

IMPORTANCE OF RASAYANA IN SHALAKAYA TANTRA**Dr. Prachi Rajpoot*¹ and Dr. Rajneesh Kasoudhan²**

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Article Received on
21 Jan. 2024,

Revised on 11 Feb. 2024,
Accepted on 01 March 2024

DOI: 10.20959/wjpr20245-31681



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ABSTRACT

Rasayana Chikitsa helps to achieve long life, better recollection, increased intellect, healthy body and mind, youth fullness, good complexion, good voice, abundance of body and sense organ strength, increased lusture. The main Rasayanas adopted in Netra Chikitsa are Naimitika Rasayana and Achara Rasayana. The role of Rasayana in the present era is inevitable. As the mankind is suffering from many kinds of diseases, to protect himself from them Rasayanas are indicated. Rasayana is a therapy which improves the normal functioning of human body and enhances the standard of life. In Shalakya tantra, Rasayana therapy gives clarity to the sense organs. In day-to-day life implementing Rasayanas will make the sense organs stronger and prevents from diseases. Hence an attempt has made to recollect the references needed to know about the role of rasayan in shalakya tantra.

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

INTRODUCTION

Ayurveda is the most ancient medical science in the world and being the science of life, deals with every aspect of the life. The main aim of Ayurveda is the promotion of health and prevention of diseases. Rasayana Chikitsa is one of the eight branches of Ayurveda and the term Rasayana is derived from the root word Rasa and Ayana, which means Rasa Gamanam (transportation/ transformation of Rasa). It is the best means of keeping the Rasa and other Dhatus in excellent condition. Rasayana is careful as one amongst the Ashtangas of Ayurveda. It can be branded to achieve homeostasis and thus delaying the process of aging

phenomenon and prevention of diseases. Aging in Ayurveda is considered as disease occurring due to the natural process of degeneration and thus, preventing premature aging and making aging in a healthy way is also considered under the aspect of Rasayana. Since Ayurveda directed towards the goal as “Swastasya Swasthya Rakshanam Aturasya Vikara Prashamanam,”^[1] it helps in upholding the health of a healthy individual and alleviation of diseases. Charaka Samhita describes Rasayana in the first few chapters of Chikitsa Sthana in Sushruta Samhita it is pushed back to chapters 27-30 of Chikitsa Sthana. After looking towards the summary of shalakya tantra as mentioned in Ayurveda we can see the detail about the role of rasayana in shalakya tantra. The appropriate use of Chakshushya and Rasayana Dravyas will help to maintain the health of the Netra and prevents age related eye disorders. In Astanga Hridaya Rasayana does not find a special place in Chikitsa Sthana and is considered only briefly that in the 39th chapter of Uttar Tantra. This reproduces on the declining position of Rasayana therapy in the Samhita period itself. The golden period of Rasayana Tantra of Charka and Sushruta era gradually faced a decline with the passage of time as the incidence of ailments took strength. Particularly the indoor Rasayanas lost their admiration so much so that progressively Rasayana lost its place as independent forte and came to be regarded as part of Chikitsa specially Kayachikitsa. As mentioned in the effects of Rasayana therapy, it gives strength to Indriyas. The congenital abnormalities like Badhirya, Mooka, Andhatva etc., are forbidden by giving Rasayanas in antenatal period to the mother. Since Shalakya Tantra is the science of Gnanendriyas, Rasayana (Medya, Brumhana, Tarpana) is desirable to restore their normal functioning and to avert their pathologies. In the present scenario, we must give more importance in upholding the normal functioning of our ears, nose, and throat regions because they get exposed to microorganisms easily which eventually led to certain diseases. Rasayana Aushadhis for ENT organs is inevitable and should be followed religiously. This can help in upholding the normal flora of the mucosal lining of these organs Effects of Rasayana. A person undergoing rejuvenation therapy attains longevity, memory, intellect, freedom fyouth, excellence of luster, complexion, and voice, excellent potentiality of the body and the senseorgans, Vak-Siddhi, respect, and brilliance. 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] According to World Health Organization 42 million people have hearing loss. Similarly, the case of tonsillitis among children is increasing day by day. Headache has also become a common ailment in the world which is occurring irrespective of age groups. To avoid the diseases which, occur in the Jatpur region Rasayana therapy can be followed. This improves the quality of perception of our sense organs. Our Acharyas have mentioned Rasayanas for strengthening our Indriyas, provided it is considered as important organs in our body. Rasayana in ENT Present lifestyle and environmental pollution are causing hazardous effect on health of the Indriyas. The common Nidanas are Rajoo, Dhuma, Sheetaavayu, Aatapa Sevana etc. which has become inevitable due to pollution and population. Hence incidences of allergic and immune compromised manifestations have become common these days. The mechanical lifestyle, faulty food habits, restless schedule, stress and strain have made the person to be away from Sadvrutta and Yoga thus leading to nutritional and auto immune disorders. These can lead to degenerative changes of body tissues which leads to cessation of normal physiological activities. Rasayana therapy is useful in building body protecting mechanism against the causative factors and proper functioning of the Indriyas. Karna The functions of ear are perception of sound and preserving body equilibrium. For these actions the anatomical framework and the normal physiology should be preserved. The common causes are exposure to loud sound, improper diet, exposure to mist or water. Prolonged exposure to Nidanas and due to progression of age, people are usually exaggerated with deafness, tinnitus etc. So, to prevent or delay the progression of the diseases Rasayana should be followed. The main Dosha complex in Karna Rogas is Vata. If we look at the old age person is usually subjected Vataja Vyadhis which involves high chances of Karna Rogas like sensory neural deafness, tinnitus etc. For any Karna Rogas after administration of Shamana Aushadhis Acharyas have explained Rasayanas to complete the course of treatment. Nasa "Nasa Hi Shirasodhwaram"- it is careful as a gateway to Shiras. It is also a pathway to our respiratory system. It the probable way through which infectious managers enters our body through inhalation. Inhalation of mist, dust particles, cold wind, improper diet, improper sleep cycle, drinking polluted water etc. can lead to Pratishyaya. If not preserved it can lead to lower respiratory infections. Few people grow instant reaction on exposure to dust, pollens which can lead to allergic rhinitis. Children are often pretentious with common cold & flu since their immune system is in a developing stage. Proper management of Rasayana can avert the allergic replies or control of illness of the nasal passage.^[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^[3]
- 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

