

CONCEPT OF RASAYANA WRT. SPECIFIC PRAKRITI AND AGE OF AN INDIVIDUAL

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ABSTRACT

To keep up with ever changing, ever growing field of research in modern medical science, the Ayurvedic concepts need to be analyzed and updated. Updating is better affected by critical comparison of Ayurveda concepts with that of modern medical science. Hence literary research gains importance in Ayurveda. Acharya Charak has advocated both outdoor as well as indoor regime of rasayana chikitsa including single drugs or herbo-mineral compounds; Here, we will mainly understand about the use of single drug therapy as rasayana according to different age as well as prakriti[constitution] of an individual.

KEYWORDS: *Prakriti, Rasayana, Sapta-Dhatus, Rejuvenation.*

INTRODUCTION

Rasayana literally means circulation and promotion of nutrients; especially deals with the science of nutrition and rejuvenation. It signifies a rejuvenating regime which indeed involves remedies, drugs, dietetics, overall healthy lifestyle and positive psychosocial code of conducts, explained as achara rasayana in ayurveda.

Acharya Charak describes rasayana as the medium of achieving the finest quality of all rasadi dhatus where it increases the lifespan, ensuring longevity of life, cures diseases, improves health state of a person being physically as well as mentally, delays aging, bring youthfulness, improves lusture, complexion, voice and intellect. According to ayurveda, nothing in the world exists which does not have therapeutic utility. Therefore, among the four important pillars of chikitsa i.e, chikitsa chatushpad, one is the aushadha.^{[1],[2]}

Two primary types of treatment is understood in ayurveda as;

1. One which maintains health status / positive energy in the body i.e, known as Vrshya and Rasayana dravyas. These rasayanas are further broadly classified into kuti-praveshika [indoor regimes] and vata-atapika [outdoor regimes].
2. One which is responsible for treating ailments.^[3]

Rasayana concept of ayurveda has been correlated with tissue regeneration and cell renewal, also few specific rasayanas are meant to stimulate and nourish respective bodily tissues. Therefore, rasayana dravya have a pharmaco-prophylaxis approach that enhances longevity, intelligence, nourishment and efficiency of the body.^[4]

7 people told by acharya Susurut as ineligible to have rasayana therapy are; one with poor self-control, lazy, poor, notorious or insincere, possessed by his desires i.e, love, lust or money, done sinful acts or prisoner, obedient towards doctor's instructions or medicines' regime.^[5]

Rasayana therapy has been described in Ayurveda as a systematic and scientific medical discipline. Rasayana drugs are those medicines which are capable of imparting superior Rasas and Dhatus to the body and toning up the system of healthy persons.^[6]

DISCUSSION

Since the multi-dimensional approach is the key of Rasayana Chikitsa, its mode of action is important to be understood. Rasayana mainly act at three different levels in the body viz., Rasa, Agni and Srotas.

Rasa being nutritive value of plasma
Agni ensuring digestion and metabolism
Srotas representing micro-circulation and tissue-perfusion.

Resulting in improved nutrition thus causing improved quality of tissue formation.

Producing Longevity, Enhances Immunity and increasing mental incompetence

All these lead to Rejuvenation of the Human Body.

WHAT RASAYANA DOES TO THE BODY?

1. Natraceutical action i.e, nourishing and maintaining cellular life.
2. Immunomodulator by regulating the body immunity in a good way.
3. Adaptogen i.e, increasing the ability of an organism to adapt to various external or internal body factors.
4. Antioxidants; overcomes the damage caused to the body system by scavenging oxygen free radicals.
5. Nootropic; promote intelligence and functions of the brain.
6. Regenerative i.e, which combat wear and tear among bodily tissues.
7. Anti-aging i.e, suppresses age-related degenerative processes among our bodily tissues. and many more actions which collectively result in improved nutritional status of the body, leading to formation of finest quality of body cells thus tissues with more endurance for any ageing and stress related degenerative changes.

Generally, all rasayana dravyas are nutrition promoters but there are some tissue/organ specific rasayana also eg, hridya rasayana [cardio-protective], Twachya rasayana [skin tonic], Medhya rasayana [nutrients specific to brain tissue along with enhancing of cognitive functions].

