

REVIEW ON RASAUSHADHI IN GERIATRICS AS RASAYANA

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ABSTRACT

Rasaushadhi- herbo mineral or metallic formulations are used for therapeutic purpose in field of Ayurveda and they are backbone of Ayurveda due to its *Rasayana* properties. In Ayurveda, *Jara Chikitsa* (Geriatrics) is an important branch to prevention and manages health problems of elderly people to improve quality of life and slowing down ageing process through *Rasayana* drugs. Various Rasa-texts have mentioned *Rasaushadhi* formulation which is used in *Jara Chikitsa* by mentioning various term for geriatric purpose i.e. *Jara Nashana*, *Rasayana*, *Jivet Varsha Shatam* etc. **Aim:** To find out *Rasaushadhi* used for geriatric purpose. **Material and Method:** Various Rasashatriya book were referred and find out the word *Jaranashana*, *Rasayana*, *Valipalitanashana* for geriatric care. **Results**

and Discussion: The review suggests that since 8th century there is concept of *Rasayana* which is a specialized branch of Ayurveda. *Rasayana* medicine is specially used for slowing down the process of ageing.

KEYWORDS: Rasaaushadhi, Geriatrics, Rasayana.

INTRODUCTION

Ayurveda is the science of life and longevity. *Rasa Shastra* which is well developed branch of Ayurveda also known as Ayurvedic pharmaceuticals, which deals herbo-metallic and mineral origin drugs, their varieties, properties, processing techniques and their therapeutic uses. Geriatrics –Branch of medicine that deals with the problems and diseases of old age and the medical care and treatment of ageing people.^[1] Aging is associated with changes in

dynamic biological, physiological, environmental, psychological, behavioural, and social complex multi-factorial and inevitable process. Ayurveda has a focused branch called *Rasayana*^[2] which deals with the problems related to ageing and methods to cure them.

As per Ayurveda, ageing is a *Swabhavaja Vyadhi*^[3] means it is inherent. Ageing is a complex multifactorial and inevitable process, which begins before birth and continues throughout the entire life span. It is essentially a physiological phenomenon which results because of the evolutionary changes occurring in the mind-body system. According to World Population prospects 2019^[4] (United Nations, 2019), by 2050, 1 in 6 people in the world will be over the age of 65, up from 1 in 11 in 2019. As the incidence of elderly people is rising in the population world over including India, India's population in 2019 stood at 1.36 billion, growing from 942.2 million in 1994 and six per cent of India's population was of the age 65 and above. Globally there are an estimated 605 million people aged 60 years and above. From the morbidity point of view, almost 50 % of the Indian elderly have chronic diseases and 5 % suffer from immobility.^[5]

Rasaushadhi considered as more effective even in small dose and more useful when it compared to herbal preparations.^[6] *Rasaushadhis* have immense therapeutic applications; among them some are prevention of ageing and reduction in age related diseases.

Rasaushadhi incorporates not only *Rasa*, but also *Maharasa*, *Uparasa*, and *Sadharana Rasa* etc. Hence the formulation which consists above as one of the constituents can be termed as *Rasaushadhi*.

Benefits of *Rasaushadhi*^[7]

1. Very quick in action
2. Small dose required
3. Long shelf life
4. Broad spectrum mode of action
5. Act as a bio enhancer of other *Kashta Aushadha Dravya*

Table 1: Shows types of *Rasaushadhi*.

Sr. No.	Types of <i>Rasaushadhi</i>	Example
1	<i>Kharaliya</i>	<i>Shwasakuthara Rasa</i>
2	<i>Parpati</i>	<i>Loha Parpati Tamra Parpati</i>
3	<i>Kupi Pakva</i>	<i>Rasa Sindura, Malla sindura</i>

4	<i>Pottali</i>	<i>Hema Garbha Pottali, Rasa Garbha pottali</i>
5	<i>Bhasma and Pishti</i>	<i>Abhraka Bhasma, Makshik Bhasma</i>
6	<i>Loha and Mandoora</i>	<i>Punarnava Mandura</i>

Rasaushadhi used as a Rasayana for Geriatrics

In *Rasa Shastra*, there are a large number of *Rasadraya* which having *Rasayana* property. Among them, *Parada* is considered to be very powerful medicine. When it properly processed, it balances *Tridosha*, prevents diseases and old age and nourishes the vital parts of body.

