



HEALTH BENEFITS AND SYNERGISTIC EFFECTS OF RASAYANA AND PANCHKARMA THERAPY

Dr. M. B. Pillewaha*¹ and Dr. Pushpendra Kumar Pandey²

¹Professor and HOD, Ph.D. and P.G. Department of Samhita Sidhant, R.D. Memorial Ayurved College, Bhopal (M.P.) India.

²Ph.D. Scholar, Reader and HOD, P.G. Department of Samhita Sidhant, Pt. Dr. Shivshakti Sharma Ayurved College, Ratalam (M.P.) India.

*Corresponding Author: Dr. M.B. Pillewaha

Professor and HOD, Ph.D. and P.G. Department of Samhita Sidhant, R.D. Memorial Ayurved College, Bhopal (M.P.) India.

Article Received on 21/06/2021

Article Revised on 11/07/2021

Article Accepted on 01/08/2021

ABSTRACT

The classical approach of healing and health maintenance Ayurveda explores various therapeutic measures, amongst them *Rasayana* & *Panchkarma* therapies are special modalities which imparts several health benefits. These therapies together promote purification and revitalization of body, *Panch karma* removes toxins and purifies body while *Rasayana* is responsible for rejuvenation and longevity. These therapies together works synergistically and enhances effects of each other. *Rasayana* & *Panchkarma* together impart immunity thus increases disease resistance power and prevent early aging. These therapies when used simultaneously then many health benefits observed i.e. suppression of stress, improvement of physical & mental health and preservation of youthfulness, etc. The *Guna* (therapeutic properties) of *Rasayana* improves significantly when utilizes with *Panchkarma*. This article emphasizes health benefits and synergistic effects of *Rasayana* and *Panchkarma* therapy.

KEYWORDS: Ayurveda, Rasayana, Panchkarma, Synergistic.

INTRODUCTION

Rasayana is rejuvenation therapy which promotes health and nourishes body at micro-cellular level. *Rasayana* therapy boost *Ojas*, maintains vitality of essential fluids, strengthen immune system, *Rasayana* control *Rasadhatu* and nourishes other *Dhatu*s. These drugs prevent early ageing thus acts as a *Vayasthapana* or *Jaranasana* therapy. *Rasayana* imparts longevity, preserve youthfulness, increases luster & complexion and improves strength of sense-organs. The *Rasayana* can be classified as depicted in **Figure 1**. The commonly used *Rasayana* are *Aswagandha*, *Amalaki*, *Brahmi*, *Guduchi*, *Yastimadhu* and *Shankhapushpi*, etc.^[1-5]

<i>Kamyasayana</i>	<i>Naimittika Rasayana</i>
Used for Promotion of health	Used to cure diseases

Figure 1: Types of Rasayana and their specific uses.

The *Kamyasayanas* promotes normal health; boost energy levels and improves immunity; the *Medhakamyas*

promotes intelligence, *Srikamya* promotes complexion while *Naimittika Rasayana* help to fight against diseases.

Kuti Praveshika Rasayana used for indoor *Rasayana* therapy while *Vatatapika Rasayana* used for outdoor *Rasayana* therapy.

Aushdha Rasayana is drug based *Rasayana*, *Ahara Rasayana* are dietary *Rasayana* while *Achara Rasayana* are related to life style management.

Panchkarma is ancient approach of body purification which helps in the cleaning of body and facilitates detoxification process. *Shirodhara*, *Abhyanga*, *Basti*, *Virechana* and *Nasya* are major approaches of *Panchkarma*.

Shirodhara helps in uncontrolled hypertension, cure epilepsy, control cerebral ataxia and treat insomnia.

Basti is useful for diabetes, hypothyroidism, allergy and asthma, oil *Basti* helps in nutritive enema, effective for Parkinson's disease and neuromuscular disease.

Virechana is useful for psoriasis, cure skin diseases, helpful for digestive ailments and detoxify body effectively.

Nasya is useful therapy for migraine, epilepsy, and sinusitis and cure insomnia, this therapy also useful for facial paralysis.^[4-8]

Synergistic Effects of *Panchkarma* and *Rasayana*

Samshodhana therapy improves effects of *Rasayana*, the *Rasayana* therapy imparts best therapeutic responses when utilized with *Samshodhana* therapy. The detoxified body acts as clean cloth and absorbs essence of *Rasayana* effectively.

The uses of *Rasayana* therapy along with *Panchkarma* offer following specific health benefits

1. Boost up nutritional quality of *Rasa*
2. Enhances digestion and metabolism by potentiating *Agni*
3. Relives stress and relaxes whole body.
4. Maintain circulation of micro channels thus normalizes passive diffusion and transportation.
5. Prevent early aging and chances of heart diseases.
6. Improves vigour and vitality.
7. Maintain body weight and physical compactness.
8. Built up physical strength and mental health.
9. Increases flexibility of joints and regularizes body movement.
10. Normalizes physiological functioning of maintain hormonal regulation.
11. *Rasayana* therapy along with *Panchkarma* helps to maintain nutrition at cellular level.
12. Promote natural healing process thus cure cuts and wounds at early stage of injury.

The *Panchkarma* performed as per *Prakriti* of an individual then it removes aggravated *Doshas* from body and that after *Rasayana* drugs promote general health and prevent pathogenesis of common diseases.

