



A DOGMATIC APPROACH IN UNDERSTANDING THE RASAYANA EFFECTS OF PANCHAKARMA

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ABSTRACT

Rasayana is one among the ashtangas of Ayurveda having wide range of actions both in healthy and diseased individuals. It is the treatment modality adopted to attain the path of essence of Rasadi dhatus. Rasayana imparts deerghayu, smriti, medha, aarogya, taruna vaya, enhances prabha, varna, swara, it also increases the bala of deha and indriya and has the utmost effect of vak siddhi.¹ Panchakarma procedures such as Vamana, Virechana, Asthapana Basti, Anuvasana Basti and Nasya Karma² itself imparts Rasayana effects such as indriya prasadana, manas prasadana, buddhi prasadana, varna prasadana and delayed aging. Vamana Karma imparts Mana prasadana, Swara shuddhi. Virechana Karma has the effects of Buddhi prasadana, Indriya bala and it does dhatu sthirakarana etc. Basti Karma inturn does vaya sthapana, varna, bala, arogya vardhana. Nasya Karma has the actions of Indriya shuddhi and provides sukha to manas. Bahir – parimarjana chikitsa such as Abhyanga, Snana etc has the effects of Rasayana. Acharya Charaka has stated that “Labhopaayo hi shastaanaam rasaadeenaam rasaayanam” among which one of the upaaya is shodhana. The present paper unveils the hidden concepts of Rasayana effect appreciated through Panchakarma.

KEYWORDS: Rasayana, Panchakarma, bahir-parimarjana chikitsa, ashtangas.

INTRODUCTION

- Ayurveda is an ancient system of science which is being practiced from time immemorial. This has been classified under various headings by different acharyas to make it easy to understand among them this science is classified into 8 categories known as Ashtangas of Ayurveda comprising Rasayana as one of them.
- Rasayana is one treatment modality which imparts long life, good memory, intelligence, good health, youthness, good skin complexion, voice, physical strength, strong sense organs, good oration skills, respect and brilliance.
- Rasa is the end product of digestion. Rasayana therapy ensures that one gets maximum utilisation from the end product of digestion.
- Rasayana also imparts resistance and immunity against diseases like Cancer, Diabetes, Cardiac disorders etc.
- Rasayana helps in improving metabolic processes which result in biotransformation and produces good quality of body tissues inturn delaying senility and preventing diseases of old age.
- It builds natural resistance against infection. Increases immunity and have an immunomodulatory effect helping in prevention of auto immune disorders.
- Rasayana chikitsa reduces oxidative stress and free radical injury and delays aging.
- Panchakarma treatments such as Vamana, Virechana, Asthapana Basti, Anuvasana Basti and Nasya Karma helps in removing aggravated doshas from the body and has the benefits of imparting clarity of mind, strength of sense organs, stability of dhatus, slow and delayed aging process similar to that of Rasayana.

VAMANA KARMA AS RASAYANA

- Vamana Karma is a shodhana procedure which is mainly indicated in removing vitiated kapha dosha from the body.
- It has preventive, promotive and curative effects.
- The promotive effects such as indriya shuddhi, sroto marga shuddhi, regaining health and longevity are imparted by proper Vamana Karma.
- Acharya Dalhana in Sarvopaghata shamaneeya adhyaya have classified Rasayana into samshodhana and samshamana. Hence Samshodhana modalities of treatment like Vamana Karma also acts as Rasayana³.
- Acharyas have stated that without proper shodhana if Rasayana is administered, it will be a waste as like colouring an unclean cloth⁴. Hence shodhana procedure like Vamana Karma acts as purvakarma to Rasayana administration.

VIRECHANA KARMA AS RASAYANA

- Virechana Karma is a shodhana modality which helps in removing vitiated pitta dosha through adbhoga.
- Virechana has been indicated as purvakarma to Rasayana by Acharya Charaka. i.e, after giving koshta shodhana after purana mala is thrown out of the body, Rasayana is to be administered⁵.
- Virechana has the benefits of buddhi prasadana, indriya bala vrudhi, chirat vayasaha paka which are the main properties of Rasayana dravya⁶. Hence Virechana Karma itself acts as Rasayana.



BASTI KARMA AS RASAYANA

- Basti Chikitsa has been considered as the best modality of treatment to regulate Vata dosha predominantly.
- Basti has the benefits of brumhana, vayah sthapana, varna, bala, ayu vrudhi, Krusham brumhana, Ksheenashukra vajeekarana, Chakshu preenana which are the effects of Rasayana⁷.
- Basti is used not only for diseased person but it is used in a healthy person helping in increasing immunity by regulating proinflammatory cytokines, immunoglobulins and functional properties of T-cells.
- Agnimandya, Dhatudurbalata and srotovaignya are the main pathological conditions for the manifestation of any disease. Basti acts on these factors and improves health.
- Niruha basti by cleaning the srotas provides complexion, strength, clarity of mind, energy. All the dhatus gets nourished by Basti enhancing the body's dhatwagni to maintain dhatusamya and increase the immunity of the body.
- Basti has been considered as Ardha chikitsa or Sampurna chikitsa by acharyas as it regulates Vata dosha mainly which inturn regulates remaining dosha and dhatus.
- There are different types of Basti such as Brumhana, Rasayana Basti, Vajikarana Basti which provides respective effects.
- Examples of Rasayana basti are Mustadi Rajayapana basti, Madhutailika basti etc.

NASYA KARMA AS RASAYANA

- Nasya Karma is a treatment modality which helps in removing urdhvajatrugata Kapha dosha from the body.
- It has been told by acharyas that 'nasa hi shiraso dwaaram' i.e, nose is the gateway to head and Nasya dravya helps in removing the dosha from the same.
- There are many types of Nasya among which Brumhana Nasya helps in dhatu vardhana and improving health⁸.
- Hence Nasya Karma has Rasayana effects.

DISCUSSION

- The total effect of Shodhana has been described by acharyas as,
 एवं विशुद्धकोष्ठस्य कायामिरभिवर्धते |
 व्याधयश्चोपशाम्यन्ति प्रकृतिश्चानुवर्तते | |
 इन्द्रियाणि मनोबुद्धिर्वर्णश्चास्य प्रसीदति |
 बलं पुष्टिरपत्यं च वृषता चास्य जायते | |
 जरां कृच्छ्रेण लभते चिरं जीवत्यनामयः |⁹
- These benefits of samshodhana are same as that of Rasayana.
- As Acharya Charaka has stated the effects of Rasayana as 'Labhopayo hi shastanaam Rasaadeenam Rasayanam'¹¹ among which one of the upaya to get Rasayana effect is samshodhana.

CONCLUSION

- Panchakarma procedures such as Vamana, Virechana, Asthapana Basti, Anuvasana Basti and Nasya Karma itself imparts Rasayana effects such as indriya prasadana, manas prasadana, buddhi prasadana, varna prasadana and delayed aging which are also the benefits of Rasayana.
- Hence Shodhana also acts as Rasayana.

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