Concept of Rasa Rasayana

The use of the term *Rasa* and *Rasayana* together is indicative of the fact that the *Rasaushadhi* were prepared and consumed in the initial days (tantric period) only for *Rasayana* effect. Since, *Rasasastra* originates from tantric cult; all the efforts put into the preparation of *Rasa* medicines was either for *Rasayana* or *Vajikarana*.

Rasaushadhi are having wider therapeutic applicability due to its faster action in smaller doses, quicker assimilation, excellent therapeutic values, longer shelf life and easy preservation.

MATERIAL AND METHOD

The review has been made through various *Rasa*-text comprehensively to gather information of *Rasa* formulation used for *Rasayana* purpose.

Table no. 2: Shows *Rasa* formulation used for *Rasayana* purpose.^[8-12]

Sr. No	Name of formulation	<i>Rasa Dravya</i>	Word used for <i>Rasayana</i> Purpose	Reference
1	<i>Rasa Sindura</i>	<i>Parada, Gandhaka</i>	<i>Rasayana</i>	R.M 1/33-39
2	<i>Makaradhwaja</i>	<i>Parada, Gandhaka, Svarna</i>	<i>Jaranashana</i>	R.M.1/40-45
3	<i>Ayaskriti</i>	<i>Tikshna Loha,</i>	<i>Varsha Shatama Jivati</i>	Su.Chi.10/4
4	<i>Yogaraja</i>	<i>Loha Bhasma, Makshika, Raupya</i>	<i>Rasayana</i>	R.M.3-185-190
5	<i>Lakshmi Vilasa Rasa</i>	<i>Abhraka, Parada, Gandhaka</i>	<i>Rasayana</i>	R.M.9/171-75
6	<i>Vasantkusumakara Rasa</i>	<i>Vanga, Loha, Abhraka, Mukta, Pravala</i>	<i>Shresta Rasayana</i>	R.M.9/181-82
7	<i>Sarvanga Sundara Rasa</i>	<i>Parada, Gandhaka</i>	<i>Jaranashana</i>	R.S.S 1/76-87
8	<i>Mrita Sanjivani Rasa</i>	<i>Tamra Bhasma</i>	<i>Rasayana</i>	R.S.S.-Jvara Chikitsa

