and effect of Rasayana Karma.

Acharya Charaka mentioned importance of single drug in Sutrasthana (Ch. Su. 4/22) is as follows -

A person who is capable of performing many acts gets different designations according to the act performed; nature of acts and the means adopted similar in the case with drug as well. So, if we could find one single drug processing many curative properties to such an extent that it will be effective in curing all diseases.

Single drug therapy has its own importance as it is easy to formulate, can be administer the drug in accurate dose, and also the collection and process of the single drug is simpler.

In today's era, it is essential to study Ayurvedic drugs with broad spectrum as it will be easy to formulate single drug on vast aspect.

Therefore, this attempt has been made to do literary study of single drug Rasayana with special reference to Brihatrayee.

One can find many different definitions of Rasayana in different texts but they all indicate same connotation.

1)Ch.Chi. 1/1/7-8

2)Su.Su.1/8 as well as Su.Su.1/8 (Dalhan tika)

3)A.H.U. 39/1

4)Sha.S.Pu.Kh. 4/13

5)भावप्रकाश-पूर्वखण्ड-मिश्रप्रकरण (1/237)

It is the therapy to improve memory, intelligence, youthful age, complexion, voice, optimum strength of physique and sense organs, successful words, respect, ability and brilliance along with freedom from ailments.

### BASIC GUIDELINES OF RASAYANA SEVAN VIDHI

Therapeutic guidelines are given by Acharyas i.e. Kala, Anupana, Matra, Pathyapathya regarding Rasayana drugs which gives effective results accordingly. And these should be followed by every individual while consumption of Rasayana therapy.

### KALA

Rasayana drugs should take with consideration of Age group (Vaya Kala), Sevana Kala, Ritu Kala for effective results of drug.

e.g. 1) Amalaki with Madhu Ghrita is advised in end of the Sharad Ritu for Jarahar effect of it by Acharya Charaka in Ch.Chi.1/2/8

2) Every Rasayana drug is advised to take at Pratahkala or Suryodaya Purva in Sushruta Samhita and Ashtanga Hridaya.

### ANUPANA

A single drug can give various effects if used with different Anupanas.

e.g. 1) Acharya Charaka has advised to take Amruta Swaras with Dugdha for Jarahara effect of that drug while it is taken without any Anupana for its Balya, Agnivardhan and swarya effect in Ch.Chi.1/2/12 and Ch.Chi.1/3/30 respectively.

2) Chitraka is advised to take with Gomutra for curative aspect such as Kushth, Pandu, Udara while It is advised with Ushna Jala on preventive major such as Balya, Medhya, Varnya in Su.Chi. 28/3 by Acharya Sushruta.

### MATRA

e.g. 1) Vardhamana Rasayana is best example of Matra given by all the 3 Acharyas.

2) Acharya Vagbhatta advised to take 2 Tola of Punarnava Churna with Anupana of Dugdha for 2 Maas, 6 Maas, 1 Varsh for its Vayasthapan, Balya, Rogamukti effect respectively in A.H.U.39/154.

### PATHYAPATHYA

e.g. 1) Shali Shashtika with Ushna Dugdha, Ghrita is common Pathyapathya advised with maximum Rasayana drugs by Brihatrayee.

2) Acharya Vagbhatta is stated that Dugdha is only Ahara advised while taking Nagabala Rasayana in A.H.U.39/55

### SINGLE RASAYANA DRUGS MENTIONED BY ACHARYA CHARAKA

5 single Rasayana drugs have been mentioned with their detail description including Sangraha-Vidhi, Prayoga-Vidhi with Prayojyanga, Guna, Karma, Rasapanchaka and Phalashruti etc. in 3 padas i.e. Cha. Chi. 1/1-3

Table No - 1

Sr.No.	DRUGNAME	KALPANA	ANUPANA	KALA	KALAWADHI	PHALSHRUTI	REF
1.	Abhaya	Swaras	Dugdha	Earlymorning	1Year	Shatayu	Ch.Chi.1/2/12
2.	Amalaki	ChhayaShushkaChurna	Madhu,Ghrita,Sita	Earlymorning	-	Shatayu	Ch.Chi.1/2/8
		-	-	Earlymorning	-	Shree-Veda-Vani Praveshita	Ch.Chi.1/3/14
3.	Bhallataka	Ksheer	GhritaliptaMukha	Earlymorning	55Days	ShatayuVaya-Avatishthati	Ch.Chi.1/2/13
		Kshaudra	Madhu,Ghrita	Earlymorning	-	Shatayu	Ch.Chi.1/2/14
		Tail	Madhu,Ghrita	Earlymorning	-	Shatayu	Ch.Chi.1/2/15
4.	Nagabala	Churna	Dugdha	Earlymorning	1Varsh	TarunavasthaPrapti	Ch.Chi.1/2/11
		Churna	Madhu,Ghrita	Earlymorning	1Varsh	Shatayu	Ch.Chi.1/2/11
5.	Pippali	-	UshnaJala	Earlymorning	19Days Pravar	Bruhan,Medhya Ayushyakara,Swarya Udar-Pleeharoga Shanti	Ch.Chi.1/3/36-40

