

A REVIEW OF THERAPEUTIC USES OF AGASTYA HARITAKI RASAYANA IN POST COVID-19 PATIENTS

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Article Received on
15 September 2022,

Revised on 05 October 2022,
Accepted on 25 Oct. 2022,

DOI: 10.20959/wjpr202215-26066

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ABSTRACT

Ayurveda is not only a system of medicine but also the way of life. The first and most important aim of Ayurveda is not only to alleviate diseases of diseased one but also to promote the health of a healthy individual. Ayurveda is becoming more and more acceptable globally due to its holistic, eco-friendly and toxicity-free approach. *Rasayana* is one of the specialities of *Ashtang* Ayurveda. We all are suffering from Covid-19 disease since last two years. In current scenario, most of the patients having symptoms of post-Covid-19 like *Kasa*, *Shwasa*, *Jwara*, *Kshaya* etc. So, we have to increase immunity of *Sharir-Manas*, specifically *Pranavaha Srotas*. In the *Charaka Samhita*, *Agastya Haritaki Rasayana* is described in *Kasa Chikitsa Adhyaya*. It is the one of the *Avaleha Kalpana* consisting of *Haritaki* mainly as well as *Dashmula*, *Pippali*, etc. *Dravya*. Most of the ingredients are having

properties like *Laghu-Ruksha-Tikshna Guna*, *Tikta-Madhur-Kashaya Rasa*, *Katu Vipaka*, *Ushna Veerya*. So that, *Agastya Haritaki Rasayana* is used in *Vata-Kapha* predominance diseases like *Kasa*, *Shwasa*, etc. In the context of *Rasayana*, *Agastya Haritaki* acts as a *Naimittika Rasayana* which means to cure particular disease.

KEYWORDS: *Agastya Haritaki*, *Kasa*, *Naimittika*, *Pranavaha Srotas*, *Shwasa*.

INTRODUCTION

According to Acharya Charaka, *Rasayana* is the means of attaining excellent qualities of *Rasadi Sapta Dhatus* i.e body cells and tissues.^[1] Acharya Chakrapani comments on the above verse that not only physical but also the mental qualities like *Smruti* (memory), etc. are to be considered by the word *Rasadi*. Therefore, *Rasayana* is the therapy in which achievement of

health with the mental competence. In Charaka Samhita, Acharya Charaka has quoted that there are two types of therapeutics: 1) *Swasthasya Urjaskar* (promotes health) and 2) *Artasya Rognut* (cure the diseases).^[2]

Types of Rasayana

Rasayana has been classified in various manner They are as follows

Table 1: Types of Rasayana.

| According to mode of action ^[3] | According to Sushrut ^[3] | According to objective ^[5] |
|---|---|--|
| 1. <i>Kuti Praveshik</i> Intensive indoor rejuvenation therapy | 1. <i>Sarvopaghata Shamaniya</i> - does <i>Sampraptibhang</i> of disease. | 1. <i>Kamya Rasayana</i> – a. <i>Prana Kamya</i> – to promote the longevity and lifespan b. <i>Medha Kamya</i> – to improve mental faculties c. <i>Shri Kamya</i> – to improve Beauty and Lustre of the body. |
| 2. <i>Vatatapika Rasayana</i> Outdoor rejuvenation therapy | 2. <i>Medhayushkamiya</i> – Increases intellectual property and longevity | 2. <i>Naimittik Rasayana</i> – Used to Cure particular disease and increase <i>Vyadhikshamatva</i> . |
| | 3. <i>Swabhav Vyadhi Pratishedhajanya</i> – Delay onset of <i>Swabhavika Vyadhi</i> . | 3. <i>Ajasrika Rasayana</i> – to promote the general health in daily routine life. |
| | 4. <i>Nivritta Rasayana</i> – strengthening of the physical and mental faculties. | |

Agastya Haritaki Rasayana quoted by Sage Agastya in *Kasa Chikitsa Adhyaya* of *Charaka Samhita*. Hence, it is one of the *Naimittika Rasayana*.^[6]

In today's era, new diseases are arriving due to our disarranged lifestyle, decreased *Vyadhikshamatva* (Immunity), etc. resulting in communicable diseases like Tuberculosis, Typhoid, Malaria, Leprosy, SARS, Covid-19 and so on.^[7] World widely, Covid-19 is a burning issue since more than one year. Due to this epidemic, not only life expectancy but also socio-economic status of our India decreased. Nowadays, number of Post Covid-19 patients having *Kasa* (Cough), *Kshaya*, *Shwasa* (Breathlessness), *Jwara* (Fever) are increased. These conditions may later on cause severe public health threat. These conditions are caused due to the *Kha-Vaigunya* as well as decreased *Vyadhikshamatva* mainly in *Pranavaha Srotasa*.

