

# “THE EFFECT OF RASAYANA AAUSHADHI IN CHILD HEALTH PROBLEMS”

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## ABSTRACT

Ayurveda described various therapeutic modalities for the diseases of children and Rasayana therapy is one such approach, Rasayana drug stimulates gastrointestinal secretions thus boost appetite, prevents indigestion & nausea, relieves sickness and improves mental strength in children. Shankhpushpi, Guduchi, Mandookparni and Jyotishmati, etc. are Rasayana drugs which can be used for paediatric health restoration. These drugs boost functioning of Agni, potentiate Dhatus thus strengthen Ojus and clears Srotasa therefore maintain circulation and detoxification. These drugs act as rejuvenator thus increases mental and physical vitality.

**KEYWORDS:** Rasayana, Rejuvenator, Dhātu, Srotas.

## INTRODUCTION

The diseases of children mentioned as Bal-Roga in Ayurveda science under the heading of Kaumarbhritya. Ayurveda described Dhatri Stanya Dushti as major responsible factor for diseases related to Ksheerada Avastha. The constitution of Dosha, Dhatus and Agni are different in children compared to young age person. Therefore, children are more prone to some diseases as compared to adult, moreover children strength is weak thus they require especial care and treatments. The therapies for treating diseases of children are different from therapies require treating diseases of adults. Herbal remedies, Rasayan, mild form of Panchkarma, disciplinary conduction of dietary regimen and balanced life style, etc. are Ayurveda approaches which help in the management of paediatric health status. Rasayan therapy requires precautionary measurement while used for childhood care.<sup>1-5</sup>

Prana kamyā Rasayana helps to achieve best quality of Prana, thus improves functioning of cardio and respiratory system.

Medhakamyā Rasayana used exerts their health benefits on mental health and promote memory and intellect.

Srikamyā Rasayana promote complexion and improves physical appearance while Naimittikarasayana combat against specific causes of diseases.

## Rasayana Therapy Offers Following Health Benefits in Paediatric Cases

Rasayana boost salivary secretions thus maintain appetite and digestion.

The enhanced gastrointestinal activity relieves constipation and indigestion.

Rasayana effectively cure digestive ailments related to children i.e. diarrhea, indigestion and Grahani Roga.

Relieves fatigue and mild fever by virtue of their rejuvenating effects.

Imparts beneficial effects towards mental health thus prevent psychological disorders.

Improves immunity therefore provides resistance against common infectious diseases.

Strengthen overall physical and mental health hence contributed in growth & development of children.

Improves complexion and skin texture thus provide appealing physical appearance.

Maintain metabolic rate and regularizes process of detoxification thus resist accumulation of toxin and prevent formation of Ama.<sup>5-8</sup>

Rasayana enhances longevity; immunity and intelligence thus prevent diseases pathogenesis and also improves general health. The Rasayana mainly advocated for paediatric health restoration are depicted in Figure 1.

S.No.	Rasayana Aaushadhi
1	Guduchi
2	Shankhpushpi
3	Jyotishmati
4	Mandookparni

Figure 1: Rasayana drugs mainly advocated for children.

These drugs maintain functioning of Agni, nourished Dhatus and balances Doshas. The detoxification regularizes by virtue of their effects on Srotasas. Rasayana therapy in children balances Ojas which considered as vital force of life.

The herbometalic formulations possessing Rasayana effects used in children for different therapeutic purposes. These formulations are Svaran Bhasm, Panchgavya Ghrita, Brahmi Ghrita, Samvardhana Ghrita, Mandura Bhasma, Lauha Bhasma and Abhaya Ghrita, etc. Some specific formulation containing Rasayana drug i.e; Brahmi along with honey or Ghee recommended for new born baby. These formulations improve immunity and mental health. Herbometalic formulations containing Rasayana drugs impart antioxidant, immunomodulatory Depana & Pachana and Medhya effects in children. The formulations containing Swarna enhance intelligent, Lauha formulations used for Pandu Roga, Triphala elevates blood haemoglobin level.<sup>9-11</sup>

### Role of specific Rasayana in Children

Medhya Rasayana used exclusively for children, these drugs having Tikta Rasa and Ushna Virya thus promotes Pitta and improves Grahana karma e.g., Vacha.

