

NEED OF RASAYAN CHIKITSA IN LIFESTYLE DISORDERS**Avinash Bharti^{1*} and Bharati S. Kanoj²**¹PG 2nd Yr Scholar, Department of Ayurved Samhita & Siddhant TAMv Pune.²M.D. (Ayu.) Associate Professor, Department of Ayurved Samhita & Siddhant, TAMv Pune.Article Received on
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Pune.**ABSTRACT**

The term life style disorder itself states the disorder caused due to wrong way of living life. Diabetes, hypertension, obesity, cancer arthritis, Heart disease, anxiety, stress, depression, COPD are major part of it. Wrong diet, wrong habits, sedentary life style, not following daily and seasonal routine, lack of exercise, tobacco-alcohol addiction, drug abuse are the main reasons behind it which gives birth to non-communicable diseases. First line treatment should be removal of cause i.e. *Nidanparivarjan*. Second line treatment should be treating by using medication. These non-communicable diseases can be otherwise prevented by taking adequate Ayurvedic measures like *Dincharya*,

Ritucharya, *Aharvidhividhan* and *Rasayna Chikitsa*. *Rasayan chikitsa* plays very important role in treating life style disorders, it aims to improve the health and longevity of a person by enhancing their metabolism and repairing the wear and tear of body due to aging or disease by improving the immunity and cell power.

KEYWORDS:– Life style disorder, reasons, non-communicable diseases, *Nidanparivarjan*, *Rasayan chikitsa*.

INTRODUCTION

The term Disorder means Chaos, Disorganization, jumble, Mess up or Disturbance. Lifestyle disorder itself states that disorder caused in a person due to wrong way of living life which produces Non communicable diseases like Diabetes, hypertension, obesity, anxiety, stress, depression, cancer, arthritis, Heart disease, COPD etc. The main reasons are wrong diet, wrong habits, sedentary life style, not following daily and seasonal routine, lack of exercise, tobacco-alcohol addiction, drug abuse are behind it. First line of treatment should be removal

of cause i.e. *Nidanparivarjan*. Second should be treating by using medication. These non-communicable diseases can be otherwise prevented by taking adequate Ayurvedic measures like *Dincharya*, *Ritucharya*, *Aharvidhividhan* and *Rasayna Chikitsa*. *Rasayan chikitsa* plays very important role in treating life style disorders, it aims to improve the health and longevity of a person by enhancing their metabolism and repairing the wear and tear of body due to aging or disease by improving the immunity and cell.^[1]

AIM

To find the need of *rasayan chikitsa* in lifestyle disorder.

OBJECTIVE

To know the lifestyle disorders and non-communicable diseases caused due to it.

To know the *Rasayan chikitsa*.

To study critically Importance of *Rasayan chikitsa* in lifestyle disorders.

MATERIAL AND METHOD

Review of literature – data is collected from all concerned previous work done, classical text, *samhitas*, research papers, online resources.

OBSERVATION

स्वस्थस्योर्जस्करम किञ्चित् किञ्चिदात्यस्य रोगनुत् । ...च.चि. १/१-४

Treatment of any disease is of two type; one is Preventive and another is curative out of which Rejuvenation therapy is of Preventive type.^[2] It is one of the parts of *Ashtang Ayurved* told by *vagbhata*.

यज्जराव्याधि विध्वंसि भेषजं तद्रसायनम्

पूर्वे वयसि मध्ये व शुध्दकायः समाचरेता। ... सिध्दयोग सं. ६९/१

Destruction of old age and disease from body is called as *Rasayan chikitsa*. It should be administered to a person in their early age or middle age and always to those who have undergone purification therapies.^[3]

दीर्घमायुः स्मृतिं मेधामारोग्यं तरुणवयः ।

प्रभावर्णस्वरौदार्यं देहेन्द्रियबलं परम् ।

वाक्सिद्धिं प्रणतिं कान्तिं लभते ना रसायनात् ।

लाभोपायो हि शस्तानां रसादीनां रसायनम् । च.चि. १/१-८

Use of *Rasayana* promotes longevity, memory, wisdom, health, youthfulness, lustre of body and brightness, sweetness of voice, increase of strength in body and senses, orating power, body beauty and excessive wisdom. *Rasayana* means to keep Rasa and other dhatus in excellent condition.^[4]

Type of *Rasayan chikitsa*

- 1) *Jaranashan* and *Vyadhinashan*- Destruction of old age and disease from body.
- 2) *Sharir Rasayan* and *Manas Rasayan*
 - *Sharir Rasayan* is used to increase saptadhatu bala.
 - Whereas *Achar rasyayan* is example of *Manas Rasayan* which acts on mana to increase its *Satwa guna*.

विषादो रोगवर्धनानाम्|.....च. सु. २५/४०

To increase immunity and away from illness one should be free from fear and pain.^[5]

Efforts should be made to increase dhi, dhriti and smruti. Vacha, Jatamansi, Shankhapushpi, Bhahmi, Ghрут are excellent medication for this.

3) *Aajsrik, Naimittik & Kammya Rasayan*. By Dalhan सु. चि. २७/४

- *Aajsrik* means to take *rasayan* on daily basis. E.g. Milk. Ghee, daily exercise, proper diet and habits.
- *Naimittik* means to take *rasayan* to treat disease in some specific time. Eg. Use of *Guduchi* after *jwarottar awastha*.
- *Kammya* means to take *rasayan* in a particular condition by keeping cause- effect relationship in mind to increase *bala, buddhi, vruddhi*. Eg. Use of *lohakalp* for *raktadhatu vruddhi*.

