

ROLE OF RASAYANA THERAPY IN DISORDERS OF GREAT MORTALITY AND MORBIDITY - A CRITICAL REVIEW

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ABSTRACT

Rasayana is one of the pillars of *Ashtang Ayurveda*, It is a major therapeutic measure in preventive as well as curative management of the diseases. Term *Rasayana* connotes the tool which provides excellent *Dhatu* status. *Rasayana* acts at the level of cellular metabolism and hence improves the metabolic activities of the body. It corrects the channels of circulation and by the virtue of this quality it improves the nutrition not only at cellular but also at sub cellular level. This is the reason it is not only used for the promotion of the health but also in alleviating the diseases. In this critical analysis we focused on the role of *Rasayana* therapy in the management of those disorders which are associated with great mortality and morbidity.

Key words- *Rasayana*, *Dhatu*, Cellular, Metabolism, *Ashtang*.

BACKGROUND

Rasayana therapy is an important aspect of prevention and management of diseases which is described elaborately in the ancient *Ayurvedic* classics. Previously lots of researches had been carried out to assess the efficacy and safety of *Rasayana* in various ailments affecting the society. In the present context when the human race is encountering various new challenges in health sector, it is the need of the hour to focus on those treatment modalities which not only help in alleviating the disease but also reduce the co - morbidity and mortality of those disorders which are curse to the society. Concomitant use of *Rasayana* with the standard modern regimen can become driving force for the management of various chronic and fatal disorders. This interactive management plan can reduce the mortality and morbidity of the life threatening ailments by providing good quality of life to the sufferer. Keeping this point in mind this

critical review is undertaken for the betterment of human population.

Aims and objectives -

- To propose a hypothesis regarding the role of *Rasayana* therapy in disorders of great mortality and morbidity
- To critically analyze the role of *Rasayana* in the light of ancient as well as the present day knowledge for the better management goals in various life threatening disorders.

Material and methods

- All the references from the *Ayurvedic* scriptures, Researches, journals of the *Ayurveda*.
- References from the modern medical books, Researches and journals.

Observation and Results

Reviewing both the scriptures following focus areas can be developed for the interactive management-

Disorders of Cardiovascular System-

Ischemic Heart Diseases – use of *Rasayana* like *Amalaki*⁶, *Shalparni*, *Arjuna*⁷, *Shilajatu*

and *Gugglu*²⁴. Hypertension – use of *Ashwagandha*, *Brahmi*, *Tagara*.

Disorders of Respiratory System-

Bronchial Asthma – many of the *Rasayana*²⁵ like *Guduchi*², *Pushkarmula*²², *Pippali Rasayana*, *Vyaghri Haritaki*.

Interstitial Lung Disease – *Guduchi*, *Pippali Pulmonary Koch's* – *Pippali Rasayana*, *Chyawanprash*, *Amalaki*, *Rudravanti*

Disorders of locomotor system-

Rheumatoid Arthritis – use of *Amrita Bhallataka*, *Guduchi*, *Methi*²⁶, *Haridra*

Osteoarthritis – use of *Rasyana* like *Ashwagandha*, *Gugglu*

Diabetes mellitus- Use of *Amalaki*, *Haridra*, *Guduchi*, *Tagara*, *Gokshuru*, *shilajatu* is crucial along with standard OHAs. They are useful in the prevention of the various complications of DM.

Malignancies -In the cancer management cytotoxic chemotherapy is used which has many adverse effects, to counteract those adverse effects and maintenance of good quality of life *Rasayana* like *Guduchi*², *Ashwagandha*⁹, *Amalaki*, *Daruharidra*, *Bhringraja*¹¹ can be used for better management and outcome of the patients.

Renal Disorders- Patients of Nephrotic Syndrome, Glomerulonephritis, and Chronic Renal Failure can be managed with the use of *Rasayana* like *Punarnava*, *Bhunimba*, *Shilajatu*, *Gokshuru*, *Kakmachi* etc. along with the standard modern medicines.

Hepatic Disorders-Various hepatic disorders can be managed by the use of certain *Rasayana* like *Punarnava*, *Katuki*, *Bhringaraja*, *Bhumyamalaki*, *Rohitaka*, *Guduchi* etc.

Disorders of Central Nervous System - Disorders like Motor Neuron Disease, Muscular Dystrophies, Parkinsonism, Alziemer's disease, Senile Dementia can be managed with the use of various *Rasayana* like *Bhallataka*, *Ashwagandha*¹, *Tagara*, *Vridhdharuka*, *Brahmi*, *Gudhuchi* and *Sankhapushpi* etc.

Psychiatric Disorders- Role of *Medhya Rasayana* like *Brahmi*, *Madhuyasthi*, *Sankhapushpi*, *Guduchi*, *Tagara*, *Ashwagandha*, *Jatamansi*¹³ can be used along with standard treatment.

Disorders of Skin- Many chronic dermatological disorders associated with great morbidity can be managed with the help of *Rasayana* like *Amalaki*, *Guduchi*, *Katuki*, *Bhallataka*, *Bhringraja* along with the modern medication.

Geriatric Disorders-Excellent role of *Rasayana* is proved in geriatric medicine. The useful drugs are *Ashwagandha*, *Shatavari*, *Tagara*, *Gokshura* has been proved in various geriatric disorders.

Genitourinary Disorders

Cases of BPH, Recurrent UTIs, and Infertility can be better managed by the interactive approach of *Rasayana* therapy adjuvant with present day treatment eg *Gokshuru*¹⁴ etc.

DISCUSSION

The better treatment goal for a disease with great morbidity and mortality starts with the good management plan of the ailment along with minimum adverse effect so that the individual sufferer have a good quality of the life. The thrust areas elaborated above are the areas where we should stress upon. *Rasayana* meant for the good nutrition of the body at cellular as well as sub cellular level, they have antioxidant property. *Rasayana* act at the level of Agni hence improve the metabolism of the body and help in maintaining good nutrition for the various functions of the body. A good body is the product of good nutrition which imparts good immune system which helps in combating the diseases. *Rasayana* also act at the level of *srotas* which cleanses the channels of the circulation and thus helps in maintaining good quality of *dhatu*s and clear channels always reflects the good health. The *Rasayana* therapy can be advocated in all the disease conditions as *Naimaittika Rasayana*. It not only helpful in the disease

condition but also act at the level of higher mental functions which is commonly associated in the diseases of chronic and fatal in nature. *Rasayana* therapy also improves the *deha bala*, *chetasa bala*, *agni bala* thus improves the quality of life of the sufferer. *Rasayana* are advocated in the chronic and fatal disorders as they have antioxidant properties, good nutritive values, have multiple vitamins and trace elements and many of the *Rasayana* drugs have anticancer, hypoglycemic, antihypertensive, anxiolytic, antiatherosclerotic, cardioprotective etc actions and these can be used along with the standard management to minimize mortality and morbidity of the disorders of great mortality and morbidity.

CONCLUSION

The analysis of the *Rasayana* and various drugs used as *Rasayana* in the lights of the ancient knowledge as well as present stock of the knowledge it can be concluded that the use of various *Rasayana* Drugs can be used in the disorders of great mortality and morbidity as they not only act against the disease progress but also improve the general metabolic, psychological and immunological system of the body. Thus hypothesis can be considered and taken as the initiative for the prevention as well as management of the disorders which are affecting our society very seriously. Various measures can be planned and executed in the context of the present review.

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