In this epidemic condition, we have to increase *Vyadhikshamatva* and *Bala* (strength) of each and every individual to recover from Post Covid-19 conditions and to fight against any new

disorders with the help of *Rasayana*. *Agastya Haritaki Rasayana* plays important role in increasing *Vyadhikshamatva* and *Bala* of body but specifically *Pranavaha srotas*.

OBJECTIVES

The study was taken with a view

- To enlist the *Dravya* (Ingredients) of *Agastya Haritaki Rasayana* according to *Caraka Samhita*.
- To study the pathophysiology of Post Covid-19 conditions.
- To study mode of action of *Agastya Haritaki Rasayan* in Post Covid-19 conditions.

MATERIAL AND METHODOLOGY

A thorough and comprehensive review of *Agastya Haritaki Rasayana* from:

- 1) *Caraka Samhita*
- 2) *Sushrut Samhita*
- 3) *Bhavaprakasha Nighantu*
- 4) *Sharangdhara Samhita*
- 5) Internet – Covid-19 and Communicable disease

A. Ingredients^[8]

Table 2: According to *Bhavaprakasha Nighantu*, *Rasa Panchaka* of individual ingredient of *Agastya Haritaki Rasayana*.

| S.N. | <i>Dravya</i> name | Latine name | <i>Guna</i> | <i>Rasa</i> | <i>Virya</i> | <i>Vipaka</i> | <i>Doshaghata</i> |
|------|--------------------------|---|----------------------|------------------------------------|--------------|----------------|--------------------------|
| 1 | <i>Bilva</i> (Root) | <i>Aegle marmelos</i> Linn. | <i>Laghu</i> | <i>Madhura</i> | <i>Shita</i> | <i>Madhura</i> | <i>Tridoshaghna</i> |
| 2 | <i>Shyonak</i> (Root) | <i>Oroxylum indicum</i> (L.) Benth ex Kurz. | <i>Laghu, Ruksha</i> | <i>Madhura Tikta, Kashaya</i> | <i>Ushna</i> | <i>Katu</i> | <i>Kaphavata Shamaka</i> |
| 3 | <i>Gambhari</i> (Root) | <i>Gmelina arborea</i> Roxb. | <i>Guru</i> | <i>Tikta, Kashaya, Madhura</i> | <i>Ushna</i> | <i>Katu</i> | <i>Tridosha Shamaka</i> |
| 4 | <i>Patala</i> (Root) | <i>Stereospermum suaveolens</i> (Roxb) | <i>Laghu, Ruksha</i> | <i>Tikta, Kashaya</i> | <i>Ushna</i> | <i>Katu</i> | <i>Tridosha Shamaka</i> |
| 5 | <i>Agnimantha</i> (Root) | <i>Premna mucronata</i> Roxb. | <i>Lagu, Ruksha</i> | <i>Tikta Katu, Kashaya Madhura</i> | <i>Ushna</i> | <i>Katu</i> | <i>Kaphavata Shamaka</i> |
| 6 | <i>Shaliparni</i> (Root) | <i>Desmodium gangeticum</i> DC | <i>Guru, Snigdha</i> | <i>Madhura Tikta</i> | <i>Shita</i> | <i>Madhura</i> | <i>Tridosha Shamaka</i> |
| 7 | <i>Prushniparni</i> | <i>Uraria picta</i> | <i>Laghu</i> | <i>Madhura</i> | <i>Ushna</i> | <i>Madhura</i> | <i>Tridosha</i> |