4) *Vardhman Rasyan* or *Utkarsha Rasayan*

- *Vardhman* means to take *rasayan* in increasing and decreasing dose. Eg. *Pimpali* and

Bhallatak because of their *ushna* and *tikshna guna* they should be used in this manner.

5) *Drvyaroop & Adrvyaroop Rasayan*.

- *Drvyaroop rasayan* is like *sharir rasayan* means to take *rasayan* in physical form.
- *Adrvyaroop rasayan* is like *mansa rasayan* i.e. *Aachar rasayan*.

6) *Vatatpik & Kutipravesik Rasayan*^[6] *** च. चि. १/१-१६

- *Kutipravesik*- in this type person has to do *Shodhan kriya* (purification) firstly by using *Panchakarma* then enter in for certain specific time and has to follow all diet and habit rules. It *trigarbhakuti* is mainly used for *jaranashan*.
- *Vatatpik* is simpler as compare to above method. A person can do his/her daily routine i.e. diet and habit.

Obesity:- after removal of cause and treating the disease using *Aahar*, *vihar* and *aushadha* following *rasayan* should be used-

वातघ्नान्यन्नपानानि श्लेष्ममेदोहराणिच रुक्षोष्णा बस्तयस्तिक्ष्णा रुक्षव्युद्धर्तनानिच | *** च.सू. २१/२१

प्रजगारं व्यवायमंच व्यायामं चिंतानानिच | *** च.सू. २१/२८

- Honey- acts by doing *apatarpan* karma.
- Drinking hot water acts by doing *lekhan* karma of med dhatu.
- *Jagran*, *vyaway*, *vyayam*, *chintan* acts by doing *lekhan* of med dhatu and brings *laghavta* to body
- To remove *dhatushaithilya* and *dourbalya*, different formulations containing various *bhasma* like *loha*, *abhrak*, *tamra*, *nag*, *vanga* etc. like *aarogyavardhini*, *chandraprabha*, *navayasloha* according to *doshdushti* should be used.
- *Guggula* acts by *ruksha*, *uushna*, *vatghna*, and *kaphamedohar guna* and karma.
- *Triphala* acts *tridoshghna* and *medohar karma*.
- *Shilajatu*

न सोऽस्ति रोग भुवि साध्यरूपः शिलाह्वयं यं न जयेत् प्रसह्य | च.चि. १/३-६५

There is no such a disease condition which cannot be treated with use of shilajit.^[7]

Diabetes:- after removal of cause and treating the disease using *Aahar*, *vihar* and *aushadh*

Following rasayan should be used

- Shilajatu as *kledahar, dhatushaithilya nashak*.
- To remove *dhatushaithilya nag, vanga, yashad, loha, ropya, suvarnamakshik bhasma* can be used. *Kalp like chandraprabha, aarogyavardhini, asnad, lohasav, jambasav, suvarnakalp like vasantakusmakar* according to *doshdushti* should be used.

COPD:- after removal of cause and treating the disease using *Aahar, vihar and aushadh* following *rasayan* should be used- *Pimpali rasayan, chyavanprash, yashti, kantakari, punarnva, vasa, guduchi, sitopaladi, talisadi, suvarnakalp* like *mahalakshmivilas, hemgarbha, shwaskaschintamani, vasantakusmakar* according to *doshdushti* should be used.

Heart disease:- after removal of cause and treating the disease using *Aahar, vihar and aushadh* following *rasayan* should be used-*lohadi rasayan, shunthi, pimpali, arjun, kalp* containing *bhasma like suvarna, rajat, mrugashruna, praval, mouktik* according to *doshdushti* should be used.

Arthritis:- along with *snehan, swedan, lepan, anuloman, basti, raktamokshan, agni-viddha* karma following *rasayan* should be used- various *guggul kalp* according to *doshadusti*. *Aranda, haritki, ashwagandha shatavri, rasna, guduchi kalp* containing *bhasma like suvarna, rajat, praval, mouktik* and tail for *abhyanga* according to *doshdushti* should be used.

Mental disorders:- Anxiety, Stress, Depression- after removal of cause and treating the disease using *Aahar, vihar and aushadh* following *rasayan* should be used according to *doshdushti*- *lohadi rasayan, edra rasayan, mandukparni, shankhapushpi, guduchi, yashti, sarpagandha, brhamhi ghrut, kalyanak ghrut, puran ghrut, kalp* containing *bhasma like suvarna, rajat* should be used.

Early old age:- *indroкта rasayan, Brahmha rasayan, aamlak ghrut, nagbala rasayan, bhallatak rasayan, baladi rasayan, Pimpali rasayan, chyavanprash, Shilajatu* should be used.

DISCUSSION

Rasayan chikitsa plays very important role in treating lifestyle disorders, it aims to improve the health and longevity of a person by enhancing their metabolism and repairing the wear and tear of body due to aging or disease by improving the immunity and cell.

It can be used in following ways

1. *Jaranashan and Vyadhinashan*
2. *Sharir Rasayan and Manas Rasayan*
3. *Aajsrik, Naimittik & Kammya Rasayan*
4. *Vardhman Rasyan or Uutkarsha Rasayan*
5. *Drvyaroop & Adrvyaroop Rasayan*
6. *Vatatpik & Kutipravesik Rasayan*

The lifestyle disorder are wrong diet, wrong habits, sedentary life style, not following daily and seasonal routine, lack of exercise, tobacco-alcohol addiction, drug abuse can be otherwise prevented which produces Non communicable diseases like Diabetes, obesity, anxiety, stress, depression, arthritis, Heart disease, COPD etc. can be prevented and treated with the help of *rasayan chikitsa*.

CONCLUSION

Today human life has become very hectic, this is due to over exertion of physical and mental condition, so there is need if *Rasayan Chikitsa* to avoid non communicable disease cause by lifestyle disorders.

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