



## RASAYANA CHURNA AN IMMUNITY ENHANCER - A REVIEW STUDY.

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**ABSTRACT** The whole world is suffering from fear of various infectious diseases from ages .Acharyas have therefore quoted the topic of vyadhikshamatva(Immunity) in classical text books of Ayurved. At present such a deadful virus Covid 19 having its scattered form all over the world is taken as a example for better understanding. The combination of certain specific and appropriate herbs may help build up resistance against such diseases. One such best medicine which intending to quote here is the use of Rasayana Churna which will not only help to increase the immunity of the person but will also build up resistance against the virus thus making oneself to be free of any viral diseases.

**KEYWORDS :** Immunity, Infectious Diseases, Covid 19, Rasayana Churna

**INTRODUCTION :** The whole world is suffering from fear of various infectious diseases from ages .Acharyas have therefore quoted the topic of vyadhikshamatva(Immunity) in classical text books of Ayurved. At present, fast lifestyle and improper diet, is known to be the key for many infectious diseases .Because of this they are susceptible to many infections or communicable disease due to lack of immunity i.e.self defence mechanism of the body. At present such a deadful virus Covid 19 having its scattered form all over the world is taken as a example for better understanding. It is easily spread by Gatrasanidya(which is caused due to direct or indirect contact) which does not have any specific treatment available globally. Lot of cases are recorded as death due viral infections. Mostly children and senior citizens are victims to viral diseases due to lack of immunity in their respective age levels ,which if not treated many a times may also result in death.

The combination of certain specific and appropriate herbs may help build up resistance against such diseases. One such best medicine which intending to quote here is the use of Rasayana Churna ,which will not only help to increase the immunity of the person but will also build up resistance against the virus thus making oneself to be free of any viral diseases.

So to avoid that consequences Ayurveda describes many immunity Enhancers or kalpas or combination of herbal ingredients to form a beautiful product called the Rasayan kalpas.

दीर्घमायुः स्मृति मेघाआरोग्य तरुण वयः । प्रभावर्णस्वरोदार्य देहेन्दियबलोदयम

। (च.चि. १/८)

यज्जराव्याधिविघ्नासो भेरुज तदरसायनम । (चब्रदत्त)

Rasayana promotes dheerga-ayu ,better memory ,health ,sustains youth ,voice ,beauty and strength.

Other Samhitas also defined drugs that delays ageing, reduces toxic effects in the body and contradicts diseases named as Rasayana Dravyas

There are many Rasayana kalpas described by Charak samhita and other Texts.

Brahma Rasayana, Amalaki Rasayana, Amalak Rasayana, Chyavanprash, Triphala Rasayana etc

In Ayurveda two types of medicines are generally given following Ayurveda fundamental principals.

The treatment or chikitsa which cures disease (athur chikitsa) and second one which enhances the Ojas (Swasthojaskar Chikitsa). In this context, many herbs are described in Ayurveda called the Rasayana dravyas.

According to modern science vit C is the biggest immune booster. Vit B6 supports the biochemical reactions in immune system. Vit E is a

powerful antioxidant .Zinc is the mineral which enhances the immunity.

Some herbal drugs described in Ayurveda i.e. Amalaki ,Guduchi and Gokshur are important drugs and combination of those three drugs forms the ingredients of Rasayan churna . This churna is described in Arya Bhishak Grantha which helps to enhance the immunity. Its components and combination gives all types of vitamins which boosts immunity.

Amalaki – Has rich vit C ,Iron, Calcium ,Polyphenol, Alkaloids and Flavonoids, Quercetin, and Kaemferol.

Guduchi-stem shows essential minerals, Calcium, Phosphorus, Iron, Copper, Zinc, Manganese, Ascorbic acid, Lycopene, Carotene and Anti ageing properties.

Gokshur- contains Vit C, Calcium, Oleic acid, Steric acid ,Glucose and rich with fats and proteins.

**According to Ayurveda:-**

आमलकी-

चक्षुश्च सर्वदोशघ्नं रुद्रयमामलकीफलम् ।

हन्ति वातं तदहृत्वात्वितं माधुर्यशैत्यतुः ।

कफं रुक्शकशायत्वत्वलेभ्यो अभ्याधिकं च तत । सु. ४६

हरितकिसमं घात्रिफलं किन्तु विशेशतः । रक्तपित्तप्रमेहघ्नं परं बुद्धय रसायनमं (भा.प्र.)

Amalki have chakshushya ,sarvadoshnashghni, ruksha, kaphanashak, pittanashak, pramehanashak and have rasayana (immunity enhancer) property.

गोक्षुर-

गोक्षुरः शीतलः स्वादुर्बलकुदबस्तिशोधनः । मधुरो दीपनो रुद्रयः पुष्टीदश्चाश्मरीहरः ॥

भा.प्र.

Gokshur have properties to ashmarihar, madhur ,shital, pushtikar and balavardhana (immunity enhancer) .

गुडुची-

पियुशविन्दवः पेतुअस्तेअभ्यो जाता गुडुचिक । भा.प्र.

गुडुचि कटुकान्तिका स्वादुपाकारसायनि । संग्रहणि कशायोश्णा लघ्वी बल्याग्निदिपनि

। दोशत्रयामत्रुअदाहमेहकासाश्च पाण्डुताम । कामलाकुश्टवातास्त्रज्वरकुमि चर्मादरेत ।

भा.प्र.

Guduchi have effect on jwara, samgrahani, panduroga, dipana, balyavardhana and its called piyush means Dirghayu and free from diseases.

Above references in Ayurveda and Modern shows that the three herbs

contain necessary vitamins and minerals which help to enhance the immune system .Due to those herbs, a person is capable to fight the micro organisms that spread communicable diseases and avoids to suffer the infection as well as many acute and chronic diseases. The current era of COVID19 due to which the whole world is suffering today, needs to be looked into . Therefore it is advisable to consume Rasayana churna (ref .in Arya Bhishank)as a routine which is the combination of Amalaki,Guduchi ,and Gokshur .It surely give better health and better immunity therefore make a person healthy for lifetime .

**CONCLUSION:**

1. Rasayan churna helps for increasing the immunity.
2. Guduchi is helps to reduce fever i.e well known as jwarahara in Ayurveda.
3. Amalaki helps to reduce kapha and swasa due to its ruksha and kaaphghna guna.
4. Gokshur s help to decrease inflammation in throat and lungs i.e well known for its antiinflammatory property.
5. Combination of those three drugs may act as best immunity booster to avoid the covid-19 and other infectious disease.

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