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# Role of *Rasayanas* in ENT

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## ABSTRACT

The role of *Rasayana* in the present era is inevitable. As the mankind is suffering from many kinds of diseases, in order to protect himself from them *Rasayanas* are indicated. *Rasayana* is a therapy which improves the normal functioning of human body and also enhances the standard of life. In *Shalakyatantra*, *Rasayana* therapy gives clarity to the sense organs. In day-to-day life implementing *Rasayanas* will make the sense organs stronger and prevents from diseases.

**Key words:** *Rasayana*, *Shalaky Tantra*, *sense organs*

## INTRODUCTION

*Rasayana* is considered as one among the *Ashtangas* of *Ayurveda*. It can be described as a way to achieve homeostasis and thus retarding the process of aging phenomenon and prevention of diseases. Aging in *Ayurveda* is considered as disease occurring due to the natural process of degeneration and thus, preventing premature aging and making aging in a healthy way is also considered under the aspect of *Rasayana*. Since *Ayurveda* directed towards the goal as “*Swastasya Swasthya Rakshanam Aturasya Vikara Prashamanam*,” it helps in maintaining the health of a healthy individual and also alleviation of diseases. *Charaka Samhita* describes *Rasayana* in the first few chapters of *Chikitsa Sthana* in *Sushruta Samhita* it is pushed back to chapters 27-30 of *Chikitsa Sthana*. In *Astanga Hridaya*,

*Rasayana* does not find a special place in *Chikitsa Sthana* and is described only briefly that in the 39<sup>th</sup> chapter of *Uttar Tantra*. This reflects on the declining importance of *Rasayana* therapy in the *Samhita* period itself. The golden period of *Rasayana Tantra* of *Charka* and *Sushruta* era gradually faced a decline with the passage of time as the occurrence of ailments took strength. Particularly the indoor *Rasayanas* lost their popularity so much so that gradually *Rasayana* lost its place as independent specialty and came to be regarded as part of *Chikitsa* especially *Kayachikitsa*. As mentioned in the effects of *Rasayana* therapy, it gives strength to *Indriyas*. The congenital abnormalities like *Badhriya*, *Mooka*, *Andhatva* etc., are prevented by giving *Rasayanas* in antenatal period to the mother. Since *Shalaky Tantra* is the science of *Gnanendriyas*, *Rasayana* (*Medya*, *Brumhana*, *Tarpana*) is needed to restore their normal functioning and to prevent their pathologies. In the present scenario, we have to give more importance in maintaining the normal functioning of our ears, nose and throat regions because they get exposed to microorganisms easily which eventually lead to certain diseases. *Rasayana Aushadhis* for ENT organs is inevitable and should be followed religiously. This can help in maintaining the normal flora of the mucosal lining of these organs.

## Effects of *Rasayana*

A person undergoing rejuvenation therapy attains longevity, memory, intellect, freedom from diseases,

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youth, excellence of luster, complexion, and voice, excellent potentiality of the body and the sense-organs, *Vak-Siddhi*, respect and brilliance. The means by which one gets the excellence of *Rasa* (the nourishing fluid which is produced immediately after digestion etc., is known as *Rasayana* or a rejuvenation therapy. Apart from the excellence of raw, the individual is endowed with psychic excellence like sharp memory etc., by virtue of rejuvenation therapy.<sup>[1]</sup>

### Rasayana in Shalakyas

Globally, at least 2.2 billion people have a near or distance vision impairment. In at least 1 billion - or almost half - of these cases, vision impairment could have been prevented or has yet to be addressed. The majority of people with vision impairment and blindness are over the age of 50 years; however, vision loss can affect people of all ages. (WHO)<sup>[2]</sup> According to World Health Organization 42 million people have hearing loss. Similarly, the case of tonsillitis among children is increasing day by day. Headache has also become a common ailment in the world which is occurring irrespective of age groups. In order to avoid the diseases which occur in the *Jatrurwa* region *Rasayana* therapy can be followed. This improves the quality of perception of our sense organs. Our *Acharyas* have mentioned *Rasayanas* for strengthening our *Indriyas*, provided it is considered as important organs in our body.