MEDHYA RASAYANA MENTIONED BY ACHARYA CHARAKA -

Table No - 2

Sr.No.	DRUG NAME	KALPANA	ANUPANA	KALA	KALAWADHI	PHALSHRUTI	REF
1)	Amruta	Swaras	-	Early morning	-	Medhya ,Swarya Ayurvedhaka, Vyadhin ashaka, Balya	Ch.Chi.1/3/30
2)	Mandukaparni	Swaras	-	Early morning	-	Medhya ,Swarya Ayurvedhaka, Vyadhin ashaka, Balya	Ch.Chi.1/3/30
3)	Shankh apushpi	PanchagaKalka	-	Early morning	-	Medhya ,Balya, Ayurvedhaka, Vyadhin ashaka, Swarya	Ch.Chi.1/3/30
4)	Yashtim adhu	Churna	Dugdha	Early morning	-	Medhya ,Balya	Ch.Chi.1/3/30

								Ayurvedhaka, Vyadhin ashaka, Swarya
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Acharya Charaka has stated 9 drugs in Ch.Chi.1/2/11 which have same Sangraha and Prayoga Vidhi and Phalashruti as per Nagabala Rasayana.

- 1)Atibala 3)Bala 5)Agaru 7)Asana 8)Dhava  
2)Chandana 4)Khadir 6)Shinshapa 9)Tinsh

Again following 17 drugs are advised in Ch.Chi.1/4/6 according to same procedure i.e. Drug should consume with Anupana of Dugdha for 6 months to increase quality of Medhya, Smriti, Varna, Bala as well as it acts as Ayurvedhaka and Vyadhinashaka.

- 1)Atichhatra 6)Meda 10)Mahameda 14)Ksheeridari  
2)Bramhi 7)Jeevanti 11)Shravani 15)Mahashravani  
3)Endri 8)Payasya 12)Nagabala 16)Vacha  
4)Chhatra 9)Vidari 13)Shatavari 17)Sthira  
5)Punarnava

#### SINGLE RASAYANA DRUGS MENTIONED BY ACHARYA SUSHRUTA

1)Medhya- Acharya Sushruta has mentioned separate Adhyaya for Medhya Rasayana. In which he stated 6 Sigle Rasayana Drugs which are used to make an individual Medhavi.

Table No - 3

Sr.No.	DRUGNAME	KALPANA	ANUPANA	KALAWADHI	PATHYA	PHALSHRUTI	REF
1.	Avalguja	BeejaChurna	Gomutra	1Month	GhritaYukta AmalakiYush	KushthaUdaraPandu Shatayu	Su.Chi.28/3
		ChurnaGuda Pinda	UshnaJala	6Month	UttarKarya-ShetaljalSnana	Balya,Varnya, Shrutavana	Su.Chi.28/3
2.	Bramhi	Swaras	-	7Days	UshnaDugdha	Tejasvi,Medhavi	Su.Chi.28/5
		Swaras	-	14Days	-	NashtaMedha Utpadayati	
		Swaras	-	21Days	LavanaRahit Yavagu	PanchashatAyu DaridryaNashaka, Shrutivan.	
3.	Mandukaparni	Swaras	Dugdha	3monthsor 12Days	Ushnadugdha ShaliShashtika	Shatayu	Su.Chi.28/4
4.	Mrunal	Kwath	Madhu,Laja	100Days	Ushnadugdha ShaliShashtika	Medhya,Balya	Su.Chi.28/13
5.	Vacha	Kalka	Dugdha	12Days	Ushnadugdha ShaliShashtika	Medhya,Shatayu	Su.Chi.28/7
		SiddhaGhrita (Shatapaki)	-	-	-	PanchashataAyu Apachi,Shleepad Galaganda,	Su.Chi.28/8
		Kwath	Dugdha	12or48Days	-	Swarya,Medhya, Balya	
6.	Vasa	Siddhatail	-	1Year	-	Medhya,Ayushyaka	Su.Chi.28/18

