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Scope of Rasayana in Jara Chikitsa

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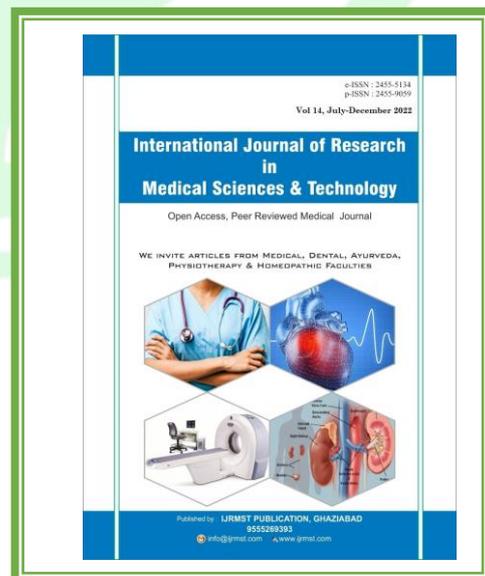
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**ABSTRACT**

Essentially, *Ayurveda* is the science of life and longevity. Aging is a process marked by physical, mental and social changes in several dimensions. In present scenario, due to increase in aged people population, the medical science deal with aged population and the diseases occurring in that population. The *Ayurvedic* approach to geriatrics gives top priority to *vata-dosha* as the main factor in the pathophysiology of aging. *Rasadi Dhatus* degrade in aging due to structural and functional changes. By using *Rasayana* we can increase the quality of Rasadi dhatu or tissues by also keeping strotases clean sturdy as the nutrition needed to be carried from one place to other place in the body. Thus Rasayan is considered helpful for optimum tissue health in old age, however they can be maintained and rejuvenated. The *Rasayana* therapy works primarily on nutrition dynamics and rejuvenates the body on both a mental and physical level. The *Swabhavika Vyadhis* include aging (*Jara*). *Jara Chikitsa* is one of the *Ashtanga* of *Ayurveda* and *jarachikitsa* is included under *Rasayanatantra* which is a specific branch in *Ayurveda*.

**Keywords:** *Rasayana, jara, chikitsa, ayurveda, ashtang, ojus*

**INTRODUCTION**

Aging is a multi-faceted process of physical, psychological, and social change. A "senior citizen" is defined as an Indian citizen who has reached the age of sixty years or more, according to the legislation. According to the data of the Technical Group on Population Projections for India and States 2011-2036, there are nearly 138 million elderly persons in India in 2021 (67 million males and 71 million females) and is further expected to increase by around 56 million elderly persons in 2031 year [1]. This reflects personal lifestyle, dietary changes that contributes to the aging process. *Ayurveda* is a science which

primarily concerned with all elements of life in terms of health and disease prevention. In *Ayurveda* the medicine is of two types one is to maintain the health of healthy individual and second is to cure the diseased person [2]. The word *Rasayana* can be divided into parts i.e. rasa and ayanas. (a)Rasa means the extract of *ahara rasa* or the first tissue formed from the nutritive juice i.e. *rasa dhatu* in the chronological order of *dhatu utpatti karma*. Here, *rasa* means all seven *rasadi dhatus*. (b)*Ayanas* means tracts or channels of body. So, the channels or tracts through which nutrients are transported to dhatus is known as ayanas. *Rasayana* therapy

complete both the aims of *Ayurveda* by providing long-term health and illness prevention. *Jarachikitsa* is an *Ashtanga Ayurvedic* branch that focuses on promoting health in older individuals by avoiding and treating diseases and disabilities. *Rasayana* is useful in the treatment of geriatric illnesses.