9	<i>Purna Chandrodaya Rasa</i>	<i>Hartala, Loha, Abhraka Bhasma</i>	<i>Rasayana</i>	<i>R.S.S.-Atisara Chikitsa</i>
10	<i>Kanaka Sinduro Rasa</i>	<i>Parada, Gandhaka, Naga, Kharpara, Makshika, Abhraka Bhasma</i>	<i>Ayushya</i>	<i>RYS Part 1 – Kakaradi 49-58</i>
12	<i>Kankavati Vati</i>	<i>Parada, Gandhaka, Hartala</i>	<i>Shatayushko</i>	<i>RYS Part- 1 Kakaradi 58-60</i>
13	<i>Karpura Rasa 19th</i>	<i>Parada, Gairika</i>	<i>Rasayana</i>	<i>RYS Part 1 Ka 351-360</i>
14	<i>Karpura Rasa 23th</i>	<i>Parada, Gairika, Khatika</i>	<i>Rasayana</i>	<i>RYS P-1 Ka 373-385</i>
15	<i>Karpura Rasa 25th</i>	<i>Parada, Sphatika, Navsadara</i>	<i>Rasayana</i>	<i>RYS Part 1 Kakaradi 396-402</i>
16	<i>Kasturi Rasa</i>	<i>Loha Bhasma, Gandhaka</i>	<i>Jararujanashana</i>	<i>RYS Part 1 Kakaradi 588-90</i>
17	<i>Kasturyadi Churn</i>	<i>Svarna, Rajata, Praval Bhasma</i>	<i>Shatam Jivati</i>	<i>RYS Part 1 Kakaradi 591-93</i>
18	<i>Kanta Yoga</i>	<i>Kanta Bhasma</i>	<i>Dirghayu</i>	<i>RYS Part 1 Kakaradi 641</i>
19	<i>Kantabhra Rasayana</i>	<i>Kanta Loha Bhasma, Abhraka, Manahsila</i>	<i>Vardhakyajita</i>	<i>RYS Part 1 Kakaradi 669</i>
21	<i>Kantabhra rasayana 3rd</i>	<i>Abhraka, Kantaloha Bhasma, Loha, Svarna Bhasma</i>	<i>Rasayana</i>	<i>RYS Part 1 Kakaradi 671-76</i>
22	<i>Kamsubdari Gutika</i>	<i>Svarna Bhasma, Rasa Sindura, Hiraka Bhasma</i>	<i>Jarapaha</i>	<i>RYS Part 1 Kakaradi 796-799</i>
23	<i>Kamagnisandipano modaka</i>	<i>Parada, Gandhaka, Abhraka</i>	<i>Valipalitanashana</i>	<i>RYS Part 1 Kakaradi 800/807</i>
24	<i>Kalakantaka Rasa 1st</i>	<i>Parada, Abhraka Bhasma</i>	<i>Jaramrityunashana</i>	<i>RYS Part 1 Kakaradi 902-904</i>
25	<i>Kalagnirudro Rasa</i>	<i>Tamra Bhasma</i>	<i>Vardhakyajita</i>	<i>RYS Part 1 Kakaradi 1052-1060</i>
26	<i>Khegeshwari Gutika</i>	<i>Tuttha, Parada</i>	<i>Jara Nashana</i>	<i>RYS Part 1 Kakaradi 1530-37</i>
27	<i>Gandhaka Kalpa 5</i>	<i>Parada, Gandhaka, Abhraka</i>	<i>Jivet Shatam Nara</i>	<i>RYS Part 1 Kakaradi 1715-17</i>
28	<i>Gandhaka Kalpa 6</i>	<i>Parada, Gandhaka,</i>	<i>Jivet Shabdashata</i>	<i>RYS Part 1 Kakaradi 1718</i>
29	<i>Gandhaka Kalpa 7</i>	<i>Parada, Gandhaka,</i>	<i>Jaranashana</i>	<i>RYS Part 1 Kakaradi 1720</i>
30	<i>Gandhaka Kalpa 11</i>	<i>Parada, Gandhaka,</i>	<i>Chirayu</i>	<i>RYS Part 1 Kakaradi 1729</i>
31	<i>Gandhaka Kalpa 19</i>	<i>Gandhaka</i>	<i>Dirghayu</i>	<i>RYS Part 1 Kakaradi 1738</i>
32	<i>Gandhaka Druti</i>	<i>Gandhaka</i>	<i>Valipalitanashana</i>	<i>RYS Part 1 Kakaradi 1755-1760</i>
33	<i>Gandhaka Parpati Rasa</i>	<i>Gandhaka</i>	<i>Jivet Varsha Shata</i>	<i>RYS Part 1 Kakaradi 1772-78</i>
34	<i>Gandhaka Rasayana 3rd</i>	<i>Gandhaka</i>	<i>Pancha</i>	<i>RYS Part 1</i>

