

## ROLE OF RASAYANA CHIKITSA IN LIFESTYLE DISORDERS

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### ABSTRACT

Ayurveda aims primarily to maintain healthy life of healthy person and recover the diseased, but lifestyle is basic main fundamental. Incorrect eating habits, unhealthy food, busy life, workload, lack of sleep leads to imbalance of physical and mental well-being causing lifestyle disorders like Cardiovascular diseases, Diabetes, Obesity, PCOD, Hypothyroidism, Infertility, Stroke, COPD, Asthma etc. In Ayurveda various treatments are used to treat these one of it is Rasayana Chikitsa. It acts on vitiated Doshas, Dhatus, Agni, Oja, Strotas. Rasayana therapy promotes rejuvenation, increases Lifespan by retarding ageing, provides physical and mental health, helps to regulate metabolism. Rasayana therapy has both preventive and curative aspects in the lifestyle disorders if used properly for long time. It works on minute level so helps to increase Satva (good nature) and also immunity which is necessary in current era where diseases occurs easily.

**KEYWORDS:** Rasayana, Lifestyle disorders, Dhatu, Strotas.

### INTRODUCTION

Ayurveda mainly focus on healthy living. The basic fundamentals of healthy life is explained in Ayurveda and also explained how to maintain the equilibrium of healthy body at both

physical and Mental levels. Aim of Ayurveda clearly explains that to maintain the health of healthy person and to cure the disease of diseased person.<sup>[1]</sup> In Ayurveda Trayopstambha<sup>[2]</sup> are explained i.e. Ahar (proper diet), Nidra (proper sleep) and Bramhacharya (Celibacy) these are basic pillars which supports whole building which is our body.

Jivanshaily i.e. lifestyle must be healthy for physical and mental well-being of individual and these are maintained by proper eating habit, complete sleep, Yoga, Pranayam, doing physical exercises like swimming, walking, running etc. But with changing the era, no one gets enough time to pay attention on the basic things like these and easily consume fast food, eating on irregular times, holding basic natural urges, lack of exercise, meditation, heavy workload, stress and consumption of alcohol, smoking. It may leads to lifestyle diseases.

Lifestyle disorders are health issues that arises from an individual's lifestyle choices, such as diet, Physical activity and other daily habits. Common examples include Obesity, Diabetes mellitus, Cardiovascular diseases and Digestive diseases. The development of technology has made life more luxurious for many people; however, increased consumption of meat, dairy products, tobacco, sugary beverages, and alcohol raises the risk of lifestyle diseases. Other contributing factors include unemployment, unsafe living conditions, poor working environments, and stress.

In Ayurveda, lifestyle disorders are called Santarpanjanya Vyadhis and diseases caused by an unhealthy lifestyle. These disorders are also known as non-communicable diseases (NCDs) Internationally. In Ayurveda, there are 8 specialized branches amongst which Rasayana Tantra<sup>[3]</sup> is a branch exclusively works on nutrition, immunology, rejuvenation and geriatrics. The word Rasayan is derived from Rasaya Ayanam Rasayanam which mean the way of obtaining a good Rasa is Rasayan.<sup>[4]</sup> Rasayan is comprised of two terms i.e. Rasa and Ayana in which Rasa is Rasadi saptadhatu (soft tissue) and Ayana means the Apyayan i.e. Vardhan or path of circulation. So, it can be said that Rasayan is related to the nutrition and transportation of Saptadhatu in the body. Rasayana attains life longevity, memory, intelligence, freedom from disorders, youthful age, excellence of lusture, complexion, voice, optimum strength of physique and sense organs.<sup>[5]</sup>

## AIM AND OBJECTIVE

1. To prevent lifestyle disorders through Rasayan chikitsa.
2. To study in brief about lifestyle Disorders.

## MATERIAL AND METHOD

### MATERIAL

1. Various Ayurveda classical texts.
2. Ayurvedic research papers, Journals and Articles.
3. Different Websites available on internet.

