



# International Journal of Indian Medicine

[www.ijim.co.in](http://www.ijim.co.in)

ISSN: 2582-7634

Volume 2, Issue-11



# I J I M

INDEXED

November 2021



# International Journal of Indian Medicine

Access the article online



International Category Code (ICC): ICC-1702

International Journal Address (IJA): IJA.ZONE/258276217634

## A Review on Role of *Rasayan Chikitsa* in *Netragat Vyadhi* and its Practical Application

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### Abstract:

*Ayurveda* is a science of life, deals with each and every aspect of life. Maintenance and promotion of health and happiness is the first object while next is to prevent disease and cure of sickness. For this *Aacharya's* mention the various treatment modalities like *Dinacharya* (daily regimen), *Rutucharya* (seasonal regimen), *Swasthavritta* (health science) and also *Rasayan Chikitsa* (rejuvenation therapy). Our *Aacharyas* had the knowledge of ageing process, congenital disorders, lifestyle disorders and to deal with these changes they established a specialized branch of "*Rasayan chikitsa*", which aims at achieving a long and healthy life. As we all know, eye is the most important sense organ of our body and it's every person's duty to prevent eyesight till the end of their life. Due to age, changing life style eating habits and physical and mental stress, our eyesight gets hampered in earlier life. In our classical *Ayurvedic* text books *Aacharyas* have mentioned various treatment modalities under the heading *Chakshushya* (eye tonic), *Netrya* (eye tonic), *indriya bal vardhana* (increase the power of sense organ), which acts as a *Rasayan chikitsa*. Thus aim of this study to review the importance of *Rasayana* in *Netragat vyadhi*.

**Keywords:** : *Rasayan Chikitsa*, *Netragat Vyadhi*, *Chakshushya*.

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**How to cite this article:** Patil S, Kurule S, Mahalle N. A Review on Role of *Rasayan Chikitsa* in *Netragat Vyadhi* and its Practical Application. Int J Ind Med 2021;2(11):1-7

## Introduction:

*Shalakyatantra* is a branch of *Ayurveda* deals with the study of eyes and provides information about ocular diseases and their management. In *Netragat Vyadhi* there are many age related disorders, congenital disorders, where progressive vision loss occurs. Along with that same life style changing situations, stress condition, unhealthy eating habits vision also gets affected. To overcome this situation or to restore our vision as well as to stop further progression our *Aacharyas* excellently describe the “*Rasayan Chikitsa*” to live a healthy and better long life.<sup>[1]</sup>

As *Netra* is important *gnyanendriya* (*Sense organ*), *Rasayana* is needed to restore their normal functioning and to prevent them from diseases. *Aacharya Charak, Sushruta, Vagbhatta, Yogratanakar, Sharangdhara* mentioned various *Chakshushya dravyas, kriyakalpas* (procedures) like *Tarpan, Anjana, Nasya, Padabhyanga* which we can implement in our day to day life easily to increase strength of our sense organs and prevent from diseases.

## Aim and objectives

1. To understand the basic concept of *Rasayan Chikitsa* and explore the *Ayurvedic* literature with respective *Netra Chikitsa*.
2. To review the various drugs, procedures mentioned in the classical *Ayurvedic* text books which act as *Rasayan Chikitsa* in *Netragat Vyadhi*.
3. To find out the application of *Rasayan Chikitsa* in terms of modern science.

## Material and methods

All *Bruhatrayi* and *Laghutrayi, Ayurvedic* textbooks, related journals to *Rasayan chikitsa* mentioned for *Netrarogas* were reviewed and analyzed for understanding the benefits of *Rasayan* in *Netra vyadhi*.