Ayurveda proposes the theory of rasa- panchak that describes the drugs exert their action on bodily systems based on their specific properties innated within the drug itself. Five such properties are rasa, guna, veerya, vipaka and prabhava, through which drugs may execute their actions on our body through one or more of these.

THE UTMOST NEED OF RASAYANA is seen in geriatric phase of life. Geriatric care has to address two-fold health issues, 1. Anti-aging care to delay the degenerative changes associated with physiological aging. 2. Medical management of diseases specifically occurring in old age. Ghee, milk, mamsa-rasa, use of yashtimadhu and priyangu etc are suggested in old age for daily practice in order to enhance tissue- regeneration and retard various degenerative changes.

For practical utility, rasayana has been classified into three types^[7]

1. Ajasrika rasayana - Dietary modifications [For instance, use of Go-ksheera, Go-ghrta, madhu, lashuna and nimbu are highly appreciated in BP pts. Especially when we say

lemon, being a rich source of vitamin C, it greatly avoids capillary damage and thus vascular complications in hypertensive patients.

2. Aachar Rasayana - Lifestyle modifications
3. Naimittika Rasayana aka Aushadha Rasayana - Therapeutic modifications [For instance, use of Arjuna in hridroga, It's extract being rich in sitosterol, Ellagic Acid, arjunolic acid and other terpenoids];
 - a. Decreasing triglycerides as well as cholesterol and recovers the HDL.
 - b. Anti-ischemic agent
 - c. Good results in patients of stable angina.
 - d. Effective Antioxidant
 - e. Modulate platelet aggregation
 - f. Capable to block BETA- receptors and calcium channels; also inhibit ACE.

The concept of molecular nutrition is highly conducive to the requirements of healthy aging, promotion of immunity and avoidance of degenerative processes in the body. If we see in the case of CANCER, It is associated with progressive nutrition crisis and an immunocompromised state, in both these phases, rasayana plays an indispensable role. All rasayana are ojo-vardhak agents and hence are supported to promote Immune strength in the body, In cancer pt, rasayana improves micro-nutrition and provides protection against adverse effects of chemotherapy as well as radiotherapy treatment.

AGE SPECIFIC RASAYANA

As the age progresses, body constitution changes and so the status of doshas also varies.^[3] & [8]

AGE	CHARACTERISTICS	RASAYANA
0-10	Loss of strength	Vacha
11-20	Loss of growth	Amalaki
21-30	Loss of lusture	Haridra
31-40	Loss of intellect	Shankhpushpi
41-50	Loss of skin health	Kumari
51-60	Loss of vision	Triphala
61-70	Loss of fertility	Kapikachhu
71-80	Loss of strength	Chyawanprasha
81-90	Loss of wisdom	Brahmi
91-100	Loss of locomotor	Abhyanga

Importance of vrishya rasayana [Aphrodisiac] drugs comes into play when During the ongoing era and lifestyles of the 21st century, there has been witnessed a gradual decline in

fertility with the increase in life expectancy, its a social demand to take care of longevity issues.

Pancakarma is having a great role in rejuvenation of the human body via various actions. Basti karma is itself known to have rasayana action, specifically Yapana Basti.^[9] Since Yapana Basti is capable of performing both shodhana and brimhana actions to the body and is specifically designed to overcome the aging process, enhance the vitality of all doshas [specially vata dosha], dhatus and malas, overcomes the bahu dosha avastha in the body thereby increasing the core strength of the patient and yields great protection from further diseases.

As it is evidenced in Charak samhita, various individuals with different prakritis have different characteristic features^[04] viz. Since people of kapha prakriti are known to be strong in many ways and also prakrit kapha is meant equivalent to ojas, This prakriti is first to be explained by acharya charak.

People with kapha predominant prakriti even being great at lifespan, QOL and basic physical strength, they still have some abnormalities justifying the concept of SADA-AATURA, these people generally have reduced appetite, stomach fullness and indigestion like symptoms which is explained by acharyas due to cold potency of kapha dosha. Hence, it must be advisable to give such rasayana dravya to kapha prakriti which are ushna and have deepan- pachan properties like jeerak, ajamoda, hingu etc.

