



ROLE OF RASAYAN IN DIABETES WITH REFERENCE TO SAMHITAS

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ABSTRACT

Background: Diabetes Mellitus is a chronic metabolic disorder with rising global and Indian prevalence, closely associated with lifestyle changes and faulty dietary habits. In *Ayurveda*, Diabetes Mellitus can be correlated with *Prameha*, a disease resulting from derangement of *Agni*, *Dosha*, *Dhatu*, and depletion of *Ojas*. The concept of *Rasayana*, described elaborately in classical *Samhitas*, plays a vital role in health promotion, disease prevention, and rejuvenation. Exploring the role of *Rasayana* in the management of diabetes provides an integrative approach combining preventive and therapeutic benefits. **Aim:** To study the role of *Rasayana* in the management of Diabetes Mellitus with reference to classical Ayurvedic *Samhitas*. **Objectives:** To understand the concept of *Rasayana* as described in Ayurvedic *Samhitas*. To analyze the relevance of *Rasayana* in the pathophysiology of *Prameha*. To evaluate the preventive and therapeutic role of *Rasayana* in Diabetes Mellitus. **Materials and Methods:** A literary review was conducted using classical Ayurvedic texts including *Charaka Samhita*, *Sushruta Samhita*, and *Ashtanga Hridaya* along with their authoritative commentaries. Relevant descriptions of *Rasayana*, *Prameha*, and associated concepts were systematically studied. Supporting information was also collected from modern literature related to diabetes and nutraceuticals. **Results:** Classical *Samhitas* describe *Rasayana* as a means to enhance *Ojas*, improve *Agni*, ensure proper *Dhatu* nourishment, and prevent disease progression. In *Prameha*, *Rasayana* drugs act by correcting metabolic impairment,

reducing *Ama* formation, strengthening tissues, and improving immunity. Both preventive (*Ajasrika* and *Naisargika Rasayana*) and therapeutic applications are indicated for diabetes and its complications. **Discussion:** The mode of action of *Rasayana* is multidimensional, acting at the level of *Rasa*, *Agni*, and *Srotas*. Unlike symptomatic management, *Rasayana* addresses the root pathophysiology of *Prameha*. The Ayurvedic approach aligns closely with modern concepts of nutraceuticals, antioxidant therapy, and preventive medicine, making *Rasayana* highly relevant in current diabetes management. **Conclusion:** *Rasayana* therapy, as described in Ayurvedic *Samhitas*, offers a holistic and sustainable approach for the prevention and management of Diabetes Mellitus. Its role in improving metabolic balance, enhancing immunity, and preventing complications highlights its significance as an adjuvant and preventive strategy in diabetes care.

Keywords: *Rasayana*, *Prameha*, Diabetes Mellitus, *Ojas*, *Agni*, Ayurvedic *Samhitas*

INTRODUCTION

Diabetes Mellitus is a chronic metabolic disorder characterized by persistent hyperglycemia resulting from impaired insulin secretion, insulin action, or both. The global burden of diabetes is increasing rapidly due to changing lifestyle patterns, urbanization, physical inactivity, and unhealthy dietary habits. This growing prevalence has made diabetes a major public health challenge, particularly in developing countries, where early onset and long-term complications are commonly observed.¹

In *Ayurveda*, Diabetes Mellitus can be correlated with *Prameha*, which is described as a metabolic disorder arising from derangement of *Agni*, *Dosha*, *Dhatu*, and *Srotas*. Faulty dietary practices, sedentary lifestyle, excessive intake of sweet, heavy, and unctuous foods, along with lack of physical activity, are considered important etiological factors. Progressive involvement of *Meda* and depletion of *Ojas* play a key role in the pathogenesis of *Prameha*.²

Rasayana is one of the eight specialized branches of *Ayurveda* and is primarily concerned with rejuvenation, health promotion, and disease prevention. Classical *Samhitas* describe *Rasayana* as a means to enhance longevity, strength, intellect, immunity, and tissue nourishment. By improving the quality of *Rasa* and promoting proper formation of *Dhatu*, *Rasayana* helps in maintaining metabolic balance and resistance against disease.³

Considering the chronic nature of Diabetes Mellitus and its associated complications, the role of *Rasayana* becomes highly relevant in both preventive and supportive management. The

holistic approach of *Rasayana*, acting through correction of metabolism, enhancement of *Ojas*, and strengthening of body systems, offers a comprehensive framework for understanding diabetes management with reference to classical Ayurvedic *Samhitas*.⁴

AIM AND OBJECTIVES

Aim:

To study the role of *Rasayana* in the management of Diabetes Mellitus with reference to classical Ayurvedic *Samhitas*.

