



Herbs of Bhavaprakasha Nighantu w.s.r Rasayana action

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ABSTRACT

Ayurveda is the science of life, it is the natural healing system of India, *Ayurveda* originated as part of *vedic* science. It has two aims i.e., promotion and prevention of health and other cure from the disease. Everybody wants to give the impression of being young forever and increase life- span by staying healthy. But numerous cells and tissues of the body undergo changes as age advances. So, it is necessary to rejuvenate the body system through *Rasayana dravyas* for better harmony of the body, mind and soul. This is special branch of medicine, which prevents ageing, gives longevity, strength and also destroys various diseases. This present study will be design to screen the drugs having rasayana action.

There are 10 dravyas from Bhavaprakasha Nighantu recommended as *Rasayana* e.g *Haritaki,Amalaki, Mushali,Shatavari,Ashwagandha,Shalmali etc.*

This study will throw a light on the probable mode of action of *rasayan dravyas* on the basis of their *rasapanchaka* i.e. *rasa,guna,virya,vipaka, doshghnta* and their pharmacological action.

Keyword- *Dravyas, Rasayana, Bhavprakash Nighantu.*

Introduction

Ayurveda has two aims i.e., promotion and prevention of health and other cure from the disease. Everybody wants to give the impression of being young forever and increase life- span by staying healthy. But numerous cells and tissues of the body undergo changes as age advances. So, it is necessary to rejuvenate the body system through *Rasayana dravyas* for better harmony of the body, mind and soul. This is special branch of medicine, which prevents aging, gives longevity, strength and also destroys various diseases.¹ *Rasayana karma* is a unique branch of Ayurveda. drugs, diet and regimens which promote longevity by preventing ageing and diseases are called *Rasayana*.²

The *Rasayana* drugs and formulations provides long life, good memory, intelligence, health, youthful life, excellence of lustre, good colour complexion and voice, broad mindness, increase of strength of body and sense organs, success in speech, sexual power and brilliance.^{3,4,5}

Rasayana is also considered the science which restores youthfulness, alleviates suffering (diseases) and provides longevity (*Sushruta*). According to Ayurveda, that the qualities of the rasa-dhatu influence the health of other dhatus (tissues) of the body. Hence, any medicine that enhances the quality of rasa are known as *Rasayanas*, resulting in the promote strength and health of all tissues of the body. Some *Rasayana* plants exhibit the properties as follows:

- Prevent ageing.
- Promote strength.
- Good function of sense organs .
- Intelligence.
- Prevent disease.
- Promote healthy longevity.⁶

Rasayana dravyas are now determined to aid the physiology in over coming such oxidative injury. *Rasayana* promotes the natural enzymatic defence mechanism of the body. Most of the *rasayana dravyas* were found to be antioxidant.⁷ For e.g *Haritaki, Amalaki Shalparni, Varahikanda, Mushali, Shatavari, Ashwagandha, Vridhhadaru, Kumari, Shalmali*.

AIM AND OBJECTIVES

- To enlist *dravyas* mentioned as *rasayana* in *Bhavaprakash Nighantu*.
- To assess the selected *dravyas* on their probable modality as *rasayana*.
- To classify all *Rasayana dravyas* with their: -
 - *Rasa*
 - *Guna*
 - *Viryas*
 - *Vipaka*
 - *Doshghanta*

MATERIAL AND METHOD

- *Dravyas* mentioned as *Rasayanas* in *Bhavaprakash Nighantu* will be enlisted.
- Critical analysis of the enlisted *Rasayana dravyas* from *Bhavaprakash Nighantu* with their *Rasa-guna-viryas-vipaka* and *doshaghanta* will be evaluated.

List of Rasayana dravyas table no.1

S.no	Dravya	Family	Latin name	Part used	Chemical constituent
1.	Haritaki	Combretaceae	Terminalia chebula Retz.	Fruit rind	Chebulinic acid, chebulin
2.	Amalaki	Ephorbiaceae	Emblica officinalis Gaertn.	Fruit	ascorbic acid, Ellagic acid and four hydrolysable tannins
3.	Shalaparni	Leguminosae	Desmodium gangeticum DC.	Whole plant	lupeol, lauric acid and stigmaterol
4.	Varahikanda	Dioscoreaceae	Dioscorea bulbifera Linn.	Rhizome	caffeic acid and chlorogenic acid
5.	Vidarikanda	Fabaceae	Pueraria tuberosa D.C	Tuberous root or rhizome	Isoflvanoides
6.	Ashvagandha	Solanaceae	Withania somnifera Dunal.	Root, leaves	ascorbic acid and anthocyanin
7.	Shatavari	Liliaceae	Asparagus racemose Willd.	Root	Shatavarin VI (5) and Shatavarin VII (6), Shatavaroside A (26) and Shatavaroside B
8.	Vridhdhadarkah	Convolvulaceae	Argyreia speciosa Sweet.	Root	Ethanol extract, ethyl acetate extract
9.	Shalmali	Bombacaceae	Bombax malabaricum DC.	Root, Flower	bombamaloside, bombamalones, bombasin, bombalin
10.	Musli	Amaryllidaceae	Curculigo orchioides Gaertn	Root	Alcoholic extract of root

