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## Rasayana : A Safe Guarder Towards Non-Communicable Disease- Review Article

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### ABSTRACT:

Non communicable diseases are one of the major challenging issues facing worldwide, especially in developing countries in the 21st century, not only in terms of human sufferings but also its badly affecting the socioeconomic development of the country. According to the WHO report, NCD's are collectively responsible for the death of around 41 million people each year, equivalent to 71% of all deaths worldwide. Also, they report that if timely intervention is not done for the prevention and control of NCD's, the death rate will increase to 55 million by 2030. Due to the unplanned rapid urbanization, globalisation of unhealthy lifestyles and population ageing, people are more prone to lifestyle disorders such as cardiovascular disease, respiratory disorders, cancers, diabetes etc. Being a part of the health-care delivery system, this is the time to re-analyse the health management system and look back at the philosophy of prevention and preservation as the first step to treatment. *Ayurveda* is the system which focuses mainly on preventive aspects and considered it as prime or foremost objective. Various diet and regimens are mentioned in *Ayurveda* to maintain good healthy life style such as *Dinacharya*, *Ritucharya*, *Sadvritta*, *Pathya-apathya*, *Aharavidhi*, *Aharakalpna*, *Dharaniya* and *adharaniya vega*, *Sodhana*, *Achara Rasayana*, *Rasayana* etc. Among that, *Rasayana tantra* is one among the *Astanga* of *Ayurveda* which highly stresses preservation of health and prevention of disease. Based on our today's hurry burry lifestyle, it's the basic need for everyone to follow and include this *Rasayana* therapy in our day-to-day schedule to maintain health and prevent various lifestyle disorders. *Rasayana* is an effective preventive technique towards non-communicable disease.

**Keywords:** *Rasayana*, Non- communicable disease, *Ahara*

### INTRODUCTION

Health is considered as the wealth of the persons. A famous quote said by mahatma Gandhi regarding health “**It is health that is real wealth and not pieces of gold and**

**silver**”. Health is the most precious treasure that we can have ourselves. In *Ayurveda*, *Acharya Susruta* beautifully narrated about the definition of health “*samadoshaha samaagnischa samadhaatumala kriyaha prasannaat*



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*mendriyamanaaha aityabhidheeyate*<sup>[1]</sup> Ayurveda is the system that highly stressed on the point of prevention rather than cure. . Food, Sleep and Celibacy is considered as three supporting pillars of life according to Ayurveda.<sup>[2]</sup> At the present time, in this busy scheduled machinery world, people are lacking their health without their attention. More health issues are raised due to sedentary lifestyle, lack of exercise, stress facing at work fields and also some extent due to the ignorance. At the early stages, People are affected with various life style disorders such as Diabetes mellitus, hypertension, heart disease, skin disease, premature ageing, poor vision, hair loss, fatty liver, various infectious diseases etc. All human beings are virtue of long life. Origin of Ayurveda is to fulfill the desire of longevity and healthy life. With the proper adaptation of *Rasayana Chikitsa* , we can achieve this goal. *Rasayana Chikitsa* is the special division of *Ayurveda* that which helps to detoxify the body and also revitalize and nourishes the body. The ultimate aim of *Rasayana* is to improve the health of healthy person.<sup>[3]</sup>

#### **Rasayana chikitsa**

*Bheshaja* means medication and it is of two types based on its functional mode, such as preventive and curative aspect. Among that, *Rasayana* and *Vajikarana Chikitsa* comes under preventive aspect which improves and maintains the healthy life by increasing *Ojas* in body .The word meaning *Rasayana* (*Rasa+ayana*) denotes nutrition and its transportation in the body. Body fluids are responsible for nourishment of entire physique. Impairment of the circulation of this fluid results in disease of body. The *Rasayana Chikitsa* enhances the qualities of *rasa*, enriches it with nutrients so that one can attain longevity, memory, intelligence, disease free, youthfulness, excellence of lustre, complexion and voice, optimum development of physique and sense organs, mastery in phonetics and brilliance.<sup>[4]</sup> Drug, diet and regimen which promote longevity by preventing ageing and disease is called as *Rasayana*.<sup>[5]</sup> In fact, *Charaka* asserts that even in old age it is possible to regain youth for long period. *Rasayana* is the tool to create premium *Dhatus*. when quality of *Dhatu* enhance, that results in longevity, strong immune system to fight against disease and youthfulness. *Dalhana* mentioned *Rasayana* as *Bheshaja* that which prevents ageing process by supplying nutrition to *Rasa Raktadi Dhatus* due to its *Rasa, Guna, Virya* and *Vipaka*. *Chikitsa* means the action that which produce equilibrium of *Dhatus*.<sup>[6]</sup> *Rasayana* is useful in maintaining equilibrium of *Dhatus* as well as to correct the disturbed equilibrium of *Dhatus*. The tissues of body undergo a continuous process of decay by the

