

**Review of *Rasayan Chikitsa* according to the *Srotas* in geriatric disorders****Shlesha Dadasaheb Chandanshive*¹, Paradkar Hemant², Pathrikar Anaya³**

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***Corresponding author:** shleshac114@gmail.com**Abstract**

Ageing is essentially a physiological phenomenon usually defined as the progressive losses of biological functions accompanied by decreasing fertility and increasing mortality with advancing age. It represents structural and functional changes of an organism over its life span. Ayurveda considers ageing as biological nature of living being and believes in natural cycle of birth-senescence-death-rebirth as the very destiny of the life. *Ayurveda Rasayan Therapy* has given powerful contribution and rejuvenates the body and the mind. The present study explains *Rasayan Chikitsa* in various Geriatric Disorders according to *Srotas* mentioned in Ayurvedic texts.

Key words:- Ageing , *Rasayan chikitsa*, *Srotas*

INTRODUCTION:

- Ayurved has focused branch of medicine called *Rasayan* (Rejuvenation) which exclusively deals with the problems related to ageing and the methods to counter

the same. Geriatrics or *Jara Chikitsa* or *Rasayan Chikitsa* in ayurveda is the method to control or to slow down the ageing process in the human being during the degenerative phase of one's life.

- *Rasayan* is normally advised during this degenerative phase which starts from around 45 yrs in both male and female. A holistic system like Ayurveda approaches this condition through two-fold-methods. One is radical approach in which it recharges the whole metabolic process of the body by eliminating the toxins from the body by three to four months rigorous and organized process known as *Kuttipraveshika Rasayan*. However, this process is seldom practiced due to the extreme intricacy of physiological process involved and the need for utmost care to be taken by physician and the subject including the environment where the treatment is done. Hence, the *Kuttipraveshika* remains as textual marvel of Ayurveda than practical



process of contemporary relevance.

- The second approach of Ayurveda is Vataatapika Rasayan which can go along with normal day to day life. This type of rasayan is particularly important in current scenario as it has relatively easy mode of administration without any restrictive pre-conditions.

Aim

Review on Rasayan Chikitsa according to Srotas in Geriatrics Disorders.

Objectives

- To study Rasayan Chikitsa in various Geriatric Disorders according to Srotas.
- To study the hetu, lajshan of Srotas dushti in Geriatric Disorders.
- To study Various Geriatrics Disorders.

Review of literature

1. Pranvaha Srotas:-

Vegvidharan,ruksha ahar sevan, excessive langhan,dhatukshaya causes Pranvaha Srotas dushti. Due to Pranvaha Srotas dushti,there is Hikka , Shwas seen in Geriatrics age group.

Rasayan used in Pranvaha Srotas dushti:-

Pimpli,Bhallatak,Amalaki,Marich,Kasturi

2. Udakavaha Srotas :-

Bhay, trushna veg vidharan, chinta causes Udakavaha Srotas dushti. Due to

udakavaha srotas, there is Trushna seen in Geriatric age group.

Rasayan used in Udakavaha Srotas dushti:-All fruit juices

3. Annavaha Srotas :-

Aniyamit ahar sevan kal,ahitkar aahar sevan causes Annavaha Srotas dushti. Due to Annavaha Srotas dushti, Mukhpak, Annabhilasha, Aruchi seen in this Geriatric age group.

Rasayan used in Annavaha Srotas dushti:- *Panchkol especially marich ,Kapardik, Shankh Bhasma, Parpati kalp, Hing, Nagkeshar.*

4. Rasavaha Srotas :-

Guru shit aahar sevan,aatisnigdha aahar sevan causes Rasavaha Srotas dushti. Due to Rasavaha Srotas dushti Pandu, wrinkles,Karshya,Agnimandya weakness seen in this geriatrics age group.

Rasayan used in Rasavaha Srotas dushti:-Kharjurmanth, Lajamand, Guduchi, Yashtimadhu, Manjistha, Shounthi.

