

ROLE OF RASAYANA IN RAJAYAKSHMA

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Article Received on 20/12/2017

Article Revised on 10/01/2018

Article Accepted on 31/01/2018

ABSTRACT

Ayurveda is an ancient system of life and also the oldest surviving medical system in the world. It is considered to be an ancient science of healing that enhances longevity.

KEYWORDS: Medical system, enhances longevity.

Ayurveda has two main objects

- First to maintain the health of healthy person.
- Second is to cure the disease of suffering. The aim of Rasayana therapy is to restore the body's vigour and vitality. Rasayana therapy is that which rejuvenates the whole body and makes disease free body or we can say. Rasayana therapy is a kind of rejuvenation therapy as well as preventive therapy. Tuberculosis is a global public healthy crisis. 25% of world's TB are found in India.

Rasayana

The means by which one gets the excellence of rasa i.e. the nourishing fluid which is produced immediately after digestion is known as rasayana or rejuvenation therapy.^[1]

A person undergoing rejuvenation therapy attains longevity, memory, intellect, freedom from diseases youth, excellence of lustre, complexion and voice, excellent potentiality of the body and the sense organs, vak-siddhi (i.e what he says come true) respect and brilliance.

Rasayana chikitsa is one among the eight specialised branches of ayurveda, it is also known as Rasayana Tantra".

Rasayana is composed of two terms viz. "Rasa" and "ayana".

Rasa and other dhatus are responsible for sustenance of life etc. The term 'ayana' means specific measures used for obtaining Rasa etc. which are responsible for longevity Acharya Charaka was the first physician to present the concept of Rasayana in both aspects of life i.e. -

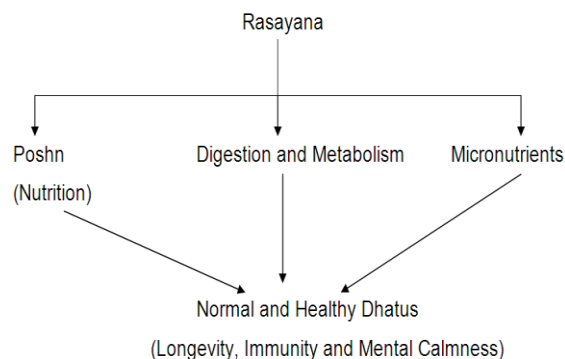
- 1) Swastha
- 2) Atura

He has encapsulated the knowledge of Rasayana Chikitsa in the form of Chikitsa Stana and written in the form of Sutras is Rasayan Chikitsa is an outcome of prolonged.

Consensus by several acharayas.

Acharya charaka described Rasayana in Ist chapter named Rasayana Chikitsa Adahya in Chikitsa sthana. He made 4 subdiviions of Ist chapter called Padas. Life can be prolonged by human effort and attention to life style.

According to Acharya Dalhana, Rasayana is that by which can attain Ras etc. dhatus with affluence, or the means of attainment of longevity, strength, energy and firmness and sustaining youthfulness as effect of Rasa. It promotes, sustains and generates quality Dhatus.



Types of Rasayana

1. Kutipravesika rasayana – which can be administered by keeping the individual inside a cottage.

2. vatatapika rasayana – which can be administered even if the individual is exposed to the wind and the **Rajyakshma**

It is described under “Asthamahagad” i.e. disease difficult to treat. The clinical features of Rajyakshma described in Ayurvedic text resembles definitely with pulmonary Tuberculosis”.

In fact, the most scientific description of Rajyakshma i.e. pulmonary Tuberculosis is given in Charak Samhita, a text book of Ancient Indian medicine written by Acharya Charaka, the Father of medicine. He was one of the main contributors to the Science of ayurveda.

Rajyakshma can be called as the king of disease. According to Hindu mythology, the moon that can be called as the king among the satellites of the earth was afflicted by a curse of Brahma.

In Rajyakshma, Dhatashaya (tissue emaciation or loss) is universally accepted as one of the main reasons to initiate pathogenesis. There is irreversible metabolic dysfunction, out of which rasa, rakta, mamsa, meda and sukra are lost ultimately, deterioration of immunity, which is known as ojokshaya, in Ayurveda is evident.

Characteristics of Rajyakshma

- Burning sensation in the shoulders and sides of the chest.
- Burning sensation in the hands and feet.
- Hyperpyrexia.

The causative factors of the rajyakshma are of four categories

1. Over exertion (exceeding one's own capacity)
2. Suppression of the natural urges.
3. Depletion of tissue elements.
4. Irregular dieting.

Puravrupa of Rajyakshma

1. Pratisyaya and weakness.
2. Finding fault with right things.
3. Appearance of ugly signs and symptoms in the body.
4. Abhorrence of eatables.
5. Diminution of strength and muscle tone.
6. Attachment to women, alcohol and meat.
7. Liking for isolation.
8. Rapid growth of hair and nails.
9. Climbing of heaps of hair, bones and ashes in dreams.
10. Dreams of ponds, mountains and forests, which already dried or getting dried as well as fall of planets.

Eleven forms of diseases which constitute Rajyakshma

- Coughing
- Burning sensation in the shoulders.
- Impairment of the voice.

- Fever.
- Pain in the sides of the chest.
- Headache
- Haemoptysis
- Spitting of phlegm
- Dyspnoea
- Diarrhoea
- Anorexia

Alternatively

1. Cough
2. Fever
3. Pain in the sides of the chest
4. Impairment of the voice
5. Diarrhoea
6. Anorexia

These six ailments also constitute Rajyakshma.

Role of Rasayana

Rasayana therapy has an antioxidant effect along with nutritive value, immune-modulator, immune protective properties and free radical scavenging properly.

Naimittika Rasayana, a unique concept used in chronic diseases described in ayurveda. It promotes vigor and vitality and instills the ability to hold out disastrous outcomes diseases.

Rasayana used in Rajyakshma

1. **Medhya Rasayana**:- Improves intellectual power and memory power.
2. **Haritaki Rasayana**:- Improves strength and gives healthy life and longevity.
3. **Chayawanprash**:- Improves immune system of body and used in respiratory diseases.

Herbs used for Rasayan Therapy

1. Brahmi, Shakpushpi, Vacha
2. Satavari
3. Amalki
4. Ashwagandha
5. Haritaki
6. Pippali
7. Bala

In Rajyakshma, starting from deterioration of immunity, Sukra, meda dhatus to rosa dhatu is lost preceding each other, which is known as pratilomakshaya and is an unusual metabolic change.

CONCLUSION

Rasayana therapy is also known as Rejuvenation therapy because it rejuvenates the whole body and makes disease free body. It prevents the degenerative process in the body by rejuvenating the body tissue. The important action of Rasayana Therapy is to impede the ageing process.

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