

REVIEW ON RASAYANA DRUGS USED IN GERIATRIC CONDITIONS W.S.R. TO
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ABSTRACT

Rasayana is one among the eight branches of Ayurveda. *Rasayana* drugs are those which destroys *Jara* and *Vyadhi*. *Acharya Charaka* enlist the benefit of *Rasayana* longevity of life, retaining youth for longer with maintaining strength of all organs optimally, enhanced intelligence, improve complexion, voice, and allied positive health attributes etc. Proper use of *rasayana* helps body to strengthen in its physiological, anatomical and psychological perspective. This leads to increase and maintenance in the physical and functional capability of the individual for longer period of time. The present review concluded that some *rasayana* drugs given in *Madanpalnighantu* act by general tonic properties to all the systems of body increasing their functional capacity e.g. *Shatavari*, *Ashwagandha* ect. Total 33 drugs are compiled from *Madanpalanighantu* which are quoted for *rasayana chikitsa*. Among them 14 drugs act by *Madhura rasa* while 8 act by *Katu, Tikta rasa pradhanya*, 18 drugs act by *Madhur Vipaka* while 13 drugs act by *Katu Vipaka*. 15 drugs by *Ushna virya* and 16 drugs by *Sheeta virya*.

KEYWORD: *Rasayana, Madanpalnighantu, Virya, Vipaka.*

INTRODUCTION

Jara is a term which indicates the declining phase of life or ageing process. The purpose of Ayurveda is maintenance of *Swasthya* (health) and treatment of the *Aatura* (diseased person).^[1]

Practical application of *Rasayana* at both the levels help in serving the purpose. Classification of *Rasayana* in different ways help in understanding its use in different indications. As age progresses we suffer from some loss from time to time. Replenishment of these losses needs use of different rejuvenating agents at different age groups. Use of *Rasayana* also means escalation of *Satva Guna* of mind and that can only be achieved by simultaneous use of *Acharya Rasayana*. With advancement in modern sciences, the age old concept is also studied using newer techniques and parameters and is proven to be effective rejuvenator and has added a lot of information. Hence, use of *Rasayana* is for all. It is equally important in treatment of diseases as well as in maintaining health. Use of different medicines as per disease is useful in correcting *Dhatu Vaishamya* and attaining *Dhatu Samya*. *Acharya Sushrut* has described that *Jara* is a natural phenomenon of human body. It is classified as *kalaj Jara* and *akalaj Jara*^[2]. *Acharya* By implementing proper lifestyle along with use of *Rasayan chikitsa*, *kalaj jara* can be delayed and *akalaj jara* can be

avoided. *Charaka* says properly administered *Rasayana* can bestow the human being with several benefits like longevity, memory, intelligence, freedom from diseases, youthful age, excellence of luster, complexion and voice, optimum strength of physique and sense organs, respectability and brilliance.^[3] The average life span of a modern era man is 60 years so the ideal age for administration of *Rasayana* is from 16 to 40 years of life. During *Madhyama vaya* when the metabolic and physio-anatomical changes in the body are at its peak.

OBSERVATION AND DISCUSSION

Classification

(A) *Acharya Charaka* has been mentioned two types.^[4]

- *Kutipravesika* - In such therapy, person will be admitted in *Kuti* and *Rasayana* therapy applied with strict precautions and close monitoring.
 - *Vatatapika* - *Rasayana* therapy is administered without strict rules and regulations and exposure of *Vata* (air) and *Atapa* (sun light) are allowed.
- (B)
- Acharya Sushruta*
- has classified into four types.
- *Sarvopaghata Samaniya*^[5] - counteracts the disease process.
 - *Medhayuskamiya*^[6] - increases intellect and prolongs life.

- *Svabhavavaydhi Pratisedhaniya*^[7] - delays the onset of *Svabhavika Vyadhilike Kshudha, Jara, Pipasa, Mrityu*, etc.
 - *Nivritta Santapiya*^[8] - rebuilds the physical and mental faculties following their disturbance due to disease process.
1. (C) Three types as per *Dalhana's* opinion probably based on the utility of *Rasayana*.^[9]
- *Kamya* : which further divided into two:
 - *Pranakamiya* - which increases the life span.
 - *Medhakamiya*- which increases the cognitive abilities of mind and
 - *Shreekamiya*-which increases the wealth of life.
- *Naimittika* – *Rasayana* drugs specially indicated for a various diseases like *Shilajatu, Bhallataka, Tuvaraka* etc.,
 - *Ajasrika*- particular diets to promote the health and to increase the strength such as daily intake of milk, ghee, etc.
- (D) Two types as mentioned by *Dalhana* based on their mode of action.^[10]
- *Samsodhana* – Cure by expelling the aggravated *Dosha*.
 - *Samsamana*- Cure by pacifying the accumulated *Dosha*.

