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Review Article

RASAYANA YOGAS IN CHAKRADATTA: A REVIEW

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ABSTRACT

Ayurveda is a comprehensive life science that incorporates all elements of human living. Rasayana is one of Ayurveda's clinical specialties. Rasayana is more than a medication therapy; it's a specialised procedure that includes rejuvenating recipes and a dietary regimen that promotes healthy attitudes. Chakradatta's principal goal was to represent it as a literature pertaining of Ayurvedic medicine for the benefit of mankind. The purpose of this study is to highlight Chakradatta's framework while also providing information on the various Rasayana yogas. A thorough analysis has been done to enumerate Rasayana yogas mentioned under the Rasayanaadhikara of Chakradatta. In total twenty-one formulations are said as Rasayana; in which five are of single drugs, a ghrita yoga, two tamra yogas and herbo- mineral combinations too. The formulations enlisted have Vatakapha samana and Tridoshahara characteristics. The primary objective of Chakradatta was to present it as a Traditional Ayurvedic treatise for the benefit of a healthy lifestyle. Chakradatta's guidelines for therapeutic principles pertaining to the condition are still helpful for Ayurvedic practitioners today.

Keywords: Rasayana, Ayurveda, Chakradatta.

INTRODUCTION

Ayurveda is a comprehensive life science that incorporates all elements of human living. A healthy physical-mental state is achieved by a healthy diet and lifestyle. Herbs and animals are initially discovered for both medicine and diet purposes due to man's intimate interaction to nature. Minerals and metals were later developed for therapeutic purposes. Mineral and metal preparations became more common in Ayurvedic therapies as processing techniques improved, particularly throughout the medieval era, which were highly successful and potent to rejuvenate, enhance immunity and disease eradication.

The first book on Ayurvedic medicines was written by Vrinda in the 9th century, and it was followed by 'Chakradatta,' Gada Nigraha, Sharangadhara Samhita, Bhavaprakasha, Yogaratnakara, and Bhaishajya Ratnavali. As a result of the interaction and sharing of various medical philosophies brought into India by foreign rulers, these works contained numerous new concepts, thoughts, and therapies, greatly enriching Ayurveda.

Chakradatta is one important Ayurvedic treatises written by Acharya Chakrapanidatta. He wrote several major treatises. The well-known Tikakarta of Charaka Samhita was originally named 'Chikitsa sangraha' by the author, but due to its tremendous popularity of Shri Chakrapanidatta, it was later renamed 'Chakradatta'. This demonstrates Chakrapani's legitimacy and popularity. Chakradatta has recommended a principal line of treatment for a variety of ailments. Chakradatta prescribes a number of herbal and herb mineral formulations that are valuable to Ayurvedic practitioners. Chakradatta's uniqueness emanates from his description of several metal and mercurial compositions for intrinsic use as therapy.

About the Author

Chakrapanidatta, who lived in 11thcentury AD, wrote the text book 'Chikitsa Sangraha,' also known as 'Chakradatta,' marked a historical milestone in the development of Indian medicinal concepts throughout the medieval times.

Nischalakara in the 13thcenturyAD, wrote an exhaustive and scholarly commentary on Chakradatta entitled as 'Ratnaprabha'. Unfortunately, its exhaustiveness proved to be a flaw, and it eventually lost acceptance; as a result, Sivadasa Sena in15thcentury AD designed a new commentary based on the above but perhaps more condensed, which effectively replaced it and remained as the only commentary on such a significant book.

Chakrapani has written Ayurveda dipika, a commentary on Charaka Samhita, Bhanumati, a commentary on Sushrutha Samhita, and Chikitsa sangraha, Vyagradaridra shubhankara and Sarvasara Sangraha, Dravyaguna Sangraha, Muktavali, Shabdachandrika, etc.

Chakradatta stood as the first representative work, which was considered as a therapeutic manual in the Ayurvedic practice and remained so for decades.

About the Book

The complete book is organized into 79 chapters and contains 4800 verses. Chakradatta's chapters are arranged into sections based on diseases, clinical syndromes, treatment processes, and a chapter on preventative medicine.

The first 65 chapters are arranged in Madhava Nidana sequence. The Rasayana (rejuvinative) and Vajikarana (aphrodisiac) chapters are discussed in Chapters 66 and 67. In chapters 68 to 77, several Purificatory steps are discussed, as well as numerous formulations for those treatments. The latter two chapters cover Siravedha (venesection) as well as Dincharya (daily regimen), Ritucharya (seasonal regimen), and other related topics. The scripture also mentions many divine remedies (Daivavyapashraya chikitsa) and various mantras. At the end of the text, there is information about the author.

A thorough analysis has been done to enumerate Rasayanayogas mentioned under the Rasayanaadhikara of Chakradatta. Chakrapani in this chapter has explained various herbal and herbo-mineral formulations in this context[1].