			<i>Shatabdavan</i>	Kakaradi 1803
35	<i>Gandhaka Rasayana 4th</i>	<i>Gandhaka</i>	<i>Jara Nashana</i>	RYS Part 1 Kakaradi 1804-1815
36	<i>Gaganayasa Rasayana</i>	<i>Gandhaka</i>	<i>Rasayana</i>	RYS Part 1 Kakaradi 1638-42
37	<i>Gandhaka Loha</i>	<i>Gandhaka, Loha Bhasma</i>	<i>Dirgha Ayu</i>	RYS Part 1 Kakaradi 1829
38	<i>Gandhakadi Pottali Rasa</i>	<i>Gandhaka, Hartala, Svarnamakshika</i>	<i>Valipalita hara</i>	RYS P 1 Kakaradi.16
39	<i>Gandhamrita rasa</i>	<i>Parada, Gandhaka</i>	<i>Jaranashana</i>	RYS PART 1 Kakaradi 1870-71
40	<i>Brihat Vangeshvar Rasa</i>	<i>Parada, Gandhaka, Loha, Abhraka Bhasma, Svarna, Vanga, Mukta Bhasma</i>	<i>Ayuvridhi</i>	B.R.- Prameha Chikitsa
41	<i>Chaturbhuja Rasa</i>	<i>Rasa Sindura, Svarna Bhasma Manahsila, Hartala</i>	<i>Vali Palita</i>	R.S.S.-Unmada Chikitsa
42	<i>Panchamrita Rasa</i>	<i>Tamra, Loha, Svarna, Tuttha Bhasma</i>	<i>Vali Palita</i>	RYS Part 2 Pakaradi ,314
43	<i>Paniya Bhakta Vati</i>	<i>Krishna Abhraka, Loha Bhasma</i>	<i>Jara Nashana</i>	RYS Part 2 Pakaradi,445-46
44	<i>Pushpadhanva Rasayana</i>	<i>Parada, Naga, Loha, Abhraka Bhasma</i>	<i>Dirgha Ayu</i>	RYS Part 2 Pakaradi 843
45	<i>Pushpadhanva Rasayana Vridhdadi</i>	<i>Svarna, Parada, Swarna Makshika Bhasma,</i>	<i>Rasayana</i>	RYS Part 2 Pakaradi 890-95
46	<i>Madana Modaka 1st</i>	<i>Abhraka Naga Bhasma</i>	<i>Valipalitanashana</i>	RYS Part par 2 Pakaradi 2270-76
47	<i>Khechara baddha Rasa</i>	<i>Tamra, Parada,</i>	<i>Valipalitanashana</i>	RYS PART 1 kakaradi, 1579-92
48	<i>Tarunanada Rasa</i>	<i>Parada, Gandhaka</i>	<i>Rasayana</i>	RYS part 1 takaradi, 12-23
49	<i>Tamra Parpati</i>	<i>Parada, Gandhaka</i>	<i>Rasayana</i>	RYS part 1 takaradi, 73
50	<i>Tamra Yoga 22nd</i>	<i>Tamra, Loha, Parada, Gandhaka</i>	<i>Rasayana</i>	RYS Part 1 takaradi, 138-142
51	<i>Tamra Rasayana</i>	<i>Tamra, Gandhaka</i>	<i>Rasayana</i>	RYS Part 1 takaradi, 150-162
52	<i>Tara Sundari Gutika</i>	<i>Rajata, Kantaloha, Abhraka, Vanga Bhasma</i>	<i>Dirghayu</i>	RYS Part 1 Takaradi, 232

DISCUSSION

Rasashastra is mainly deals with herbo-mineral and metallic formulations which is used for various therapeutic purpose with the aim of *Dehasiddhi* (healthy and long life) and *Dhatusiddhi* (converting lower metals into higher metal). Geriatrics is a specialized branch of medicine and healthcare that focuses on the care and well-being of elderly individuals, typically those aged 65 and older. As the world's population continues to age, the importance

of geriatric care in addressing the unique needs and challenges of older individuals becomes increasingly evident.

In Ayurveda, Sharangadhara Samhita^[13] presents an interesting scheme of loss of different biological factors in different decades of life as function of ageing. It can provide a guideline for selecting specific protective *Rasayana* to retard.

Table No. 3: Shows loss of Biological Factors according to Decade.

Sr. No.	Decade	Age related Loss of biological factors
1	0-10	Loss of childhood
2	11-20	Loss of growth
3	21-30	Loss of complexion
4	31-40	Loss of intellect
5	41-50	Loss of skin texture
6	51-60	Loss of vision
7	61-70	Loss of virility
8	71-80	Loss of strength
9	81-90	Loss of cognitive power
10	91-100	Loss of locomotive ability

The review summarised that total 52 *Rasa* formulations are described particular for *Rasayana* purpose from various *Rasa*-texts (Table No. 2). The most repeated *Rasa Dravyas* used in formulations are *Parada*, *Gandhaka*, *Abharak*, *Kantaloha*, *Gairika*, *Makshika*, *Vanga* and *Tamra*. Out of them *Parada* and *Gandhaka* are extensively used in maximum *Rasa* formulations. The reason behind that *Parada* possesses properties like *Vrishya*, *Rasayana*, *Krimighna* and *Yogavahi* and also *Gandhaka* having properties like *Ati Rasayana*, *Diptanala*, *Pachana*, *Vishhara*, *Sutendravriyaprada* etc.^[14] The review also suggested that for the *Rasayana* purpose various term are used within formulations such as *Jara Nashana*, *Rasayana*, *Valipalita Nashana* and *Dirghayu* (TableNo.2).

CONCLUSION

The *Rasaushadhi*'s as *Rasayana* therapy helps to nourishes whole body and improves immune system. There are a large number of potent medicines in *Rasa Shastra* which are described as *Rasayana*. Undoubtedly, *Rasaushadhis* as *Rasayana* strength of Ayurveda in the context of Geriatric care. It is the demand of the hour to develop an effective holistic protocol for geriatric care by Combining *Rasayana*.

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