### Charak Samhita<sup>[2]</sup>:

According to *Acharya Charak* the substance which invigorates a healthy person by producing the best quality of *Rasa, Rakta dhatu* and other *dhatu*s are called as “*Rasayana*”. *Charakacharya* has described use of *Abhaya* and *Aamalaki* and its six preparations for rejuvenation therapy in *Charak Samhita* the *Aadhyaya 1 Pada 1*.<sup>[3]</sup>

These are as follows:

1. *Chayavana Prasa – Balaindriyanam – Ch.Chi. 1-73*
2. *Amalaka Rasayanam – Indriyabala Samudhita – Ch.Chi. 1-75*
3. *Haritaki Rasayanam – Sharirindriya Budhibala vardhanam – Ch.Chi. 1-76*
4. *Amalaka Ghrita – Shirendriyam cha atibalendriyam – Ch.Chi. 2.5*
5. *Amalakayasa Brahma Rasayanam – Indriya Bala pradama – Ch.Chi. 3.6*
6. *Lauhadi Rasayanam – Ati Balendriyam – Ch.Chi. 3.21*

### Sushruta Samhita:

*Sushruta* has described *Rasayan* in *Chikitsasthan* in four chapters i.e. from 27<sup>th</sup> to 30<sup>th</sup>. Mentioned specific *rasayan kalpas* in *Netragat Chikitsa* in respective to *Netra vyadhi* in *Uttartantra*.

- 1) *Vijaysaradi Rasayan yoga – Chakshu kaam prankaam*<sup>[4]</sup>

### In Sushrut Samhita specific disease treatment<sup>[5]</sup>:

- 1) In *Timir vyadhi* – If a person consumes *puran ghrita* (old clarified butter), *Triphala*, *Shatavari* (*Asperagus Recemosus*), *Patola* (*Tricosantus dioica*), *Mudga* (*Vigna radiate*), *Amalaki* (*Phyllanthus embilica*) and *Yava* (*Hardeolum vulgare*) every day, then the person will not have the fear of dreadful *timira* (Dimness of vision due to posterior segment of eye).
- 2) Leaves of *Jivanti* (*Leptadenia reticulat*), *Sunisannaka* (*Marsilea quadrifolia*), *Tanduliyaka* (*Amaranthus viridis*), *Vastuka* (*Chenopodium album*), *Cilli* (*Chenopodium album*), *Mulakapotika* (*Raphanus sativus*) and meat of birds and animals of aired region are all good for eye sight.
- 3) Leaves of *Patola* (*Trichosanthes dioica*), *Karkotaka* (*Momordica charantia*), *Vartaka* (*Solanum melongena*), *Tarkari* (*Clerodendrum phlomidis*), *Karira* (*Cappars deciduas*), *Shigru* (*Moringa oleifera*) and *Artagala* (*Barecia cristata*) cooked with ghee are also good for eyesight.
- 4) *Payasa* (Milk Pudding), prepared from *Shatavri* (*Aspalagus racemosus*) alone or that prepared from *Amalaka* or *Yavadana* (*Hardeum vulgou*) mixed with ghee, consumed followed by drinking *Triphala Kashaya* cures *Timir*.

### Ashtang Hridayam and Ashtang Sangraha<sup>[6]</sup>

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**Table No.1 Netra Rasayan Dravyas and its practical application.**

Drug	Content	Action
1) <i>Amalaki</i>	Tannins, vitamin – C, Alkoloid,	Antioxidant, free radical

The description of *Rasayan Therapy* is mentioned in last chapters of *uttartantra* i.e. 49<sup>th</sup> chapter of *Asthanga Sangraha* and 39<sup>th</sup> of *Asthanga Hridya*.

*Vagbhata* mentioned few *Ahar* and *Drayas* to keep eye healthy, like grains such as *Yava* (*Hordeum vulgare*), *Godhuma* (*Tritium aestivum*), *Shali* (*Oryza sativa*), *Swastika* (*Marsilea minuta*), *Kodrava* (*Paspalum scrobiculatum*), *Mudga* (*Vigna radiate*) etc.

Vegetables and meat of animals of *Jangala Desha*, having similar properties, *Dadima* (*Punica granatum*), *Sita*, *saindhava*, *Triphala*, *Draksha* (*Vitis vinifera*) and rain water drinking are beneficial for eye sight.

### Yogartnakara –

*Yogartnakara* also mentioned in chapter *Rasayanadhikar* of *uttardha* as *Rasayan chikitsa* is *Chakshushya* and *Timir nashanam*<sup>[7]</sup>.