Table 1: Rasayana formulations with ingredients

Yogas	**Ingredients**	**Anupana**
Haritaki Rasayana	Haritaki phala (*Terminalia chebula*)	Guda (Jaggery)/ Madhu (Honey)/ Shunti (*Zingiber officinale*)/ Pippali *(Piper longum)/* Sanidhava (Rock salt)
Rutu Haritaki	Haritaki Phala (*Terminalia chebula*)	Saindhava (Rock salt), Sarkara (Sugar), Shunti (*Zingiber officinale*), Pippali *(Piper longum)/*, Madhu (Honey), Guda (Jaggery)- in Varshadi rutu respectivley
Triphala Rasayana	Triphala majja (Pulp) Amalaki (*Emblica officinalis*), Bibhitaki (*Terminalia bellerica*), and Haritaki (*Terminalia chebula*)	Madhu (Honey), Jala (Water)
Pippali Rasayana	Pippali *(Piper longum)*	Madhu (Honey), and Ghrita (Ghee)
Traikalika Pippali Rasayana	3 Pippali *(Piper longum),*Palasha kshara *(Buteamono sperma*), Ghrita (Ghee)	Madhu (Honey)
Traikalika Triphala Rasayana	1 Haritaki (*Terminalia chebula*), 2 Bibhitaki (*Terminalia bellerica*), and 4Amalaki (*Emblica officinalis*)	Madhu (Honey), and Ghrita (Ghee)
Chathvari Medhya Rasayana	Mandukaparni (*Centella asiatica*) swarasa (juice), Yastimadhu (*Glycyrrhiza glabra*) churna (powder), Guduchi *(Tinospora cordifolia*) swarasa (juice), Sankapusphi *(Convolvulus prostratus*) kalka (paste)	-
Ashvagandha Rasayana	Ashwagandha (*Withania somnifera*)	Ksheera (Milk), Ghrita (Ghee), Ushnajala (Hot water), Taila (Oil)
Dhatryadi Rasayana I	Amalaki (*Emblica officinalis*), Tila (*Sesamum indicum*), Bhringaraja (*Eclipta prostrata*)	-
Dhatryadi Rasayana II	Amalaki (*Emblica officinalis*), Madhu (Honey), Pippali *(Piper longum),* Ghrita (Ghee), Sarkara (Sugar)	-
Vrddhadaraka Rasayana	Vrddhadaraka (*Argyreia speciosa*), Shatavari (*Asparagus racemosus)*	Ghrita(Ghee)
Hastikarna Rasayana	Hastikarna palasha (*Leea macrophylla)*	Madhu(Honey) and Ghrita(Ghee)
Guducyadi Rasayana	Guduchi (*Tinospora cordifolia*), Apamarga (*Achyranthes aspera*), Vidanga (*Embelia ribes*), Sankapusphi *(Convolvulus prostratus*), Vacha (*Acorus calamus),* Haritaki (*Terminalia chebula*), Kushta *(Saussurea lappa*), Shatavari (*Asparagus racemosus)*	Ghrita (Ghee)
Sarasvata Ghrita	Brahmi (*Bacopa monnieri),*Haridra (*Curcuma longa*), Jati *(Jasminum officinale*), Trivrit (*Operculina turpethum*), Haritaki (*Terminalia chebula*), Pippali *(Piper longum),*Kushta *(Saussurea lappa*), Vidanga (*Embelia ribes*), Sarkara (Sugar), Sanidhava (Rock salt), Vacha (*Acorus calamus)*	-
Amritasara Lauha	Lauha (calyx of Iron), Triphala - Amalaki (*Emblica officinalis*), Bibhitaki (*Terminalia bellerica*), and Haritaki (*Terminalia chebula*), Trikatu–Pippali *(Piper longum),* Shunti *(Zingiber officinale),* Maricha (*Piper nigrum),*Chitraka *(Plumbag ozeylanica),*Vidanga (*Embelia ribes*), Jatiphala (*Myristica fragrans*), Kakkoli (*Lilium polyphyllum*), Lavanga (*Syzygium aromaticum*), Jeeraka (*Cuminum cyminum*), Krishna Jeeraka (*Carum carvi)*	-
Lauha Rasayana	Lauha (Calyx of Iron),Triphala - Amalaki (*Emblica officinalis*), Bibhitaki (*Terminalia bellerica*), and Haritaki (*Terminalia chebula*), Trikatu–Pippali *(Piper longum),* Shunti *(Zingiber officinale),* Maricha (*Piper nigrum)*	-
Sadanga Tamrayoga	Tamra (Calyx of Copper), Parada (Mercury), Abhraka bhasma (calyx of Mica), Nirgundi (*Vitex negundo).*	Pippali *(Piper longum),*Vidangha (*Embelia ribes*), Maricha (*Piper nigrum)*
Saptanga Tamrayoga	Tamra (Copper), Gandhaka (Sulphur), Parada (Mercury), Alambu swarasa (juice), Pippali *(Piper longum),* Shunti *(Zingiber officinale),* Maricha (*Piper nigrum),*	Pippali *(Piper longum),* Shunti *(Zingiber officinale),* Maricha (*Piper nigrum),* Amalaki (*Emblica officinalis*), Bibhitaki (*Terminalia bellerica*), and Haritaki (*Terminalia chebula*)
Shilajatu Rasayana	Shilajatu (Black Bitumen), Lauhabhasma (calyx of iron)	Ksheera (Milk)

