

Rasayana in Shalakyatanthra

Abstract

Rasayana chikitsa, one among the ashtangas of ayurveda is concerned with three major objectives, to prevent or slow down the ageing process (vayasthapanam), Improvement of intellect and longevity (ayurmedhabalakaram) and cure of diseases (Rogapaharanam). Dalhana classifies rasayanas under three headings, depending upon its effects, ajashrikam, naimithikam and kamyam.

Ajashrika rasayana is supposed to be practiced on a daily basis, regular intake of healthy and balanced food is considered as ajashrika rasayana (Like Ksheera grithabyasa). As in the case of general health, ajashrika rasayana is beneficial in oordhvanga desha also.

Kamya rasayanas are consumed in order to achieve some health related goals. Most of the rasayana preparations mentioned in classical text books have effect on the well being of organs of uthamanga. Rasayanas, that are used to prevent palithya, Khalithya, to achieve krishna kesha, To improve strength of teeth, to improve the performance of sense organs like eye ear etc are examples of Kamya rasayana.

Ajashrika and kamya rasayanas are used on a preventive basis, where as the third variety, Naimithika rasayana is intended to cure diseases. Along with other medicines, rasayana preparations can also be used for therapeutic purposes. Especially in age related health problems like thimira, kacha, badhirya, palithya, dantha chala, dantha harsha etc, rasayanas can be used as an adjuvant, along with other medicines.

All the rasayana preparations mentioned in the classical text books can be used in the treatment of diseases also, they can also be used to cure both santharpanotha, and apatharpanotha vikaras. After complete cure of the condition, Rasayanas can be used to prevent recurrence, so as to provide shudha chikitsa by achieving apunarbhavathva of the disease.

The proposed presentation is an attempt to unveil the effects of bhallathaka rasayana in Eye and ENT diseases, Based on Clinical data.