interaction of *Agni*. If the process is allowed to continue uninterrupted, the ageing comes in early. *Rasayana Chikitsa* cuts down the process of ageing.

#### **Rasayana in different sthana of samhitas**

Table no.1 shows about mentioning of *rasayana* in different sthana of samhitha

*Arundatta* while commenting on the chronological order of eight specialties of ayurveda says that as *Rasayana* is capable of treating poisons and their severe ill effects, so it is listed after *VishaTantra* in *AshtangaHrudaya*.

#### **Classification of Rasayana**

- I. Based on place of therapy (Table No.2.)
- II. Based on need (Table No.3 )
- III. Based on diet and lifestyle (Table No.4 )

#### **Noncommunicable disease**

At the present time, due to rapid growth of economic development and increased adaptation of western lifestyles, the prevalence of lifestyle disorders is also on the peak ratio. The incidence of lifestyle disorders such as Diabetes mellitus, hypertension, dyslipidaemia, obesity, cardiovascular disorders, skin disease, fatty liver, hair loss, diminution in vision, memory is on rising phase and affecting quality of life very badly. All these lifestyle disorders comes under the crown of non-communicable disease which are collectively responsible for death of 41 million people each year equivalent to 71% of all death worldwide. Each year, more than 15 million people die from a NCD between the ages of 30 and 69 years; 85% of these "premature" deaths occur in low- and middle-income countries. Among all NCDs mainly cardiovascular disease, cancers, respiratory disease and diabetes are the four diseases accounts for over 80% of all premature NCD death. Rise of NCD has been driven by primarily four major factors i.e. tobacco use, physical inactivity, the harmful use of alcohol and unhealthy diets which is more common in today's well sophisticated and stressed out society. The epidemic of NCDs poses devastating health consequences for individuals, families, community and threatens to overwhelm health system. People with NCDs are more vulnerable to various infectious diseases due to their weakened immunity. The socioeconomic costs associated with NCDs makes the prevention and control of the disease a major development imperative for 21 st century. One of the most important way to prevent NCDs is lifestyle modification. The supreme mantra of Ayurveda is prevention of disease by following healthy diet and regimens. Also *Nidanparivarjan* (avoidance of causative

factor) is one of the eminent part of treatment to cutdown the process of manifestation of disease and to get healthy long life.

#### **Oxidative stress and non communicable disease**

Oxidative stress mechanism is forming the underlying basis for non-communicable disease. Oxidative stress occurs when there’s an imbalance between free radical activity and antioxidant activity. Rusting of iron takes place on the continuous exposure to the oxygen likewise due to the continuous accumulation of free radicals in body results in oxidative stress that which leads to chronic non communicable disease such as diabetes, atherosclerosis, inflammatory conditions, high blood pressure, hypertension, heart disease, neurodegenerative diseases, such as Parkinson’s and Alzheimer’s, cancer. Oxidative stress also contributes to aging.<sup>[7]</sup>

### **DISCUSSION**

#### **Mode of action of *rasayana* in non communicable disease**

Major cause of non-communicable disease is due to unhealthy lifestyles including unhealthy diets, lack of exercise, use of tobacco, alcohol. All these unhealthy habits affect *Agni* and makes more prone to all lifestyle disorders. Here *Rasayana* comes in picture. In true sense of concept, *Rasayana* therapy is not a single drug treatment, but is a comprehensive and specialised regimen capable to enhance longevity and improve mental faculties by acting at the level of *Rasa*, *Agni* and the *Srotas* thus enables organism to procure the best qualities of different *Dhatus*. Certain drugs such as *Satavari*, *Bala*, *Amalaki*, *Draksa*, *Salparni* etc act at the level of *rasa* by enriching the nutritional value of circulating plasma (listed in table:6). Drugs like *Ajamoda*, *Maricha*, *Haritaki*, *Citraka* act at the level of *agni* and improves the digestion, absorption and metabolism (listed in table:5). Certain drugs act at the level of *srotas* by cleansing and activating the microcirculatory channels and improves tissue nourishment. eg: *Guggulu*, *Pippali*, *Rasona*, *Shilajatu*, *Bhallataka* etc (listed in table:7). So practice of *Rasayana* improves the *Agni* and yields formation of enriched tissues and also increases the *Ojas* of body that which is considered as essence of *Dhatus*.

