

Agasthya Harithaki as Naimithika Rasayana in Tamaka Svasa: A Review

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ABSTRACT

Ayurveda is an age old science and its pioneer principle is to maintain health of the healthy individual and cure of the diseased ones. This goal is achieved through Rasayana one among the Astanga Ayurveda which deals with the preventive aspect. The word Rasayana can be split into two words Rasa (nutrition) and Ayana (circulation and promotion). So, it provides optimum nourishment to the Dhathus. It is a rejuvenative regimen which includes drugs, dietetics, healthy life style and positive psycho-social conduct. Naimithika Rasayana is a sub-type which deals with the cure of specific diseases and restoring the body's health.

Agasthya Haritaki Rasayana is having Tikta, Kashaya, Madhura Rasa, Laghu, Ruksha, Tikshna Guna, Katu Vipaka, Ushna Veerya and Kapha-vatashamaka properties and is used in the Pranavaha Srotovikaras mainly Kasa, Svasa, Hikka, Kshaya etc. Tamaka Svasa a type of SvasaRoga affecting the Pranavaha Srotas and is characterised by Pratilomavayu, Ghurghuraka, Ativativra vegan casvasam, Pranaprapidakam.

Keywords: Ayurveda, Naimithika Rasayana, Agasthya Harithaki, Tamaka Svasa

INTRODUCTION

Ayurveda helps to maintain the health of healthy individual through Rasayana a preventive measure which provides Vaya sthapana, Ayushkara, Medhakara, Balakara and Jara Vyadhi Nashana. Through Rasayana we correct Dosha disturbances and improve Agni and Dhātu function which overall improves immunity, strength, Ojus, vitality, longevity, memory, intelligence and lustre. Rasayana is subdivided in to Ajasrika, Naimithika and Kamyā in which Naimithika Rasayana deals with curative purpose in specific diseases. [1]

Tamaka svasa is predominantly Vatakaphaja Vikara, originating from Pittashaya and manifested through Pranavaha srotas. Vata gets obstructed by Kapha leading to Pratiloma gati which in turn causes Swasa. At initial stage it is curable, with chronicity becomes Yapyā. [2]

Bronchial asthma is a chronic inflammatory disorder of the airways associated with airway hyper-

responsiveness that leads to recurrent episodes of wheezing, breathlessness, chest tightness and coughing particularly at night or in the early mornings. These episodes are usually associated with wide spread but variable airway obstructions that is often reversible either spontaneously or with treatment. [3] The risk for developing asthma depends on a complex interaction of hereditary and environmental factors such as genetic predisposition; peri-natal factors; exposure to allergens; infections; environmental air pollution; tobacco smoke; diet and obesity. [4]

Agasthya Harithaki Rasayana contains Harithaki as one of the main ingredients which is Ruksha, Laghu, Kashaya Pradhana Pancha Rasa (except Lavana), Madhura Vipaka, Ushna Veerya, Rasayani and Vata- Kaphahara. [5]

There has been a noticeable increase in health care burden due to asthma globally. [6] Hence it is life threatening to human race with remissions and exacerbations as typical

features. So, it becomes important to take preventive measures against Tamaka Svasa through Rasayana which will be discussed below in detail.

Aims and Objectives:

The study was taken with a view to critically analyse the Rasa Panchaka of ingredients of Agasthya Haritaki Rasayana w.r.t Tamaka Svasa.

METHODOLOGY

A thorough review of Classical text books, contemporary text books and research articles is done to evaluate the effect of drugs in Agasthya Harithaki using Rasa-panchaka in Tamaka Svasa.

Table 1 : Rasa Panchaka of Individual components of Agasthya Haritaki Rasayana based on Bhavaprakasha Nighantu.

