

## CONCEPTUAL STUDY OF MEDHYA RASAYANA W.S.R. GUDUCHI RASAYANA

Vd. Parag Madhukar Salvi\*<sup>1</sup> and Vd. Ravindra P. Bhurke<sup>2</sup>

<sup>1</sup>M.D. Scholar, Kriya Sharir.

<sup>2</sup>Guide and Associate Professor, Dept. of Kriya Sharir, R. A. Podar Medical College (Ayu),  
Mumbai-18.

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**\*Corresponding Author**

**Vd. Parag Madhukar Salvi**  
M.D. Scholar, Kriya Sharir.

### INTRODUCTION

Ayurveda is the ancient medical science of Indian origin which uses the inherent principles of nature to maintain perfect equilibrium of an individual's body, mind and soul and keep him healthy. It is a way of life, a culture and moreover a cross section of the scientific thoughts of many generations, rather than just a mere medical science. The primary aim of Ayurveda is prevention of diseases and secondarily the uprooting of diseases, if any persisting.

Ayurveda has explained a unique concept of Rasayana therapy, which mainly aims at protection of individual's health and secondarily at pacification of disease. It is mainly concerned with formation of best of the best elements in human body which structurally and physiologically support the body. Various types of Rasayanas are described in ancient Ayurveda texts for specific purposes. Rasayana therapy enriches life by enhancing the physiological status of the body tissues. Improvement of Medha i.e. intelligence is one of the benefits of Rasayana therapy.

Medhya Rasayana is a special group of medicines which majorly deals with enhancement of Medha i.e. intelligence along with other benefits of Rasayana. Various drugs possessing ' Medhya Prabhava' are mentioned in ancient Ayurveda texts like Samhitas and Nighantus. Few of them are Brahmi, Yashtimadhu, Shankhpushpi, Jyotishmati, Mandukparni, Kushmanda etc.

Charakacharya has described four Medhya Rasayana in the third pada named 'Karaprachitiya Rasayana Pada' of Chikitsa-sthana of Charak Samhita. Guduchi Swaras is one among the four medhya rasayana.

The concept of Intelligence and process of acquiring knowledge and their explanations are abundantly available in Ayurveda Samhitas which provide evidence of the quantum of thoughts, crystal clear vision as well as experience of the ancient scholars. The competitive aspect of present modern era is at a higher level and tending to increase with upgradation of technology as time moves on. Various new researches and developments have been established till date. So, it is the need of modern era that an individual must necessarily possess some or other intellectual abilities and proper cognitive functions to make a mark of self in the modern world.

### Review of Literature

1. **Medha:** The concepts of various scholars regarding the meaning of 'Medha' are as follows:
  - Chakrapani - '*Dharanvati dhi medha*' (*Cha.Su.26*) means a type of Dhi which has the power of retention of knowledge.
  - Dalhana - described Medha as 'Unobstructed, subtle and very deep knowledge gained by all the senses' (*Su.Chi.28/1-5*).
  - Arunadatta - '*Buddhi vishesha medha*' meaning medha is one of the faculty of buddhi.
  - Hemadri - opined on the term Medha as '*Grihitasya aviccedena dharayitum shakti*' (*A.H.Su. 5/37*) which means unobstructed and uninterrupted perception and retention of knowledge in all the aspects of an object.
  - Amarkosha - '*Medhyate sangachhate sarvam iti*' means proper understanding about the knowledge of the existing objects. Knowledge cannot be understood without medha.

Medha (Intelligence) is a unique characteristic possessed by human beings. The word Medha implies higher intellectual functions. It can be understood as the faculty of Budhhi which has the power to retain the experiences or knowledge and to recall that retained knowledge when needed. It protects an individual from indulging in to Pradnyaparadha. The term Medha has been used mainly in 2 ways viz. Grahana shakti (Grasping power) and Dharana shakti (Retention power). Acharya Charaka has mentioned examination of Medha by inference of

Grahana shakti. A person is able to obtain the knowledge of existing objects and retain it through Medha.

**Medhya Rasayana:** The word 'Rasayana' is formed from two words **Rasa** and **Ayana**. The word Rasa is derived from sanskrit dhatu 'Rasa gato' by adding 'acha' pratyay to it. The word 'Ayana' has various meanings as given in 'Shabdakalpadruma' and 'Vachaspatyam'. They are movement, place, site, pathway, abode, etc.

Charakacharya has defined Rasayana as the substance which invigorate a healthy person by producing the best quality of Rasa, Rakta and all other dhatus. Chakrapani says along with physical excellences, psychic excellences like sharp memory etc. are also endowed of Rasayana. According to Acharya Sushruta, the substance which decreases the ageing process, increases longevity, increases physical as well as mental strength and which destroys the diseases is called Rasayana. Medhya Rasayana are group of medicinal plants described in Ayurveda with multifolded benefits, specially to improve memory and intellect by Prabhava.

Ayurveda defines mental health as a state of mental, intellectual and spiritual wellbeing. It is well established that this state of mental harmony declines with advancing age leading to various degenerative conditions. Today this physiological process, the use of Medhya rasayana has been stressed upon in the young and middle age. These drugs import mental performance higher Central Nervous System (C.N.S) functions and relieve stress, anxiety and depression.

- **GUDUCHI**
- Botanical Name - *Tinospora Cordifolia*
- Family Name - Menispermaceae
- Kingdom - Plantae
- Division - Magnoliophyta
- Class - Magnoliopsida
- Genus - *Tinospora*
- Species - *T. Cordifolia*.

