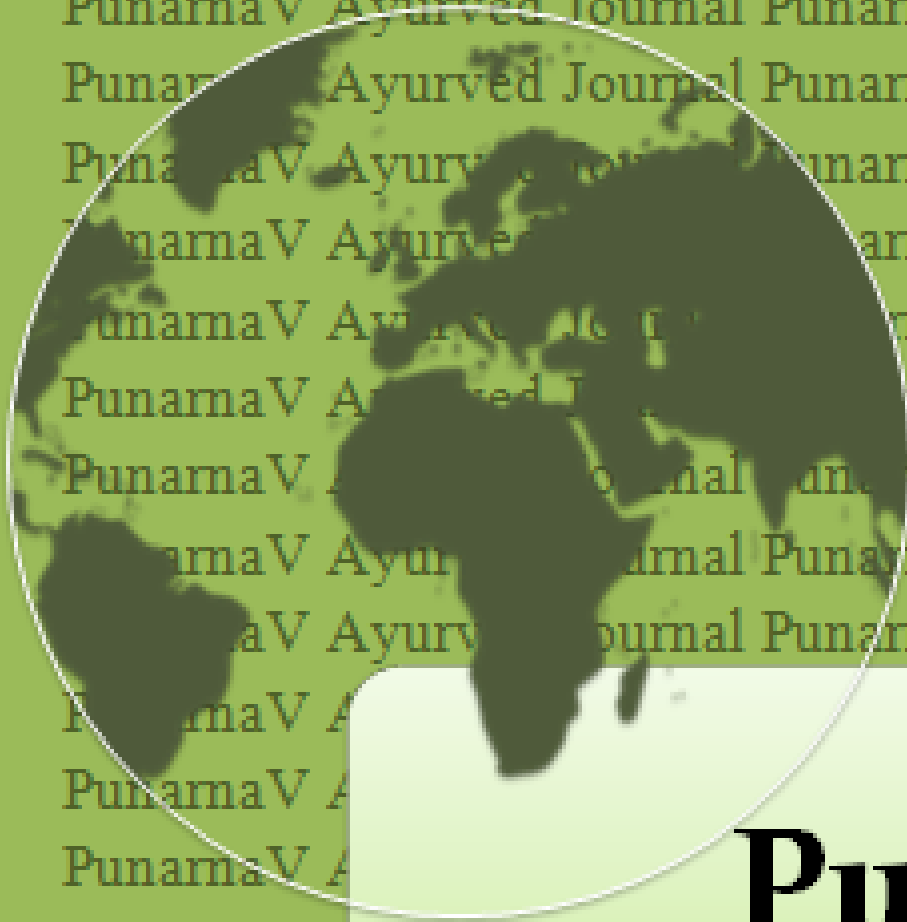


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ROLE OF RASAYANA IN IMMUNE SYSTEM

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**ROLE OF RASAYANA IN IMMUNE SYSTEM****B.SARAVANAN****ASSISTANT PROFESSOR, SRI JAYENDRA SARASWAHY AYURVEDA
COLLEGE, SCSVMV UNIVERCITY, CHENNAI, TAMILNADU,INDIA.****ABSTRACT:**

In the yester years of modern medical science the obscure and phantom terminologies like 'anti ageing', 'Immuno-modulators', 'brain tonics' did exist. Probably Ayurveda is only ancient science of life which provided rational basis of such thoughts among the public. Chapter of rasayana is the standing proof for today. Rasayana will help for the nourishment of dhatus ultimately the ojas, which promotes long span of youthful life full of vigor and free from diseases and prevent ageing. It is possible when one has strong resistance and general immunity. So it can be postulated that rasayana drugs may posses immuno-modulatory effect .Rasayana dravyas significantly increase the immunoglobulin levels in patients. Achara rasayana will reduce the stress and thus prevent the release of free radicles and improves psycho neuro immunity (PNI). Medya rasayana have shown effect at neurotransmeter and psychotropic synaptic level to modulate mind and neuropsychiatric imbalance. Mechanism of rasayana is still to be understood properly. Certain changes in lifestyle like practicing rejuvenating diet, rules of good conduct and yoga will certainly contribute to prevent diseases.

KEY WORDS: Ayurveda, Chemotaxis, Immuno-modulators, Polymorphonetrophils, Rasayana

INTRODUCTION

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INTRODUCTION

The first aim of *Ayurveda* is to promote the health of the persons. To fulfill this aim *Ayurveda* maintains two separate branches viz. *Rasayana* and *Vajikarana* since the time immemorial. *Rasayana* mainly deals with promotion of physical and mental health and *Vajikarana* is for promotion of sexual health. In the yester years of modern medical science the obscure and phantom terminologies like 'anti ageing', 'Immuno-modulators', 'brain tonics' did exist. Probably *Ayurveda* is only ancient science of life which provided rational basis of such thoughts among the public. Chapter of *Rasayana* is the standing proof for today.