### Rasayana in ENT

Present lifestyle and environmental pollution are causing hazardous effect on health of the *Indriyas*. The common *Nidanas* are *Rajo*, *Dhuma*, *Sheetavayu*, *Aatapa Sevana* etc. which has become inevitable due to pollution and population. Hence incidences of allergic and immune compromised manifestations have become common these days. The mechanical lifestyle, faulty food habits, restless schedule, stress and strain have made the person to be away from *Sadvrutta* and Yoga thus leading to nutritional and auto immune disorders. These can lead to degenerative changes of body tissues which leads to cessation of normal physiological activities. *Rasayana* therapy is

useful in building immunity against the causative factors and proper functioning of the *Indriyas*.

### Karna

The functions of ear are perception of sound and maintaining body equilibrium. For these actions the anatomical framework and the normal physiology should be preserved. The common causes are exposure to loud sound, improper diet, exposure to mist or water. Prolonged exposure to *Nidanas* and due to progression of age, people are usually affected with deafness, tinnitus etc. So, to prevent or delay the progression of the diseases *Rasayana* should be followed. The main *Dosha* involved in *Karna Rogas* is *Vata*. An elderly person is usually subjected *Vataja Vyadhis* which involves high chances of *Karna Rogas* like sensory neural deafness, tinnitus etc. For any *Karna Rogas* after administration of *Shamana Aushadhis Acharyas* have explained *Rasayanas* to complete the course of treatment.

### Nasa

"*Nasa Hi Shirasodhwaram*"- it is considered as a gateway to *Shiras*. It is also a pathway to our respiratory system. It the probable way through which infectious agents enters our body through inhalation. Inhalation of mist, dust particles, cold wind, improper diet, improper sleep cycle, drinking polluted water etc. can lead to *Pratishyaya*. If not treated it can lead to lower respiratory infections. Few people develop instant reaction on exposure to dust, pollens which can lead to allergic rhinitis. Children are often affected with common cold & flu since their immune system is in a developing stage. Proper administration of *Rasayana* can prevent the allergic reactions or control of disease of the nasal passage.

### Mukha

The health of a person can be assessed by his oral cavity. The oral cavity consisting of teeth, gums, tongue, palate is lined by mucosa which helps in protecting the structures. *Mukha* is the area for *Jnanendriya* and *Karmendriya*. The normalcy of the anatomical structures and physiological actions is essential for proper articulation of words and

perception of taste. The *Rasayana* therapy can be followed for proper functioning of *Rasanendriya*, to maintain the health of gums, strength of teeth & for a clearer voice.

### Shira

*Shiras* is considered as *Uttamanga*. It is the seat of *Prana Vayu* and also comprises of *Indriyas*. Clinical applicability is better explained by *Acharya Vagbhata*, *Shiras* is correlated to the *Moola* (root) of the plant and limbs are considered as the trunk. If any problem to the *Moola* can cause destruction of the plant. If a person follows improper diet, if no sleep pattern, exposure to wind, excessive drinking of water etc. can be causes for *Shiroroga*. Stress is considered as a common factor which can lead to *Shiroroga* right from headache to hairfall. So, to manage these few *Rasayana* therapies which helps in combating the diseases which are prevalent in our society.

### General Rasayanas told in our classics

<i>Brahma Rasayana</i>	(Ca.Chi.1-1/41-57,58-61) (A.H.U.39/15-23)
<i>Chyavanaprasha</i>	(Ca.Chi.1-1/62-74) (A.H.U.39/33-42)
<i>Amalakra Rasayana</i>	(Ca.Chi.1-1/75) (A.H.U.39/28-32)
<i>Haritakyadi Yoga</i>	(Ca.Chi.1-1/ 76,77-78)
<i>Amalakagritha</i>	(Ca.Chi.1-2/4-6)
<i>Amalaka Avaleha</i>	(Ca.Chi.1-2/7,10)
<i>Amalaka Churna</i>	(Ca.Chi.1-2/8)
<i>Vidangavaleha</i>	(Ca.Chi.1-2/ 9)
<i>Nagabala Rasayana</i>	(Ca.Chi.1-2/ 11)
<i>Kevalamalaka Rasayana</i>	(Ca.Chi.1-3/ 9-14)
<i>Lauhadi Rasayana</i>	(Ca.Chi.1-3/15-23)
<i>Abhayamalaka Rasayana</i>	(A.H.U.39/24-27)
<i>Triphala Rasayana</i>	(A.H.U.39/42,42)
<i>Pippali Rasayana</i>	(Ca.Chi.1-3/32-35)

