IMPORTANCE OF MEDHYA RASAYANA DRAVYA IN RASAYANA THERAPY

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ABSTRACT

Background - Rasayana Tantra is one of the eight major divisions of Astanga Ayurveda. Rasayana therapy has been described in Ayurveda as a systematic and scientific medical discipline. MedhyaRasayana drugs are those medicines which are capable of imparting superior Rasas and Dhatus to the body and toning up the system of healthy persons. These activities are included in Acharya Rasayana. Ayurveda strongly emphasizes prevention, promotion, cure and rehabilitation. Several Medhya Rasayana drugs mentioned in Ayurveda have multi-dimensional actions having influence on memory. They not only enhance the intellectual capacity but also rejuvenate the whole system and their pathways. Aim and Objective - To assess the efficacy of the MedhyaRasayanaDravya in Rasayana therapy. Material and Methods - Facts for this study was obtained out by literature search and critical review. The study of various Ayurvedic texts were made critically and an effort is made to understand the complete Raspanchaka and other properties of MedhyaRasayana. Discussion and Results - After taking Rasayana we can learn how to maintain a balance between the mental and spiritual aspects of life and help others also to understand it. This will help in establishing the peace, happiness and love. Conclusion - MedhyaRasayanaDravya is very useful in different aspects of healthy person and preventing Different disease.

Keywords: Rasayana, MedhyaRasayana (Mandukaparni, Yastimadhu, Guduchi, Sankhpuspi)

INTRODUCTION

The desire for long life in civilization has been since Vedic times, hence the search and conception of its various modes of operation. These were not only used on basis of need like in the form of therapeutic interventions, but also some of them were integrated into the lifestyle in the form of routine activities. Nowadays, its use becomes more important due to stressful and hectic life. It reduces stress, calms the mind and improves the skills of rational thinking and reasoning. In addition, it helps to reduce forgetfulness by boosting memory and improving retention span. The current estimate of 7.7 million new cases per year is an important benchmark, globally and regionally, particularly given the relatively low levels of
heterogeneity between studies. These facts have urged to look towards traditional health systems like Ayurveda (the Indian system of medicine) to reinvent the possibilities of healthy ageing and better quality of life for elderly. Ayurveda emphasises on healthy living through ahara (diet) and charya (regimen) based on dinacharya (daily requirement of the body) as well as to suit the ritu (seasonal variations). Periodical shodhana (cleansing), use of rasayana (rejuvenation) therapy go a long way in delaying the complications of ageing and deficits associated with it. Rasayana comprise of therapeutic procedures or preparation that on regular practice will boost nourishment, health, memory, intellect, immunity and hence longevity.

Rasayana preparations include single herbs in various medicinal forms and poly herbal combinations specifically aimed to target general health and specific body tissues or attributes. Thus, they could be ayushkameeya (to boost general health and longevity) rasayana, vayasthapana (anti-aging), medhya (nootropic or intellect boosters) rasayana, vyadhipratyaneeka (disease specific) rasayana.

**Aim and Objectives**

An attempt has been made to look into the memory primitive aspect of MedhyaRasayana drugs, their method, mode and time of administration; utility, mode of action and modern researches on some Medhya drugs. Method of administration According to Acharya Charaka, MedhyaRasayana can be administered in the way of Vataatapika Rasayana (rejuvenation therapy having no restrictions) and as per Acharya Susruta; Kutipraveshika Rasayana (rejuvenation therapy involving specific rules) procedure is followed.

**Mode of Administration**

Purva karma (Pre-operative procedure) – Koshtashuddhi before the administration is essential like that of another Ramayana’s. Pradhana karma (Operative procedure) – Different forms of Medhya drugs are explained such as Svarasa (juice), Kalka (paste) etc. Similarly, the dose, duration and adjuvant will also vary depending upon the specific yoga (formulation). Ex: Shveta Avalgujadi Rasayana is taken along with Ushnjala (Lukewarm water) for 6 months whereas VachaRasayana is administered with Goksheera for 48 days.

**Paschatkarma** (Post-operative procedure) – After the digestion of Medhya Rasayana Pathyapathy (do’s and don’ts) should be followed. Shashitikashali (A variety of rice with Ghrita (Cow’s ghee) and Ksheera (milk) is the Pathya (wholesome) mentioned for many of the formulation

**Time of administration:** Early morning before food is the ideal time for the administration of Medhya Rasayana.

**Utility of MedhyaRasayana**

Medhya Rasayana has a specific purpose of benefitting Medha in particular and they do not have broad spectrum of action like other Rasayanas. As per Acharya Susruta, the benefits derived from Medhya Rasayana and their applied aspects are enlisted below.

