

RASAYANA'S ESSENTIAL TO SHALAKAYA TANTRA**Dr. Priyanshu Kumar Singh***

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ABSTRACT

Longevity, improved memory, heightened intellect, physical and mental well-being, youthful fullness, a healthy complexion, a clear voice, an abundance of body and sense organ strength, and increased lustre are all benefits of Rasayana Chikitsa. Naimitika Rasayana and Achara Rasayana are the two primary Rasayanas that Netra Chikitsa has embraced. In the modern period, Rasayana will inevitably play a part. Rasayanas are recommended in order to protect oneself from the various ailments that plague humanity. Rasayana is a treatment that raises the level of living and helps the body function normally. Rasayana therapy clarifies the sensory organs in Shalakyatantra. Applying Rasayanas in daily life will strengthen the sense organs and ward off illness. Therefore, an effort has been made to recall the sources that are necessary to understand the role of rasayan in the Shalakya Tantra.

KEYWORDS: *Rasayana, Shalakya Tantra, sense organs.*

INTRODUCTION

Being the science of life, Ayurveda is the oldest medical science in the world and addresses all facets of existence. Ayurveda's primary goals are illness prevention and health promotion. One of Ayurveda's eight branches is Rasayana Chikitsa. The phrase "Rasayana" comes from the root words "Rasa" and "Ayana," meaning "Rasa Gamanam" (transformation for Rasa). It is the most effective way to maintain the Rasa and other Dhatus in top shape. Among the Ashtangas of Ayurveda, Rasayana is cautious.

In order to achieve homeostasis and delay the ageing process, it might be said. phenomenon as well as the prevention of disease. Preventing premature ageing and ageing in a healthy way are both part of the Rasayana component, as Ayurveda views ageing as a disease that arises from the body's natural degenerative process. Since the goal of Ayurveda was "Swastasya Swasthya Rakshanam," Prashamanam Aturasya Vikara.^[1]

It aids in maintaining a healthy person's health and reducing illness. Rasayana is described in the first few chapters of Chikitsa Sthana by Charaka Samhita, but it is pushed back to chapters 27–30 of Chikitsa Sthana by Sushruta Samhita. After examining the Ayurvedic synopsis of the Shalakya Tantra, we can examine the specifics of the rasayana's function in the Tantra. When used properly, Chakshushya and Rasayana Dravyas can help preserve Netra's health and ward off age-related eye conditions. In the 39th chapter of the Uttar Tantra, Hridaya Rasayana is briefly mentioned and does not have a special place in Chikitsa Sthana. This reflects the Samhita's deteriorating view of Rasayana therapy.

The peak of Rasayana Tantra during the Charaka and Sushruta periods eventually ended as the number of diseases rose over time. The regard for indoor Rasayanas in particular waned to the extent that Rasayana was perceived as a part of Chikitsa, particularly Kayachikitsa, and progressively lost its standing as a separate specialisation. As mentioned in its repercussions, Rasayana therapy gives Indriyas potency. Congenital abnormalities like Badhirya, Mooka, Andhatva, etc., are forbidden if Rasayanas are given to the mother during pregnancy.

Rasayana (Medya, Brumhana, Tarpana) is preferred to prevent their diseases and restore their normal functioning because the knowledge of Gnanendriyas is Shalakya Tantra. We must prioritise preserving the normal functioning of our ears, nose, and throat in the contemporary environment because these organs are regularly exposed to microorganisms that can cause a variety of ailments. For ENT organs, Rasayana Aushadhis is inevitable and should be well followed. This could help preserve the beneficial bacteria of the mucosal lining of these organs. the effects of Rasayana. Vak-Siddhi, respect, brilliance, longevity, greatness of lustre, complexion, and voice, memory, intellect, and freedom of youth are all attained by those taking rejuvenation therapy.

The means by which one gets the excellence of Rasa (the nourishing fluid which is produced immediately after digestion etc., is known as Rasayana or a rejuvenation therapy. Apart from the excellence of raw, the individual is endowed with psychic excellence like sharp memory

etc., by virtue of rejuvenation therapy. Rasayana in Shalakya Globally, at least 2.2 billion people have a near or distance vision impairment. In at least 1 billion - or almost half - of these cases, vision impairment could have been prevented or has yet to be addressed.

Most people with vision impairment and blindness are over the age of 50 years; however, vision loss can affect people of all ages. (WHO).^[2] The World Health Organisation estimates that 42 million individuals suffer from hearing loss. In a similar vein, youngsters are getting tonsillitis more frequently every day. Additionally, headaches are now a widespread ailment that affects people of all ages worldwide. Rasayana therapy can be used to prevent the ailments that are prevalent in the Jatrurwa region. This enhances the quality of our sense organs' perception. As long as our Indriyas are regarded as vital organs in our body, our Acharyas have recommended Rasayanas to strengthen them. Rasayana in ENT The current way of life and environmental contamination are having a negative impact on the Indriyas' health. Aatapa Sevana, Sheetavayu, Dhuma, Rajo, and others are common Nidanas.

It is now unavoidable because of population growth and pollution. As a result, allergic reactions and immunological impairment have become widespread in recent years. A person's mechanical lifestyle, poor eating habits, hectic schedule, stress, and strain have caused them to neglect yoga and sadvrutta, which has resulted in autoimmune and nutritional diseases. These may cause the body's tissues to degenerate, which would stop the body's regular physiological processes. Rasayana therapy helps the Indriyas operate properly and strengthens the body's defences against the causing forces. Karna The ear's roles include maintaining bodily balance and perceiving sound. The normal physiology and anatomical structure should be maintained for these actions.