### Disease specific Rasayanas

- *Pippali Rasayana* (Ca. Chi. 1-3/32-35) - *Galamaya*, *Vairasya*, *Peenasa*
- *Pippali Rasayana* (A. H.U. 39/101-102) - *Galagraha*
- *Vardhamana Pippali Rasayana* (A. S. U. 24/ 27) - *Dushtapratishyaya*
- *Satapaka Bala Taila* (Su.Chi. 15) - *Karna Roga*
- *Balataila* - *Nasanaha* (Su.U.23/9)
- *Varunadi Grita* (S.U. 26/ 9) - *Shiroroga*

### General Rasayanas

- Intake of water early in the morning- prevents *Galaroga*, *Shirashula*, *Karnashula* (*Cakradatta*)
- *Gritha Pana* (Su.U.21/3) - *Karna Roga*, *Nasashosha* (S.U.23/11), *Pratishyaya* (S.U.24/18)
- Intake of *Gritha* or *Taila* after intake of milk - *Shiraroga* ( Su.U.26/ 3)
- *Rasala* - *Pratishyaya* (A.H.U.40)

### Single Drug Therapy<sup>[3]</sup>

- *Guduchi*
- *Tejohva* - *Kanta*
- *Yashtimadhu* - *Kanta* & upper respiratory tract
- *Jyotishmati* - head
- *Guggulu* - pain
- *Shalaparni* - head & upper respiratory tract
- *Bakuchi* - *Keshya*, *Karna*
- *Haritaki*
- *Amalaki*
- *Bringaraja* - *Keshya*, upper respiratory tract, head
- *Jatamansi* - head
- *Soma* - *Pratishyaya*
- *Tejapatra* - *Ruchi*
- *Patramla* - *Ruchi*
- *Saireyaka* - *Kesharanjana*
- *Tila* - *Keshya*

- Sleshmataka - Keshya
- Bakula - Danta
- Rasna - Shira
- Mundi - Shiroroga
- Silhaka - Kanta
- Varahikanda
- Bijaka - Keshya
- Shanapushpi - Kantya
- Nili - Keshya
- Draksha
- Karpasa - Karna
- Rajjika - Keshya
- Rasona - upper respiratory tract
- Agarū - upper respiratory tract
- Pippali - upper respiratory tract
- Punarnava - Swasa
- Nirgundi - Keshya
- Vasa - Swara
- Patala - Kanta
- Brahmi
- Ashwagandha
- Kantakari - upper respiratory
- Shankhapushpi - Swara & head
- Mandukaparni - head & upper respiratory tract
- Lavanga - Ruchi
- Bibitaki - Keshya
- Khadira - Danta
- Sharapunga - upper respiratory tract
- Aparajita - head

## DISCUSSION

*Rasayana* is a specialized type of treatment influencing the fundamental aspects of the body i.e., *Dhatu*, *Agni*, and *Srotas*. It is possible that different *Rasayana* drugs