People with pitta predominant prakriti have various health related issues, including Easily losing their temperament being agitated very soon, Heat intolerance, prone to premature aging for instance early graying or thinning of hairs, baldness and wrinkles or dryness over their skin. Sometimes there are fertility related problems also. Such individuals must be advised with brain calming agents, hair tonics, healthy skin care and aphrodisiac drugs to improve their progeny.

People with Vata predominant prakriti have multiple health related issues as they have been associated with least lifespan, least strength and least progeny. They usually have hoarseness in their voice, get easily mentally irritated, poor memory or recalling power, crepitus like sounds while various movements at their joints and dryness all over the body. Such individuals must be advised with Brain tonic/memory booster [*medhya dravyas-*

rasayanas], Practice of Abhyanga all over their body to overcome overt dryness and joint crepitus, Energy booster or strength improving balya rasayana and aphrodisiac drugs i.e, Vrishya Rasayana.

RASAYANA DRAVYA SUITABLE FOR VATA PRAKRITI^[10]	
General rasayana	CHIEF PROPERTIES
<i>Ashwagandha</i>	<i>Ushna veerya, madhura tikta kashaya rasa</i>
<i>Vatsanabha</i>	<i>Ushna veerya, madhura rasa</i>
<i>Haritaki</i>	<i>Ushna veerya, all 6 rasas except lavana.</i>
<i>Musali</i>	<i>Ushna veerya, madhura tikta rasa</i>
<i>Shalaparni</i>	<i>Ushna veerya, madhura tikta rasa</i>
<i>Varahikanda</i>	<i>Ushna veerya, madhura rasa.</i>
<i>Taalmuli</i>	<i>Ushna veerya, madhura tikta rasa</i>
Medhya rasayana [Brain tonic]	CHIEF PROPERTIES
<i>Badaam</i>	<i>Ushna veerya, madhura rasa</i>
<i>Bhallatak</i>	<i>Laghu, snigdha, tikshna, ushna veerya, katu-tikta-kashaya rasa, madhur vipaka</i>
<i>Vridhdaru</i>	<i>Laghu, snigdha, Ushna veerya, katu-tikta-kashaya rasa, madhur vipaka.</i>

VRISHYA drugs [aphrodisiac]	CHIEF PROPERTIES
<i>Asthisamharak</i>	<i>Ushna veerya, madhura rasa</i>
<i>Kapikacchu</i>	<i>Ushna veerya, madhura- tikta rasa</i>
<i>Rasona</i>	<i>Ushna veerya, madhura- katu rasa</i>
<i>Shalaparni</i>	<i>Ushna veerya, madhura- tikta rasa</i>
<i>Prishniparni</i>	<i>Ushna veerya, madhura- tikta rasa</i>
<i>Taalmuli</i>	<i>Ushna veerya, madhura- tikta rasa</i>

HRIDYA drugs[cardio-protective]	CHIEF PROPERTIES
<i>Patala</i>	<i>Ushna veerya, tikta-kashaya rasa</i>
<i>Saptaparna</i>	<i>Ushna veerya, tikta-kashaya rasa</i>
<i>Talispatra</i>	<i>Ushna veerya, madhura- tikta rasa</i>
<i>Beejpur</i>	<i>Ushna veerya, madhura- amla rasa</i>

TWACHYA drugs [skin tonic]	CHIEF PROPERTIES
<i>Manjishtha</i>	<i>Ushna veerya, madhura- tikta- kashaya rasa</i>
<i>Badaam</i>	<i>Ushna veerya, madhura rasa</i>
<i>Bakuchi</i>	<i>Ushna veerya, madhura-katu- tikta rasa.</i>

Keshya drugs [hair tonic]	CHIEF PROPERTIES
<i>Saireyaka</i>	<i>Ushna veerya, madhura- amla-tikta rasa.</i>

Chakshushya drugs [eye tonic]	CHIEF PROPERTIES
<i>Badaam</i>	<i>Ushna veerya, madhura rasa</i>