For this *rasayana* therapy 33 drugs are noted from *Madanapalanighantu*.^[11] They are specifically quoted with the *rasayana* activity. They are as follows:

No.	Drug	Botanical Source	Rasa	Vipaka	Virya	Guna
1	Haritaki	<i>Terminalia chebula</i> Retz.	Kashaya, Madhura, Amla, Katu, Tikta	Madhura	Ushna	Laghu, Ruksha
2	Guduchi	<i>Tinospora cordifolia</i> (Willd.) Miers ex Hook.f.&Jhoms.	Katu, Kashaya	Madhura	Ushna	Laghu
3	Kashmari phala	<i>Gmelina arborea</i> Linn.	Katu, Tikta, Kashaya	Madhura	Sheeta	Guru
4	Shalaparni	<i>Desmodium gangeticum</i> DC.	Tikta, Madhur	Madhur	Ushna	Guru
5	Jivanti	<i>Leptadenia reticulata</i> W.&A.	Madhura	Madhura	Sheeta	Snigdha, Laghu
6	Rakta Punarnava	<i>Boerhavia diffusa</i> L.	Tikata	Katu	Sheeta	Laghu
7	Ashwagandha	<i>Withania somnifera</i> Dunal.	Tikta, Kashaya	Madhura	Ushna	
8	Shatavari	<i>Asparagus racemosus</i> Willd.	Madhura	Madhura	Sheeta	Guru, Snigdha
9	Mahashtavari	<i>Asparagus sarmentosus</i> Linn.	Madhur, Tikta	Madhura	Sheeta	Guru, Snigdha
10	Bala Chtushtay Bala Atibala Nagbala Mahabala	<i>Sida cordifolia</i> Linn. <i>Abutilon indicum</i> Linn. <i>Grevia hirsuta</i> <i>Sida rhombifolia</i>	Madhura	Madhura	Sheeta	Guru
11	Vidari	<i>Peuraria tuberosa</i> DC.	Madhura	Madhura	Sheeta	Snigdha, Guru
12	Bakuchi	<i>Psoralea corylifolia</i> Linn.	Madhura, Katu, Tikta	Katu	Sheeta	Ruksha
13	Bringraj	<i>Eclipta alba</i> Hassk.	Katu, Tikta	Katu	Ushna	Ruksha
14	Ativisha	<i>Aconitum heterophyllum</i> Wall.	Tikta	Katu	Ushna	-
15	Kakamachi	<i>Solanum nigrum</i> Linn.	Tikta, Katu	Katu	Ushna	Snigdha
16	Vridhdharu	<i>Argyreia speciosa</i> Sweet.	Kashaya, Tikta		Ushna	

17	Somvalli	<i>Ephedra gerardiana</i> Wall.	Katu, Tikta	Katu	Ushna	-
18	Mushli	<i>Curculigo orchioides</i> Gaertn.	Madhur, Tikta	Madhura	Ushna	Guru
19	Shankhapushpi	<i>Convolvulus pluricaulis</i> Chois.	Kashaya	Katu	Ushna	-
20	Brahmi	<i>Bacopa monnieri</i> Linn.	Tikta, Madhur	Madhura	Sheeta	Sara, Laghu
21	Mandukparni	<i>Centella asiatica</i> Linn.	Tikta, Madhur	Madhura	Sheeta	Laghu, Sara
22	Kumari	<i>Aloe vera</i> Linn.	Tikta, Madhura	Katu	Sheeta	
23	Pippali	<i>Piper longum</i> Linn.	Katu	Madhura	Atyushna	Laghu, Snigdha
24	Guggula	<i>Commiphora mukul</i> Engl.	Madhura, Tikta	Katu	Ushna	Sukshma, pichhila, Sara
25	Tilaka	<i>Wendlandia exerta</i> DC.	Katu	Katu	Atyushna	-
26	Pilu	<i>Salvadora persica</i> Linn.	Madhur, Tikta		Ushna	Laghu
27	Bijaka (Vijaya sara)	<i>Pterocarpus marsupium</i> Roxb.	Katu	Katu	Sheet	-
28	Shalmali	<i>Bombax malabaricum</i> DC.	Madhura	Madhura	Sheeta	Snigdha
29	Rasona	<i>Alium sativum</i> Linn.	Katu, Tikta, Kas hay, Lavana, Madhura	Katu	Ushna	Tikshna, Snigdha, Guru, Sara
30	Varahi	<i>Tacca aspera</i> Roxb.	Madhura, Tikta	Katu	Ushna	-