***Rasayana* as a preventive measure in non communicable disease** Non communicable disease is a great threaten to all developed and developing countries including India. Major cause of this is due to the unhealthy diets and lifestyles. There is no better option rather than adopting healthy lifestyles. Following *Rasayana Chikitsa*

is considered as a good preventive measure in non - communicable disease. *Rasayana Chikitsa* not only incorporates drug administration, it also embraces healthy diets and regimens.

***Rasayana* in the form of diet:** *Ahara* is counted as one among *Trayoupasthamba* and as *Mahabheshaja* too. Solely, drug administration won’t help in disease state. Food is having prime importance in health. Merley we reflects, what we eat So definitely healthy choices of food is a major step in prevention of lifestyle disorders. Acharyas mentioned about some *Nitya Sevana Dravyas* such as *Swastika Sali*, *Yava*, *Saindhava*, *Amalaki*, rain water, *JangalaMamsa*, milk, *Madhu* .<sup>[8]</sup> Regular intake of above mentioned *Dravyas* is considered as a good conductor for maintenance of health.

#### ***Rasayana* in the form of drug:**

Various single and compound formulations are mentioned in texts as a part of *Aushadha Prayoga*. Table No.9.

#### ***Rasayana* in the form of regimen:**

As like *Aahar*, *Vihar* is also playing important role in preservation of health. Various regimens are mentioned in ayurvedic science such as *Dinacharya*, *Ritucharya*, *Sadvritta*, *AcharaRasaayana*. All these regimens restores our mental and physical health. *Achara rasayana* is described by various classical texts imparting the importance of social codes and conducts in health. It is very important to have a calm, composed and concentrated mind to have an improved quality of life. *Achara Rasayana* is a unique concept of mind rejuvenation. It includes being honest, free from anger, ego, devotion to spiritual activity, meditation, doing offerings, giving respect to elder persons, teachers, *Brahmana*, cows, being strong enough, perfect wake up and sleeping pattern, avoidance of indulgence in alcohol and sexual act. All these activities preserve mental health by refreshing the mind. Stress, depression, anxiety etc are considered as a root cause for mental illness. *Achara Rasayana* is a perfect wonder of choice in mental health.

#### ***Rasayana cikitsa* as a source of antioxidant**

Various diets and drugs are endowed with antioxidant molecules. Drugs such as *Amalaki*<sup>[9]</sup>, *Guduchi*<sup>[10]</sup>, *Ashwaganda*,<sup>[11]</sup> *Brahmi*<sup>[12]</sup> etc loaded with antioxidant molecules.

Food such as *ghrita*, milk, fruits, vegetables are also endowed with antioxidant molecules. Accumulation of free radical is considered as a predisposing factor to NCD. So inclusion of antioxidant rich diets enables to balance free radicals and prevents oxidative stress.<sup>[13]</sup>

## CONCLUSION

According to WHO, 60 to 85 percent of people in world from both developed and developing countries lead sedentary life styles, making it one of the more serious yet insufficiently addressed public health problems of our time. Non communicable diseases are considered as a great burden to developing countries globally due to its higher mortality rate. NCD is directly linked to the economic growth of country. So prevention is the major step that we can take. *Rasayana Chikitsa* is the unique side of Ayurveda aims at the maintenance and improvement of health. Adaptation of *Rasayana* in day today life is considered as great preventive measure in prevention of NCD. So health system should take proper measure to create awareness among public regarding *Rasayana Chikitsa*.