| | (Root) | Desv | Snigdha | Tikta | | | Shamaka |
|----|-------------------------------------|--|--------------------------------|--|----------------|----------------|---------------------------|
| 8 | <i>Brihati</i> (Root) | <i>Solanum indicum</i> Linn | <i>Lagu, Ruksha, Tikshna</i> | <i>Katu, Tikta</i> | <i>Ushna</i> | <i>Katu</i> | <i>Kaphavata Shamaka</i> |
| 9 | <i>Kantakari</i> (Root) | <i>Solanum surattense</i> Burm | <i>Lagu, Ruksha, Tikshna</i> | <i>Tikta, Katu</i> | <i>Ushna</i> | <i>Katu</i> | <i>Kaphavata Shamaka</i> |
| 10 | <i>Gokshur</i> (Root) | <i>Tribulus terrestris</i> Linn. | <i>Guru, Snigdha</i> | <i>Madhura</i> | <i>Shita</i> | <i>Madhura</i> | <i>Vatapitta Shamaka</i> |
| 11 | <i>Atmagupta</i> (Seed) | <i>Mucuna pruri</i> Wight | <i>Guru, Snigdha</i> | <i>Madhura, Tikta</i> | <i>Ushna</i> | <i>Madhura</i> | <i>Tridosha Shamaka</i> |
| 12 | <i>Shankhapushpi</i> (Panchanga) | <i>Convolvulus pluricaulis</i> Choisy | <i>Snigdha, Apichil</i> | <i>Kashaya, Katu</i> | <i>Shita</i> | <i>Madhura</i> | <i>Tridosha hahara</i> |
| 13 | <i>Shati</i> (Rhizome) | <i>Hedychium spicatum</i> Sm in A Rees | <i>Laghu, Tikshna</i> | <i>Katu, Tikta, Kashaya</i> | <i>Ushna</i> | <i>Katu</i> | <i>Vata kapha Shamaka</i> |
| 14 | <i>Bala</i> (Root) | <i>Sida cordifolia</i> Linn | <i>Snigdha, Aguru</i> | <i>Madhura</i> | <i>Shita</i> | <i>Madhura</i> | <i>Vatapitta Shamaka</i> |
| 15 | <i>Hastipippali</i> (Fruit) | <i>Piper chaba</i> Trel & Yunk | <i>Ruksha</i> | <i>Katu</i> | <i>Ushna</i> | <i>Katu</i> | <i>Vata hahara</i> |
| 16 | <i>Apamarga</i> (Root) | <i>Achyranthes aspera</i> Linn | <i>Sara, Tikshna</i> | <i>Tikta, Katu</i> | <i>Shita</i> | <i>Madhura</i> | <i>Kaphavata Shamaka</i> |
| 17 | <i>Pippalimula</i> (Root) | <i>Piper longum</i> Linn | <i>Tikshna, Laghu, Snigdha</i> | <i>Katu</i> | <i>Anushna</i> | <i>Madhura</i> | <i>Kaphavata Shamaka</i> |
| 18 | <i>Chitraka</i> (Root) | <i>Plumbago zeylanica</i> Linn | <i>Tikshna</i> | <i>Katu</i> | <i>Ushna</i> | <i>Katu</i> | <i>Kaphavata Shamaka</i> |
| 19 | <i>Bharangi</i> (Root) | <i>Clerodendron serratum</i> Linn | <i>Ruksha, Laghu</i> | <i>Katu, Tikta</i> | <i>Shita</i> | <i>Madhura</i> | <i>Kaphavata Shamaka</i> |
| 20 | <i>Pushkarmula</i> (Root) | <i>Inula racemosa</i> Hook | <i>Tikshna, Laghu</i> | <i>Katu, Tikta</i> | <i>Ushna</i> | <i>Katu</i> | <i>Vata kapha Shamaka</i> |
| 21 | <i>Yava</i> (Seed) | <i>Hordeum vulgare</i> Linn | <i>Ruksha, Guru, Picchil</i> | <i>Kashaya, Madhura</i> | <i>Ushna</i> | <i>Katu</i> | <i>Kapha hahara</i> |
| 22 | <i>Haritaki</i> (Fruit) | <i>Terminalia chebula</i> Retz. | <i>Lagu, Ruksha</i> | <i>Kashaya, Pradhan, Lavana, Varjita</i> | <i>Ushna</i> | <i>Madhura</i> | <i>Tridosha hahara</i> |

B. Method of preparation

From Table no.2, the drugs from the 1 to 20 (2 Pala = 96 gm) each are taken and coarsely powdered and added in 5 *Adhaka* of water (5 x 3.072 litre =15.360 litre)



Kwatha is prepared reducing it to 1/4th i.e 4.8 litre.



Yava (1 *Adhaka* = 3.072kg) and *Haritaki* (100 in number) are bundled in a *Pottali* which is immersed in *Dolayantra*.