Among these categorization is done according to Rasa, Virya and Vipaka as follows:

No.	Categories	Observations found
1	Rasa	14 drugs with <i>Madhura rasa pradhanya</i> 8 drugs with <i>Katu Rasa pradhanya</i> 8 drugs with <i>Tikta Rasa pradhanya</i> 3 drugs with <i>Kashaya Rasa pradhanya</i>
2	Virya	16 drugs with <i>Sheeta virya</i> 15 drugs with <i>Ushna virya</i> 2 drug with <i>Atyushna virya</i>
3	Vipaka	15 drugs with <i>Madhura vipaka</i> 13 drugs with <i>Katu vipaka</i> 2 drugs <i>Vipaka</i> is not mention

Dashemani which can be correlated with *rasayana* therapy is coated below and drugs from above list which are included in these *dashemani* are as follows

No.	<i>Dashemani</i>	Drugs from <i>Madanpalanighantu</i> for <i>Rasayana</i> therapy
1	<i>Jeevaniya</i> ^[12]	<i>Jivanti</i>
2	<i>Balya</i> ^[13]	<i>Ashwagandha</i>
3	<i>Virechnopaga</i> ^[14]	<i>Haritaki</i>
4	<i>Sangyasthapana</i> ^[15]	<i>Brahmi, Guggula</i>
5	<i>Vayasthapana</i> ^[16]	<i>Guduchi, Haritaki, Jivanti, Shalaparni</i>
6	<i>Shoolaprashamana</i> ^[17]	<i>Pippali</i>

According to *Agrya aushadhi* quoted in Brihatrayi

No.	Drugs from <i>Madanpalanighantu</i> for <i>Rasayana</i> therapy	<i>Agrya (Charaka Sanhita sutrasthana)</i> ^[18]
1	Haritaki	<i>Pathyanama</i>
2	Shalaparni	<i>Vrishya Sarvadoshaharanama</i>

Few drugs are *Rasayana* by acting on particular system/organ which decreases the symptoms of *Jara* reported in classics are such as

No.		Drugs	Mode of action
1	<i>Medhya</i>	<i>Shankhapushpi</i> <i>Guduchi</i> <i>Brahmi</i> <i>Haritaki</i> <i>Shatavari</i> <i>Vidari</i>	<i>Medhya</i> action is considered as <i>Prabhava</i> . These drugs increase power of acquisition, retention and recollection.
2	<i>Sangyasthapana</i>	<i>Brahmi</i>	The drug which will restore the lost consciousness. <i>Brahmi</i> by its <i>Madhura rasa, sheeta virya</i> helps in development of <i>dhatu</i> and mainly nourishes <i>Majja dhatu</i> ultimately resulting in <i>sangyasthapana</i> .
3	<i>Vedanasthapana</i>	<i>Guggulu</i>	The drug which is used to remove the pain of a particular part of the body and which restores normal state. Vitiating of <i>Vata Dosha</i> is main factor for <i>Vedana</i> so for relieving pain drug should possess <i>vata doshaghna</i> property. Here <i>guggulu</i> acts <i>vataghna</i> by its <i>ushna virya</i> .
4	<i>Chakshushya</i>	<i>Shatavari</i> <i>Jivanti</i>	Drugs which keep the eyes in natural state. <i>Shatavari</i> with its <i>Madhura rasa, sheeta</i> and <i>snigdha guna</i> acts as <i>chakshushya</i> .
5	<i>Vrishya</i>	<i>Shatavari</i> <i>Ashwagandha</i> <i>Pippali</i> <i>Rasona</i> <i>Gambhari phala</i> <i>Vidari</i> <i>Varahi</i> <i>Mushali</i> <i>Kakamachi</i> <i>Shankhapushpi</i>	Drugs with <i>Madhura rasa, Sheeta virya</i> acts as <i>Vrishya</i> . According to Sharangdhara <i>Ashwagandha, Shatavari, Mushali</i> are <i>Shukrala</i> which acts on spermatogenesis. <i>Brihati phala</i> is <i>shukra rechaka</i> helps in emission and ejaculatory disorders.