5. Raktavaha Srotas :-

Vidahi aahar sevan, Snigdha-Ushna ahar,drava ahar sevan causes Raktavaha Srotas dushti. Due to Raktavaha Srotas dushti,Gudpak, Mukhpak,Vyang, Pipliv, Tilkalak, Charmadal seen in Geriatric Group.

Rasayan used in Annavaha Srotas dushti:-Loha Bhasma,Gorechan, Guduchi, Bhrungaraj,Sariva, Manjistha,Aamalaki.

6.Mamsavaha Srotas:-



Abhishyandi ahar, guru sthul ahar, divaswap causes Mamsavaha Srotas Dushti. Due to Mamsavaha Srotas dushti, Adhimamsa, Arbuda seen in Geriatric age.

Rasayan used in Mamsavaha Srotas dushti:- Suvana Bhasma, Shudh Karaskar

7. Medovaha Srotas:-

Avyayam, divaswap, snigdha-guru-shit aahar sevan causes Medovaha Srotas dushti. Due to Medovaha Srotas dushti Sthulya, Excessive sweating, Madhumeha seen in Geriatrics age group.

Rasayan used in Medovaha Srotas dushti:- Guggulu, Shilajit, Patol, Musta, Guduchi, Kumbha.

8. Asthivaha Srotas :-

Excessive exercise, Aghat, vatakar ahar vihar, atichankraman causes Asthivaha Srotas dushti. Due to Asthivaha Srotas dushti, Arthritis, Toothache, Dental problems seen in Geriatric group.

Rasayan used in Asthivaha Srotas dushti:- Aabha, Asthishrunkhala, Shallaki, Shankh Bhasma, Kukkutand twak Bhasma.

9. Majjavaha Srotas:-

Abhishyandi Ahar sevan, Virudhaahar sevan, Abhighat, Prapidan causes Majjavaha Srotas dushti. Due to Majjavaha Srotas dushti, Bhram, Tamah Pravesha, Murccha, Sandhi pradeshi shul shoth seen.

Rasayan used in Majjavaha Srotas dushti:- Roupya Bhasma, Vacha, Bhrungaraj, Brahmi, Shankhpushpi, Jatamunsi.

10. Purishvaha Srotas :-

Purishved dharan, Ajirnanashan, Adhyashan, Agnimandya, Atikrushata causes Purishvaha Srotas dushti. Due to Purishvaha Srotas dushti, Sakashta malpravrutti, sashul malpravrutti, constipation seen.

Rasayan used in Purishvaha Srotas dushti:- Kutaj, Bilva, Haritaki, Suvarnapatri, Goghrit

11. Mutravaha Srotas :-

Mutraveg dharan, excessive water intake, less water intake causes Mutravaha Srotas dushti. Due to Mutravaha Srotas dushti, Bahumutrata, Varanvar mutra pravrutti, Mutrakrucchaseen.

Rasayan used in Mutravaha Srotas dushti:- Shilajit, Gukshur, Punarnava, Varun, Pashanbhed.

12. Swedavaha Srotas :-

Excessive walking, Bhay, Chinta, excessive exercise causes Swedavaha Srotas dushti. Due to Swedavaha Srotas dushti, dryness of skin or excessive sweating seen.

Rasayan used in Swedavaha Srotas dushti:- Vatsanabh kalp, Nag-vang Bhasma.

Discussion:-

As per as the Ayurvedic principles, the Ageing is Swabhava or natural phenomena of life. Charaka Samhita mentions that functional diminution of Dhātu, Oja, Strength of sense organs, power of cognition, strength of body and valor are gradually decreasing during old age, so, the effect of therapy of rasayana affords comprehensive physiologic and metabolic restoration and gives important



contribution to minimize these difficulties including mental development and resistance against diseases among elders. Because of Rasayan drugs and therapeutic measures act on Dhatus, Agni, Srotas and produce healthy tissues development in the body and in turn it provide a person longevity, immunity, resistance against diseases, strength, happiness and intellect promotion in the mind.

Conclusion:

Hence it can be concluded that strotas parikshan plays a important role while treating patients with rasayan chikitsa.

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