Active Contents	Compound	Plant Part	Biological Activity in Human Being
Alkaloids	Berberine, Choline, Tembetarine, Magnoflorine, Tinosporin, Palmetine, Isocolumbin, Aporphine alkaloids, Jatrorrhizine, Tetrahydropalmatine.	Stem, root	Anti-viral infections, Anti-cancer, Anti-diabetes, Inflammation, Neurological, Immunomodulatory, Psychiatric conditions.
Diterpeniod Lactones	Furanolactone, Clerodane derivatives [(5R,10R)-4R-8Rdihydroxy-2s-3R:15,16-diepoxycleroda-13 (16), 14-dieno-17, 12S:18, 1Sdilactone], Tinosporon, Tinosporides, Jateorin, Columbin.	Whole Plant	Vasorelaxant: relaxes norepinephrine induced contractions, inhibits Ca <sup>++</sup> influx, anti-inflammatory, anti-microbial, anti-hypertensive, anti-viral. Induce apoptosis in leukemia by activating caspase-3 and bax, inhibits bcl-2.
Glycosides	18-norclerodane glucoside, Furanoid diterpene glucoside, Tinocordiside, Tinocordifolioside, Cordioside, Cordiofolioside Syringin, Syringinapiosylglycoside, Pregane glycoside, Palmatoside, Cordifolioside A,B,C,D and E	Stem	Treats neurological disorders like ALS, Parkinsons, Dementia, Motor and cognitive deficits and neuron loss in spine and hypothalamus, immunomodulation, inhibits NF-kband act as nitric oxide scavenger to show anti-cancer activities.
Steroids	$\beta$ -sitosterol, $\delta$ -sitosterol, 20 $\beta$ -hydroxyecdysone, ecdysterone, makisterone A, Giloinsterone	Shoot	IgA neuropathy, glucocorticoid induced osteoporosis in early inflammatory arthritis, induce cell cycle arrest in G2/M phase and apoptosis through c-Myc suppression. Inhibits TNF- $\alpha$ , IL-1 $\beta$ , IL-6 and COX-2.

Rasayana Chikitsa is another gem in the treasure of Ayurveda. The prime effect of this therapy is improving nourishment to the body elements. This results in increased immunity against diseases which ultimately delays ageing. Dementia, loss of memory, lack of confidence, depression, etc. are the psychological symptoms triggered due to ageing in the Geriatric age group. Rasayana therapy also helps to prevent this. A special group of medicines acting more specifically on the Medha (psychological constitution) are described in Ayurveda as '**Medhya Rasayana**'. Their primary function is improving intelligence of an individual. Along with this, they also rejuvenate all the body systems. Charakacharya initially described 4 Medhya Rasayanas and mentioned Guduchi Swarasa as one among the 4.

Intelligence is the only factor which makes Human being different from other living beings on the planet. It is only because of the God gifted very superior intellect, that humans have evolved through centuries. This crucial factor of intelligence was very keenly studied by our ancestral Ayurveda scholars and remedies for improving it were established. This treasure of our ancestral knowledge is still proving very useful in this current era of globalization.

### Probable mode of action of Guduchi Rasayana

Medhya Rasayana are the drugs which are known to have a cognition enhancing effect on the body. Their prime action is on the mental faculties of an individual. These drugs possess some extraordinary attributes which bring about Medhya Karma, irrespective of their Rasa, Veerya, Vipaka etc. This Medhya effect is mainly due to the Prabhava of these Rasayana Drugs.

Only Charakacharya and Dhanwantari Nighantu has described Guduchi as a Medhya Dravya. None of the other Acharyas have stated this. Bhavaprakash, while explaining the gunakarmas of Guduchi, have discussed about 'Rasayana' karma of Guduchi. Guduchi possess Katu-Tikta Rasa, Ushna Veerya and Madhura Vipaka. The probable modes of action of Guduchi Rasayana are as follows:

- Guduchi is used in the form 'Swarasa'. Swarasa being a guru and drava kalpana, its action is directed more on the Rasa-Rakta Dhatu. The drug Guduchi is mostly indicated in Jwara and Vata-Rakta. The *agrya* of Guduchi as per Charaka Samhita is '*Sangrahika deepaniya vatahara sleshmashonita vibandha prashamananam*'. According to Bhavaprakash, Guduchi maintains equilibrium of all the three doshas i.e. it is 'Tridosha-shamak'. Sharangdhara has described Guduchi as a 'Sanshamana Dravya'. From above references, it can be said that Guduchi works on Rasa, Rakta dhatus and Tridoshas.
- The normal functioning of Medha mainly depends on Pitta dosha. Pitta in its normal state is Katu Rasatmak and related with the Satva guna of manas. Guduchi, being Katu-Tikta rasatmak and Madhura Vipaka dravya, purifies the Pitta dosha and enhances Satva Guna by removing Tamas. Tikta rasa has been described as Medhya by Vagbhatacharya. The Ushna Veerya of Guduchi brings about Paachan of Sama Pitta and increases the Jatharagni. This is ultimately responsible for improvement of Medha.
- Charakacharya has included 'Guduchi' in 'Vayasthapana Mahakashaya'. The drugs which delay ageing are known as Vayasthapana. Due to this property of Guduchi, it delays the decline of Medha and maintains it in its normal state.
- According to Charakacharya, individuals having Rakta Sara possess good Medha. Tikta Rasa of Guduchi brings about Rakta-Prasadan and improves Medha.

### CONCLUSION

Rasayana therapy is one of the specialities of Ayurveda. It is also one among the Ashtang Ayurveda. Medhya Rasayana is a division of Rasayana therapy. The cognitive enhancing

activities of Medhya Rasayana are well established. Guduchi Rasayana is one among the 4 Medhya Rasayana described by Acharya Charaka. Its Tikta-Katu Rasa and Madhura Vipaka has effect on Rasa, Rakta Dhatu and Tridoshas and ultimately enhances Medha.

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