

ROLE OF RASAYANA FOR PROMOTION OF HEALTH AND PREVENTION OF DISEASE IN CHILDREN

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ABSTRACT

A healthy child is wealth of a nation. Future of a nation depends on health status of children. So very important to promote child health and prevent diseases. *Rasayana* is *Swasthasyaorjaskar* type of medicine. The measure by which an excellence of *Rasadi Dhatu* (*Rasa, Rakta, Mans, Meda, Asthi, Majja, Shukra*) and *Smrityadi Bhava* (memory) are accomplished and maintained, is known as *Rasayana* therapy. *Rasayana* boost *Oja* (immunity), improve physical and mental strength in children. *Mandukparni, Shankhpushpi, Guduchi, Yastimadhu, Swarna Prasana, Dughdha, Ghrita, Achara Rasayana* etc. are some *Rasayana* used in children.

KEYWORD: *Rasayana, Rasayana* in children, health promotion, Disease prevention.

INTRODUCTION

The Indian civilization put health of children on prime concern since children are considered future of any nation. Child good development depends upon disease free (healthy) stage to physical, mental and emotional development. In present era the unhealthy food habits are practiced such as the combination of diets opposite in properties (*Viruddhahara*), untimely

food habits and not following the norms of nutrition as explained in classical (*Ayurveda*) invites a greater number of pathogenesis. In addition to these behaviour factors, the causes such as nonsuppression of jealousy, sadness, fright, anger etc. also to be considered, because of these components, the *rasa dhatu* of good quality will also be hindered and inequality of *doshas* occurs which causes the individual susceptible to condition from *Dhatushaya* (depletion of tissue) and *Ojokshaya* (decreased immunity).^[1] *Rasayana* drugs improves *Agni* and cures digestive ailments, prevent *Aam* formation, improve path of *Srotas* and clear micro channels therefore improves circulation in body and enhance *Saptadhadhu Smrityadibhava* (memory, intelligence)^[2], *Oja* (immunity)^[3], *Bala* (physical and mental strength increase), *Varna* (complexion improve), *Indriya Bal* (improve hearing etc)^[4] etc. *Soclear Rasayana* is a *Swasthasyaorjaskar* (promotive and preventive type)^[5] of medicine. *Rasayana* aims in children.

(1) Boost immunity.

(2) Improve physical and mental development.

(3) Prevents disease like enuresis, cough, cold, allergy, malnutrition, chickenpox, tonsilitis etc.

MATERIALS AND METHOD

This is literary study. Literary resources were collected from *Samhitas* (*Charak Samhita*, *Sushruta Samhita*, *Astang hridaya*), text books, research papers, journals, articles and internet.

DISCUSSION

Rasayana

The term *Rasayana* comprises of two words '*Rasa*' and '*Ayana*', where the first one signifies either *Rasa Raktadi Dhatus* of the body or *Rasa Virya Vipakas* of the drug or an excellence of the same for the preservation and maintainance of healthy life etc. and the second one conveys the sense of *Apyayana* which suggests a measure or methodology to saturate or enrich or to conduce a special benefit to the body. Based on these principles, it has been said that one which has capacity to enrich the seven body tissues or the drug possessing the qualities to saturate or replenish the body tissues, by means of their *Rasa*, *Virya* and *Vipakas* or that which can provide benefit and keep an excellence of life and its other causative factors, with the help of same qualities of the drug, is to be designated as *Rasayana*.^[6]

Acharya Chakrapani defined the measure by which an excellence of *Rasadi Dhatu* and *Smrityadi Bhava* are accomplished and maintained, is known as *Rasayana* therapy.^[7]

Acharya Arundatta defined the measure by which an excellence of *Rasa Raktadi Dhatu* are accomplished and maintained, is known as *Rasayana* therapy.^[8]

Indication

Rasayana therapy is indicated in early age (*defined Acharya Arundatta Purva Vaya* as *Atibalyaatikantmatra*) and middle age (*Madhayam vaya*) person.^[9]

Types of *Rasayana*

1. Two types:- (1) *Kutipravesika* (Indoor regimen)

(2) *Vatatpika* (Outdoor regimen)

Described all *Acharyas*. In present time usually *Vatatpika* type of *Rasayana* used.