### AGING IN AYURVEDA

Aging is a process of gradational, progressive and generalised impairment of functions performing. As per mentioned by *Acharya Charaka* age is divided in three corridor. First is *Bala* means youthful age, Second is *Madhya* means middle age and Third is *Jirna* means old age. The person whose age is more than sixty years is considered to be old or *Jirna* according to *Acharya Charaka*. But according to *Acharya Sushruta* and *Acharya Vagbhatta* the person having more than seventy years of age is considered as old. In old age there is progressive depression of body strength, sense organs, power of understanding and retention, deterioration of tissues, loss of strength, weakness and a diminution of enthusiasm, a person develops wrinkles, greying hair, secondary disorders, and is unable to perform all activities, and there is elevation of *vayudosh*a which has a property to suffer gradational

degeneration. One can preserve their health and delay the aging process by regularly consuming *Rasayana*. [3]

### RASAYANA CHIKITSA

जरा व्याधि नाशकम् औषधम् रसायनम् (charak)

*Acharya charak* has defined *rasayanas* as antiaging and cure to diseases.

भेषजाश्रितानां रसवीर्यविपाकप्रभावाणामायुर्बलवीर्यदायाणां वयःस्थैर्यकराणामयनं लाभोपायो रसायनम् ( डल्हण, सु.सू.१/१५)

*Acharya Sushruta* has defines *Rasayana* as a measure which prevents aging, provide longevity, develop positive health, improves mental facilities including resistance and immunity against any kind of diseases. It helps in making available the *rasadi gunas* present in a medicine to each and every cell of the body to enhance the *ayu*(lifespan), *bala* (strength and immunity), *veerya* (potency, vigor) and *vaya sthairya* (stability of age, antiaging properties).

श्रेष्ठानाम् रस रुधिरानाम् यो लाभ उपायो रसायनम् उच्यते अन्ये तु यत् द्रव्यम् जरा व्याधि नाशनम् भवति तद् रसायनम् ज्ञेयम् । (अरुणदत्त)

*Acharya Arundutta* explains that *rasayanas* help in formation of better quality of all seven *dhatu*s which helps in curing the diseases.

*Rasayana* is one of the eight branches of *Ayurveda*. According to *Acharya Sharangdhar* *Rasayana* can be defined as the bone which cures conditions arising due to old age. *Rasayana* remedy act as antioxidant so they help in joyful geriatric.

#### **PURVA KARMA BEFORE TAKING RASAYANA CHIKITSA**

If *Rasayana chikitsa* is taken up without performing *sodhana*, it becomes totally useless like a dirty cloth no way catches the color indeed if it is subordinated to dying of colors constantly. In other words *Rasayana* remedy should be done after *shodhan chikitsa* for getting better results.

#### **TYPES OF RASAYANA [4]**

There are two type of rejuvenation therapy-

1. *Kuti Praveshika*
2. *Vatatapika*

***Kutipraveshika***- For this purpose, a cottage of three concentric courts is made to stay in it for a prescribed period throughout the course of *Rasayana treatment*.

***Vatatapika***- In this method the patient is administered *Rasayana* Drugs without indoor restrictions.

Another division is [5]

1. ***Kamy Rasayana***- the use of *Rasayana* according to specific desire of person.

This is of further three types-

- a. ***Prana Kamy***- Desire to promote wealth and vitality  
Example *Amalaki, Haritaki, Guduchi*
- b. ***Medha Kamy***- Desire to promote mental health and intellect. Example- *Brahmi, Mandukparni, Shankhpushpi*
- c. ***Shri Kamy***- Desire to promote to promote the lustre and over all temperament. Example- *Guduchi, Amalaki, Triphla*