#### 2) Drugs With Same Prayoga Vidhi And Phalashruti

Table No - 4

Sr.No.	DRUGNAME	KALPANA	ANUPANA	KALAWADHI	PATHYA	PHALSHRUTI	REF
1.	Tugaraka	Taila	Abhyanga	50Days	-	KushthaNaash	Su.Chi.13/29
		Kwath	-	50Days	Ushnadugdha ShaliShashtika	DwishataAyu	Su.Chi.13/30
		Nasya	-	50Days	-	TrishataAyu	Su.Chi.13/32
2.	Bilwa	MajjaPaan	-	50Days	Ushnadugdha ShaliShashtika	PramehNaash	Su.Chi.13/34
		Kwath	Dugdha	100Days	Ushnadugdha ShaliShashtika	Shatayu	Su.Chi.28/11
3.	Chitraka	ChurnaPinda	Gomutra	1Month	LavanaRahit GhritaYukta AmalakiYush	Kushtha,Pandu, Udara,Shatayu	Su.Chi.28/3
		(Moola)Churna	UshnaJala	6Month		Balya,Varnya, Medhya, Shrutivana	
4.	Kashmarya	(Phala)Churna	-	1Year	Ushnadugdha ShaliShashtika	Raktapitta VyadhiNaashak	Su.Chi.27/9
5.	Rajani	ChurnaPinda	Gomutra	1Month	LavanaRahit GhritaYukta AmalakiYush	Kushtha,Pandu, Udara,Shatayu	Su.Chi.28/3
		(Moola)Churna	UshnaJala	6Month		Balya,Varnya, Medhya, Shrutivana	
6.	Shun	(Phala) Ksheepaka	Dugdha	-	-	Ayusthiritva	Su.Chi.27/13
7.	Varahikand	Churna	Dugdha	-	Ushnadugdha, GhritaYukta ShaliShashtika	Shatayu, Vajeekaran	Su.Chi.28/11
		SiddhaGhrita	Madhu	1Month		Shatayu	Su.Chi.28/12
8.	Yava	(Phala) BhojyaPadarth	MadhuPippali	-	-	Balya,Shatayu	Su.Chi.28/19

3) Acharya Sushruta has stated 4 drugs in Su.Chi. 27/10 which have same Prayoga Vidhi and Phalashruti as per Balamoola Rasayana.

Table No - 5

Sr. No.	DRUG NAME	KALPANA	ANUPANA	KALAWADHI	PATHYA	PHALSHRUTI	REF
1.	Bala	(Moola) Churna	Dugdha	100 Days	Ghrita Dugdha Yukta Shali Shashtika	Shatayu, Balya, Shosha, Raktapitta, Rakta-Vamana	Su.Chi. 27/10

Atibala, Nagabala, Shatavari and Vidarikanda are advised to take according to above procedure with different Anupanas to get Rasayana effects.

**Note** – Atibala with Ushna Jala, Nagabala with Madhu and remaining two drugs taken with Dugdha.

4) Acharya Sushruta has mentioned specific procedure of consumption for following 3 drugs i.e.

- 1) Vardhamana Rasayana – Bhallataka and Pippali
- 2) Vidanga Rasayana.

**Single Rasayana Drugs Mentioned By Acharya Vagbhatta –**

1) Medhya - 4 Medhya Rasayana drugs are explained along with their procedure of consumption which are same as Acharya Charaka.

Table No – 6

Sr. No.	DRUG NAME	KALPANA	ANUPANA	KALA	KALAWADHI	PHALSHRUTI	REF
1)	Amruta	Swaras (Moola, Pushpa, Lata)	Agninusa Sevana	Early morning	-	Medhya, Swarya Ayuward haka, Vyadhin ashaka, Balya	A.H.U .39/43
2)	Mandukaparni	Swaras	-	Early morning	-	Medhya, Swarya Ayuward haka,	A.H.U .39/43

							Vyadhin ashaka, Balya
3)	Shankha pushpi	Panchag aKalka	Agninusa Sevana	Early morning	-	Medhya, Balya, Ayuward haka, Vyadhin ashaka, Swarya	A.H.U .39/44
4)	Yashtimadhu	Churna	Dugdha	Early morning	-	Medhya, Balya, Ayuward haka, Vyadhin ashaka, Swarya	A.H.U .39/44

2) Drugs with same Prayoga Vidhi and Phalashruti

Table No – 7

Sr. No.	DRUG NAME	KALPANA	ANUPANA	KALA	KALAWADHI	PHALSHRUTI	REF
1)	Shunthi	Processed Kalka	Dugdha	Early morning	1Year	Shatayu, Jaramukti	A.H.U. 39/104

**Procedure** - Iron pan coated with Shunthi paste and keep it overnight. Next morning this Shunthi kalka could be taken with Dugdha. Other 17 drugs are advised to take with above same procedure. These are Vidanga, Amruta, Yashtimadhu, Haridra, Atibala, Bala, Musta, Suravaha, Agaru, Chitraka, Kamal, Pankaj, Utpal, Dhava, Ashwakarna, Asana, Khadir.