Panchkarma and *Rasayana* together help in body purification provides rejuvenation of tissues, alter pathogenesis of diseases and cure common metabolic problems such as; obesity and diabetes, etc.

Panchakarma therapy eliminates metabolic wastes & toxins thus cleanses micro channels through which essence of *Rasayana* drugs get absorbed and early effects of *Rasayana* therapy observed when used along with *Samshodhana*. The tissues regeneration and repair mechanism boost up when these two therapies utilizes together. Nourishment of tissue also get improves due to the rejuvenating effect of *Rasayana* while *Panchakarma* enhances bio-availability of *Rasayana* into the systemic circulation.

Rasayana with *Panchakarma* helps to treat diseases i.e. bronchial asthma, rheumatoid arthritis and immunological disorders. These therapies imparts early health benefits in case of joint disorders, neuro-muscular disorders, gastro – intestinal disorders, psychosomatic diseases, ulcerative colitis, stress syndromes and skin disorders.

Panchakarma relives anxiety while *Rasayana* cures neurosis & sleep disorders thus together these therapies improves mental health of an individual.

Panchakarma improves movement of muscles and joints while *Rasayana* enhances appetite, reduces debility of sensory organ and contributed towards *Sharira Bala* thus together *Panchakarma* and *Rasayana* balances physical built up and strength of person.

Rasayana cures *Dhatukshaya*, *Ojokshaya* and *Agnimandya* thus imparts *Deepana* and *Pachana* effects due to which good quality of *Ahar-Rasa* formed and *Panchakarma* improves circulation thus *Ahar-Rasa* get circulated throughout the body.

Rasayana possess immunomodulatory effect, antioxidant & regenerative property thus prevent prevalence of common infectious diseases, on other hand *Panchakarma* restore immune power therefore resist infectious diseases and *Kshaya Avasthas*.

Madhutailika Basti is approach of *Panchakarma* which indicated as *Bala*, *Varna* and *Ojovardhaka*, similarly *Rasayana* therapy also possess same properties therefore indicated best for *Sukrakshaya* and debility. The *Ojovardhana*, *Balavardhana*, *Vranaropaka* and anti-inflammatory properties of *Rasayana* therapy best acquired when used with *Samshodhana* therapy.^[7-10]

CONCLUSION

Rasayana Chikitsa along with *Samshodhana* therapy can play important role for the management of various diseases and also promotes general health. These therapies prevent general health problems like ulcers, general debility, sexual problems, asthma, digestive problems, sensory dysfunction, mental problems and skin ailments. *Rasayana* enriches *Rasa* with nutrients therefore contributed towards longevity, intelligence, youthfulness, excellence of luster, complexion and voice. *Samshodhana* therapy improves effects of *Rasayana*, the *Rasayana* therapy imparts best therapeutic responses when utilized with *Samshodhana* therapy. The detoxified body after *Samshodhana* absorbs essence of *Rasayana* drugs effectively. Ayurveda advocated that *Bala*, *Varna* and *Ojovardhaka* effects of *Rasayana* drugs best achieved when utilized with *Panchakarma* therapy. *Rasayana* drugs along with *Panchakarma* provide several health benefits in diseased condition and also contributed towards the maintenance of general health.

REFERENCES

1. Singh, P.B.; Pravin S. Rana. Banaras Region: A Spiritual and Cultural Guide. Varanasi: Indica Books, 2002; 31. 24-3.
2. Lad V. Ayurveda, the Science of Self-Healing: A Practical Guide. 2nd ed. New Delhi: Lotus Press, 1987.

3. Humber JM. The role of complementary and alternative medicine: Accommodating pluralism. *J Am Med Assoc*, 2002; 288: 1655–6.
4. Baghel MS. Need of new research methodology for Ayurveda. *Ayu.*, 2011; 32: 3–4.
5. Ambikadutta shastri, *Susruta samhita Ayurvedatvasandipika Part-I Sutrasthana 15/26-27* Reprint Varanasi Chaukhamba Sanskrit sansthan, 2012; 79.
6. Ambikadutta shastri, *Susruta samhita Ayurvedatvasandipika Part-I Sutrasthana 15/29* Reprint Varanasi Chaukhamba Sanskrit sansthan, 2012; 80.
7. Kashinath Sastri and Gorakhnath Chaturvedi *Charak Samhita Vidyotini vyakhya part-II Chikitsa sthana 1/5-8*, Reprint Varanasi Chaukambha Bharti Academy, 2011; 4,5.
8. Kashinath Sastri and Gorakhnath Chaturvedi *Charak Samhita Vidyotini vyakhya part-II Siddhi Sthan 1/39-40*, Reprint Varanasi Chaukambha Bharti Academy, 2011; 971.
9. Kashinath Sastri and Gorakhnath Chaturvedi *Charak Samhita Vidyotini vyakhya part-II Siddhi Sthan 12/15*, Reprint Varanasi Chaukambha Bharti Academy, 2011; 1096.
10. Kaviraaj Ambikadutta Shastri *Susruta Samhita Part I Sutra Sthan 38/6-7*, Reprint Varanasi Chaukambha Sanskrit series publication, 2012; 183.