Table no.2

S.no	Dravya	Rasa	Guna	Virya	Vipaka	Doshghanta
1.	Haritaki	Madhur,Amla Katu,Tikta, Kashaya	Ruksha	Ushna	Madhur	Piitakaphashamak a
2.	Amalaki	Madhur, Amla Kashaya	Ruksha	Sheeta	Madhur	Tridoshashamka
3.	Shalaparni	Tikta, Madhur	Guru	Ushna	Madhura	Tridoshashamaka
4.	Varahikanda	Madhur, Tikta	Snigdha	Ushna	Katu	Kaphavatashamak a
5.	Vidarikanda	Madhur	Snigdha	Sheeta	Madhura	Vatapittashamaka
6.	Ashvagandha	Solanaceae	Snigdha,laghu	Ushna	Madhura	Vatakaphashamak a
6.	Musali	Madhur, Tikta	Guru,Snigdha	Ushna	Guru	Vatashamaka
7.	Shatavari	Tikta, Madhur	Snigdha, Guru	Sheeta	Madhura	Vatapittashamaka
8.	Vridhdadarukah	Kashaya, Tikta Katu	Lghu,Sigdha	Ushna	Madhura	Vatakaphashamak a
9.	Shalmali	Madhur	Snigdha	Sheeta	Madhura	Vatapittashamaka
10.	Kumari	Madhur,Tikta	Snigdha,Guru ,Picchila	Sheeta	Katu	Tridoshamak

OBSERVATION AND RESULT:-**1. Observation according to Rasa**

Rasayana dravyas with their respective Rasa and numbers

Table no.3

S.no.	Rasa	No. of dravya
1.	<i>Madhur</i>	9
2.	<i>Tikta</i>	7
3.	<i>Kashaya</i>	3
4.	<i>Katu</i>	2
5.	<i>Amla</i>	2

2. Observation according to *Guna***Rasayana dravyas with their respective Guna and numbers**

Table no.4

S.no.	<i>Gunas</i>	No. of Dravya
1.	<i>Snigdha</i>	7
2.	<i>Guru</i>	4
3.	<i>Laghu</i>	2
4.	<i>Ruksha</i>	2
5.	<i>Picchila</i>	1

3. Observation according to *veerya***Rasayana dravyas with their respective veerya and numbers**

Table no.5

S.no.	<i>Veerya</i>	No. of dravyas
1	<i>Sheeta</i>	5
2	<i>Usna</i>	6

4. Observation according to *Vipaka***Rasayana dravyas with their respective Vipaka and numbers**

Table no.6

<i>Vipaka</i>	No. of dravyas
<i>Madhura</i>	8
<i>Katu</i>	2
<i>Guru</i>	1

4. Observation according to *Doshghanta***Rasayana dravyas with their respective Doshghanta and numbers**

Table no.6

Sno.	<i>Doshghanta</i>	No. of Dravyas
1.	<i>Tridoshashamaka</i>	3
2.	<i>Vatakaphashamaka</i>	3
3.	<i>Vatapittamaka</i>	3
4.	<i>Vatashamaka</i>	1
5.	<i>Pittakaphashamaka</i>	1

DISCUSSION

A total of 10 drugs were found having *Rasayana* effect mentioned in *Bhavaprakasha Nighantu* which was evaluated in (table no.2). It has been observed that *dravyas* are having *Madhur, tikta, Kashaya rasa* are maximum in number and predominance of *Prithvi* and *jala mahabhuta* under *Rasayana* effect . *Amla* are least in number. result according to *rasa* indicated that *Madhur-tikta* and *Madhur rasa* were significantly more in number (table no.3). It has been reported that *snigdha* and *guru guna* are more in number and predominance of *jala mahabhut*. *Sheeta veerya dravyas* are more prevalent in number with predominance of *jala mahbhuta*. It was found that *dravyas* having *Madhur vipaka* are maximum in number and predominance of *Prithvi* and *jala mahabhuta* (table no.4). according to *doshghanta, tridosahara, vata kapha hamaka, vatapittashamaka dravyas* are maximum in number (table no.5) in the study of *Rasayana dravya*.

CONCLUSION

All 10 *dravyas Rasayana dravyas* will promote vitality, maintain positive health and attain youthfulness by maintaining balance of *tridosha* and *psyche*. *Rasayana* is very helpful to maintain healthy body and mind in today's environmental condition and life style. It is require to give information to people and aware them for *Rasayana* and its use and also there are lot of opportunities to work on it.

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