Poor food, water or mist, and exposure to loud noises are common causes. Age and prolonged exposure to Nidanas usually result in increased deafness, tinnitus, and other symptoms. Therefore, Rasayana should be used to prevent or reduce the progression of the condition. The main Dosha complex in Karna Rogas is Vata. Vataja Vyadhis, which raises the likelihood of Karna Rogas like sensory neurological deafness, tinnitus, etc., are more common in older adults. Rasayanas have been instructed by Acharyas to complete the treatment for any Karna Rogas after Shamana Aushadhis have been administered. NASA's "Nasa Hi Shirasodhwaram" is a cautious entryway to Shiras. Additionally, it acts as a conduit to our respiratory system.

The respiratory system is most likely the entry point for infectious pathogens into our bodies. Inhaling dust, mist, cold air, eating badly, sleeping poorly, drinking tainted water, and other things can all cause practishyaya. Failure to conserve it may lead to lower respiratory infections. Exposure to dust and pollen can cause allergic rhinitis in certain persons. Children who have the flu and common cold are often arrogant because their immune systems are still developing. It is possible to prevent allergic reactions or regulate disorders of the nasal passages when Rasayana is well treated.^[3-5]

DISEASE SPECIFIC RASAYANAS

- Pippali Rasayana (Ca. Chi. 1-3/32-35) - Galamaya, Vairasya, Peenasa
- Pippali Rasayana (A. H.U. 39/101-102) – Galagraha
- Vardhamana Pippali Rasayana (A. S. U. 24/ 27) – Dushtapratishyaya
- Satapaka Bala Taila (Su.Chi. 15) - Karna Roga
- Balataila - Nasanaha (Su.U.23/9)
- Varunadi Grita (S.U. 26/ 9) - Shiroroga General Rasayanas
- Intake of water early in the morning- prevents Galaroga, Shirashula, Karnashula (Cakradatta)
- Gritha Pana (Su.U.21/3) - Karna Roga, Nasashosha (S.U.23/11), Pratishyaya (S.U.24/18)
- Intake of Gritha or Taila after intake of milk - Shiraroga (Su.U.26/ 3)
- Rasala - Pratishyaya (A.H.U.40) Single Drug Therapy
- Guduchi
- Tejohva – Kanta
- Yashtimadhu - Kanta & upper respiratory tract
- Jyotishmati – head
- Guggulu – pain
- Shalaparni - head & upper respiratory tract
- Bakuchi - Keshya, Karna
- Haritaki
- Amalaki
- Bringaraja - Keshya, upper respiratory tract, head
- Jatamansi - head
- Soma - Pratishyaya
- Tejapatra - Ruchi
- Patramla - Ruchi

- Saireyaka - Kesharanjana
- Tila – Keshya

ANABOLIC EFFECTS

The purpose of the first studies on Rasayana medicine was to determine how it affected tissue formation and metabolism. Aamalaki, Pippali, and Guduchi are examples of Dravyas that have demonstrated encouraging signs in this regard. Regular use of these medications has been proved to encourage tissue growth. Therefore, tissue deterioration is prohibited or postponed, improving sensory functioning. organs. Effect of Anti-Stress There are numerous paradoxical circumstances that arise during the living process. Stress is one example of a paradox. It is practically challenging to distinguish between normal and abnormal stress levels because they will vary greatly. The most important thing is one's personal tolerance threshold.

If you have a good tolerance, it is easy to fight against any kind of stress. Therefore, we look at the means of improving our own tolerance and a Rasayana drug could come to your rescue to some extent. Pharmacological investigations on medicine like Aswagandha point to this unique biological effect of Rasayana medicine. Accordingly a drug with Rasayana quality can benefit the user in two distinct ways Firstly it can neutralize the negative effects of stress on physiological and restore homeostasis. This effect is generally termed as antistress effect. Secondly a long-term administration of such medicine may enhance one's own tolerance levels and help to cope up with stress better. This particular effect is termed as Adaptogenic effect. Stress being a major factor in any kind of Shiroroga, Rasayana therapy can cause effect to a certain extent. Immuno-modulatory Effect Body protecting mechanism is another biological phenomenon with varied implications. The immune system's primary function is to defend the body against external invasions, such as microbial invasions. The immune system is a multi-component, multi-location defence mechanism that protects the entire body. The impact of Rasayana Dravyas on the immune system is constantly being investigated. The research that is now available indicates that these medications can be utilised to alter immune function. They might strengthen your immune system and fortify you from the inside out. The impact of antioxidants Today, a great deal of knowledge has been gained about the destructive consequences of oxygen free radicals that can be produced in excess by partially generating specific types of enzymes.

When these natural mechanisms become inadequate, the concentration of free radicals goes up in the tissues and lead to various diseases. Today oxygen free radicals are implicated in to wide range of diseases starting from minor allergies to cancers. It has recently been found that rasayana medication helps the body recover from this kind of oxidative damage. According to current knowledge, a Rasayana medication strengthens the body's innate enzymatic defence system. Anti-aging Impact Rasayana drug administration seems to be linked to ageing prevention as well. Few studies have been conducted in this area, and those that have been conducted are insufficient to support or refute traditional wisdom. There is some evidence to suggest that Rasayana medication may affect the release of the hormone Dihydroxyphenyl Alanine, whose deficit is linked to ageing. Stress causes the release of neurotransmitters like dopamine, acetyl chloride, and norepinephrine. The ageing process is brought on by repeated stress on all cells.^[6-7]

CONCLUSION

After observing the impacts of raaysna, we may conclude that in the current situation, raaysna has become essential to advancing everyone's overall health. Rasayana should be guided based on each person's situation, including those who are prone to illness or who are suffering from a disease.

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