Scope of Rasayana in Jara Chikitsa

*Dr Sheetal S Mahadik, *Dr Raja Singla, **Dr Prateek Khatana

*Associate Professor, **PG Scholar,
Department of Swasthavritta, Shri Krishna Govt Ayurvedic College, Kurukshetra

Paper Received: 28 June 2022; Paper Accepted: 20 August 2022; Paper Published: 20 August 2022

DOI: http://doi.org/10.37648/ijrstm.v14i01.006

How to cite the article:

Dr Sheetal S Mahadik, Dr Raja Singla, Dr Prateek Khatana, Scope of Rasayana in Jara Chikitsa, IJRMST, July-December 2022, Vol 14, 38-45, DOI: http://doi.org/10.37648/ijrstm.v14i01.006
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 vatadosha 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 *vayudosha* 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**

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

Acharaya 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).

Acharya Arundutta explains that rasayanas help in formation of better quality of all seven dhatus 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. **Kamya Rasayana**- the use of Rasayana according to specific desire of person.
   This is of further three types-
   a. **Prana Kamya**- Desire to promote wealth and vitality
      Example Amalaki, Haritaki, Guduchi
   b. **Medha Kamya**- Desire to promote mental health and intellect. Example- Brahmi, Mandukparni, Shankhpuspi
   c. **Shri Kamya**- Desire 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 *Vriddhi 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 *Shankhpushpi, 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.

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

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

Financial support and sponsorship: Nil

Conflict of Interest: None

REFERENCES

1. https://vikaspedia.in>social_welfare>senior_citizens_status...
3. Shri Ambikadatta Shastri (Purvardh) Sushrut Samhita elaborated Ayurveda tattvasandipika Hindi commentary Sutra sthan Vranprashnam Chapter 21 verse 8; Chaukambha Sanskrit Sansthan, page 88
8. Vaidya Shri Laxmipati Shastri. Yogratnakar, Edited by Vishgrata Shri Brahm Shankar

10. https://www.alz.org> what-is-alzheimers