

CONTRIBUTION OF RASAYANA IN GERIATRIC CARE

Dr. Anand Kumar Singh^{1*}, Dr. Ramnihor Tapsi Jaiswal², Dr. Manohar Ram³, Dr. Anubha Srivastav⁴,
Dr. Ashwini Gupta⁵¹JR2, Dept. of Samhita & Siddhanta, RAC Varanasi, (U.P.), India.²Assistant Professor, Dept. of Samhita & Siddhanta, RAC Varanasi (U.P.), India.³Associate Professor, H.O.D., Dept. of Samhita & Siddhanta, RAC Varanasi, (U.P.), India.⁴Assistant Professor, Dept. of Rachana Sharir, RAC Varanasi (U.P.), India.⁵Assistant Professor, Dept. of Kaumarbhritya, RAC Varanasi (U.P.), India.***Corresponding Author: Dr. Anand Kumar Singh**

JR2, Dept. of Samhita & Siddhanta, RAC Varanasi, (U.P.), India.

Article Received on 28/03/2022

Article Revised on 18/04/2022

Article Accepted on 08/05/2022

ABSTRACT

The growth of any country depends on the number of Young people, but according to recent data we soon will have aged community more than youth. In Ayurveda Jarachikitsa is the branch of medicine dealing with the problems of aging. The word Rasayana (Rasa+ Ayana) refers to the nourishment and for the formation of best qualities of Dhatus, like cells and tissues of the body. Rasayana therapy act essentially on nutrition dynamics and rejuvenate the body on both physical and mental health. In Ayurveda aging (Jara) is one of the Swabhavik Vyadhi. In current scenario with proper administration of Rasayana therapy we can delay Jara Janita Vyadhis. Thus rasayana plays an important role in geriatric care.

KEYWORDS: Rasayana, Swabhavik Vyadhi, Jara Chikitsa, Geriatric.**INTRODUCTION**

At present era, there arised a situation in which human community will witness many aged individuals than young people. Nowadays many developing countries face chronic diseases likr heart disease, cancer, diabetes etc. This reflects Changes in the personal lifestyle and causes ageing. Ayurveda deals mainly with all the aspects of life in relation of health and prevention of disease. Rasayana therapy is very important for promotion of life and prevention of disease. Rasayana Improved physical and mental health. Jarachikitsa is the branch of Ashtanga Ayurveda which aims to promote health by preventing and treating diseases and disabilities in older adults. Rasayana plays an important role in geriatric diseases.

Jara Chikitsa

It is a branch of Ashtanga Ayurveda. Jara chikitsa is a science which deals with problems and diseases of elderly. Ageing is defined as the total sum of physiological changes that progressively leads to death of individual. Vridhavastha refers to the stage where older individuals has attained the state of dhatu kshaya Charak, has considered age above 60 years to be Vridhavastha but Sushruta and Vagabhatta considered it as age more than 70 years. Vridhavastha is characterized by diminution of tissues, sense faculties, strength,

vitality and diminution of enthusiasm day after day, person develops wrinkles, greying of hairs, occurrence of secondary disorders, inability to perform all activates. Vatadosha is predominant in old age. So there will be more of catabolic activities taking place in body. By using rasayana regularly, one can preserve his health and delay ageing.

Rasayana Therapy

The word Rasayana refers to nourishment and is helpful in the formation of best qualities of Dhatus, like cells and tissue of the body, which leads to an improvement in physiological state, better immunity, bio strength, mental competence and longevity. Thus Rasayana therapy has a comprehensive scope for positive nutrition, immune enhancement, longetivity and sustaining of mental and sensorial competence. Besides the promotion of mental and physical health and rejuvenation potential, it offers a preventive role against all ranges of diseases through improved immunity and bio- strength. Thus, Rasayana therapy is the essential component of Ayurvedic geriatrics and geriatric health care.

स्वस्थस्योर्जस्करंयतुतदवृष्यन्तद्रसायनम्॥ (च.चि. १-१/५)

The invigorating of energizing substances for the health of the healthy are usually Vrsya (Aphrodisiacs including semen potency) and Rasayana (Rejuvenating).

रसायनतन्त्रनामवयःस्थापनमायुमेधाबलकरोगापहरणसमर्थञ्च। (सु.सू.१/१५)

Rasayana tantra is the modality of Ayurveda, which describes the methods of withholding ageing, increasing lifespan, intelligence, strength, and capacity to get rid of diseases.

यज्जराव्याधिविध्वंसिभेषजंतद्रसायनम्।। (चक्र.चि.६६/९)

The therapy which sustains ageing and prevents the disease is known as Rasayana.

