



IJAYUSH
International Journal of AYUSH
AYURVEDA, YOGA, UNANI, SIDDHA AND HOMEOPATHY
<http://internationaljournal.org.in/journal/index.php/ijayush/>

International Journal
Panacea
Research library
ISSN: 2349 7025

Review Article

Volume 10 Issue 06

Nov – Dec 2021

IMPORTANCE OF RASAYANAS AND AYURVEDA APPROACHES FOR RESTORING THE HEALTH OF GERIATRIC WOMEN W.S.R. TO THE MANAGEMENT OF GYNECOLOGICAL PROBLEMS

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Abstract

Ayurveda, the science of life practicing in India since ancient time and acceptance of natural drugs is increasing day by day globally. Ayurveda's approach helps to cure many health ailments, promotes general health and delay consequences of aging, etc. In this regard it is well documented that Ayurveda provides unique modalities for geriatric care and many natural drugs offer health benefits in gynecological issues related to the elderly patient. Natural menopause is a biological process associated with middle-aged or elderly women. The condition mainly involves *Dhatukshya* and *Vata* vitiation. In this connection Ayurveda advocates some approaches (*Vayasthapan*, *Vajikara*, *Balya* and *Rasayana*) for managing gynecological problems associated with elderly women. The *Rasayana* and *Vata-Pitta* pacifying drugs are mainly advised for delaying symptoms of aging in geriatric female. These drugs are *Yastimadhu*, *Draksha*, *Pippali*, *Haritaki*, *Chitraka*, *Shatavari* and *Shaliparni*, etc. Moreover Ayurveda formulations such as; *Amalaki Rasayana*, *Pippali Rasayana*, *Hartitaki Rasayana*, *Vidanga Rasayana*, *Bhallataka Rasayana*, *Triphala Rasayana* and *Shilajatu Rasayana*, etc. are also recommended for reversing consequences of menopause in elderly women. These drugs also help to restore general health by enriching nutritional value of the circulating plasma. The Ayurveda *Rasayana* therapy acts at the level of *Agni* thus improves digestion and metabolic activities which get suppressed in elderly people. The *Rasayana* not only rejuvenates the whole body but also improves the quality of *Rasa* and establishes hormonal balances, therefore considered good for elderly female.

Key-Words: *Ayurveda, Geriatric, Gynecological, Rasayana.*

Introduction

Ayurveda is a medical science that routed through the knowledge of ancient philosopher and *Vedas*. This science encompasses heritages of Indian culture and offers several theories related to the disease prevention and treatment. This science deals with physical, mental as well as spiritual health of person. Ayurveda provides different modalities for maintaining health and curing symptoms of aging, in this regards Ayurveda practitioner advised specific therapy i.e. *Rasayana* for managing gynecological problems associated with elderly women [1-4].

The gynecological problems are very common in current scenario due to the stressful and disturbed pattern of life style. The elderly women suffer from many health problems and menopause is major gynecological consequence of aging in elderly female. *Dhatukshaya* is the main factor which leads degenerative changes in elderly female, **Table 1** depicts specific health problems associated with degenerative changes of particular types of *Dhatu* in elderly female.

Table 1: *Dhatukshaya* in geriatric female:

S. No.	Types of <i>Dhatukshaya</i>	Related Health Problems/Pathological Symptoms
1	<i>Rasakshaya</i>	<i>Hridravata, Shool, Shosha and Trusha</i>
2	<i>Raktakshaya</i>	<i>Rajonivrutti, Twakrukshata and Sirashaithilyata</i>
3	<i>Mansakshaya</i>	<i>Toda, Rukshata, Sandhi Sphutan and Sandhi vedana</i>
4	<i>Medokshaya</i>	<i>Angarukshata, Shosha and Krushta</i>
5	<i>Ashtikshaya</i>	<i>Asthi kshaya and Sandhi shaithilya</i>
6	<i>Majjakshaya</i>	<i>Asthi sousharya, Dourbalya, Bhrama and Sandhi Shunyatva</i>

As depicted in above table the aging is responsible for many health issues and *Raktakshaya* in elderly women can lead to symptoms of *Rajonivrutti*, *Twakrukshata* and *Sirashaithilyata*. The *Dhatukshaya* in geriatric female is responsible for *Shoola*, *Trusha*, *Rukshata*, *Sandhi Sphutan*, *Asthi kshaya* and *Dourbalya*, etc. Moreover geriatric female also suffers with menopausal symptoms therefore special care is needed for restoring health of elderly female. Ayurveda *Rasayana* therapy offers several health benefits for delaying age related degenerative changes and cure post menopausal symptoms [3-5]. The health benefits of *Rasayana* recommended for geriatric care depicted in **Table 2**.

