Abstract

Naimittika rasāyana may be defined as a rasayana drug that promotes the health of a particular tissue so that a disease may not occur and if at all happen then it may be fight out faster and better way. It also helps in preventing the disease to become chronic thus prevents any damage to the involved tissue as well as recurrence of the disease. These drugs act in two ways; it enhances the body resistance/immunity so that body can fight out the disease effectively and at the same time have curing action against the disease. It also helps in prevention as well as recurrence of the concerned diseases. In this article review of such single herbs is presented which are rasayana as well as have some curing effect of the respiratory diseases.

Key Words: Naimittika rasāyana, adjuvant therapy, respiratory diseases

Introduction:

Rasāyana is mainly for promotion and preservation of health of healthy persons as well as prevention of aging but it is also useful for prevention and cure of diseases. Out of three types of rasāyana viz. kāmya, naimittika and aajasrika rasāyana, naimittika rasāyana deals with the disease aspects.

Naimittika Rasāyana:

It is well known that a normal tissue having a good resistance does not suffer from a disease and even at all suffers it recovers faster and degree of the damage to the tissue is also less in comparison to weak tissue. Well known principle of Ayurveda envisages that provoked dosha circulates all over the body and produces lesion in only that tissue which has some weakness (kha-vaigunya). On this basis it may also be said that if there is no weakness in the tissue then no dosha dushya sammurcchana takes place hence disease may not occur. On the basis of this concept Ayurveda developed a unique concept of improving health of an individual tissue by use of a specific rasāyana meant for it.

Naimittika rasāyana may be defined as a rasayana drug that promotes the health of a particular tissue so that a disease may not occur and if at all happen then it may be fight out faster and better way. It also helps in preventing the disease to become chronic thus prevents any damage to the involved tissue as well as recurrence of the disease. It is usually used as adjuvant to the main treatment of the disease for its cure and prevention of recurrence. These drugs act in two ways; it enhances the body resistance/immunity so that body can fight out the disease effectively and at the same time have curing action against the disease. It also helps in prevention of the concerned diseases.

Nowadays, the naimittika rasāyana drugs are being successfully used as adjuvant in the treatment of a specific disease where it is indicated for a fast and better recovery as well as to prevent its recurrence at many centers. Recent studies showed that rasāyana drugs can also be used as adjuvant for avoiding the side effects of modern anti tuberculosis and cancer drugs etc (Chhajed and Singh, 2016).

Selection of Naimittika Rasāyana:

It is not necessary that all the drugs may act on all the tissues and systems. The drug acts only on that tissue which has receptors for its action. For example most of the tissues of the body particularly smooth muscles have receptor for the bitter taste but the limited tissues have receptors for other tastes. Similarly Ayurveda has also the concept of Srotas and Dhatu therefore while selecting the Naimittika Rasāyana drug; this point must be taken into consideration. The lead may also be taken from the indications of that particular drug mentioned in the texts. Thus selected drug must be a Rasayana as well has some curative action on the concerned disease.

Consideration of Dosha:

At the time of prescribing, further consideration of the type and stage of the disease is advised. For example if the disease is Vātika Kāsa, then Brihati may be preferred. But if the Kāasa is with yellow colored sputum or blood in sputum then Vāsā may be preferred. In a case of productive cough or chronic bronchitis Pippali is the first choice.

Namittika Rasāyana as Adjuvant: Namittika Rasāyana drugs should be prescribed as adjuvant along with the shamana drugs described for that disease. After cure of the disease stop the shamana drugs and continue administration of the naimittika rasāyana for about a week. But if prevention of recurrence of the disease is the aim then these drugs may be continue further for four weeks.

Anupana for Rasāyana: The ideal anupāna for the rasāyana drug is ghee, oil, honey or milk which may be selected according to the disease and the condition as well as liking and disliking of the patient.

Kōstha-Shuddhi: namittika rasāyana drugs are prescribed as per method of vātātāpika rasāyana and
mild shodhana (koshtha shuddhi) prior to their administration may be undertaken if the condition of the patient and disease permit for it. For this purpose Haritkayadi Yoga mentioned by Charaka is ideal (Charaka Chikitsa 1:1).

Prevention of Recurrence by Naimittika Rasāyana: In the present era recurrence of the disease is a big problem and modern medicine has no answer. Ayurveda concept of naimittika rasāyana if put in practice certainly we can give lead to the World for prevention of recurrence of diseases particularly allergic and autoimmune disorders. It is also a boon for curing the chronic and yāpya diseases. Hence here review of single drugs, useful as naimittika rasāyana for respiratory tract problems is presented for the benefit of Ayurveda physicians.

Ashvagandhā (Withania somnifera)
Ashvagandhā powder taken with milk, ghee, oil or warm water daily for fortnight increases weight of thin person including in the same manner as grass grows after rain (Ashtanga Hridaya Uttar 39:157 and Ashtanga Sangraha Uttar 49:390).