may act with predominance effect at different levels. These comprehensive effects are brought about with the help of the varied Pharmacodynamics properties of these drugs. *Rasayana* effect is not a specific pharmacological action but is a complex phenomenon operating through a comprehensive mechanism involving the fundamental factors like *Rasa-Samhana*, *Dhatu*, *Agni* and *Srotas*. It may ultimately be leading to the achievement of comprehensive effect as stated by *Aacharya Charak* "*Labhopayo Hi Shastanam Rasadinam Rasayanam*". It produces the *Rasayana* effects mentioned in term of *Vayasthapana* and *Ayushkara*, *Medhakara*, *Urjaskara* so that *Rasayana Dravya's* acting at the level of *Rasa* by improving specific nutritional values of *Poshak Rasa*. Probably *Rasayana Dravyas* are having *Madhura*, *Guru*, *Snigdha* and *Sheeta* properties act as *Rasayana* at the level of *Rasa* by promoting the nutritional value of *Rasa* which in turn help in obtaining the best quality of *Dhatu* The *Rasayana Dravyas* possessing the *Ushna*, *Laghu*, *Ruksha* and *Katu*, *Tikta*, *Kashaya Rasa* may be acting at the level of *Agni*, Vitalizing the organic metabolism leading to an improved structural and function pattern of *Dhatu*, may cause *Srotoshodhana* and production of the *Rasayana* effects.

### Anabolic effects

Initial investigations of *Rasayana* drugs were designed to elicit their role on metabolism and tissue building. *Dravyas* like *Aamalaki*, *Pippali*, *Guduchi*, has shown a positive hint in this direction regular administration of such drugs was found to promote tissue building. Thus degeneration of tissues is prevented or delayed which results in improved functioning of sense organs.

### Anti-Stress Effect

The process of living is subjected to many paradoxical situations. One such a paradox is Stress. It is practically difficult to define the normal and abnormal values for stress and it will be highly variable. What matters the most is one's own threshold of tolerance. If you have a good tolerance, it is easy to fight against any kind of stress. Therefore, we look at the means of improving our own tolerance and a *Rasayana* drug could come to your rescue to some extent. Pharmacological



investigations on drugs like *Aswagandha* point to this unique biological effect of *Rasayana* drugs. Accordingly a drug with *Rasayana* quality can benefit the user in two distinct ways Firstly it can neutralize the negative effects of stress on physiological and restore homeostasis. This effect is generally termed as anti-stress effect. Secondly a long-term administration of such drugs may enhance one's own tolerance levels and help to cope up with stress better. This particular effect is termed as Adaptogenic effect. Stress being a major factor in any kind of *Shiroroga*, *Rasayana* therapy can cause effect to a certain extent.

#### Immuno-modulatory Effect

Immunity is another biological phenomenon with varied implications. At its first place immune system works to fight back any kind of external invasions on the body e.g. invasions by microbes. Immune system is a multi-locational, multi-component defense system guarding the body as a whole. *Rasayana Dravyas* are being continuously explored for their effect on immune system. Available evidences show that, these drugs can be used to modulate the immune function. They may work to enhance immune function and build you firm deep within

#### Anti-oxidant effect

There has been a tremendous understanding today on the rampaging effects of oxygen free radicals if generated in excess free radicals, by producing certain kinds of enzymes to some extent. When these natural mechanisms become inadequate, the concentration of free radicals goes up in the tissues and lead to various diseases. Today oxygen free radicals are implicated in to wide range of diseases starting from minor allergies to cancers. *Rasayana* drugs are now discovered to help the physiological in overcoming such oxidative injury. Present understanding goes that a *Rasayana* drug enhances the natural enzymatic defense mechanism of the body.

#### Anti-aging Effect

Administration of *Rasayana* drugs appears to be associated with prevention of aging also. There have been only few investigations in this direction and they are too inadequate to prove or disapprove ancient thought. Available evidences faintly indicate that *Rasayana* drugs could influence the secretion of a hormone Dihydroxy phenyl Alanine (DHEA), the deficiency of which is implicated in the process of aging. Neurotransmitter substances such as Norepinephrine, Acetyl chlorine or Dopamine (DHEA) are released in stress conditions. Repeated stress on every cell causes aging process.<sup>[4]</sup>

#### CONCLUSION

In the present scenario, *Rasayana* has become important to promote the general health of every individual. Even people who are susceptible to diseases or who are suffering from a disease, *Rasayana* should be administered according to the condition of the person.

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