### METHODS

Literary review

Definition of Rasayan Chikitsa(Rejuvenation)

If there is any Dhatu vitiated in the body then body part or strotas gets imbalanced or deceased then that Dhatu, body part or Strotas is treated and prevented to cause further disease is known as Rasayan Chikitsa. Rasayana Chikitsa aim is to nourish blood, lumph, flesh, adipose tissue and semen. This therapy is to rejuvenate and influence the basic fundamental aspects of the body i.e. Dhatus, Agni, Sthrotas and Oja.<sup>[6]</sup>

In lifestyle disorders, due to disturbed Ahar-Vihar, Agni becomes Manda so, it does not digest food properly. This is the main reason to produce Vikrit Aahar Rasa which also hampers Dhatvagni of Aadyadhatu i.e. Rasadhatu and it produce Vikrit Rasa Dhatu. Acharya Charak explained, Dhatu Utapattikram which states that from Rasadhatu Raktadhatu is formed, from Rakta Mansa Dhatu is formed like this all seven made from previous Dhatu explained under Ksheerdadhinyay.<sup>[7]</sup> If Vikrit Dhatus are produced then their functions are not performed properly and it causes Lifestyle disorders.

### Types of Rasayana

1. On the basis of mode of administration: 1)Kutipraveshik Rasayana 2)Vatatapik Rasayana
2. On the basis of mode of action: 1) Samshodhana Rasayana 2)Samshanama Rasayana
3. On the basis of Utility: 1) Kamyā Rasayana 2)Naimittika Rasayana 3)Ajastrik Rasayana
4. On the basis of Dravya: 1)Dravyabhuta Rasayana 2)Adravyabhuta Rasayana
5. On the basis of Drug, Diet, Lifestyle: 1)Aushadha Rasayana 2)Achara Rasayana 3)Ahara Rasayana

Achar Rasayana means Achar is mental attitude and Rasayana is Rejuvenating therapy. It is good conduct or good behaviour or Sadvritta which positively affects mental health by balancing the hormones and chemicals in the body. In this type, the way of living, role of Satvik diet, what to do and what to avoid have been described. So, to avoid lifestyle disorders

it is must to add Achar Rasayana in daily life.

Naimittika Rasayana is the type of Rasayana which are used specifically in the prevention or treatment of specific diseases. Example, for Pandu (Anemia) Loha, Mandura, for Prameha (Diabetes) Haridra, Shilajatu, Amalaki, for Psychiatric disorders Ashwagandha, Shankhapushpi, Brahmi.

## DISCUSSION

### List of Lifestyle disorders

1. Cardiovascular diseases (Hypertension, Heart attack) 2. Diabetes 3. Obesity 4. PCOD 5. Hypothyroidism 5. Asthma 7. Stroke 8. Infertility 9. Depression Rasayan Chiktisa on lifestyle disorders.

**1. Cardiovascular diseases:** Cardiovascular diseases known as Hridog in ayurveda. Archayas mentioned some most beneficial Rasayan like Amalaki, Haritaki and Chavanprasha.<sup>[8]</sup> Haritaki is Hridya i.e. in beneficial for heart and heart diseases due to its cardio protective effect.<sup>[9]</sup> According to Nighantu, Haritaki is Hridyrogashak due to its Madhur, Amla, Tikta, Kashay Rasas. Chavanprash can strengthen the heart's structure and function and improve blood flow to the heart muscles it also corrects the heart pumping rhythm.<sup>[10]</sup> Shaptaparni also acts as Hridya, it is cardiac tonic, purifies blood and also improves heart health by its properties in the bark part.<sup>[11]</sup>

**2. Diabetes:** Shilajatu is good Klednashak(absorbs excess mucuos), it is mild Amla, Kashay, Katu Vipak and Samashitoshna, also a Rasayana and corrects Dhatupariposhana Karma.<sup>[12]</sup> Triphala acts as Mehaghna (antidiabetic) due to Ruksha Guna causes Pachan of Vikrit Meda and Kaphshoshaghna increases Medodhatvagni. It also manages Bhahumutrata(excess urination).<sup>[13]</sup> Haridra acts as Medoghna (lipolytic) by Shoshana of Medogata Kled (a waste product of metabolism possessing wetnessliquid property) due to Laghu Rukshghna.<sup>[14]</sup> Chandraprabha Vati is very effective in Prameh acts as Rasayana. Some other Rasayana Kalpas like Nishatriphalayoga, Triphalakalka, Ashvagandhapak are effective in Diabetes.

**3. Obesity:** Triphaladiyoga<sup>[15]</sup> which contains Triphala and Trikatu mixed with Sarshap Tail and Saindhav is helps to Kaph and Medanash, due to its Ushna, Teekshna Gunas it also reduce the excess Kled, Meda and Kapha. Guduchyadiyoga or Triphala Churna with

Takra or Madhu acts as Medonashak. Aarogyavardhini Vati is Medovinashini due to combination of Various Bhasmas and Dravya. Also Chitrakadi vati, Guggul kalpa, Yavachoorana, Yavanirmitaahar Kalpana acts as Rasayana in Medorog (Obesity).