Initial investigations of Rasayana medicine were designed to elicit their role on metabolism and tissue building. Dravyas like Aamalaki, Pippali, Guduchi, has shown a positive hint in this direction regular administration of such medicine was found to promote tissue building. Thus degeneration of tissues is banned or delayed which results in better functioning of sense

organs. **Anti-Stress Effect** The process of alive is subjected to many paradoxical situations. One such a paradox is Stress. It is practically difficult to define the usual and abnormal values for stress and it will be highly variable. What matters the most is one's own threshold of tolerance. 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. At its first place immune system works to fight back any kind of external invasions on the body e.g. invasions by microbes. Immune system is a multi-locational, multi-component defense system guarding the body as a whole. Rasayana Dravyas are being continuously explored for their effect on immune system. Available evidences show that, these medicine can be used to modulate the immune function. They may work to enhance immune function and build you firm deep within **Anti-oxidant effect** There has been a tremendous understanding today on the rampaging effects of oxygen free radicals if generated in excess free radicals, by producing certain kinds of enzymes to some extent. 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. Rasayana medicine are now discovered to aid the physiological in overcoming such oxidative injury. Present understanding goes that a Rasayana drug enhances the natural enzymatic defense mechanism of the body. **Anti-aging Effect** Administration of Rasayana medicine appears to be associated with prevention of aging also. There have been only few investigations in this direction and they are too inadequate to prove or disapprove ancient thought. Available evidences faintly indicate that Rasayana medicine could influence the secretion of a hormone Dihydroxy phenyl Alanine, the deficiency of which is implicated in the process of aging. Neurotransmitter substances such as Norepinephrine, Acetyl chlorine or Dopamine are released in stress conditions. Repeated stress on every cell causes aging process.^[6-7]

CONCLUSION

After watching the effects of raaysna we can see that In the present scenario, Rasayana has developed vital to promote the general health of every individual. Even people who are vulnerable to sicknesses or who are grief from a disease, Rasayana should be directed according to the condition of the individual.

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