MATERIALS AND METHODS

1. RASAYANA

2. OJUS

3. BALA

4. VYADHIKSAMATVA

RASAYANA

The properly and timely use of *Rasayana* drugs promote youthfulness, provides

longevity, memory, intelligence, complexion, body glow and best physical strength as well as of senses (*Charaka Chikitsa* 1/1).

All these actions of *Rasayana* indicate towards the fact that by undergoing the *Rasayana* therapy one can live a long span of youth life, full of vigor and free from diseases as well as adverse effects of aging. But such a span of life is possible only when one has a strong resistance and general immunity against the diseases. Therefore, it can be postulated that *Rasayana* drugs may have immunity improving effect.

Now a day prevention of the diseases is achieved by immunization specifically against the each disease. But the number of the diseases is so much that practically it is not possible to immunize a person against all the diseases. On the other hand the concept of *Rasayana* seems to increase the general immunity so that one can live a long span of youthful life free from the diseases. It may provide an umbrella against the diseases and aging by promoting the physical and mental health. All these points generate an idea that *Ayurveda* believes in promoting the general immunity of a person so that he can fight out any type of disease at its very onset.

The concept of *Vyadhi Kshamatva* is clearly available in *Charaka Samhita*, wherein it is mentioned that the persons who are neither obese nor thin, who are having well functioning muscular, blood and bone tissues; who are brought up on wholesome and nourishing diet, and who are psychologically strong do not suffer from the diseases frequently and if suffer then they can tolerate it well because of having good immunity (*Vyadhi Kshamatva*).

On the other hand the persons who are either obese or thin, who are not having well functioning muscular, blood and bone tissues, who are brought up on unwholesome and un-nourishing diet, and who are psychologically weak are unable to tolerate the diseases as well suffer from the diseases frequently. It is due to diminished state of immunity (*Vyadhi Kshamatva*) in such persons (*Charaka Samhita Sutra 28:7*).

Chakrapani has further classified *Vyadhi Kshamatva* into two type viz. *Vyadhi Bala Virodhani* (passive) and *Vyadhi Utpada Pratbandhaka* (active). In addition the concepts of three types of *Bala* viz. *Sahaja* (natural), *Kala* (seasonal) and *Yukti*

(acquired) and *Pratyanika Bala* (tissue resistance) are also there.

It is obvious from the foregoing that a concept of general immunity (*Vyadhi Kshamatva*) is present in *Ayurveda* since the period of *Charaka Samhita*. For this purpose *Rasayana* drugs were particularly used. Other measures used for increasing the *Vyadhi Kshamatva* were *Vajikarana*, seasonal administration of *Shodhana* and practicing the rules of *Dina-Charya*, *Sad-Vritta* and *Achara Rasayana*. *Ayurveda Rasayana* is categorized as

1. *Kamyas Rasayana* to get *Ayu, Medha, Kanti*.

2. *Naimittika Rasayana* to promote the *Bala* of *rogi*,

3. *Achara Rasayana* for mental and spiritual health. All these will help for the nourishment of *dhatu*s ultimately the *ojas*, which promotes long span of youthful life full of vigor and free from diseases and prevent ageing. It is possible when one has strong resistance and general immunity. So it can be postulated that

Rasayana drugs may possess immuno-modulatory effect.

DISCUSSION

Generally action of *Rasayana* may be explained in three levels. 1. *Poshak stara* 2. *Agni stara* 3. *Srotas stara*. *Naimittika Rasayana* acts by breaking *dosha-dooshya sammurchana* along with *dhatu poshana*. It is evident from

recent studies that *Rasayana* dravyas in the aspect of nonspecific immunity these drugs increase activation of polymorphoneutrophils (PMN) for phagocytosis and enhance their chemo-attraction capacity and in aspect of

specific immunity proliferation of lymphocytes leading to production and also cytotoxic induction of T- helper & natural killer (NK) cells and activation of complement pathways, significant increase of immunoglobulin levels is noted in patients. *Achara Rasayana* will reduce the stress and

thus prevent the release of free radicals and improves psychoneuro immunity (PNI). *Medya Rasayana* have shown effect at neurotransmitter and psychotropic synaptic level to modulate mind and neuropsychiatric imbalance.

CONCLUSION

Rasayana chikitsa is essential for all the human being in order to improve the healthy life and also prevent from disease. *Achara Rasayana* also play important role to prevent the disease. Mechanism of *Rasayana* is still to

be understood properly. Certain changes in lifestyle like practicing rejuvenating diet, rules of good conduct and yoga will certainly contribute to prevent diseases.

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