



RASAYANA IN NETRA SWASTYA– A REVIEW

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ABSTRACT

Eye is the seat of alochaka pita and tarpakakapha, all the physiological functions are regulated by ryanavayu. As ageing process increases the diminision of tarpakakapha occurs, resulting in the reduction of nourishment to all dhatus in eyes. This causes vatavruddhi along with pitta dushti which results in visual impairment. As the word rasayana indicates it nourishes all the seven dhatus thus rasayanas have tridoshahara action thereby it attains rogaharatva and vyadhikshmatva. Thus the current study will discuss in detail the effect of rasayana in the form of aushadha, ahara and vihara which can be adopted in present era to prevent the degenerative changes in eyes and thus causes the reduction in the visual impairment.

INTRODUCTION

Rasayana Tantra¹ is one of the eight branches of Ayurveda and term Rasayana is derived from the root word Rasa and Ayana , which means Rasa Gamanam² (transportation /transformation of Rasa). Rasayana drugs are used for preservation of positive health. Sushruta defines a healthy man as one who has equilibrium of doshas, normal functioning of agni, normal condition of sapta dhatus, besides his soul, the sense organs and mind should be happy and cheerful³. The main rasayana adopted in netra chikitsa are Naimitika Rasayana and Achara Rasayana. The appropriate use of Chakshushya and Rasayana Dravyas will help to maintain the Netra Swastya and prevents age related eye disorders. This article presents various Rasayana Dravyas related to Netra Swastya

Importance of Rasayana in Shalakyta

As mentioned in the definition itself, Rasayana gives strength to indriyas. The congenital abnormalities like badhirya, mooka, andhatva etc, are prevented by giving Rasayanas in antenatal period to the mother. Since Shalakyta tantra is the science of gnanendriyas, Rasayana(medyā, brumhana, tarpana) is needed to restore their normal functioning and to prevent their pathologies. It is the best means of keeping the rasa and other dhatus in excellent condition .Rasayana helps to achieve long life, better recollection , increased intellect, healthy body and mind, youth fullness, good complexion ,good voice, abundance of body sense organ strength and increased lusture.

Rasayana and its Pharmacodynamics

- Anti – oxidant effect
- Immuno modulatory effect
- Stimulate tissue macrophages

- Increase the local blood circulation
- Stimulates the neuro transmitters in the sensory nerve endings

Probable Mode of action of Rasayana

- Act like immune modulators.
- Stimulate the tissue macrophages.
- Increase the local blood circulation.
- Stimulates the neurotransmitters in the sensory nerve endings.
- Antioxidant

Nitya Rasayanas related to Shalakyas

Eye : Beautiful and bright eyes are part of radiant health

Souveeranjana- Daily

Rasanjana – Once in a week.

To increase the clarity of the vision.

To maintain the normal functioning of eye

Tarpana: With Triphala ghrita & Goghrita Prevents the degenerative conditions of the eye ball like pterygium, presbyopia etc. Increases the muscle tone of the eyeball & Improves the clarity of the vision

Prakshalana: With Triphala kwatha - Keeps eye ball clean and away from allergic manifestations and infections.

Triphala nitya sevana with –

Ghrita, prevents pitta vikaras

Thaila, prevents vata vikaras

Madhu, prevents kaphaja vikaras

Multi-dimensional Therapy

1. Rasayana in prevention of Hereditary eye disorders
2. Rasayana in prevention of Congenital eye disorders
3. Rasayana in prevention of Developmental eye disorders
4. Rasayana in prevention of Acquired eye disorders
5. Rasayana in prevention of Allergic / Immunological eye disorders
6. Rasayana in prevention of Senile / Age related eye disorders

Rasayana in prevention of Hereditary eye disorders

- Healthy parents – healthy child-healthy eyes
- Daily & Seasonal Regimen
- Chakshushya and Santarpna Ahara Rasayana therapy followed by shodhana

Rasayana in prevention of Congenital eye disorders

- Garbhini paricharya
- Sadvritta
- Chakshushya and Santarpna Ahara
- Netrakriya kalpa

- Naimittika Rasayana
- Murdhni taila

Rasayana in prevention of Developmental eye disorders

- Mother's Milk(Stanya) /Cholestrum
- Lehanas, Sanskaras, Ahara Yoga etc.
- Daily Regimen
- Uttamanga shodhana
- Raktamokshana after snehana and swedana
- Netrakriya kalpa
- Naimittika Rasayana
- Chakshushya Rasayana - Ekamulika

Rasayana in prevention of Acquired eye disorders

- Daily and Seasonal Regimens
- Chakshushya and Santarpna Ahara
- Rasayana therapy followed by shodhana
- Netra kriya kalpa
- Naimittika Rasayana
- Ekamulika Rasayana

Rasayana in prevention of Allergic / Immunological eye disorders

- Hita and Satmya Chakshushya Ahara
- Pratimarsha nasya
- Rasayana therapy followed by shodhana
- Naimittika Rasayana yoga

Rasayana in prevention of Allergic / Senile / Age related eye disorders

- Daily and Seasonal Regimens
- Chakshushya and Santarpna Ahara
- Netra kriya kalpa
- Naimittika & Ekamulika Rasayana
- Basti

Rasayana- Aahara

Rasayana in the form of ahara includes Chakshushya and Santarapanaaharas. (raktashali- a variety of rice, mudga, kulatha, draksha, ksheerapana at night, kshirothanavaneetha, ghrita, madhu, lashuna, palandu, lavanga, agashtyapushpa, intake of food along with ghee) will help in prevention of eye diseases.

Rasayana – Aushada

⁴Among aushadhashtimadhu is best among chakshushyadravyas, manjishta is akshirogahara, lodhra-chakshushya, daruharidra- anjana is netrayoparamhitam, Haritaki, amalaki, vibhitaki-chakshushyaandrasayana. Ghrutha kumara israsayana and netrya. Bhrungarajaischakshushya, rasayanaandakshirogajith, kakamachiisnetrahitam, rasayanam.Use of Tagara, agarugadhamarjaraveerya, karaveera, nimbapatra, rektachandana, kokilaksha, sinduvara, gunja, karpooora, latakasthuri, asthisamhara, jeevanthi, sobhanjana are found to be beneficial.. Among minerals, swarna, vanga, yashada, loha,

mandoora, swarnamakshika, taramakshika, tutha, kharpara, kamsya, parada, hingula, srotonjana, gairika, kaseesaare chakshushya and netrarogahara

Rasayana-Vihara

Padabhyanga⁵, Snana, Padatradharanam⁶, Shiroabhyanga⁷, Pratimarshanasya, Anjana⁸, Panipadaprakshalanam etc which are included under dinacharya can be practiced daily which helps in preventing the degenerative conditions of the body as well as the indriyas. The viharas like shoka, krodha, ajeernashanam, adhyashanam, divaswapnam, ratrijagaranametc should be avoided.

CONCLUSION

Rasayana is a procedure of protective, nutritive and homeostasis of body, mind and senses. Dinacharya and Ritucharya, the Ahara and Vihara, Pathya mentioned by our Acharya are the best modes of Nitya Rasayana – cost effective and time saving. There is no comparison for the role of Achara Rasayana along with Yoga or Eye exercises in boosting the visual power. Netra Kriya-kalpa are the unique contribution to the eye and vision. Netra Rasayana is the best choice for most of the surgical, incurable and degenerative eye disorders. Beautiful and bright eyes are part of radiant health, which can be achieved through Rasayana. Hence, preservation of health through Rasayana should be the prime motto of every healthy individual.

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