According to *Yogartnakara* the beneficial diet for eye consist of *Shashtika Sali* (*Coryza sativa*), *Patola* (*Tricosanthes dioica*), *Shigru* (*Moringa oleifera*), *Draksha* (*Vitis vinifera*), *Vasthukam* (*Chenopodium album*), *Karvellam* (*Momordica Charantia*), *Amra* (*Mangifera indica*), *Dhatri* (*Embilica officnalis*), *Dadim* (*Punica granatum*), *Matulungam* (*Citrus medica*), *Narikelum* (*Cocos nucifera*), *Pathya* (*Terminalia chebula*), *Kushtam* (*Saussurea castus*), *Bhringarajam* (*Eclipta Alba*), *Kumari* (*Aloe vera*), *Musta* (*Cypecus rotundus*), *Usheera* (*Vertivaria Zizanioids*), *Purana ghruta*, *Dugdha*, *Taila*, *Takra*.<sup>[8]</sup>

( <i>Embelica officinalis</i> ) <sup>[9]</sup>	Glutamic acid, Puniglucocin, Ellageic acid, Pyruvete.	scavenging which is helpful in maintenance of transparency of lens fibers.
2) <i>Haritaki</i> ( <i>Terminalia chebula</i> ) <sup>[10]</sup>	Vitamin - C, Magnese, Selenium, Potassium, Iron & Copper, Tannic acid, gallic acid, palmitic acid.	Anti-lipid peroxidation, antisuperoxide radical formation and free radical scavenging activity.
3) <i>Bibhitaka</i> ( <i>Terminalia belerica</i> ) <sup>[11]</sup>	Beta sitosterol, tannins, gaelic ethyl, elegiac acid, vitamin - C, proteins and minerals like potassium, selenium, maganese, iron and copper	Antioxidants, significantly scavenge hydroxyl radical which is known to cause cellular damage.
4) <i>Shatavari</i> ( <i>Asparagus rasemous</i> ) <sup>[12]</sup>	Phytoestrogens, Vitamin A, B1, B2, C, E, Mg, P, Ca, Fe, Folic acid, asaparagine, flavonoids.	Decreased glutathione, peroxidase (Gpx) activity and reduced glutathione (GSH) content. Antioxidant by attenuating free radical induced oxidative damage.
5) <i>Jeevanti</i> ( <i>Leptadenia reticulata</i> ) <sup>[13]</sup>	$\alpha$ -amyren, ferulic acid, luteolin, ferulic acid, luteoline.	It revealed a prominent free radical scavenging activity against diphenyl picrylhydrazyl.
6) <i>Goghrita</i> ( <i>Clarified butter</i> ) <sup>[14]</sup>	Triglycerides, diglycerides, free fatty acid, Vit. A, D, E, K, Keto-acid glycerides, omega fatty acids.	Maintaining normal functional and structural integrity of the eye, strengthen ocular tissue.
7) <i>Navneeta</i>	Rich in Vit. A, Choline, Riboflavin, foliate.	Anti-stiffness factor present in butter prevents hardening of arteries and lenses.
8) Honey	Rich source of phenol, fructose, glucose, vitamins, Minerals and trace elements, enzymes, ascorbic acid.	High contents of anti-oxidant which reduce oxidative stress.

*Triphala* is the wonderful preparation which is used in different forms in almost all the *netra rogas*. It has *kaphapittaghna*, *chakshushya* and *rasayana*.

### ***Kriyakalpas act as Rasayan Chikista in Netragat Vyadhi –***

#### **1. *Tarpan* –**

*Tarpan* is one of the important ocular therapeutic (*Kriyakalpa*) which nourishes the eyes and cures the *Vata*, *Pitta*

disease<sup>[15]</sup>. *Tarpan* acts as both preventive and curative therapy for maintaining normal healthy condition of eyes. *Tarpan* is mostly done with lipophilic drugs in the form of *Ghruta*, *Vasa* etc. Thus, it can be well absorbed through lipoidal eye membrane and also it nourishes the tissues and internal structures so that its function gets improved.<sup>[16]</sup>

## 2. *Anjana* -

Our *Acharyas* prescribed *Anjana* therapy as daily regimen especially “*Sauvira Anjana*” (Animeny Sulphide) and *Rasanjana* (decoction of *Berberista aristata* i.e. *Daruharidra*) mixed with honey, as it eliminate *Kapha Dosha* from the eye because eyes have predominance of *pitta doshas* or *Tejo Mahabhuta* for its proper functioning or clarity of vision.<sup>[17]</sup> *Acharya Sushruta* specially mentioned various formulations of *Anjana* to cure the difficult eye diseases.