2. *Naimittika Rasayana*
3. *Ajasrika Rasayana*

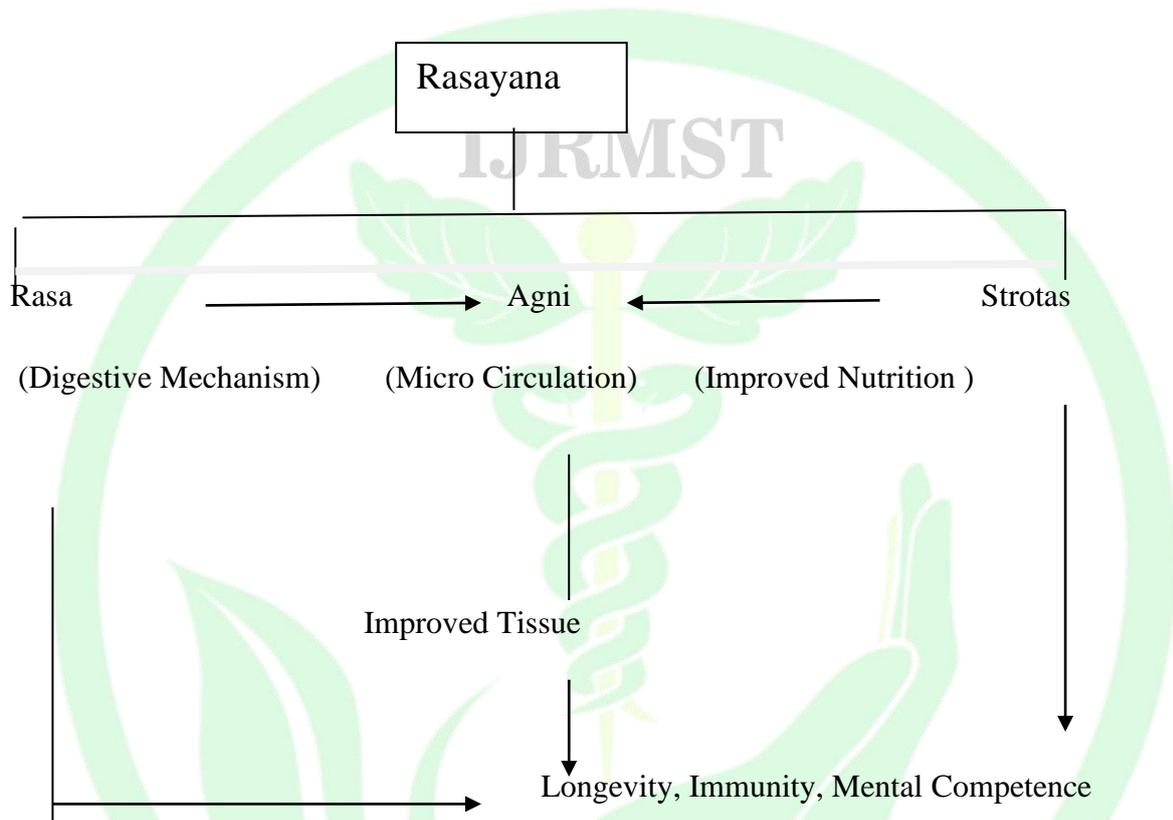
According to Effect *Rasayana* is of two types which is mentioned by *Acharya Dalhan* in *Sarvopaghata Shamaniya Adhyaya* of *Chikitsasthan*-

1. *Samshodhana Rasayana*
2. *Samshamana Rasayana*

**PROBABLE ACTION OF RASAYANA**

1. *Rasayana* mixed with *agni* and then it gets digested and metabolised and get

absorbed to our *Rasa* (our first tissue element of our body ) from their it get circulated through *strotas* and get absorbed into various body tissues.



2. Rasayanas help in supplying the rasadi bhavas to the dhatus. It helps in making available the rasadi gunas present in a medicine to each and every cell of the body to enhance the ayu(lifespan), bala (strength and immunity), veerya (potency, vigor) and vaya sthairya(stability of age, antiaging properties).

3. Rasayanas help in the formation of finest quality essence of tissues i.e. ojus. Proper quality and optimum quantity of ojus

reflects the availability of healthy and fortified tissues in body.

4. Rasayanas comprises the various fields like immunity modulators, antiaging, preventive care, longevity enhancers, tissue strengtheners and rejuvenators, medicines for convalescence care.