Mixture of *Yava* and *Haritaki* is boiled till *Yava* becomes soft. *Pottali* is opened and *Yava* is removed.



Guda (1 *Tula*=4.2 kg) and *Haritaki* is added to the *Kwatha* and boiled.



After *Paka*, *Ghrita* and *Taila* (1 *Kudav*=192 g each) is added along with the *Pippali Churna* in same quantity.



Allowed to cool and finally *Madhu* (4 *Pala*=192gm) is added.



Avaleha Siddhi Lakshana includes:

1. *Asanna Siddhi Lakshana*- *Tantumatra*, *Apsumajjana*, *Sthirata*
2. *Siddha Lakshana* - *Piditomudra*, *Gandhavarnarasodhava*, *Sukhamarda*⁹

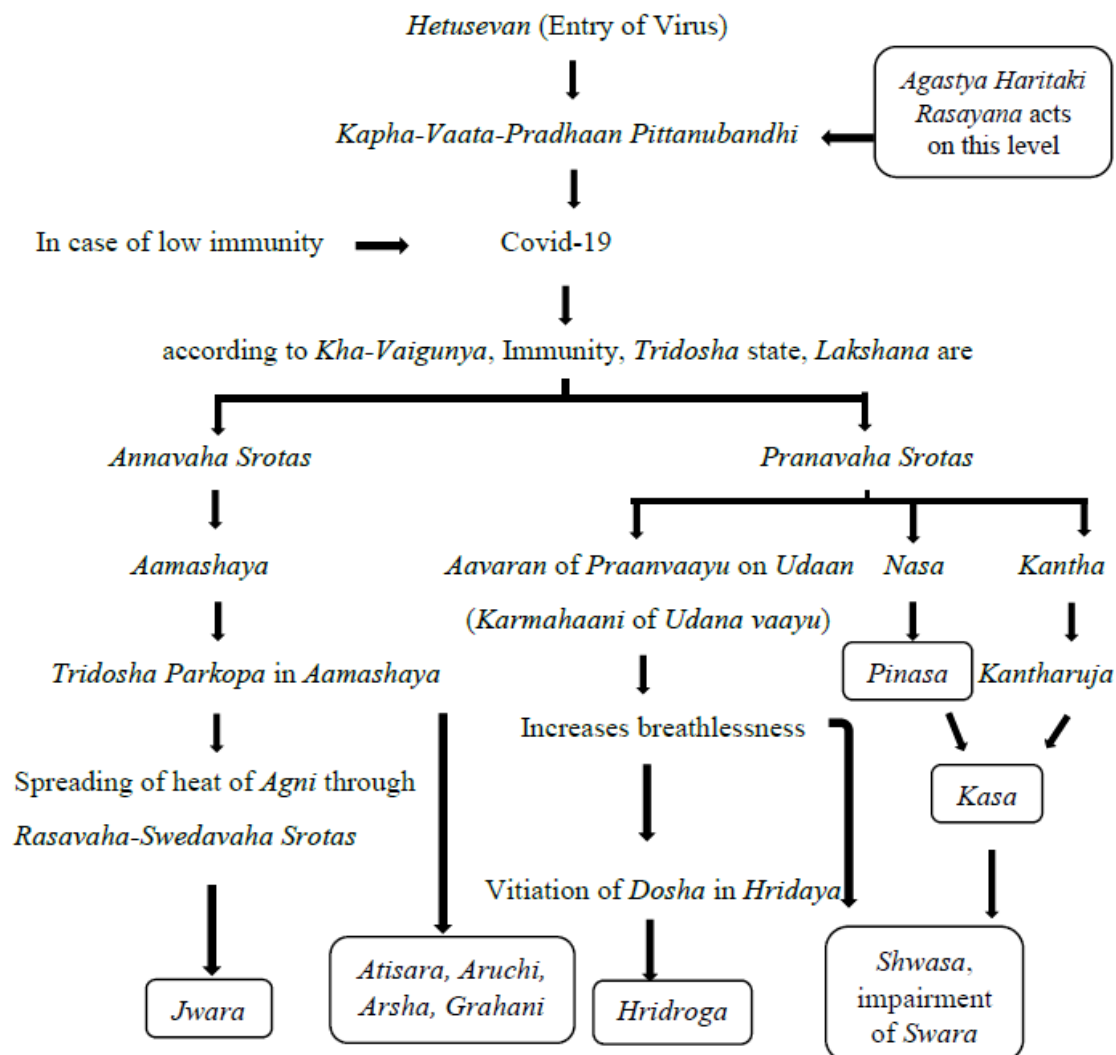
C. Dosage

Intake of two fruits of *Haritaki* along with *Leha* daily is considered as *Rasayana*.