Recent studies showed that it significantly increases the weight and immunoglobulins viz. IgA, IgG and IgM (Chudasama and Singh, 2015) thus having immunity promotive action. It has been shown to prevent the seasonal diseases of upper respiratory tract such as pharyngitis, common cold and cough. When used as an adjuvant it cures allergic rhinitis as well as prevents its recurrence.

Guduchi (Tinospora cordifolia)
It pacifies all the three dosha and is indicated amongst the others in kāsa (cough) and shvāsa (asthma). Recent studies showed that it significantly increases the immunoglobulin viz. IgA, thus having immunity promotion action of the organs with mucous membrane. It has been shown that when used as an adjuvant it cures allergic rhinitis as well as prevents its recurrence.

Āmalaki (Emblica officinalis)
Āmalaki is an important ingredient of Chyavanprashah- a well known Rasāyana of respiratory system. Āmalaki increases IgA, thus having immunity promotion action of the organs with mucous membrane including respiratory system. It contains plenty of Vitamin C and has anti-oxidant property.

Haritaki (Terminalia chebula)
Haritaki is rasāyana and is indicated in kāsa (Cough), tabaka shvāsa (asthma) and hridaya-urah pralepa (coating of the chest). It is an ingredient of well known rasāyana preparation agastya haritaki indicated in many respiratory diseases (Charaka Chikitsa 18:57-62).

Lashuna (Garlic, Allium sativum)

Lashuna is best rasayana for vāta and kapha but contraindicated in pitta. It is also indicated in kāsa and shvāsa. It has also antivirus action for that purpose clove of the garlic after crushing under teeth has to be kept in mouth till strong pungent taste appears, then it is to be chewed or swallowed. Garlic taken with yashtimadhu restores the loss of voice (Ashtanga Sangraha Uttar 49:198). Lashuna along with meat of carnivorous animals is indicated to cure tuberculosis (Ashtanga Sangraha Uttar 49:199). It possesses good anti oxidant action.

Plāndu (Onion, Allium cepa)
Onion has similar action to that of garlic but comparatively inferior (Ashtanga Sangraha Uttar 49:214-223). It is also a good anti-oxidant.

Yashtimadhu (Glycyrrhiza glabra)
It is rasāyana and indicated in cough (kāsa) and sore throat (gala graha).

Pippali (Piper longum)
Pippali is a well known rasāyana for respiratory diseases particularly for kāsa (cough) and shvāsa (dyspnea).

Vāsā (Adhatoda vasica)
Vāsā is Rasāyana and well known drug for respiratory diseases particularly cough. It is specifically an anti pitta drug, therefore very useful in the conditions of pitta and sputum in blood.

Brihati (Solanum indicum)
Brihati possesses rasāyana effect and also well known drug for respiratory diseases particularly for vātika kāsa and shvāsa roga.

Drāksha (Grapes, Raisins)
Drāksha is rasāyana and its juice taken with sufficient quantity of honey cures all the diseases and the person lives for hundred years. It contains vitamin-C also. Growth of the bacteria responsible for dental cavities and gum diseases is suppressed by raisins. Chewing of Drāksha prevents sore throat. The skin and seeds of red grapes contains antioxidants and fibers. Red and black varieties of grapes particularly contain antioxidants-flavonoids.

Tulasī (Ocimum sanctum)
Tulasī is rasāyana and is also well known drug for respiratory diseases. It has antioxidant action also.

Vanshalochna (found in hollow of bamboo)
Vanshalochna powder taken with powder of pippali and saindhava by mixing with honey or triphālā with sugar is an effective rasāyana (Bhāva Prakāsha Chikitsā 72:7). It also has curative action for cough.

Bhringarāja (Eclipta alba)
It is mainly a rasāyana of hair and skin but also indicated kāsa (cough) and shvāsa (dyspnea)

Gokshur (Tribulus terrestris)
It is mainly a rasayana of mutravaha srotas but also indicated in cough (kāsa) and dyspnea (shvāsa).

Katuki (Picrorhiza kurroa)
It is a well known drug for liver and skin disorders but also indicated in cough (kāsa) and dyspnea (shvāsa). It possesses rasāyana action also.

Conclusions
Rasayana drug simultaneously having curing effect of a particular disease also is considered as naimittika rasāyana for that disease.

Naimittika rasāyana has double action; first it promotes the resistance and immunity of the tissue.
secondly it is also having the capacity to provide relief in the disease. Due to the double edge action of the naimittika rasayana the disease get cured faster and in better way. As naimittika rasayana drug promotes the health of the tissue therefore it also helps in jprevention of recurrence of the disease. Naimittika rasayana enhances the tissue resistance and immunity therefore it also helps in preventing the disease if administered in a vulnerable healthy person for the stipulated period. The Naimittika rasayana drugs may also be used as adjuvant to modern anti-cancer or anti-tubercular drugs to prevent their side effects as well as in providing the better relief in the disease and may improve the quality of life.

References:


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