Shiva Gutika	Shilajatu (Black Bitumen), Shunti (*Zingiber officinale*), Pippali *(Piper longum)*, Katuka (*Picrorhiza kurroa*), Karkatakasrngi (*Pistacia integerrima*), Maricha (*Piper nigrum),*Vidarikanda (*Pueraria tuberosa*), Talsiapatra (*Abies webbiana*), Sarkara (sugar), Ghrita(Ghee), Madhu (Honey), Tilataila (oil of *Sesamum indicum*), Twak *(Cinnamomum zeylanicum*), Ela (*Elettaria cardamomum)*, Patra *(Cinnamomum tamala*), Nagakesara (*Mesua ferrea*), Vamsalocana (*Bambusa arundinaceae*)	Ksheera (Milk), Mamsa rasa (Meat soup), Dadima rasa (*Punica granatum*), Sura, Asava (medicated fermented preparation), Madhu (Honey), Sheetajala (Cold water)
Amritha Bhallataka	Bhallataka (*Semecarpus anacardium*), Ksheera (Milk), Ghrita (Ghee)	-

DISCUSSION

Ritu Haritaki is a concept used by the author to indicate the specific application of Haritaki in different seasons. Haritaki, with its Anupana dravyas (adjuvant) in various rutu (season), performs shodhana of doshas, restores agni(digestive fire) and maintains a healthy state of dhatu (tissues) and mala, which leads to Rasayana karma[2].

Haritaki has been found to have a significant antioxidant property. The fruit of Haritaki includes phenolic compounds that are efficient free radical scavengers, according to an analysis of the extract. Triethyl chebulate was found to be a powerful antioxidant and free radical scavenger, which could contribute to its antioxidant properties[3].

Studies have shown that administration of Triphala enhance the phagocytosis, phagocytic index, antioxidant activity and decreased corticosterone levels in animals exposed to stress[4].

A study has also revealed that all three constituents of Triphala are active. In plasmid DNA assays, Amalaki is more efficient, although Haritaki has more radical scavenging action. As a result of the combined activity of the individual components, the combination of Triphala, is intended to be more effective[5].

Pippali reduces Ama(undigested food), the factor that causes Balabhramsha (fatigue), or the development of autoimmune illnesses in the body, resulting in the immune system's activities getting regulated. Pippali is a rasayana that also acts as an immunomodulator[6].

In Ayurvedic Rasayana therapy Ashwagandha is a known to be well known Medhya rasayana. Medhya (intellect)is a Sanskrit word that means "mind" or "mental/intellectual capacity." As a result, Medhya Rasayana, like Ashwagandha, is used to improve memory and cognition. The effect of Medhya Rasayanas on cognition is most noticeable in youngsters with memory problems, or when memory is impaired due to a brain injury, a protracted sickness, or old age[7].

Amalaki is one of the most powerful antioxidant herbs in Ayurveda as it contains low molecular weight hydrolysable Tannins (Emblicanin A and B). Emblicanin A and B enhanced fraction extracted from fresh fruit juice. Besides increasing nutrients, Amalaki helps to prevent free radicals from cell ageing[8].

Research suggests that the alcoholic and aqueous extracts of *Tinospora cordifolia* have been effectively examined for their immunomodulatory activities[9] and have been reported to have favourable effects on the immune system[10].

The anti-oxidant effects found in *Bacopa monnieri's* alcoholic and hexane components help to prevent lipid peroxidation[11].Additional scientific research has shown that *Bacopa monnieri* has antioxidant properties through other routes. Specifically, the activities of superoxide dismutase (SOD), catalase (CAT), and glutathione peroxidase (GPX) are inhibited[12].

Chakradatta has mentioned certain minerals like Loha, Shilajatu, Gandhaka and other mineral drugs. Tamra bhasma exhibits antioxidant properties in animals when given at a level of 5 mg/kg body weight, as per research[13].

Shilajatu's free radical scavenging capacity was tested on rat liver homogenate. CCl_4 was used to generate oxidative stress. By a free radical pathway, CCl_4 causes oxidative stress[14].

CONCLUSION

Among the literary resources of Ayurveda, Chakradatta can be considered one of the most significant literatures. The treatment ideas unique to the condition advised by Chakradatta are still useful for Ayurvedic practitioners and researchers today.

In total twenty-one formulations are said as rasayana; in which five are of single drugs, a ghrita yoga, two tamra yogas and herbo-mineral combinations too. The formulations enlisted have Vatakapha samana and Tridoshahara characteristics. Based on the Gunakarma and Doshakarma, it can be used as a first-line treatment for various ailments, as well as a Naimittika Rasayana to increase immunity and cure diseases more quickly and effectively. Rasayana concepts add a new dimension to health care and promote an integrated approach to medicine using many modalities.

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