RASAYANA SUITABLE FOR PITTA- PRAKRITI INDIVIDUALS

GENERAL RASAYANA	VRISHYA	MEDHYA
<i>Amalaki</i> [sheeta veerya, madhura vipaka]	<i>Brahmi</i> [tikta-kashaya rasa, sheet veerya, madhura vipaka]	<i>Jatamansi</i> [madhura-tikta-kashaya rasa, sheeta veerya, madhura vipaka]
<i>Beejak</i> [tikta-kashaya rasa, sheet veerya, madhura vipaka]	<i>Tavaksheeri</i> [madhura rasa, sheet veerya, madhura vipaka]	<i>Shankpushpi</i> [tikta-kashaya rasa, sheeta veerya, madhura vipaka]
<i>Brahmi</i> [tikta-kashaya rasa, sheet veerya, madhura vipaka]	<i>Kokilaksh</i> [madhura-aml-tikta rasa, sheeta veerya, madhura vipaka]	<i>Brahmi</i> [tikta-kashaya rasa, sheet veerya, madhura vipaka]
<i>Gokshura</i> [madhura rasa, sheet veerya, madhura vipaka]	<i>Latakasturi</i> [madhura-katu-tikta rasa, sheeta veerya, katu vipaka]	<i>Mandukparni</i> [tikta rasa, sheeta veerya, madhura vipaka]
<i>Shankpushpi</i> [tikta-kashaya rasa, sheet veerya, madhura vipaka]	<i>Ashvattha</i> [madhura-kashaya rasa, sheeta veerya, katu vipaka]	<i>Yashtimadhu</i> [madhura rasa, sheet veerya, madhura vipaka]
<i>Jeevanti</i> [madhura rasa, sheet veerya, madhura vipaka]	<i>Shringatak</i> [madhura-kashaya, sheet veerya, madhura vipaka]	<i>Aparajita</i> [katu-tikta-kashaya rasa, sheeta veerya, madhura vipaka]
<i>Nagbala</i> [madhura-kashaya rasa, sheeta veerya, madhura vipaka]	<i>Priyala</i> [madhura rasa, sheet veerya, madhura vipaka]	
<i>Shalmali</i> [madhura-kashaya rasa, sheeta veerya, madhura vipaka]	<i>Palandu</i> [madhura-katu rasa, anushna veerya, madhura vipaka]	
	<i>Padmaka</i> [tikta-kashaya rasa, sheeta veerya, katu vipaka]	
	<i>Putranjeevak</i> [madhura-lavana-katu rasa, sheeta veerya, madhura vipaka]	
	<i>Kharjura</i> [madhura rasa, sheeta veerya, madhura vipaka]	

HRIDYA	TWACHYA	CHAKSHUSHYA	KANTHYA
Karpoora [katu-tikta rasa, sheeta veerya, katu vipaka]	Durva [madhura-tikta-kashaya rasa, sheet veerya, madhura vipaka]	Latakasturi [madhura-katu-tikta rasa, sheet veerya, katu vipaka]	Vasa [tikta-kashaya rasa, sheet veerya, katu vipaka]
Kutaki [katu-tikta rasa, sheeta veerya, katu vipaka]	Padmak [tikta-kashaya rasa, sheeta veerya, katu vipaka]	Aavartaki [tikta-kashaya rasa, sheet veerya, katu vipaka]	Yashtimadhu [madhura rasa, sheet veerya, madhura vipaka]
Pashanbheda [tikta-kashaya rasa, sheeta veerya, katu vipaka]	Shirisha [tikta-kashaya, anushna veerya, katu vipaka]	Lodhra [kashaya rasa, sheet veerya, katu vipaka]	Shankhpushpi [tikta-kashaya rasa, sheet veerya, madhura vipaka]
Shatavari [madhura-tikta rasa, sheeta veerya, madhura vipaka]	Vidarikanda [madhura rasa, sheet veerya, madhura vipaka]	Nimba [tikta-kashaya rasa, sheet veerya, katu vipaka]	
Vasa [tikta-kashaya rasa, sheeta veerya, katu vipaka]	Ashvattha [madhura-kashaya rasa, sheeta veerya, katu vipaka]		
Aamra [madhura-amla rasa, sheet veerya, katu vipaka]	Shaala [madhura-kashaya rasa, sheet veerya, katu vipaka]		
Ashoka [tikta-kashaya rasa, sheet veerya, katu vipaka]			
Badara [madhura-amla rasa, sheet veerya, madhur vipaka]			
Chakramarda [madhura-katu rasa, sheet veerya, katu vipaka]			
Kharjura [madhura rasa, sheet veerya, madhura vipaka]			
Mandukaparni [tikta rasa, sheet veerya, madhura vipaka]			
Narikela [madhura rasa, sheet veerya, madhura vipaka]			
Parushak [madhura rasa, sheet veerya, katu vipaka]			
Priyala [madhura rasa, sheet veerya, madhura vipaka]			
Taruni [tikta-kashaya rasa, sheet veerya, madhura vipaka]			