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**Table no.1 Shows About Mentioning Of Rasayana In Different Sthana Of Samhitha**

CHARAKA	SUSRUTA	VAGBHATA
Started <i>Chikitsa Sthan</i> with rasayan	Ending the <i>Chikitsa</i> with <i>Rasayana</i> followed by <i>Shodhana</i> procedures	<i>Rasayana</i> at the end of <i>Uttarasthan</i> after <i>VishaChikitsa</i>

**Table No.2.Shows Rasayana Therapy Based On Place**

<i>Kutipravesika Rasayana</i> <sup>[14]</sup>	<i>Vatatapika Rasayana</i> <sup>[15]</sup> (Outdoor Rasayana therapy).
<p><i>Kutipravesika Rasayana</i> means indoor rasayana therapy. <i>Kuti</i> means cottage or hut and <i>Pravesika</i> means to enter into. <i>Kutipravesika Rasayana</i> means staying in specially constructed cottage and strictly following the diets, drug and regimen which have <i>Rasayana</i> property in a systematized way .It is one of revolutionary approach that cleanses the whole body by eliminating toxins and re waken the whole metabolic process of body.</p> <p><i>Kutipravesika rasayana</i> yoga includes <i>Brahma Rasayana</i>, <i>Chavanaprasha</i>, <i>AmalakiRasayana</i>, <i>Haritakyadi Yoga</i>.</p>	<p>On this present scenario,it’s tough to practice the <i>kutipravesika rasayana</i> in this busy scheduled society. <i>Vatatapika Rasayana</i> means outdoor <i>Rasayana</i> therapy which is quite popular today which can go along with the normal day to day life. This type of <i>Rasayana</i> is particularly important in the current scenario, as it is has a relatively easy mode of administration without any restrictive pre-conditions. The main utility of <i>Rasayana</i> therapy is in functional and degenerative disorders that have a chronic or long-standing nature</p> <p><i>Vatatapika Rasayana</i> yoga includes <i>Sitodaka</i>, <i>Amalaki Churna</i>, <i>Triphala Rasayana</i>,<i>Haritaki Yoga</i>,honey and ghee in uneven ratio</p>

**Table No.3 Shows Rasayana Therapy Based On Need**

<b>Rasayana based on need</b>	<b>Description</b>
1. <i>Kamyas Rasayana</i> <sup>[16]</sup>	Rasayana that which is used to fulfill the strong desire or wish is termed as <i>Kamyas Rasayana</i> which is the promoter of normal health. i. <i>Pranakamyas</i> (Eg: <i>Triphalarasayana, Nagabalarasayana, Lauhadi Rasayana</i> ) ii. <i>Medhakamyas</i> -( <i>Mandukaparni, Sankhapuspi, Guduchi, Yastimadhu, Vaca, Brahmi</i> ) iii. <i>Srikamyas</i> ( <i>Amalakirasayana, Loharasayana</i> )
2. <i>Naimittikas Rasayana</i>	3. That which helps to fight against specific disease is termed as <i>Naimittikas Rasayana</i> .  Eg: <i>Shilajatuin Prameha, Tuvaraka</i> in <i>Kushta, Arjuna</i> in <i>Hridroga, Lauha</i> in <i>Pandu, Pippali Vardhamana Rasayana</i> in <i>Pleeha</i>
4. <i>Ajasrikas Rasayana</i> <sup>[17]</sup>	It denotes <i>Rasayan Dravyas</i> used in regular practices as food. Eg: <i>milk, ghee, fruits</i> etc

**Table No.4 Shows Rasayana Based On Diet And Lifestyle**

1. <i>Ahara Rasayana</i>	Dietary based <i>Rasayana</i> :It includes intake of certain diets having <i>Rasayana</i> effect in regular basis such as intake of milk and ghee, honey, <i>Amalaki</i> etc
2. <i>Aushada Rasayana</i>	Drug based <i>Rasayana</i> : Acharyas mentioned more of drugs to maintain health, for specific disease too Eg: <i>Chavanaprasha, Amalaki Rasayana, Triphala Rasayana, Bhallataka Rasayana, Pippali Vardhamana Rasayana</i> )
3. <i>Acharya Rasayana</i> <sup>[18]</sup>	<i>Acharya Rasayana</i> includes i. <b>Personal behaviour</b> (Avoidence of alcohol, sexual indulgence, violence, sleep and wake up time should be regular, over exhaustion, should be peaceful and pleasing in speech) ii. <b>Satvika behaviour</b> (Includes <i>Japa, Tapa</i> , practice of charity ,studying scriptures,should be free from ego, astikas) iii. <b>Social behaviour</b> (It includes worship to gods, cows, brahmanas, teachers, preceptors, old people)

