

Review Article

A Review Article on Utility of Rasayana Therapy in Pandemics

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Abstract: *Ayurveda* is the eternal science which not only help us in restoration of health but also provide complete solutions to the disease. Disease comes any time in any form like Covid-19 outbreak which was occur as pandemic world-wide and cause of death of millions people. In Such situation when all countries fight for searching solution & vaccine against Covid-19, India shows *Rasayana* concept which is very helpful to build up body immunity and thus gives strength to body against Covid-19. In this paper author made an effort to explore utility of *Rasayana* therapy in human during this pandemic.

Keywords: *Ayurveda*, Covid-19, Immunity, Pandemic, *Rasayana*, Therapy.

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INTRODUCTION

Pandemic is defined as epidemic of an infectious disease that spread across a large region for instances multiple continents or worldwide affecting substantial number of people. Pandemic crosses international boundaries and thus affecting millions of peoples. Covid-19 is a current example of this outbreak which was first detected in the city of Wuhan, in the province of Hubei, in the People's Republic of China – a city with a population of 11 million. Full form of Covid-19 is Coronavirus disease identified in 2019 which was given by WHO on the basis of virus identified as severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) by International Committee on Taxonomy of Viruses (ICTV) on 11 February 2020. This pandemic is known as Janpadodhwamsh in ancient textbook of Ayurveda “Charka Samhita” in chapter three of its Vimana Sthana. Here sage explained that Prakruti (constitution), Vaya (age), Bala (strength), Satmya (wholesome) and, Satva (quality) etc. found in each & every person but their quantity is varied individual to individual. Individual remain healthy because of four factors named as Vayu (air), Jala (water), Desha (country) and Kala (season) in their natural and pure form. If these four factors viz Vayu (air), Jala (water), Desha (country) and Kala (season) get vitiated then it cause disease and spread it among large number of population and become so fatal that cause death of individuals.

During such outbreak ancient sage directed the use of Rasayana & Panchkarma (penta purification) therapy. By the virtue of Rasayana therapy, Dhatus which are the basis of human body, formed in proper manner and thus individual get health and longevity[1].

Covid-19 pandemic put the entire human being in jeopardy. There is not yet a permanent solution to overcome this pandemic. But the Rasayana therapy of Ayurveda is becoming very popular and useful in this pandemic. People are getting enormous benefits from Giloy (*Tinospora cordifolia*), Ashwagandha (*Withania somnifera - (L.) Dunal.*), Madhuyesti (*Glycyrrhiza glabra L.*), Haldi (*Curcuma longa L.*), Tulsi (*Ocimum sanctum Linn.*), Amalaki (*Embilca officinalis Gaertn*) and formulations of these herbs like Chyawanaprasha and Braham Rasayana etc. But one problem are arising now days i.e. these immunity booster herbs are utilizing in inadequate dose and duration without having knowledge. These herbs are having medicinal value and categorized as Ayurvedic medicine. If these engulf in inadequate doses for longer duration then these can produce hazardous effect on body. Therefore it is mandatory that these herbs and herbomineral compound should be consumed in appropriate dose and under direct supervision of competent physician.

Facts about Rasayana

Rasayana is very well described in many ancient textbook. Out of these textbooks, two textbook named Charka Samhita & Sushruta Samhita are of prime importance. Acharya Charka and Sushruta defined Rasayana in Chikitsa sthana of their treatise Charka Samhita and Sushruta Samhita respectively [2]. Sage described Rasayana as:-