## 3. *Pada abhyanga* -

In the centre of the feet 2 *siras* (blood vessels) are situated which are directly connected to the eyes, those transmit the effect of the medicines applied over the feet in the form of massage.<sup>[18]</sup> Major cause of blindness are cataracts, glaucoma, diabetic retinopathy, Age related Macular degeneration, Refractive errors. For this we can add *Padaabhyang* in our daily regimen to prevent these situations or stop progression of signs and symptoms.

*Indriyatha* of *Chakshu* is *rupa*. *Vaayu* is responsible for *Rupagrahana*. *Padaabhyanga* helps in proper function of *vaayu*. There by *Padaabhyanga* through

it's *vata* ameliorating (pacifying) action is responsible for better function of *chakshuindriya*.

According to *Sharangdhara Samhita*, in each decade some *sharirrhassa* is there. In that after 60 Years *drushtirhassa* is explained. With the help of *padaabhyanga* it gives *bala* to *netra*. The *vata dosha* subsided by *snehakarma*, in turn helps to slow down degenerative change in the eye.<sup>[19]</sup>

## Use Of *Rasaushadhis* (metallic drugs) In *Netragat Vyadhi* -

*Acharyas* also mentioned various *rasa aushadhis* for the treatment of eye disease. Such as *Suvarna* (gold), *Yashada* (Zinc), *Kasisa* (Ferrous sulphate), *Louha* (Iron), *Suvarnamakshika* (Copper pyrite), *Gairika* (Haematite), *Tamra* (Copper) all these drugs having the *chakshushya* or *netrya* property.<sup>[20]</sup>

According to modern medicine all these *Rasa aushadhis* are used as micronutrients, minerals having the great potency of antioxidants, immunomodulatory actions, cellular regeneration and nerve stimulant. So they are used in the treatment of age related macular degeneration, diabetic retinopathy, optic atrophy, etc.

## Discussion :

*Rasayan Chikitsa* means Rejuvenation therapy. Rejuvenation literally means to return to youthful conditions or to the normal from diseased state. *Rasayana* is a specialized type of treatment influencing the fundamental aspect of body i.e. *Dhatu*, *Agni*, and *Srotasa*. Our *Acharyas* had a great Knowledge of all these conditions, so they not

only mentioned the treatment of specific disease but also clearly focus on how to live a healthy life by applying all these drugs, *Aahar – Vihar, kriyakalpas* in daily regimen. *Rasayan* drugs acts as Antioxidants. Antioxidants are the substances that can reduce oxidative stress caused by free radicals. Various *Chakshushya dravyas* mentioned in *Ayurveda* literatures are rich sources of macro, micro nutrients, Vitamins like A, E, C, K, Vitamin B<sub>1</sub>, B<sub>2</sub>, B<sub>6</sub>, B<sub>12</sub> and Vitamin D. glucose, fructose, glycogen glutathione and zinc which help in normal functions of eye cells. So, the proper usage of *Rasayan Dravyas* mentioned in *Ayurveda* will strengthen our ocular tissue, protect eyes from the free radical damage, improve the eye sight and prevent age related diseases like corneal opacity, cataract, age related macular degeneration, optic atrophy, progressive Refractive errors. As well as by applying various procedures like *tarpan*, *Anjana* and *padaabhyang* we can also improve our eye sight and relive the eye strain.

### Conclusion :

In the current scenario, every person lives a fast life, with physical and mental stress, improper diet, lack of rest and peace. Due to this changed lifestyle many people are suffering from early disease condition or degenerative disorders of the eye. Overall blindness due to cataract is 17.6 million (39%), glaucoma 4.5 million (10%) and age-related macular degeneration 3.2 million (7%). To prevent these conditions or to stop the progression there are limitation in modern medicine or not promising treatment. So, to overcome this *Rasayan*

*Chikitsa* is the best treatment modality mentioned by *Ayurvedic* science. Every person has to implement *Rasayan Chikitsa* to restore his vision.

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**Source of Support : None declared**

**Conflict of interest : Nil**

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