Few drugs act *Rasayana* by *Dhatukara* action as follows

No.	<i>Dhatu</i>	Drugs	Mode of action
1	<i>Rasa</i>	<i>Shatavari</i> <i>Guduchi</i> <i>Jivanti</i>	Drugs having <i>Madhura rasa, sheeta virya</i> tend to be <i>rasa dhatu vardhaka</i> .
2	<i>Rakta</i>	<i>Guduchi,</i> <i>Bakuchi</i>	Acts <i>rakta-prasadana</i> by <i>Pitta dosha shamana</i> with the help of <i>Tikta, Madhura rasa</i>
3	<i>Mamsa</i>	<i>Ashwagandha</i> <i>Rasona</i>	Drugs by <i>snigdha, guru gunas</i> and more <i>parthiva ansha</i> acts as <i>mamsa vardhaka</i> .
4	<i>Meda</i>	<i>Naveena</i> <i>Guggulu</i>	Diminishes the vitiated <i>Kapha dosha</i> and <i>Kleda</i> , improves proper <i>dhatu</i> production.
5	<i>Asthi</i>	<i>Rasona</i> <i>Guggulu</i>	Acts as <i>Bhagna-sandhaneeya</i> .
6	<i>Majja</i>	<i>Brahmi</i> <i>Shalmali</i>	By its <i>Madhura rasas</i> and <i>snigdha guna</i> with <i>jaleeya</i> properties acts as <i>majja vardhaka</i> .
7	<i>Shukra</i>	<i>Ashwagandha</i>	Acts as <i>vajikara</i> .

Prakritiwise Suitable *Rasayana*:

- **Vataja** -- Bala, Nagbala
- **Pittaja** -- Shatavari
- **Kaphaja**-- Guggulu, Pippali
- **Manasa** --Ashwagandha, Shankhapushpi, Brahmi

Research activities of these drugs

	Immunomodulators	Antioxidant	adaptogenic	Antistress
1	Guduchi	Guduchi	Ashwagandha	Brahmi
2	Jivanti	Jivanti	Mandukparni	Mandhuparni
3	Ashwagandha	Gambhari	Guduchi	Ashwagandha
4	Shtavari	Ashwagandha	Shtavari	Punarnava
5	Kumari	Punarnava	Pippali	Shankhpushpi
6	Pippali	Shtavari	Haritaki	
7	Bhrigraja	Shankhpushpi		
8		Guggulu		

In this way *rasayana* can be considered as:

- “*Medhya rasayana*”(e.g.Shankhapushpi, Brahmi etc.)
- “*Doshaghna rasayanas*(e.g. Haritaki, guduchi etc.)
- “*Dhatu rasayanas*”(e.g. Ashwagandha, rasona etc.). Which can be further categorised as:
- Rasayana for system.
- Rasayana for Dhatu.

These 33 drugs quoted as ‘*rasayana*’ from *Madanpalanighantu* are repeated in *Dashemani* and *Agrya aushadhi* relating to the *rasayana* therapy. Also research works reveals that some drugs i.e. Shatavari and Bramhi pocessess the anti-ageing properties.

CONCLUSION

- *Jara* is an inevitable phenomenon of life characterized by decreased functional capability of all the systems of the body.
- *Rasayana* is a therapy which establishes the age (*Vayasthapana*), increases the life span (*Ayushkara*), intelligence (*Medha*) and Strength (*Bala*) as well as it enables the person to get rid of the diseases
- *Akalaja jara* can be prevented by application of *rasayana chikitsa* and following *dinacharya* and *rutucharya* mentioned in Ayurveda.
- Total number of 33 drugs are mentioned in *Madanpala Nighantu* having *Rasayana* properties.
- Most of the *rasayana* drugs are of *madhura rasa* and *sheeta veerya* having *guru, snigdha gunas*.
- *Rasayana* drugs acts on *Agni, Doshas* and *Dhatu*s to exhibit its pharmacological properties. For e.g. *Pippali* acts on *agni*, *Haritaki* acts on *doshas* and *Shatavari* on *dhatu*.

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