1. ShrutaNigadi (Power of retention of scriptures)
2. Smrutiman (Endowed with good memory)
3. Medhavi (Becomes genius)
4. Grantham Ipsitamutpadayati (Develops enthusiasm to read the scriptures)
5. Nastam cha Pradurbhavati (Power to recollect the forgotten)
6. Dvirucchaaritamshatamapiavadharayati (Capable of retaining 100 words spoken only twice)
7. Moorthimatiscchauthamaviparishyati (Goddess of speech enters one’s body)
8. Sarvaischaenamsrhotramvivriyate (All the srutis (Vedas and other scriptures) remain within)
9. Shrutadharayapanchavarshashatayur (Power of remembering the scriptures and a life of 500 years)
10. Shrotramvivriyate (Endowed with good hearing capacity)

11. Dvirabhyasatsmrutimanbhavati (Endowed with good memory)
12. Trirabhyasatshrutamadatte (Retains the scriptures in one’s mind)
13. Sarvamtaratikilvisham (Gets rid of all blemishes)
**MedhyaRasayana**

MedhyaRasayana (Intellectual rejuvenator) is a class of Rasayana (rejuvenator) drugs that especially act on Medha (intellect) to promote its function to the optimum level. And the word Medhya means that which is beneficial to Medha (Medhyahitammedhyam), produces or improves Medha (intellect) in its absence or its deficiency and is purifying. MedhyaRasayana (Intellectual rejuvenator) are the fresh juice of Mandukaparni leaves, powder of Yastimadhu root & stolon along with milk, extract of Guduchi stem and paste of the whole plant of Sankhpuspi as mentioned by Acharya Charaka. They all bestow upon its user longevity, removal of diseases, improve strength, proper metabolic functions, healthy complexion, voice and intellectual functions, especially Sankhpuspi.

<table>
<thead>
<tr>
<th>Drug</th>
<th>Family</th>
<th>Scientific Name</th>
<th>Part used</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mandukaparni</td>
<td>Umbelliferae</td>
<td>Centella asiatica linn.</td>
<td>Panchang</td>
</tr>
<tr>
<td>Yasthimadhu</td>
<td>Fabaceae</td>
<td>Glycyrrhiza glabra linn.</td>
<td>Root, stolon</td>
</tr>
<tr>
<td>Guduchi</td>
<td>Menispermaceae</td>
<td>Tinospora cordifoliya (wild) Miers</td>
<td>Stem</td>
</tr>
<tr>
<td>Shankhapuspi</td>
<td>Convolvulaceae</td>
<td>Convolvulus pluricaulis Chois</td>
<td>Panchang</td>
</tr>
</tbody>
</table>

**DISCUSSION**

Concept of Medha (Intelect) The part of Dhi (Power of acquisition) which retains, understands, comprehends information is called as Medha (intellect). Since Dalhana defines it as the subtle part of Buddhi (Mind) that contains the things heard as well as an intellectual capacity to comprehend or retain books that are read, we can also infer that in the context of medical text Buddhi (Mind) is synonymous to only Dhi (Power of acquisition) unlike in Sanskrit lexicons where it is synonymous to Chinta (Mind), Chetana (Consciousness), Prajna (Intelligence). Concept of Dhi (Power of acquisition) Dhi (Power of acquisition) is synonymous with Buddhi (mind). Buddhi (mind) has been defined by as that faculty which judges good & bad and controls our activities (physical and mental). A good functional Buddhi (mind) is a function of prakrata Kapha, a sign of good Twak (skin) & Satvasara in any personand seen as a personality trait of a Pitta & KaphaPrakriti (body constituent) person. Its impairment is characterized by confusing permanent things with temporary things, temporary things with permanent things, beneficial things with harmful things and harmful things with beneficial things. Its health or normal functioning is recognized as the ability to view things as they are with no room for impaired judgement. Pradhanajanya karma (special action) i.e. Action exerted due to the combination of Panchamahabhoota (five basic elements) in a way very unique to the specific Dravya only and not seen in others with similar Rasa (taste), Guna (property), Virya (potency) & Vipaka (end metabolism)

**Mode of action Medhya Rasayana**: Pradhanajanya karma (special action) i.e. Action exerted due to the combination of Panchamahabhoota (five basic elements) in a way very unique to the specific Dravya only and not seen in others with similar Rasa (taste), Guna (property), Virya (potency) & Vipaka (end metabolism)

Since MedhyaRasayana act at different levels that is at the level of Since Dhatu, act by stimulating and improving the function of Agni, improve circulation of Rasa, by opening and cleaning the micro channel...
and acting at minute level along with improving health condition of both body and mind upholds the Medhya, thus does act in improving Medhya function.

**CONCLUSION**

Therefore, we can conclude that the Medhya action of Medhya Dravya like Mandukaparni (Centellaasiatica), Yastimadhu (Glycyrrhiza glabra), Guduchi (Tinosporacordifolia) and Sankhpuspi (Convolvuluspluricaulis) are ascribed to its Prabhava (special action) and unexplainable to the virtues of its Rasa (taste), Guna (property), Virya (potency) & Vipaka (end metabolism).

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**Source of Support:** Nil

**Conflict of Interest:** None Declared

How to cite this URL: Lokendra Rawat & Sunita D Ram: Importance OfMedhyaRasayanaDravya In Rasayana Therapy. International Ayurvedic Medical Journal {online} 2020 {cited April, 2020} Available from: http://www.iamj.in/posts/images/upload/3203_3206.pdf