Mandukaparni improves memory and cognition, the antioxidant property prevents oxidative damage and juice of plant offers Medhya property. The constituents such as; medacoside, medacassoside, asiaticoside and triterpenic acid, etc. present in Mandukaparni offers neuro protective effect.

Yastimadhu dried root also possess Medhya property, the ingredients such as; glycyrrhizine, glycyrrhetic acid and flavonones, etc. present in Yastimadhu having free radical scavenger, memory-strengthening and CNS stimulant activities. Yastimadhu improves memory in case of dementia and boost learning capacity.

Guduchi another Rasayana herb contains steroids, alkaloids, glycosides, polysaccharides and phenolic compounds thus improve immune power, imparts antioxidants and neuro-protective effects. Guduchi boost learning activity and relives anxiety thus helps in cognitive enrichment.

Shankhapushpi used as Medhya rasayans, the major ingredients of Shankhapushpi Rasayana are microphylic acid, kaempferol and sitosterols, these constituents provide neuroprotective activity, promote intellect, acts against free radicals and offers therapeutic effect in case of Manasika-mandata. Shankhapushpi is effective in neurosis, cerebral abnormalities and insomnia thus used as nervine tonic.<sup>1-4</sup>

### **Ayurveda properties of Rasayana used for Pediatric health management**

Mandukaparni possess Tikta & Kashaya Rasa, Madhura Vipaka hence possess Medhya & Balya Karma.

Yastimadhu has Madhura Rasa, Sheeta Virya and Madhura Vipaka thus imparts Chakshushya, Balya and Keshya Karma.

Guduchi offers Tikta & Katu Rasa, Ushna Virya and Madhura Vipaka therefore responsible for Tridoshaghna & Balya effects in children.

Shankhapushpi having Kashaya Rasa, Ushna Virya, Madhura Vipaka & Snigdha Guna hence offers Medhya, Balya and Manas rogahara effects.

### **The mode of action of Rasayana in Paediatric Disorders**

Rasayana improves nutritional value of Rasa Dhatu and improves Dhatu Poshana. This Dhatuvardhak and Agnivardhak action of Rasayana contributed towards the Dhatunirmana. The Shrota Shodhana action of Rasayana improves detoxification and circulatory process of body thus prevents diseases and maintains alertness. Tikta Rasa of drugs increases Aakash mahabhut in body hence increases Satva guna of Mana. The Madhur vipak of Rasayana helps in Uttrottar vridhi of all Dhatus and promote Ojas. Laghu guna of Rasayana increases Satva guna of Mana and in this ways Rasayana drugs offers health benefits in case of paediatric diseases.<sup>5-8</sup>

### **Formulations**

Chyavanaprasa

Brahmi Ghrta

Satavari Ghrta

Vasanta-Kusumakara

Dhatri Rasayana

## CONCLUSION

The management of Bal-Roga as per ancient science can be achieved through herbal remedies, Rasayana Chikitsa and Panchkarma. Rasayana therapy gives enormous health benefits in paediatric health problems, but this therapy should be used with great care for paediatric purpose.

Medhya rasayanas improve memory, improve grasping, tolerance, increases circulation to the brain, sharpen concentration; activate mortar functioning and prevent free-radical damage. Medhya rasayanas acts at levels of Rasa, stimulates Agni and clears micro channel thus maintain circulation of Rasa. Rasayana drugs increases immunity in children and prevent them from general infectious diseases. Shankhpushpi, Guduchi, Mandookparni and Jyotishmati etc. are major Rasayana drugs which can be used for paediatric purpose. These drugs potentiate Dhatus and improve Ojas thus provides rejuvenating effects and increases mental as well as physical vitality in children.

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