

Rasayanas in shalakyatantra

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ABSTRACT

The Role of Rasayana in the present era is inevitable. As the word rasayana indicates it nourishes all the seven dhatus thus rasayanas have tridosha action thereby it has Rogahar and vyadhikshmatva. Rasayana is a therapy which improves the normal functioning of human body & also enhances the Standard of life. In shalakyatantra, Rasayana therapy gives clarity to the sense organs. In day-to-day life use of Rasayanas will make the sense organ strong & prevents from diseases.

Keyword—Rasayana, tridosha, Shalakyatantra, indriya

Introduction

Rasayana is one of the eight branches of Ayurveda. It can be described as a way to achieve homeostasis & prevention of diseases. Sushruta defines a healthy man as one who has equilibrium, normal functioning of Agni, normal condition of saptadhatu & also mind should be happy. Rasayana gives strength to indriyas. The congenital abnormalities like Badhira, mooka, Andhatva etc. are prevented by given Rasayanas in antenatal period to the mother. This article presents various Rasayanas (Dravya) related to shalakyatantra which maintain normal functioning of our ears, nose, throat regions & prevent their pathologies.

Important Role of Rasayana in shalakyatantra

Rasayana gives strength to indriyas. Rasayana helps to achieve long life, increases intellect, healthy body & mind, good voice, strength of sense organ. Rasayana (medya, brumhana, tarpana) is needed to restore their normal functioning and prevent pathology.

Netra

Beautiful & bright eyes are part of radiant health.

Souveeranjana-Daily

Rasanjana-once in a week.

It increases clarity of vision & maintains normal functioning of eye.

Tarpana-triphalaghrita

prevents degenerative conditions of eye ball like Pterygium, presbyopia, increases muscle tone of eyeball & improves clarity of vision.

Prakshalana-with triphalakhwatha.
It prevent allergic manifestations& infections
Triphalanitya Sevan with
Ghrita prevents pitta vikaras
Thaila prevent vatavikaras
Madhu prevent kaphajavikaras.

Karn-

The function of ear are perception of sound and Maintaining body equilibrium. The common causes are exposure to loud sound, improper diet, prolonged expose to nidanas& due to progression of age people are usually affected with deafness, tinnitus so to prevent or delay the progression of Diseases Rasayanashould be followed. The main Dosha involved in karnaRogos is vata.

Saptapakbala tail promotes healthy immune responses against occasional inflammations supports the Lubrication of the ear canal for its regular functioning as well as other joints around the ear such as the TM Joint. Imparts a Soothing & relaxing effect over the ear nerves. For optical hearing & Sound interpretation.

Karnapuranof bala tai gives strenghto ear nerve so it is used in karnabadhirya

Nasa-

नासाही शिरसोद्वारम्-it is considered as a gatewayto shiras. It is also a pathway to our respiratory system. Expose to cold wind, dust particles, drinking polluted water can lead pratishyaya. If nottreated it can lead lower respiratory infections Some people developreaction to dust, pollens can lead allergic rhinitis. Proper administration of Rasayana can prevent allergic reactions & control of disease of theNasal passage
pippaliRasayana is effective in peenasa
Balatail is effective in nasanaha

Kantkari, pippali, Agaru, Rasona, bringaraja, sharapunha, yashtimadhu, shalaparni are effective in upper respiratory tract.

In pratimarshanasyainstillling a few drops of medicated oil or herbal decoction (Brahmi, Anutail) norstrils daily to maintain overall nasal and respiratory health & improve immunity

Mukha-

The oral cavity consisting of teeth, gums, tongue, palate.mukha is the area forJnanendriya&Karmendriya. The anatomical Structures & physiological action is essential for proper articulation of words and perception of taste. Shiras is considered as uttamanga Acharya vagbhata explained shiras is corelated to the moola (root) of the plant & limbs are considered as the trunk. If any problem to the moola can cause destruction of the plant varanadiGrita is used in shirorogas. Jyotishmati, shalaporni, Bringaraja, ysiological actions is essential for proper articulation of words and perception of taste the Rasayana therapy for proper functioning ofRasanendriya to maintain the health of gums, strength of teeth &for a Clearer voice.

PippaliRasayana is effective in vairasya, galagraha

Tejohva, Yashtimadhu, silhaka, shanapushpi, Patola is effective in kantha.

Bakula, khadira is effective in Danta.

Shira-

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varanadiGrita is used in shirorogas.

Jyotishmati, shalaporni, Bringaraja, Jatamansi, mundi, Brahmi, Aparajita, mandukaparni are effect in shirorogas.

Bakuchi, Bringaraja, Tila, sleshmatata, Bijaka, Nili, Rajika, Nirgundi, Bibitaki are effective in Keshya.

Discussion-

It is possible that different Rasayana drugs may act withpredominance effect at different levels. Rasayana effect is not a specific Pharmacological action but is a complexphenomenon. It may ultimately be leading To the achievement of comprehensive effect as stated By AacharyaCharak "*Labhodayo Hi ShastanamRasadinamRasayanam*". It produces the RasayanaEffects mentioned in term of Vayasthapana andAyushkara, Medhakara, Urjaskara so that RasayanaDravya's acting at the level of Rasa by improving Specific nutritional values of Poshak Rasa. Probably RasayanaDravyas are having Madhura, Guru, SnigdhaAnd 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 Dhatus The RasayanaDravyas possessing the Ushna, Laghu, Ruksha and Katu, Tikta, Kashaya Rasa may be acting at The level of Agni, Vitalizing the organic metabolismLeading to an improved structural and function patternOf Dhatus, may cause Srotoshodhana and production Of the Rasayana effects.

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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