2. Three types:- (1) *Kamya*, (2) *Naimittika*, (3) *Ajashrika*.

Kamya Rasayana:- Enhance normal health. Three types of *Kamya Rasayana*.

(a) *Prana Kamya:-* It is used for achieving the best quality of prana (life energy). (b) *Medha Kamya:-* *Medha Kamya Rasayana* improves memory, intellect. (c) *Shree Kamya:-* It is used for promoter of complexion.

Naimittika Rasayana :- Based on disease condition example-*Shilajatu, Bhallataka, Tuvrak* etc.

Ajashrika Rasayana:- Diet like milk, ghee etc.^[10]

3. *Achara Rasayana:-* *Achara Rasayana* is a mainly *Adrayabhoot* (except-*Dugdh, Ghrita*) type of *Rasayana*. But daily *Achara Rasayana* used effect gives *Rasayana* benefits. *Achara Rasayana* described *Acharya Charak* one who speaks the truth, who is free from anger, who abstains from alcohol and sexual congress, hurts no one, avoids overstrain, is tranquil of heart, fair spoken, is devoted to repetition of holy chants and to cleanliness, is endowed with understanding, given to almsgiving, diligent in spiritual endeavour, delights in reverencing the gods, cows, brahmanas, teachers, seniors and elders, is attached to non-violence and is always compassionate, moderate and balanced in his waking and sleeping, is given to regular taking of milk and ghee, is conversant with science of climate, season and dosage, is versed in property, devoid of egotism, blameless of conduct, given to wholesome eating, spiritual in temperament, and attached to elders and men who are believers and self controlled and devoted to scriptural texts, such a one should be known as enjoying the benefits of vitalization therapy constantly.^[11]

Rasayana health benefits in children

- *Rasayana* improves potency of *Saptadhatu*.^[12]
- *Rasayana* improves *Smriti*(memory), *Medha*(intelligence).
- *Arogya*(disease free state).
- Improve skin lusture, complexion.
- Maintainance of optimum strength of the body and senses.^[13]
- Boost *Oja* thus strengthens immunity of children.^[14]
- *Rasayana* improves *Agni* thus cures digestive ailments in children.
- *Rasayana* improves path of *Shrotasas* and clears micro channels therefore improves circulation in body.
- The *Rasayana* drugs of their carminative and appetizer effect cure constipation and indigestion.^[15]

Precaution

Rasayana drug should be used for children under the expert opinion but *Achara Rasayana* should be used by every person without any expert opinion.

Rasayana Actions

- (1) **Nutraceutic action:-** *Rasayana* provide adequate nutrition to every cell or tissue of body. They increase plasma nutrient value thus execute great nutraceutical. Nutraceutic drug example:- milk, ghee etc.
- (2) **Anti-oxidant action:-** *Rasayana* prevent tissue damage induced by free radicals by exerting antioxidant properties. *Rasayana* drugs prevent free radical induced damages of tissue preventing further consequences such as cancers, inflammatory diseases, tissue necrosis etc. Drugs example:- *Amla* etc.
- (3) **Immunomodulatory effect:-** *Amla*, *Swarna Prashna*, *Guduchi* etc. are some drugs effect immunomodulatory effect.
- (4) **Nootropic action:-** *Medhya Rasayana* have nootropic action. Example- *Mandukparni*, *Guduchi*, *Yastimadhu*, *Shankhpuspi*, *Swarna Prashna* etc.
- (5) **Psychological wellbeing:-** *Achara Rasayana* described various conducts do's and don'ts which give better social acceptance to a person. Thus *Achara Rasayana* improves psycho-neuro health of a community.^[16]

CONCLUSION

Rasayana improves *Rasa*, *Raktadi Dhatu*, *Smrityadi bhava*, *Oja*. Early age is a physical and

mental development time. Excellence of *Rasa Raktadi Dhatu* are very important for proper physical development and *Smrityadi bhava* are very important to mental development.

Physical development- *Rasayana* improve qualities of *Rasadi Dhatu* provide *Dhatu Poshan* effect, *Dhatunirmana*, improve immunity, *Shroto Shodhana* effects of *Rasayana* detoxify body and prevents blockage of micro channels.

Mental development- *Rasayana* improve *Smrityadi bhava* like memory, intellect etc.

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