- 4. Polycystic ovarian Disease:** Phalaghrit corrects hormonal imbalance. Chandraprabhavati maintains improper and painful menstrual flow and due to Kaphanashaka and Granthihara properties it works on polycystic ovary. Rasayana Dravyas like Rasona, Shatavari, Shatpushpa enhance follicular maturity and corrects hormonal influence. Ashwagandha helps to correct menstrual irregularities and also corrects mood swings, Stress. Triphala Rasayana increases the movements of Apangat Vaat, manages weight gain and detoxify vitiated Doshas.<sup>[16]</sup> Medhyarasayan, Kalyanakghrit, Bramhighrit, Sukumarghrit works on normalisation of endocrine secretions, corrects psychological impacts.
- 5. Hypothyroidism:** Hypothyroidism increases free radicle production which interacts with body and disturbances occurs. Due to Decreased thyroid hormone metabolic insufficiency occurs. Rasayana helps to stop the pathophysiology of thyroid disorders by its antioxidants properties and control on free radicles. Avaranhar drug like Rasona stops the Strotodushti in Hypothyroidism. Bhallataka Kalpas are Kaphghna, Strotosodushtihara and Medhya with Vibandhahara properties removes Sanga of hormonal pathway. Chitrakadivati, Shilajatu Rasayan also removes Strotodushti like Sanga. Punarnava is best Shophghna Dravya effective in myxoedema stage of Hypothyroidism.<sup>[17]</sup>
- 6. Asthma:** It occurs due to Strotodushti like Sanga and Vimargagaman. Pippali Rasayana, Vardhman Pippali Rasayana, Agastyaharitaki Rasayana due to its Katu Rasa, Laghu, Ruksha, Teekshna Gunas and Deepan- Pachan of Aam reduces Strotodushti in Tamakshwas (Asthma). Kushmanda Rasayana manages inflammatory conditions in Asthma also helps to increase the strength of lungs. Chavanprasha Rasayana, Dashmoolharitaki, Chitrakharitakyavleha, Drakshaharitaki, Haridravleha these Rasayana Kalpas stops Strotodushti and manages Asthmatic situations.<sup>[18]</sup>
- 7. Depression:** Brahmi as a Medhya helps to reduce stress and anxiety by reducing levels of cortisol and serotonin.<sup>[19]</sup> There are 4 Main Medhyarasayana are Mandukparni Swaras, Guduchi Swaras, Yashtimadhu Choorna, Shankhapushpi Kalka helps to reduce symptoms of depression by balancing neurotransmitters and ups dopamine secretion by keeping serotonin level under control.<sup>[20]</sup> Dravyas like Amalaki, Shilajatu, Ashwagandha,

Jatamansi acts as antidepressants. Some Rasayana kalpa like Saraswatarishta, Kalyanakghrit acts on depressive conditions.<sup>[21]</sup>

- 8. Stroke:** Pakshaghat(Stroke) mainly caused due to Margavarana (obstruction) and Dhatusushti (vitiation of body tissues). Rasayana acts as anti inflammatory, antihypertensive, anticoagulant and also helps in reduction of symptoms of Margavarana Pakshaghat by acting on pathophysiology directly. Ashwagandharishta, Balarishta, Medhya Rasayana will help to reduce major symptoms of Stroke.<sup>[22]</sup> Nasya, Abhyangya, Basti, Shirodhara of Rasayana Kalpas like Kheerbala Tail is helpful to reduce Vaatpitta, because of Bala contains properties like Pichhila, Snigdha, Laghu and Sheet Virya.

## CONCLUSION

Rasayana Chikitsa helps to maintain equilibrium of Dhatus in the body which is imbalanced in all lifestyle disorders due to Ahitkara Hetusevan. It is a regimen or the substance with the help of which one can attain, metabolize and channelize the better quality of Rasa Dhatu and other Dhatus up to the smallest unit of the body. It removes Strotodushti which occurs in the body along with proper Strotomukhavishodhana and maintain proper Dhatvagni. In lifestyle disorders physical and mental breakdown occurs due to long-term symptoms, Rasayana helps to Decrease all the symptoms with maintaining metabolism of the body, longevity of the body, increase immunity, memory, strength. According to previous research studies, Rasayana therapy can be represented in modern aspects are Immuno-modulator action, Anti-oxidant effect, Anti-stress and adaptogenic effect, Nootropic effect, Cyto-protective effect, Anabolic effect.<sup>[22]</sup>

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