**Table No.5. Drugs acting at the level of Agni**

<b>Drugs acting at the level of Agni</b>	<b>Actions</b>
<i>Citraka</i> <sup>[19]</sup>	It acts as a <i>Deepana, Pachana</i> drug due to its <i>Katu Rasa</i> and <i>Vipaka, Laghu Guna</i> and <i>Ushna Virya</i>
<i>Haritaki</i> <sup>[20]</sup>	It act as <i>Agnideepana, Anulomana</i> due to its <i>Pancharasa, Laghu</i> and <i>Usna</i> quality.
<i>Ajamoda</i> <sup>[21]</sup>	<i>Pippali</i> due to its <i>Ushna Virya, Laghu, Guna</i> and <i>Katu Rasa</i> act as <i>Adnideepana</i>
<i>Maricha</i> <sup>[22]</sup>	<i>Maricha</i> also acts as a <i>Agnivardhakadravya</i> due to its <i>Ushna, Katu Rasa</i>



**Table No.6 shows Drugs acting at the level of *Rasa***

<b>Drugs acting at the level of <i>Rasa</i></b>	<b>Actions</b>
<i>Satavari</i> <sup>[23]</sup>	Nourishes <i>Rasa Dhatu</i> due to its <i>Sheeta Virya, Madhura Rasa, Snigdha Guna</i> .
<i>Bala</i> <sup>[24]</sup>	Madhura <i>rasa</i> , <i>sheetavirya</i>
<i>Amalaki</i>	<i>Panch Rasa</i> except <i>Lavana, Sheeta Virya</i> , best <i>Rasayana</i> and <i>Vrysa</i> drug
<i>Draksa</i> <sup>[25]</sup>	<i>Madhura Rasa</i> , <i>Sheetavirya</i>
<i>Salparni</i> <sup>[26]</sup>	<i>Tiktarasa, Guru, Brimhani, Rasayani</i>

**Table No.7 shows Drugs acting at the level of *Srotas***

<b>Drugs acting at the level of <i>srotas</i></b>	<b><i>Rasa</i></b>	<b><i>Guna</i></b>	<b><i>Virya</i></b>	<b><i>Vipak</i></b>	<b><i>Karma</i></b>
<i>Guggulu</i> <sup>[27]</sup>	<i>Kashay, Katu</i>	<i>Ruksha Guna</i>	<i>Ushnavirya</i>	<i>Katu</i>	<i>Deepaniya, Sukshma, Balya, Rasayana, Medoharhara,</i>
<i>Pippal</i> <sup>[28]</sup>	<i>Katu Rasa,</i> ,	<i>Laghu, Snigdha And Tikshna Guna</i>	<i>Anushnavirya</i>	<i>Madhura Vipak</i>	<i>Deepanam</i>
<i>Rason</i> <sup>[29]</sup>	<i>Katupradhan pancha Rasa Except Amla,</i>	<i>Tikshna, Ruksha Guna,</i>	<i>Ushnavirya</i>	<i>Vipak-Katu</i>	<i>Deepaniya, Rasayana</i>
<i>Shilajatu</i> <sup>[30]</sup>	<i>Katu, Tikta Rasa,</i>	<i>, Ruksha Guna</i>	<i>Ushnavirya</i>	<i>Katu</i>	<i>Chedhi, Rasayana, Kaphahar</i>
<i>Bhallataka</i> <sup>[31]</sup>	<i>Katu, Tikta And Kashaya Rasa</i>	<i>Laghu And Tikshmaguna,</i>	<i>Ushnavirya</i>	<i>Madhura vipaka,</i>	<i>Chedana , Bhedana, Deepana</i>