Objectives:

1. To understand the concept of *Rasayana* as described in Ayurvedic *Samhitas*.
2. To analyze the relevance of *Rasayana* in the pathophysiology of *Prameha*.
3. To evaluate the preventive and therapeutic role of *Rasayana* in Diabetes Mellitus.

MATERIALS AND METHODS

The present study is based on a literary review of classical Ayurvedic texts including *Charaka Samhita*, *Sushruta Samhita*, and *Ashtanga Hridaya* along with their available commentaries, focusing on the concepts of *Rasayana* and *Prameha*. Relevant references were systematically collected, compiled, and analyzed from these *Samhitas*. In addition, supportive information was gathered from modern textbooks, research articles, and scientific journals related to Diabetes Mellitus and nutraceuticals to understand their correlation with Ayurvedic principles.

CONCEPTUAL STUDY

RASAYANA

Rasayana is one of the eight major clinical specialties of *Ayurveda* and primarily deals with the promotion of health, prevention of disease, and rejuvenation of the body. The term *Rasayana* literally refers to the pathway or means by which *Rasa Dhatu* is nourished, circulated, and utilized effectively in the body. Classical *Samhitas* describe *Rasayana* as a therapy that enhances longevity, strength, intellect, immunity, and overall vitality by ensuring proper nourishment of all *Dhatus* and enrichment of *Ojas*.⁵

From an Ayurvedic physiological perspective, *Rasayana* acts by improving the quality of *Agni* and *Rasa*, which form the foundation for healthy *Dhatu* formation. When *Agni* functions

properly, the process of digestion and metabolism remains balanced, preventing the formation of *Ama*. *Rasayana* drugs either directly nourish *Rasa Dhatu* or facilitate its optimal transformation into subsequent *Dhatus*, thereby maintaining systemic harmony and resistance against disease.⁶

In disease conditions like *Prameha*, impairment of *Agni*, vitiation of *Doshas*, and improper nourishment of *Dhatus* lead to depletion of *Ojas*. *Rasayana* therapy helps in correcting these underlying disturbances by restoring metabolic efficiency, strengthening tissue integrity, and enhancing immune competence. By improving *Ojas*, *Rasayana* supports the body's natural defense mechanisms and slows disease progression.⁷

Thus, *Rasayana* is not merely a drug-based therapy but a comprehensive approach that includes dietary regulation, lifestyle discipline, and therapeutic formulations. Its holistic action on metabolism, tissue nourishment, and immunity makes *Rasayana* highly relevant in the long-term management and prevention of chronic metabolic disorders such as Diabetes Mellitus, as emphasized in classical Ayurvedic *Samhitas*.⁸

PRAMEHA (DIABETES MELLITUS)

Prameha is a group of metabolic disorders described in *Ayurveda*, characterized by excessive and abnormal urination along with derangement of metabolism. It is primarily caused by impairment of *Agni* due to improper diet and lifestyle practices such as excessive intake of sweet, heavy, unctuous foods, sedentary habits, day sleep, and lack of physical activity. These factors lead to vitiation of *Kapha* along with involvement of *Vata* and *Pitta*, initiating the disease process.⁹

In the pathogenesis of *Prameha*, multiple *Dhatus* are affected, particularly *Meda*, *Rasa*, *Rakta*, *Mamsa*, *Majja*, and *Shukra*. Improper digestion results in the formation of *Ama*, which circulates through various *Srotas* and causes obstruction and functional impairment. Progressive involvement of *Meda Dhatu* leads to metabolic imbalance, obesity, and insulin resistance, which closely resembles the modern understanding of Diabetes Mellitus.¹⁰

Ojas plays a crucial role in *Prameha*, and its depletion is considered a hallmark of disease chronicity. According to classical commentators, *Ojas* involved in *Prameha* is mainly *Apara Ojas*, and its loss results in reduced immunity, strength, and vitality. If left unmanaged, *Prameha* gradually progresses to complications affecting multiple organ systems, reflecting the chronic and degenerative nature of diabetes.¹¹

