

## AYURVEDIC VIEW ON RASAYANA W.R.S TO BALROGA

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## ABSTRACT

Ayurveda described various therapeutic modalities for diseases of children (*BalaRoga*) & *rasayana* therapy is very useful approach, *rasayana* drug stimulates gastrointestinal secretions and boost appetite, prevents indigestion and nausea, improves mental strength in children. *Shankhpushpi*, *Guduchi*, *Jyotishmati* and *mandookparni*, etc. are *rasayana* drugs that can be used for pediatric health restoration. These drugs boost Agni functioning, potentiate Dhatus thus strengthen Ojas & clears *Srotas* therefore maintains circulation & detoxification. These drugs act as rejuvenator hence increases physical and mental viability. Present article described role in pediatric diseases.

**KEYWORDS:** Ayurveda, Pediatric, Rejuvenator, *Rasayana*.

## INTRODUCTION

Ayurveda is the basic science of traditional medical system in India consider *balroga*, *eshishu*, *bala* or *Kaumarbhritya* and mentioned different therapeutic for treatment of childhood Diseases. Recently many researchers utilize their Research in *rasayana* therapy for management of various childhood diseases. This article described several aspects of *rasayana* with special reference to childhood diseases. The diseases of children mentioned as *bal-roga* in ayurveda science under the heading of *Kaumarbhritya*. Ayurveda described *dhatristanyadushti* as major responsive factor for diseases related to *ksheeradaavastha*. The constitution of dosha, dhatus & agni are different in children compared to young person. Therefore, children are more prone to some diseases as compared to adult, however children strength is weak thus they require especial care and treatments. The therapies for treating diseases of children are different from the therapies require treating diseases of adults. Herbal remedies, *Rasayan*, disciplinary conduction of dietary regimen and balanced life style, etc. are *ayurveda* approaches which help in the management of pediatric health status. *Rasayan* therapy requires precautionary measurement while used for the childhood care.

## Rasayana

The word "*Rasayana*" is composed of two Word 1 *Strasa* and 2 *Ndayana*. „*rasa*" means fluid or Juices and „*ayana*"

means pathway. Hence word „*rasayana*" means „path of the juice". It also means by Which one gets excellence of is known as *rasayana*. Literally the technical term *rasayana* refers to obtaining the optimum nourishment to *dhatus*. According to *sushrutsamhita*, substances which Decreases the aging process increase longevity and increases the mental and physical strength and Which destroy the disease process is called as *rasayana*.

According to *Charaksamhita*, the substance Which invigorate a healthy person by producing best quality of *dhatu* and other *dhatu* called *rasayana*. In *ayurvedic* textbooks *rasayana* means: Drug, diet and regimens which destroy old age and disease called *rasayana*. i.e. taking *rasayana* we always remain healthy and young, which means you are in your old age perform your normal duties. According to *ayurveda*, rejuvenation takes place so that the person can become healthy and explore Spiritual aspect of life.

1. *Kamyarasayana* - is used to fulfil Desire {*kamya*-desire} it is also used to Promote general physical and mental Health.
2. *Pranakamya* - it is used for achieving the best quality of *prana* (life energy) in body.
3. *Medhakamya* - it is used for enhancing the intellect and memory.
4. *Srikamya* - is used for promoting of vitality and longevity.
5. *Naimittikarasayana* - is given to combat and balance a specific cause, causing a disease in the body.

### Benefits of Rasayanatherapy

1. *Rasayana* boost salivary secretions hence maintain appetite and digestion.
2. The enhanced gastrointestinal activity relieves Constipation & indigestion.
3. *Rasayana* effectively cure digestive ailments related to the children i.e diarrhea, indigestion and *grahani Roga*.
4. Relieves fatigue & mild fever by virtue of their rejuvenating effects.
5. Imparts beneficial effects towards mental health hence prevent psychological disorders.
6. Improves immunity hence provides resistance against common infectious diseases.
7. Strengthens overall physical & mental health hence contributed in growth & development of the children.
8. Improves complexion & skin texture thus provide appealing physical appearance.
9. Maintain metabolic rate & regularizes process of Detoxification hence resist accumulation of toxins and prevent formation of *ama*.

### The Mode of Action of Rasayana in Pediatric Disorders

*Rasayana* improves nutritional value of *rasa dhatu* & improves *dhatu poshana*. This *dhatu vardhak* and *agnivardhak* action of *rasayana* contributed towards *dhatu nirmana*. The *shrotashodhana* action of *therasayana* improves detoxification & circulatory process of body thus prevents diseases and maintains alertness. *Tikta Rasa* of drugs increases *aakash mahabhut* in body hence increases *satvaguna* of *mana*. The *madhur vipak* of *rasayana* helps in *nuttaroktvridhio* of all *Dhatu*s & promote *ojas*. *Laghuguna* of *rasayana* increases *satvaguna* of *mana* and in such ways *rasayana* drugs offers health benefits in case of pediatric Diseases.

### Formulations

1. *Cyavanaprasa*
2. *Brahmi Ghrta*
3. *Satavari Ghrta*
4. *Vasanta-Kusumakara*
5. *Dhatri Rasayana*

### CONCLUSION

Age from birth to 16 years described as *balyavastha* as per *sushruta*. *Ayurveda* depict different approaches for prevention, diagnosis & management of *bal-roga*. The traditional science explored use of several therapeutic approaches for the management of *bal-roga* such as; herbs, *rasayan* & remedies but it is suggested that precaution is better than the cure thus rules of *dinacharya* & *ritucharya* needs to be adopted in *balaavastha* to maintain the discipline life style which help to retain normal health. *Ayurveda* also mentioned diagnostic approaches such as; consideration of the *graham rogas*, *nadipariksha*, *sharir-pariksha* and *prashnapariksha* as *nidana* perspective of the *bal-roga*. *Ayurveda* also mentioned diet Regimen not only for the

children but also for pregnant women. This article emphasized different preventive, diagnostic and therapeutic approached of *Ayurveda* for the management of pediatric disease, this Article may become helpful for researchers to explore novel aspect of Pediatric care.

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