Rasayana yoga (formulations) offers health benefits for relieving menopausal symptoms are as follows:

- ✓ *Haritaki Rasayana*
- ✓ *Amalaki Rasayana*
- ✓ *Pippali Rasayana*
- ✓ *Vidanga Rasayana*
- ✓ *Shilajatu Rasayana*
- ✓ *Bhallataka Rasayana*
- ✓ *Triphala Rasayana*

Table 2: Rasayana advised for geriatric care

S. No.	Rasayana	Health benefits in geriatric female
1	<i>Yastimadhu</i>	Used for voice, hair, strength and libido
2	<i>Sankhpushpi</i>	Relieves stress and anxiety related to the aging
3	<i>Mandukaparni</i>	Anxiolytic and psychotropic activity
4	<i>Guduchi</i>	Restore immunity and prevent common age related illness

5	<i>Ahara Rasayana</i>	Prevent <i>Agnimandya</i> and accumulation of <i>Ama</i> , imparts <i>Dhatuposhak</i> effects and maintain strength.
6	<i>Ashwagandha</i>	<i>Balya</i> and <i>Vaya-Sthapana</i> properties cures symptoms of early aging
7	<i>Amalaki</i>	Possess <i>Rasayana Karma</i>
8	<i>Haritaki and Vasa</i>	Responsible for <i>Dhatu Pushti</i>

Rasayana Benefits in Menopausal Symptoms:

- ✚ The *Sheeta* and *Madhura Rasayana* i.e.; *Yastimadhupacifies* hot flushes.
- ✚ Drugs like *Shatavari* boost mental strength thus prevent post menopausal depression and anxiety.
- ✚ The calming and soothing and *Rasayana* helps to cure insomnia and mood swings.
- ✚ Some aphrodisiac medicines prevent vaginal dryness, loss of libido and atrophic vaginitis associated with aging.
- ✚ Rejuvenating *Rasayana* resist dryness of skin and pacify palpitations.
- ✚ The drugs like *Pippali* and *Haritaki* boost digestive fire in elderly patient thereby restore metabolic activities which ultimately strengthen *Dhatu*.
- ✚ Support regeneration, revival and revitalization of *Dhatu*, therefore delay degenerative effects of aging related to the depletion of *Dhatu* in elderly female.

Effects of Rasayana at the level of Ojas and Tejas:

Ojas is responsible for immunity, stability and nourishment. The low level of *Ojas* in elderly women increases susceptibility towards the illnesses. The physical and mental strength get diminished due to the lack of *Ojas* in case of geriatric patient. The *Ayurveda Rasayana* imparts rejuvenating and nourishing effects therefore restore *Ojas* and improvement in metabolic activities boost immune power thus prevents prevalence of common illness.

Tejas is considered as refined version of *Pitta*, acts as positive subtle essence of *Agni* and helps to restore digestive fire. It controls intelligence and enthusiasm, the process of aging witnessed lack of enthusiasm and mental imbalances. Ayurveda *Rasayana* like *Draksha*, *Shatavari* and *Chitraka*, etc. improves mental function and provides energy by improving nourishment of body therefore diminishes effects of aging. Ayurveda drugs help to maintain intelligence and enthusiasm thus govern functioning as like normal level of *Tejas*.

***Rasayana* acts on levels of *Rasa*:**

Draksha and *Shaliparni* strengthen *Rasa* by enriching nutritional value of circulating plasma (*Rasa*). Therefore restore circulatory functioning in geriatric female.

***Rasayana* acts on levels of *Agni*:**

Pippali and *Haritaki* acts at the level of *Agni* by improving digestion and metabolism, in this way these drugs nourish whole body and maintain physical as well mental strength.