RASAYANA DRAVYA SUITABLE FOR KAPHA PRAKRITI INDIVIDUALS

GENERAL RASAYANA	VRISHYA	MEDHYA
Aguru [katu-tikta rasa, Ushna veerya]	Patalgurudi [tikta rasa, Ushna veerya]	Jeerak [katu rasa, Ushna veerya, katu vipaka]
Bhallatak [katu-tikta-kashaya rasa, Ushna veerya]	Vridhdharu [katu-tikta-kashaya rasa, Ushna veerya]	Jyotishmati [katu-tikta rasa, Ushna veerya, katu vipaka]
Bhringraj [katu-tikta rasa, Ushna veerya]	Gandhaprasarini [tikta rasa, Ushna veerya]	Vacha [katu-tikta rasa, Ushna veerya, katu vipaka]
Daruharidra [tikta-kashaya rasa, Ushna veerya]	Karkatshringi [tikta-kashaya rasa, Ushna veerya]	Bhallatak [katu-tikta-kashaya rasa, Ushna veerya]
Guduchi [tikta-kashaya rasa, Ushna veerya]	Bhallatak [katu-tikta-kashaya rasa, Ushna veerya]	Vridhdharu [katu-tikta-kashaya rasa, Ushna veerya]
Guggulu [katu-tikta rasa, Ushna veerya]	Patola [katu-tikta rasa, Ushna veerya]	
Palasha [katu-tikta-kashaya rasa, ushna veerya]	Ajamoda [katu-tikta rasa, Ushna veerya]	
Pippali [katu rasa, Ushna veerya]	Kakamachi [tikta rasa, Ushna veerya]	
Sharpunkha [tikta-kashaya rasa, Ushna veerya]		
Tuvarak [katu-tikta rasa, Ushna veerya]		
Vridhdharu [katu-tikta-kashaya rasa, Ushna veerya]		

HRIDYA	TWACHYA	CHAKSHUSHYA	KANTHYA
Patala [tikta-kashaya rasa, Ushna veerya]	Eranda [madhura-katu-kashaya rasa, ushna veerya]	Bibhitaka [kashaya rasa, ushna verya]	Kakamachi [katu-tikta rasa, ushna veerya]
Saptaparna [tikta-kashaya rasa, Ushna veerya]	Haridra [katu-tikta rasa, ushna veerya]	Karveera [katu-tikta rasa, ushna veerya]	
Talispatra [tikta-madhura rasa, Ushna veerya]	Manjishtha [madhura-tikta-kashaya rasa, ushna veerya]	Nirgundi [katu-tikta rasa, ushna veerya]	
Hingu [katu rasa, ushna veerya]	Bakuchi [madhura rasa, ushna veerya]		
Brihati [katu-tikta rasa, ushna veerya]			
Ajamoda [katu-tikta rasa, ushna veerya]			

CONCLUSION

In the current ongoing era of rush and eating preserved/ frozen foods, most of our population ends up with manifesting various sorts of nutritional deficiencies, commonly evidenced being calcium, Iron or Vitamin D deficiency etc. This not only affects their present body system but also deteriorates the body innate strength to fight back disease in the upcoming future. This makes the implementation of rasayana essential in basic dietetics, daily regimes or even as addition to empirical treatment to any disease. This not only improves healing process of present disease condition but also enhance body reserves to combat future ailments or infections. Selection of drugs for any therapeutic purpose including *rasayana karma* mainly depends on *rasa-panchaka* of the drugs, availability of the drugs and most important tolerance of the patient towards the administered drug. THE UTMOST NEED OF RASAYANA is seen in geriatric phase of life. Geriatric care has to address two-fold health issues, 1. Anti-aging care to delay the degenerative changes associated with physiological aging. 2. Medical management of diseases specifically occurring in old age. Ghee, milk, mamsa-rasa, use of yashtimadhu and priyangu etc are suggested in old age for daily practice in order to enhance tissue- regeneration and retard various degenerative changes.

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