D. Indications and benefits

Agastya Haritaki Rasayana removes *Vali* (wrinkles), *Palita* (greying of hairs) and increases *Varna*, *Ayu*, *Bala*. It is also beneficial in *Kasa*, *Kshaya*, *Shwasa*, *Hikka*, *Vishamjwara*, *Arsha*, *Grahani*, *Hridroga*, *Aruchi*, *Pinasa*.

DISCUSSION

Pathophysiology of Covid-19 and Post Covid-19 conditions with *Sampraptibhanga*A. Mode of action at the level of *Dosha*

- 1) *Tikta rasa* does *Deepana*, *Amapachana*, *Lekhana*, *Upashoshana* and *Kanta- Shodhana*.¹⁰ *Katu rasa* and *Vipaka* clears the obstruction in the *Srotas* and does *Sodhana*. Also, combats the *Kapha*. *Kashaya rasa* having property of alleviation of the *Kapha* and *Pitta* disorders along with the *Sodhana* effect.
- 2) *Ushna veerya* drugs are *Agnimahabhoota* dominant and does *liquification* of *Kapha*, *Amapachana*. It helps in breakdown of the pathophysiology of above conditions.
- 3) *Tikshna Guna* does *Shodhan*. *Ruksha Guna* does *Soshana*.

Due to all these properties, *Vatanulomana* of *Prana Vayu* and *Apana Vayu* takes place. Also, these properties act as antagonistic to *Kapha*.

In the formulation of *Agastya Haritaki Rasayana*, most of *Dravya* are *Vata-Kapha Shamaka* as well as *Tridosha Shamaka*. Hence, conditions like *Shwasa*, *Kasa*, *Hikka*, *Pinasa*, *Aruchi* can be relieved.

B. Mode of action at the level of *Dhatu*

Guru, *Snigdha guna* along with the *Madhura Rasa* is responsible for the *Dhatuposhana* and finally the *Oja* formation. It helps in increasing *Ayu*, *Bala*, *Varna*.

C. Mode of action at the level of *Agni*

1) *Jatharagni*

Grahani is the condition in which vitiation of *Agni* takes place. *Katu Rasa* is *Agni- Vayu Mahabhuta* dominant. *Ushna Virya* is responsible for *Deepana-Pachana*. So that, both together enhance *Agni*, help in proper absorption, and maintain digestion.

2) *Dhatwagni*

Rajyakshma is the condition in which *Jatharagni*, *Dhatwagni* and *Bhutagni* is affected resulting in *Sanga* and *Vimargagamana* of the *Dosha*. But, specifically depletion of *Dhatwagnis* or obstruction to their *Srotas* takes place in *Rajyakshma*. *Ushna virya* causes the liquification of *Kapha-Kleda*, clearing the obstruction in the *Srotas* resulting in *Agnideepana*.

3) *Bhutagni*

All *Agni-Vayu Mahabhuta* dominant properties like *Laghu Guna*, *Katu Rasa*, *Ushna Virya* clears the obstruction at the level *Bhutagni*.

D. Mode of action at the level of *Srotas*

Agastya Haritaki Rasayana clears the obstruction in *Pranavaha Srotas* by *Ruksha*, *Laghu* properties, *Katu Rasa*, *Ushna Virya*.

Main organ of *Pranavaha Srotas* is *Fuffusa* which is formed by *Phena* (foam) of *Rakta Dhatu*.^[11] *Haritaki* is the best *Anulomaka* resulting in *Pittaharana* as well as decreasing *Raktadushti*. Thus, *Agastya Haritaki Rasayana* is best works in *Pranavaha Srotodushti*.

CONCLUSION

Agastya Haritaki Rasayana is one of the popular *Avaleha Kalpana*. It works at different levels like *Dosha*, *Dhatu*, *Agni*, *Srotas* by improving their *Vyadhikshamatva*. In Post Covid-19 conditions, *Agastya Haritaki Rasayana* is acts as *Naimittika Rasayana* which prevents the

disease to become more chronic by maintaining *Dhatusamyata*, *Agnideepana* and *Srotoshodhana*.

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