Thus, *Prameha* is not merely a disorder of excessive urination but a systemic metabolic disease with wide-ranging effects on the body. The Ayurvedic approach emphasizes early correction of *Agni*, regulation of diet and lifestyle, and use of therapies such as *Rasayana* to restore metabolic balance, nourish *Dhatus*, and prevent disease progression and complications.¹²

RASAYAN IN DIABETES (PRAMEHA) TO SAMHITAS

Aspect	Charaka Samhita	Sushruta Samhita	Ashtanga Hridaya	Classical References
Concept of <i>Rasayan</i>	Described as therapy that enhances <i>Ayu</i> , <i>Bala</i> , <i>Medha</i> and prevents diseases	Emphasized for maintenance of youthfulness and resistance to diseases	Explained as nourishment of <i>Rasa</i> leading to proper <i>Dhatu</i> formation	<i>Charaka Samhita</i> , Chikitsa Sthana 1/1-4 (<i>Rasayana Adhyaya</i>); <i>Sushruta Samhita</i> , Chikitsa Sthana 27; <i>Ashtanga Hridaya</i> , Uttara Sthana 39
Indication in <i>Prameha</i>	<i>Rasayan</i> advised after <i>Shodhana</i> in <i>Prameha</i> for restoration of <i>Agni</i> and <i>Dhatu</i>	Useful in chronic and <i>Jeerna Prameha</i>	Acts as supportive therapy in long-term management	<i>Charaka Samhita</i> , Chikitsa Sthana 6 (<i>Prameha Chikitsa</i>); <i>Sushruta Samhita</i> , Chikitsa Sthana 11; <i>Ashtanga Hridaya</i> , Nidana Sthana 10
Role on <i>Agni</i>	Improves <i>Jatharagni</i> and <i>Dhatvagni</i> , prevents <i>Ama</i>	Maintains digestive and tissue metabolism	Enhances digestion and assimilation	<i>Charaka Samhita</i> , Chikitsa Sthana 15; <i>Ashtanga Hridaya</i> , Sutra Sthana 12
Effect on <i>Dhatu</i>	Proper nourishment of <i>Rasa</i> , <i>Meda</i> and other affected <i>Dhatus</i>	Prevents <i>Dhatu Kshaya</i> and degeneration	Promotes balanced <i>Dhatu Poshana</i>	<i>Charaka Samhita</i> , Sutra Sthana 28; <i>Sushruta Samhita</i> , Sutra Sthana 15
Role on <i>Ojas</i>	Restores depleted <i>Ojas</i> lost in <i>Prameha</i>	Enhances <i>Bala</i> and immunity	Strengthens <i>Ojas</i> and vitality	<i>Charaka Samhita</i> , Sutra Sthana 30; <i>Ashtanga Hridaya</i> , Sutra Sthana 11
Preventive role	Used as <i>Ajasrika</i> and	Advises regular use for health maintenance	Emphasizes preventive approach	<i>Charaka Samhita</i> , Chikitsa Sthana 1;

	<i>Naisargika Rasayan</i>			<i>Sushruta Samhita, Chikitsa Sthana 27</i>
Therapeutic role	Acts as adjuvant therapy in <i>Prameha Chikitsa</i>	Prevents complications	Improves quality of life	<i>Charaka Samhita, Chikitsa Sthana 6; Ashtanga Hridaya, Uttara Sthana 39</i>
Examples of <i>Rasayan</i>	<i>Amalaki, Guduchi, Triphala, Haritaki</i>	<i>Amalaki, Ghrita</i> preparations	<i>Amalaki, Guduchi, Triphala</i>	<i>Charaka Samhita, Chikitsa Sthana 1; Bhavaprakasha, Uttara Khanda 73</i>
Outcome in <i>Prameha</i>	Slows disease progression, improves <i>Bala</i> and <i>Ojas</i>	Prevents chronic complications	Enhances metabolic balance	<i>Charaka Samhita, Chikitsa Sthana 6; Ashtanga Hridaya, Nidana Sthana 10</i>