S.N	Sanskrit Name	Latin Name	Rasa	Guna	Veerya	Vipaka	Doshagnata
1	Bilwa(Rt/St.Bk)	Aegle marmelos Linn.	Madhura	Laghu	Sita	Madhura	Tridoshagna
2	Syonaka(Rt/St.Bk)	Oroxylum indicum(L) Benth ex Kurz.	Madhura Thiktha kashaya	Laghu Ruksha	Ushna	Katu	Kaphavatashamaka
3	Gambhari(Rt/St.Bk)	Gmelina arborea Roxb.	Tiktha Kashaya Madhura	Guru	Ushna	Katu	Tridoshashamaka
4	Patala(Rt/St.Bk)	Stereospermum suaveolans(Roxb.)DC.	Tiktha Kashaya	Laghu Ruksha	Ushna	Katu	Tridoshashamaka
5	Agnimantha(Rt/St.Bk)	Premna mucronata Roxb.	Tiktha Katu Kashaya Madhura	Laghu Ruksha	Ushna	Katu	Kaphavatashamaka
6	Salaparni(pl)	Desmodium gangeticumDC	Madhura Tiktha	Guru Snigdha	Sita	Madhura	Tridoshashamaka
7	Prishniparni(pl)	Uria picta Desv	Madhura Tiktha	Laghu Snigdha	Ushna	Madhura	Tridoshashamaka
8	Brihati(pl)	Solanum indicum Linn.	Katu Tiktha	Laghu Ruksha Teekshna	Ushna	Katu	Kaphavatashamaka
9	Kantakai (pl)	Solanum surattense Burm	Tiktha Katu	Laghu Ruksha Teekshna	Ushna	Katu	Kaphavatashamaka
10	Gokshura(Pl)	Tribulus terrestris Linn.	Madhura	Guru Snigdha	Sita	Madhura	Vatapittashamaka
11	Atmagupta(sd)	Mucuna prurita Wight	Madhura Tiktha	Guru Snigdha	Ushna	Madhura	Tridoshashamaka
12	Shankapushpi(pl)	Convolvulus pluricaulis Choisy	Kashaya Katu	Snigdha Pcchila	Sita	Madhura	Tridoshahara
13	Sati (Rz)	Hedychium spicatum Sm in A Rees	Katu Tiktha Kashaya	Laghu Teekshna	Ushna	Katu	Vatakaphashamaka
14	Bala (Rt)	Sida cordifolia Linn	Madhura	Snigdha Guru	Sita	Madhura	Vatapittashamaka
15	Hastipippali (Fr)	Piper chaba Trel & Yunck	Katu	Ruksha	Ushna	Katu	Vatahara
16	Apamarga (Rt)	Achyranthus aspera Linn	Tiktha Katu	Sara Teekshna	Sita	Madhura	Kaphavatashamaka
17	Pippalimula (Rt)	Piper longum Linn	Katu	Teekshna Laghu Snigdha	Anushna	Madhura	Kaphavatashamaka
18	Chitraka (Rt)	Plumbago zeylanica Linn	Katu	Teekshna	Ushna	Katu	Kaphavatashamaka
19	Bharangi (Rt)	Clerodendron serratum Linn	Katu Tiktha	Ruksha Laghu	Sita	Madhura	Kaphavatashamaka
20	Pushkaramula(Rt)	Inula racemosa Hook	Katu Tiktha	Teekshna Laghu	Ushna	Katu	Vatakaphashamaks
21	Yava (Sd)	Hordeum vulgare Linn	Kashaya Madhura	Ruksha Guru Picchila	Ushna	Katu	Kaphahara
22	Harithaki(P)	Terminalia chebula Retz.	Kashaya Pradhana Lavana varjita	Lagu Ruksha	Ushna	Madhura	Tridoshahara

Rt/St.Bk-Root/Stembark,Pl-Plant, Sd- seed,Rz-Rhizome, Fr- Fruit,P-Pulp

DISCUSSION

Based on Rasa Panchaka, the major drugs mentioned in the preparation of

Agasthya Harithaki Rasayana are of Ushna Veerya with few Sita Veerya drugs. Tiktha, Katu, Madhura, Kashaya is the dominant

Rasa present. Laghu, Ruksha and Tikshna Guna are the major Gunas with few Guru, Picchila, Snigdha Gunas of individual drugs. Majority of the drugs are Katu in Vipaka and Vatakapha Shamaka and few Tridoshasamaka in nature.

Katu Rasa combats the Kapha, clears the obstruction in the Srotas and does Shodhana whereas Kashaya Rasa does alleviation of the Kapha and Pitta disorders along with the Sodhana effect. Tiktha Rasa has the property of the Lekhana and Kantashodhana. Laghu Guna is Lekhana and Ropana in nature whereas Tikshna Guna is Sodhana and Kaphavatahnut. Hence, Laghu Tikshna Guna acts as antagonistic to Gunas of Kapha and normalises it. Rukshna Guna does Shodhana and is Kaphahara. Ushna Veerya drugs are Agnihoota predominant. It contribute to Pachana and Liquification of Kapha. They are potent Vata Kapha Shamaka. It helps in reversing the pathophysiology of Tamaka Swasa.

CONCLUSION

Agasthya Harithaki Rasayana propounded by Sage Agasthya works at various level including Agni, Dhathu and Srotas. It improves Vyadhikshamatva of the body. The ingredients in Agasthya Harithaki Rasayana are mainly Vata Kapha Shamaka which will act in Tamaka Svasa relieving

the complaints and boosts immunity. Hence, it can be taken as Naimithika Rasayana to prevent the disease.

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