Possible mode of action of Rasayana Drugs according to contemporary science is such as *Amalaki* shows antioxidant

effects, *Guduchi* shows Immunomodulatory effect, *Ashwagandha* have adaptive action, hemopoietic effect is shown by *Bhringraj*, *Mandura*, *LauhaBhasma*, nutritional function is shown by *ghrita* and *ksheera*.

**RASAYAN RECOMMENDED IN VARIOUS STAGES OF LIFE**

1. Age 1-10 years is called *Balya Awastha* and *Vacha*, *swarna*, *Kasmari* is recommended in this.
2. Age between 11 to 20 years called *Vridhhi* Phase and *Kashmari*, *Bala*, *Ashwagandha* is recommended in this phase.
3. Age between 21 to 30 years leads decline in *Chhavi* and *Amalaki*, *Lauha*, is recommended.

4. Age between 31 to 40 years *Shankpushpi*, *Yashtimadhu*, *Ashwagandha*, *Guduchi* is recommended in it.
5. Age between 41 to 50 years leads to decline in *Tvak* in it *Bhringraj*, *Simraji*, *Haridra* is recommended.
6. Age between 51 to 60 years decline in *Drishti* occur hence *Triphlaghrita*, *Kataka*, *Saptamritlauh* is recommended.
7. Age between 61 to 70 years *Shukra* declined hence *Kapikacchu*, *Ashwagandha*, *Musli* is recommended.[6]

Table 1:- SINGLE HERBS AS RASAYAN MENTIONED BY ACHARYA BHAVAPRAKASHA [7]

HERBS	FORMULATION	EFFECT
<i>Brahmi</i> - <i>Bacopa monnieri</i>	Juice	Gives longevity
<i>Guduchi</i> - <i>Tinospora cordifolia</i>	Juice	Heals illness
<i>Shankapushpi</i> - <i>Convolvulus prostratus</i>	Paste of roots and flower	Improves strength, body color, voice, digestion
<i>Yashtimadhu</i> - <i>Glycyrrhiza glabra</i>	Powder	Improve intelligence

**VAYA STHAPAN RASAYANA**

The following should be taken individually, early in the morning each day, or a few, or all together. They are mentioned as following -Cold water, milk, honey, ghee - this keeps you young.

**Punarnawa Yog-** When taken with milk for 14 days, 2 or 6 months, or ingested continuously for 1 year - gives youth and makes the old man look younger.

**Datri Tiladi Yoga** - This formula is consumed daily - hair become black in color, person become active, and remain healthy until death.[8]

**DISCUSSION**

The most common disease caused in old age is Alzheimer's disease. This disease is also called as Senile Dementia. Alzheimer's disease is a brain disorder that slowly destroys memory and thinking skills and eventually, the ability to carry out the simplest tasks. In this there are two forms-

1. Late Onset Type -the symptoms first appear in their mid-60s.
2. Early Onset Alzheimer's- occur between the age 30s and mid-60s.[9]
3. This disease occur among older adults. Alzheimer's is a progressive

disease, where dementia symptoms gradually worsen over a number of years. In its early stages, memory loss is mild, but with late-stage Alzheimer's individuals lose their ability to carry on a conversation and respond to their environment.[10]

Changes in Alzheimer's disease usually begin with parts of the brain that affect learning. As Alzheimer's disease progresses in the brain, it causes increasingly serious symptoms such as disorientation, mood, and behavioral changes. Increased confusion about events, times and places. Unfounded distrust of family, friends and professional care givers. More severe memory loss and behavioral changes; difficulty speaking, swallowing, walking. All these changes occur with increase in old age. In this disease there is no such specific allopathic medicine but in this age related disease *ayurvedic rasayana* can give good results with proper use as it helps to delay the aging process.

As a branch of *Ashtanga Ayurveda*, geriatric care is important in *Ayurveda*. In today's environment, *Jara Chikitsa* has a lot of potential. *Rasayana* therapy is known for its abilities to improve

longevity, memory, health, freedom from diseases, youthfulness, lustre, complexion, voice, optimum strength of the body and senses, accomplishment in speech, and brilliance.

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