2)	Punarnava	Churna (2Tola)	Dugdha	Early morning	15Days or 2 Months or 6 Months or 1 Year	Shatayu, Jaramukti Vayast hapana	A.H.U. 39/155
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Vagbhatta mentioned 11 other drugs to take with the same procedure as per Punarnava in A.H.U.39/154-155. These are – Moorva, Bruhati, Acharya Chandana, Anshumati, Bala, Usheer, Patha, Asana, Sariva, Kalanusarya, Agaru.

3)	Varahikanda	Churna (Kanda)	Dugdha	Early morning	1or2 Month	Jaraha ra	A.H.U. 39/58
		Swaras Bhavit	Madhu, Ghrita		2Month	Jaraha ra,	
		Churna				Ayush yaka	

Acharya Vagbhata mentioned 16 other drugs to take with the above same procedure as per Varahikanda. These are – Vidarikanda, Atibala, Bala, Yashtimadhu, Bhringaraja, Shreyasi, Kakamachi, Pathya, Yukta, Dhatri, Sthira, Amruta, Mandukaparni, Shankhapushpi, Shatavari,

3) Drugs which gives different effect with different Anupana.

Table No - 8

Sr.No.	DRUGNAME	KALPANA	ANUPANA	KALAWADHI	PHALSHRUTI	REF
1)	Chitraka	Churna	Taila	1Month	Vataja Vyadhi Naash	A.H.U.39/63-65
			Gomutra		Kushthajeeta	
			Takra		Arsha-Naash	
			Madhu, Ghrita, Dugdha		Shatayu, Medhya, Balya, Kantimana, Supushti, Agnivardhana	A.H.U.39/62
2)	Somaraji	Churna	Krushna Tila	1Year	Kushthaghna, Varnya	A.H.U.39/108
		Siddha Ghrita (Twak)	Takra	-	Kushthamukta, Prarudhapallava.	A.H.U.39/109
3)	Ashwagandha	Churna	Dugdha/Ghrita/Taila/Koshnajala	15Days	Sharirapushti, Balya, Tarunaprapti	A.H.U.39/157
4)	Shatavari	Siddha Grita	Mishri	-	Sarvaroga-mukti	A.H.U.39/156
5)	Krishna Tila	-	Sheetaljala	-	Dantadrushtya, Sharirapushti	A.H.U.39/159
6)	Bhrigaraj	Swaras	Dugdha	1Month	Balya, Shatayu	A.H.U.39/162
7)	Vacha	Churna	Dugdha/Taila/Ghrita	-	Medhya, Nirmala-Vani	A.H.U.39/163
8)	Lashuna	Swaras (1Kudav)	Sa-Bhakta	-	Deerghayu, Balya, Suroopa, Subhaga, Vatajeeta	A.H.U.39/112-127
		Kalka	Ghita/Vasa			
9)	Gokshur	Swarasbhavit Churna	Dugdha	-	Balya, Suroopa, Shatayu.	A.H.U.39/56
		Churna	Madhu, Ghrita	-	Vrushya, Rogarहित, Deerghayu	A.H.U.39/159
10)	Tuvarak	(PhalaMajja) Taila	-	15Days	Kushthajeet	A.H.U.39/84
		Tailapaakawith KhadirKwath	-	1Month	PramehaNaash	A.H.U.39/92
		Taila	Madhu, Ghrita	15Days	Dwihatayu	A.H.U.39/94
		Taila	-	50Days	Trishatayu	A.H.U.39/95
11)	Haritaki	Churna (2Phala)	Guda/Madhu/Shunthi/Pippali/Saindhava.	1Year	Shatayu, Balya	A.H.U.39/146
		Siddha Ghrita	-		Balya, Chrirakari-Ayu	A.H.U.39/147
12)	Amalaki	Churna	Madhu, Ghrita	1Month	Medhya, Balya, Varnya, Suroopa, Keshya, Dantya, Shatayu	A.H.U.39/32
		Swaras	Madhu, Ghrita, Mishri	-	Jarahara	A.H.U.39/148
13)	Kamala	(Panchaga)siddha Ghrita	Dugdha	1Year	Paurushya, Balya, Pratibhavana	A.H.U.39/48
		(Naala, Kanda, Patra)siddha Ghrita	Dugdha	-	Medhya, Balya, Varnya	A.H.U.39/49

## CONCLUSION

Therapeutic guidelines given by acharyas i.e. Anupana, Kalpana, Kala, Prayoga-vidhi, Kalawadhi (duration of course), Pathya–Apathya, etc. should be followed for précised and effective Rasayan chikitsa.

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