1. Rasayana is defined as Labhodayo Hi Sasthanam Rasadenam Rasyanam in which Rasayana means enhance Ayu (life span), Bala (strength), Virya (vigor), Vaya Sthairya (longevity of life) by the use of various properties as Rasa (taste), Virya (potency), Vipaka (post digestion effect), and Prabhava (effect) of any herbs or herbomineral compound. Thus Rasayana are the symbols of such medicine which are utilized to attain excellent Rasadi dhatus [3] and equilibrium among doshas (humor). Dhatus which are in good quality and quantity form the foundation of disease free life, strength and a good immunity.
2. Acharyas classified Rasayana in many ways like viz- Aushdh- Unaushdh Bheda, Vidhi Bheda and Prayoga Bheda. On the basis of its utility, Rasayana can be classified in to three types as Kamyas Rasayana, Naimittika Rasayana and Ajasrika Rasayana [4]. Kamyas Rasayana are utilized to attain benefits like strength & intelligence e.g. Giloy, Chayawanaprash etc. Naimittika Rasayana are not only utilized to ameliorate the disease but also enhances strength and memory power such as recipes of Silajatu and Nagabala whereas Ajasrika Rasayana are those which are consumed on daily basis to boost up dhatu formation and strength such as milk and ghrita.
3. Acharya described Rasayana with their effect on human body. We can get numerous other benefits by using Rasayana according to Desh, Prakriti, Agni and Koshta such as Medha (intellectual power), Buddhi (intelligence), Smriti (memory), Bala (strength), and Kanti (texture), limit the ageing and thus keep us happy, healthy and disease free long life. Rasayana are very helpful in formation of good quality Dhatus [5].

Rules of Rasayana therapy

In this world each and every person consume Rasayana in different form knowingly or unknowingly but for desired and best benefits it should be used with rules and regulations which are very well described by Acharyas. These rules are:-

1. Rasayana should be used under the supervision of physician because one Rasayana is not indicated for every individual [6].
2. Rasayana therapy should be started according to Shubh Muhurta, Nakshatra & in Shukla Paksha after proper purification [7].
3. Kutipravesik Vidhi is the best method among Rasayana therapy. To get maximum benefits

competent individual should consume Rasayana by this method [8].

4. According to Acharya, Rasayana should be started from childhood and continue till fixed period of time according to different Rasayana (maximum period of consuming can be six month up to one year) [9].
5. Rasayana therapy should be used according to Satmya (wholesome), Vaya (age), Agni (digestive fire) and Koshta (abdomen) in prescribed dose with determined Anupana (vehicle). Eg; Nagabala Rasayana should be used in 1 aksh matra (dose) with milk or honey as Anupana (vehicle) for 1 year [10].
6. During use of Rasayana therapy individual should be devoid of manskas doshas such as- Kaam-Krodh, Lobha, Moha, Dvesh-Irshya etc and must follow sadvritta (good deeds), Bramacharya (control his or her body & mind chitta through ascetic means) and Dhyana (meditation) [11].
7. Physician should always consider the indications and contraindication prior the use of Rasayana. It is contraindicated in Anatmavaana (self-centered), Aalsi (lazy), Pramaadi (negligent), Vyasani (addicts), Paap Karma (indulge in bad deeds), Daridra (poor person), and people who don't respect medicine. Along with these Rasayana should be used after the proper examination of Virudhdhahar (dietic incompatibilities), Satmaya (wholesome), Vikritagni (disturbed digestive fire), Rogi (patient) and Prakriti (constitution). Rasayana therapy are quiet effective and beneficial if we considered all these factor prior its use [12].

Complication of Rasayana therapy

Acharya Sushruta mentioned complication of Rasayana therapy in his treatise in twenty seven chapter under chikitsa sthana. He said that complication can be arises during the Rasayana therapy due to inadvertency of physician, medicine, patient and method of its use. In case of any complication, the use of Rasayana therapy, one should stop therapy for some time along with the management of complication. After amelioration of complication Rasayana therapy start again with adequate precautions [13].

CONCLUSION

It is concluded that Rasayana therapy is one of the best therapy to get physical as well as mental strength along with immunity and longevity. But one should have very cautiously used this therapy under the supervision of competent physician with adopting its indication & contraindication to get maximal benefits from it. During COVID-19 pandemic Rasayana therapy play a great role to protect human being and keep them happy and healthy with enrich immunity.

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