**Table No.8 shows properties and actions of *Nitya sevana dravyas***

<i>NityaSevanaDravyas</i>	<b>Properties</b>	<b>Actions</b>
<i>SaindhavaLavana</i>	<i>Saindhava</i> <sup>[32]</sup> is <i>Madhura Rasa</i> , light in nature, <i>Anushna Virya,Hrydya, Tridoshagna,Vrisya And Agnideepanam</i> .	In hypertension,its adviced to take <i>Saindhava Lavana</i> instead of <i>Samudra Lavana</i> due to its <i>Hrydya ,AgniDeepana And Laghu Guna</i> . Atherosclerosis is considered as predisposing factor to hypertension and viceversa. <i>Lavana</i> is endowed with <i>Chedana</i> property .So <i>Saindhava Lavana</i> helps in clear out plaques in blood vessels and due to its <i>Deepana</i> property prevent the ama accumulation in blood vessels. Due to its <i>Hrydya</i> ,it strengthens the heart and blood vessels.
<i>Amalaki</i>	<i>Amalaki</i> <sup>[33]</sup> is <i>Pancha Rasa Pradhana Dravya</i> except <i>Lavana, SheetaVirya ,Tridoshangna</i> ,having properties such as <i>Deepana ,Pachana ,Vayasthapana,Medhya And Chakshushya</i> .	<i>Amalaki</i> improves digestion and metabolism, prevents ageing etc. <i>Amalaki</i> is rich with antioxidants vit C, helps to overcome the oxidative stress in body.
Milk	General properties of <i>ksheera</i> <sup>[34]</sup> includes <i>Snigdha, Ojasyam,Dhatuwardhanam, MadhuraRasa, Vatapitta haram, Vryshyam, Guru and Sheetalam</i> . Especially, <i>Go Ksheera</i> is identical with <i>Dashaguna</i> of <i>Ojas</i> . So it is considered as <i>UktaRasayana</i> . It is <i>Jeevaniyam</i> (prolongs life), <i>Rasayanam</i> (prevents ageing by improving the quality of <i>RasadiDhatu</i> ) , <i>Medhyam</i> and <i>Balyam</i> .	Milk is considered as one of the integral part of human nutrition. Milk is a rich source of vitamins and minerals ,it includes potassium,vit B12,vit A,D,E, calcium, conjugated linoleic acid and omega 3 fatty acids, beta carotene .Intake of milk in regular basis are linked with reducing many health risks such as diabetes,heart disease etc.
Madhu	<i>Madhu</i> <sup>[35]</sup> is <i>Kashaya Madhura Rasa, Guru</i> in nature, <i>Sheeta</i> in <i>Virya</i> , pacifies <i>Pitta</i> and <i>Kapha</i> ,chakshusyam. It is endowed with healing property. Due to its <i>Chedana</i> property ,it clears out fat accumulation in body.	Honey is rich in phenolic acid and flavonoids and other antioxidants including glucose oxidase, catalase, ascorbic acid, carotenoid derivatives ,organic acids, amino acids and proteins.
Ghrita	<i>Ghrita</i> <sup>[36]</sup> is considered as <i>Utama</i> among all <i>Sneha Dravyas</i> .That which pacifies <i>Vata</i> and <i>Pitta</i> . <i>Ghrita</i> is good for <i>Rasa Dhatu, Sukra Dhatu</i> and improves <i>Ojas</i> in body.	Ghee is excellent source of vitamin E .Vitamin E has significant antioxidant properties and also linked to lowering the risk of cancer, arthritis, cardiovascular disorders etc .Ghee contains CLA ,it helps to combat cancer as well as cardiovascular disease. It is also having anti-inflammatory properties due to its large quantities of butyrate and fatty acid

**Table No.9.single and compound *Rasayana Aushadi***

Single drugs	Compound formulations
<p>1.Amalaki- Vyasthapana,Chakshusya                      2.Haritaki- Vyasthapana                      3.Sankhapuspi-Medhya                      4.Yastimadhu-Medhya                      5.Mandukaparni- Medhya                      6.Guduchi-Medhya,Agnivardhaka,Rasayana                      7.Aswagandha- Balya                      8.Arjuna- Hridya                      9.Bhringaraja- Kesya                      10.Loha- Raktavardhaka</p>	<p>1.Chavanaprash<sup>[37]</sup>- Especially inSwas,Kasaand in general wellbeing                      2.Pippali Vardhaman<sup>[38]</sup>- PlihaRoga                      3.Triphala Rasayana- Good for eyes                      4.Silajatu Rasayana<sup>[39]</sup>-In Asmari                      5.Tuvaraka Rasayana- Kushta</p>