RESULTS AND FINDINGS

- Classical Ayurvedic *Samhitas* clearly describe *Rasayan* as a promotive and preventive therapy that enhances *Ayu, Bala, Medha*, and *Ojas*, which are significantly compromised in *Prameha*.
- Review of *Charaka Samhita, Sushruta Samhita*, and *Ashtanga Hridaya* reveals that *Rasayan* is recommended both in healthy individuals and in chronic disease conditions, including *Prameha*, particularly after *Shodhana* therapy.
- Rasayan* therapy acts by improving *Agni* and preventing the formation of *Ama*, thereby correcting the underlying metabolic disturbance responsible for the pathogenesis of *Prameha*.
- The texts emphasize that *Rasayan* ensures proper nourishment of *Dhatus*, especially *Rasa* and *Meda*, which are primarily involved in *Prameha*.
- Depletion of *Ojas*, a key feature of chronic *Prameha*, is effectively addressed through *Rasayan* by enhancing immunity, strength, and tissue vitality.
- Both *Ajasrika* and *Naisargika Rasayan* are highlighted as useful in the prevention and long-term management of *Prameha* and its complications.
- Classical *Rasayan* drugs such as *Amalaki, Guduchi, Haritaki*, and *Triphala* are repeatedly indicated for improving metabolic balance and delaying disease progression.

- The multidimensional action of *Rasayan* at the level of *Rasa*, *Agni*, and *Srotas* supports its role as an adjuvant therapy alongside conventional *Prameha Chikitsa*.
- The findings indicate that *Rasayan* therapy not only helps in metabolic correction but also improves overall quality of life in patients suffering from *Prameha*.
- Overall, the study establishes that *Rasayan*, as described in classical *Samhitas*, plays a significant role in the preventive, promotive, and supportive management of Diabetes Mellitus.

DISCUSSION

Prameha is described in *Ayurveda* as a chronic metabolic disorder arising from impairment of *Agni*, vitiation of *Doshas*, and improper nourishment of *Dhatus*, particularly *Meda*. Progressive depletion of *Ojas* is considered a key factor responsible for disease chronicity and susceptibility to complications. Modern Diabetes Mellitus also reflects similar metabolic derangements, including insulin resistance, obesity, and systemic complications, indicating a close conceptual correlation between *Prameha* and Diabetes Mellitus.¹³

Rasayan therapy, as elaborated in classical *Samhitas*, aims at correcting the basic pathophysiological disturbances rather than merely addressing symptoms. By improving *Agni* and ensuring proper digestion and metabolism, *Rasayan* prevents the formation of *Ama*, which plays a crucial role in obstructing *Srotas* in *Prameha*. This metabolic correction helps restore balance at the tissue level and supports long-term disease control.¹⁴

Another important action of *Rasayan* is its effect on *Dhatu Poshana* and enhancement of *Ojas*. In *Prameha*, multiple *Dhatus* are affected, leading to weakness, reduced immunity, and vulnerability to complications. *Rasayan* drugs improve the quality of *Rasa Dhatu*, facilitate sequential nourishment of all *Dhatus*, and promote the formation of *Ojas*, thereby improving strength, immunity, and overall vitality.¹⁵

Thus, *Rasayan* serves both preventive and therapeutic roles in the management of *Prameha*. Its holistic action on metabolism, tissue nourishment, and immunity makes it a valuable adjuvant in long-term diabetes care. When combined with appropriate dietary regulation and lifestyle modification, as advocated in classical *Samhitas*, *Rasayan* offers a comprehensive approach for preventing disease progression and improving quality of life in patients with Diabetes Mellitus.¹⁶

ROLE OF RASAYAN IN DIABETES (PRAMEHA)



CONCLUSION

Rasayan therapy, as described in classical Ayurvedic *Samhitas*, plays a significant role in the preventive and supportive management of *Prameha* corresponding to Diabetes Mellitus. By improving *Agni*, ensuring proper *Dhatu* nourishment, and enhancing *Ojas*, *Rasayan* addresses the fundamental metabolic disturbances responsible for disease progression. Its holistic approach, when combined with appropriate diet and lifestyle measures, helps in delaying complications, improving immunity, and enhancing quality of life, thereby establishing *Rasayan* as an effective adjunct in long-term diabetes management.

CONFLICT OF INTEREST -NIL

SOURCE OF SUPPORT -NONE

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