



CONCEPT OF MEDHYA RASAYANA IN MANAS ROGA AND PRAKRITI

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ABSTRACT

Ayurveda is the ancient science of medicine in the world; its legacy goes back to vedic era. Ayurveda has a unique holistic approach towards life, health & cure. The rasayana or rejuvenation is one of the eight specialized branches of ayurveda. A good intellectual power acts as a catalyst in all aspects of life. Medhya Rasayana is claimed to promote cognitive function of the brain & help in regeneration of neural tissue beside producing antistress, memory enhancing effect. The mental abnormalities like excessive aggression and tendency of maladjustment can be included in one or other form of manasa vikaras of Ayurveda. The Manasa prakriti also plays a key role in these mental faculties. This requires the management in the form of Medhya Rasayana. The Present study was designed to study the beneficial effect of medhya rasayana in manas roga. Four medhya rasayana are mentioned in the 1st chapter of Charaka Samhita. Acharya used swarasa (fresh juice) of mandukaparni leaves, churna (powder) of Yasthimadhu root & stolon along with milk, extract of Guduchi stem & Paste of the whole plant of Shankhpuspi. All these have multi-dimensional actions having influence on mental health. They not only enhance the Dhi (power of acquisition), Dhriti (power of retention), Smriti (power of recollection) but also rejuvenate the whole system & their pathways.

KEYWORDS:

INTRODUCTION

Ayurveda believes in the concept of Achara Rasayana i.e. practice of truth, non-violence, peacefulness, politeness, abstinence from anger, alcohol, sex etc. But present scenario is a pool of crime and violence starting at a very early stage of life. In present day life, mental stress worries, non-fulfillment of desires make people mentally ill at some extent. The result of this illness gets manifested in the form of aggressive and violent behavior and maladjustment. These all includes in manasa vikaras. The manasa prakriti also plays a key role in these mental faculties These requires the management in the form of adopting sadvritta along with yoga and ingestion of medhya rasayana.

Definition of Rasayana – the treatment or medicines that enhance quality of life in a healthy person.

Types of Rasayana:- There are three types of rasayana

- 1) **Kamyas rasayana** – Promoters of normal health, boost energy level and immunity and general health. They can be further divided into three types
 - a) **Pranakamaya**– promoter of vitality and longevity
 - b) **Medhyakamya**- Promoter of intelligence.
 - c) **Srikamya**- Promoter of complexion

- 2) **Naimittika rasayana**- Help to fight against specific disease
- 3) **Ajasrika rasayana** – To nourish the body.

Medhya Rasayana

It is the class of Rasayana drugs that especially acts on medhya to promote its functions to the optimum level and the word Medhya means that drugs which is beneficial to medhya (Medhaya hitam medhyam) Medhya Rasayana are the fresh juice of Mandukaparni leaves, power of yasthimadhu roots and stolon leaves along with milk extract of Guduchi stem and paste whole plant of Shankhpuspi as mentioned by Acharya Charaka. They are bestowed upon its user longevity, removal of diseases improves strength & poor metabolic functions healthy complexion, voice and intellectual functions.

Mode of action of Medhya Rasayana

Medhya rasayana strengthens the mind as well as body and help to control the mind

Pitta Dosha- It is responsible for aggression, anger etc mental modification along with good intelligence

Kapha – It is responsible for strength, endurance, Patience, courage, & mental strength etc.

Pran Vata- It executes intellectual functions includes Dhriti, indriyas etc

Sadhaka pitta- It performs the functions like discrimination and intelligence

This rasayana helps to maintain vata, pitta and kapha doshas in the state of equilibrium, so that individual has physical and mental balance.

Shankhpusphi (*Convolvulus pluricaulis choisy*)- it is the most effective among all four medhya rasayana drugs mentioned by acharya charaka. It has kashaya rasa and ushna guna may enhance the alertness and quick understanding and retention of experiences. The purpose behind giving medhya rasayana is to impact the satvika bhavas among the delinquents because the reduce stress, anxiety and promotes satvikata. Many previous studies have reported the traditional use of *Convolvulus pluricaulis choisy* to improve memory and it acts as a psycho-stimulant and tranquilizer and reduce the stress, mental tension. The pharmacological studies of herbs have shown varying degree of its hypotensive and tranquilizing effects of *Convolvulus pluricaulis choisy* on the patient of anxiety, the herb induces a feeling of calmness and peace good sleep and relieves anxiety, stress, mental fatigue, producing a significant reduction in level of anxiety, neuroticism arising due to various level of stresses. This property of shankhpusphi helps in reducing the negative thoughts & stresses. The herbs appears to produce its actions by modulation of neurochemistry of the brain which improves the balance of vitiation in kapha, vatta, pitta doshas and the herb is astringent and bitter which helps to reduces the increased pitta which is mainly responsible for mental factors like krodha, irshya, devesha. Shankhpusphi modifies the process of GABA system at the level of synthesis of GABA mediators. As GABA are major inhibitors of pathway which is closely linked with behavioural disorders. The GABA action of Shankhpusphi is anti-anxiety activity.

Guduchi (*Tinospora cordifolia*) its extracts produces the anti-depressant effect by interaction with α 1-adrenoreceptors dopamine D2-receptors, serotonergic and GABA receptors, hence increasing the level of neurotransmitters, serotonin and decreasing the level of GABA in brain. Extract of guduchi is very useful in the treatment of aggressive juvenile delinquents by inhibiting MAO-A and MAO-B, thus increasing the level of monoamines like noradrenaline, serotonin & dopamines. It is due to presence of berberine alkaloid which have anti-depressant like activities.

Yashtimadhu (*glycyrrhiza glabra*) amongst the four medhya rasayana licorice root is one the highly regarded herbs used to treat the conditions which diminished adrenal functions, licorise is known to have multiple pharmacological actions including adrencorticoid-like activities. This property is helpful in decreasing the

aggressive behaviour of the delinquents as the adrenalin hormones secreted from adrenal gland play a key role in the physiology of aggression. Madhura and Shita properties, and rasayana effects of these herbs brings about soothing effects and helps in bringing stability of mind.

Mandukaparni (*Centella asiatica linn*) According to Ayurveda, it is medhya by Prabhava. Is also reduces stress which is one among the factors leading to aggressive behaviour. It also shows immune modulatory activity, strong anti-oxidant activity as revealed by increased level of glutathione peroxidase and glutathione. It is generally health promoter. It helps neuronal dendritic growth stimulating property. Active principle like asiaticoside present in *Centella asiatica*, imparted anxiolytic activity. Thus helps in reducing anxiety which is one the main factors responsible for criminal behaviour.

In this way all of these four drugs mentioned in four medhya rasayanas are helpful in developing adjustment and reducing the aggressive tendencies among the juvenile delinquents.

CONCLUSION

Therefore, we conclude that the medhya actions of medhya dravyas on manas roga are ascribed to its prbhava janya karma (special actions) i.e. actions exert due to combinations of panchamahabhoota (five basic elements) in a way very unique to the specific dravya only and not seen in others which similar rasa, gunna, viriya and vipaka. Medhya rasayanas are very helpful in improving mental conditions of delinquents. This is cost effective and devoid of any side effects and everyone can adopt it to enhance mental as well as physical health can be prevent many life style disorders.

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