***Rasayana* acts on levels of *Srotas*:**

Guggulu and *Rasona*, etc. acts at the level of *Srotas* thus restore functioning of microcirculatory channels of body thus maintain nutritional supply affected by degenerative changes of aging. These *Rasayana* cleans micro-channels thereby imparts *Sroto Shuddhi* action which is important to retain normal process of circulation.

Probable mode of action of *Rasayana* for Geriatric Care:

Vata Dosh and *Agnimandhya* mainly causes *Rajonivritti* and specific *Gunas* of *Rasayana* helps to cure this problem in geriatric female as depicted in **Figure 1**.

The *Madhura* and *Kashaya Rasa* of *Rasayana* offer *Medhya* & nourishing effects thus reverse effects of degenerative changes in elderly female.

Sheeta Virya of *Rasayana* provides calming and soothing effects thus relax mind and cure anxiety or stress related to the menopausal symptoms.

Laghu Guna of *Rasayana* cleans micro channels of body thus regularizes circulatory process of body.

Tridoshashamaka property of the *Rasayanadrugs* establishes balances amongst *Doshas* therefore give *Vayahsthapana, Balya* and *Vedanasthapana*, etc., properties [6-8].

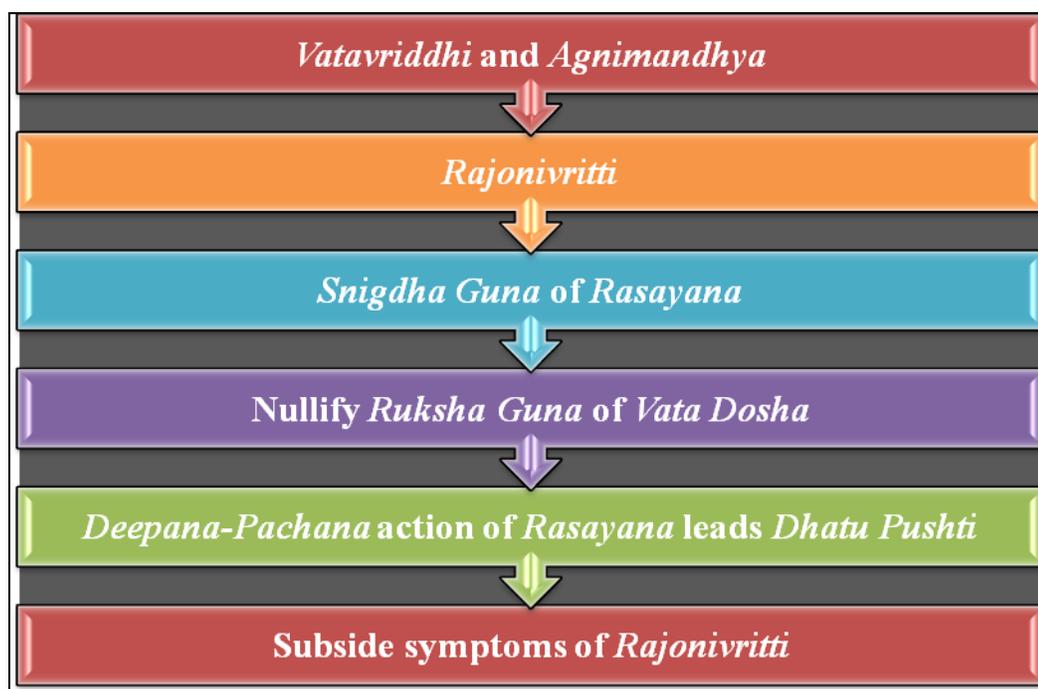


Figure 1: Mechanism of Rasayana for managing Rajonivritti

Conclusion

Ayurveda offers excellent approaches for graceful and safe transition into menopausal phases for geriatric or middle aged female. *Rasayana* therapy is considered beneficial for graceful menopause and managing health problems associated with geriatric female. Ayurveda *Rasayana* reduces menopausal symptoms and effectively cures aging and allied problems. *Rasayana* improves quality of life in geriatric female since these drugs offer *Jeevaneeya* and *Vayahstapan* effects. *Rasayana Yoga, Achara Rasayana* and *Aahara Rasayana*, etc. are effective and safer alternatives for curing health of geriatric female.

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