Classification of Rasayana

A) As per method of use

1. Vatatapika Rasayana or casual outdoor practice
2. Kutipravesik Rasayana or intensive regimen (Inclusive of Panchakarma) using a specially designed Trigarbha Rasayanakuti or therapy chamber.

B. As per scope of Application

The probable mode of action of Rasayana therapy as per contemporary science is as follow.

Antioxidant Action	Amalaki
Immuno-modulatory action	Guduchi
Haemopoietic Effect	Amalaki, LauhaBhasma
Anti-aging Action	Ashwangandha, Bala
Anabolic Action	Vidarikanda
Neuroprotective Action	SwarnaBhasma, Rajata Bhasma
Nutritive function	Ghrita, Ksheera

Decade Wise Rasayana by Sharangdhar Samhita

AGE	ACTION	DECADE OF LIFE	USED RASAYANA
1-10	Balya	Child hood	Vacha, Swarnabhasma
11-20	Vridhhi	Growth and Development	Ashwangandha, Bala
21-30	Chavi	Complexion	Amalaki, louhabhasma
31-40	Medha	Intelligence Power	Sankhapushpi, Brahmi
41-50	Twak	Skin	Bhringaraja, priyala
51-60	Drishti	Visual Activity	Triphala, Shatavari
61-70	Shukra	Fertility	Atmagupta, Ashwangandha
71-80	Vikram	Valour	Amalaki, Bala
81-90	Buddhi	Memory	Brahmi
91-100	Karmendriya	Physical Capacities	Bala, Ashwangandha

MATERIALS AND METHODS

The literary sources for the Present work was collected from Charak Samhita, Sushruta Samhita, Astang Hridaya, Astang Sangrah, Chakradatta, Sharangdhar Samhita and available commentaries on it. It will be correlated with contemporary available literature, journals, websites, and research paper as per the need of the study.

1. **Kamya Rasayana** - for the promotion of health of the healthy, further sub-classified as
 - a. **Sri Kamya** - To promote luster and beauty
 - b. **Prana Kamya**- To promote longevity
 - c. **Medha Kamya** - To promotion mental competence.
2. **Naimittika Rasayana** - To induce bio-strengthening a diseased person to fight better with his existing disease.
3. **Ajasrika Rasayana**- Daily dietary Rasayana approach consuming Sattvika, nourishing elements of the diet.

According to Prabhava (Effect)

- (1) Samshodhana Rasayana
- (2) Samshamana Rasayana

Mode of Action

As our classics Rasayana therapy works on Agni which in turn leads to proper formation of Rasadi dhatus, hence responsible for formation of Ojas, which is considered as prime essence of these Rasadi Datus. In terms of vyadhi Kshamtva, this is responsible for the appropriate functioning of the body's immune system. Hence, Rasayana plays a crucial role in prevention of aging and old age related disease.

DISCUSSIONS

Ayurveda gives importance for geriatric care, since it is one among the branch of Ashtanga Ayurveda. Jara Chikitsa has a good scope in present day scenario. As mentioned earlier, the qualities of Rasayana therapy are one which enhances the longevity, memory, freedom from diseases youthful age, excellence of lustre, complexion and voice, optimum strength of physique and sense organs, successful words and brilliance. Hence, these Rasayana drugs have critically analyzed

and mentioned in specific age group as to overcome the specific age related situations.

CONCLUSION

The entire Ayurvedic management is more health oriented than disease oriented (maintaining the health of a healthy individual). So to maintain the healthy state of a person one should follow the Swasthavritta principles. Rasayana therapies are helpful in attaining long life, vitality and happiness. So we should practice Rasayana with complete devotion according to the prescribed procedure.

REFERENCES

1. Srimat Charak, Chakrapanidatta, English translation by P.V. Tiwari, Charak Samhita, Chaukhambha Vishwabharati edition year 2018.
2. Srimat Sushruta Dalhana, English translation by Prof. K. R. Srikanthmurthy, Sushruta Samhita, Chaukhambha Orientalia, Varanasi, re-print -2017.
3. Srimat Vagbhatta English translation by Prof. K. R. Srikanthmurthy, Astanghrudiyam. Chaukhambha krishnadas, Academy, Varanasi re- print – 2009.
4. Srimat Vriddha Vagbhatta Indu Ashtanga Sangrah Chaukhambha Sanskrit Series office, Varanasi reprint – 2008.
5. Sharangadhacharya, Sharangdhar Samhita Edited: Pandit Parshuram Sastri Vidyasagar with Admalla Dipika and kashiram's Gudartha Dipika 7th edition Chaukhambha Orientalia Varanasi- 2008.
6. <http://www.who.int/topics/ageing/en>.
7. [https:// en.m.wikipedia.org/wiki/Geriatrics](https://en.m.wikipedia.org/wiki/Geriatrics).