



## Review Article

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### KHADHIRASADHITHA THUVARAKA RASAYANA: A REVIEW

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#### ABSTRACT

Rasayana is a specialised technique that includes rejuvenating recipes, nutritional regimens, and behaviours to boost one's health. Scientific studies have proven its usefulness in managing chronic lifestyle-related illnesses and degenerative alterations. Thubaraka rasayana is an Ayurvedic herbal formulation that promotes overall health and well-being. Chaulmoogra oil is used internally and externally in Ayurvedic medicine to treat skin diseases. Khadhirasadhitha Thubaraka Rasayana is a specialised preparation explained by Sushruta acharya mainly in the management of Kushta and Prameha as Naimittika rasayana in different doses based on roga and rogibala. As the Thubaraka has the ubhaya marga doshaharana property, its utility is well established based on Ayurvedic principles in the management of Kushta, as in this disease, there is a need for repeated shodhana. The Thubaraka Rasayana regimen is one such modality where doshaharana and Rasayana benefits are achieved at the same time.

**Keywords:** Thubaraka, Khadhira, Kushta, Rasayana.

#### INTRODUCTION

Ayurveda is a traditional medical practice practiced extensively and has been around for thousands of years. Ayurveda, which translates as "science of life," has its roots in the Vedas, notably in the Atharvaveda, and it is considered the Upaveda of the Atharvaveda. <sup>1</sup> According to Ayurveda, health entails harmonious Doshas, Agni, Dhathu, and Mala along with proper functioning, as well as prasannatha in the Atma, Indriya, and Mana. <sup>2</sup> Ayurvedic theory of human body functioning is based on the tridoshas (three humours), Vata, Pitta, and Kapha, which are responsible for correct body functioning in their normality and act as causative factors for the genesis of many ailments in an imbalanced condition. <sup>3</sup> The phrase "Rasayana" refers to the route used by the nutritional essence (Rasa) to reach all of the body's tissue components (Ayana) to nourish and replenish them. <sup>1</sup> Rasayana, according to Charaka, is a technique for obtaining the most significant attributes of various dhatus (tissues). Rasayana therapy, he continues, enhances life expectancy, memory, intelligence, health, youth, complexion, voice, and motor and sensory acuity. <sup>1</sup> The practice of Rasayana medicine entails an all-encompassing comprehension of assimilation and metabolism. Ayurveda has its notion of creating the tissues (Dhatus), their function, and their eventual fate <sup>4</sup>, and Rasayana is one of the factors contributing to this. Rasayana has a varied effect on human physiology. It is mentioned by Acharya Sushruta <sup>2</sup> that Rasayanas have the property of Sarvopaghatasham, which translates to "pacifying all diseases." The Rasayana is divided into various classifications based on its admission and function method. On the premise of therapy location, Kutti Praveshika Rasayana and Vatatapika Rasayana are the two types of Rasayana. Kutti Praveshika Rasayana includes indoor Rasayana therapy, whereas Vatatapika Rasayana is outdoor Rasayana therapy. <sup>5</sup>

Again, based on function, two categories are distinguished. The initial remedy is Kamyas Rasayana, which promotes normal health. These enhance the body's vitality, immunity, and overall health. They are, respectively, promoting vitality and longevity, intelligence, and complexion. The second form of Rasayana is Naimittika Rasayana, used to combat a particular disease.

The Naimittika Rasayana is capable of acting at the levels of agni (digestive fire), rasa (plasma), and srotas (channels) and has been mentioned in the treatment of numerous diseases. It enhances ojas, vyadhikshamatva, and bala (immunity) and demonstrates multidimensional activities such as antioxidant, tissue-protective, immune-stimulating, immune-potentiating, and immune-compotent, improving the overall quality of life. Khadhira sadhitha Thubaraka Rasayana on such Naimittika rasayana that is deemed effective for the administration of Kushta and Madhumeha. <sup>6</sup> Thubarakarasarayana refers to the oil extracted from the seeds of mature fruits of the Thubaraka plant (*Hydnocarpus laurifolia* Denst Sleumer of the Flacourtiaceae family). Thubarakaa taila is said to be the finest Kushtaghna taila. In the Sushruta Samhita, every aspect of drug collection and oil extraction from the seeds of mature Thubarakaa fruit is thoroughly described. <sup>7</sup> The oil was extracted by boiling it with water, and Khadhirasadhitha Thubaraka taila will be made by simmering it with a decoction of Khadhira plant bark (*Acacia catechu* of the Fabaceae family). <sup>8</sup>

#### Plant Thubaraka

Thubaraka, whose scientific name is *Hydnocarpus laurifolia*, is a member of the Flacourtiaceae family. It thrives in tropical forests along the western ghats, from Maharashtra to Kerala, Assam, and Tripura, and is frequently planted along roadsides in hilly regions. Important synonyms include Katu Kapittha, Kushavairi, Chalmougara, Turveraka, and Alaskaapaha.

The use of Thuvaraka in various diseases was elucidated succinctly by Acharya Sushruta. In Madhumeha chikitsa of Chikitsa sthana, Sushruta has said that Thuvaraka phalamajja [fruit marrow] can be used in many skin diseases like Kushta, Kandu, etc. For Madhumeha and Kushta, a solitary dose of 10 ml of Thuvarakaa beeja oil is taken in the morning. After shodhana, such as vamana and virechana, oil should be administered in doses ranging from 3 to 50 bindu, based on the patient's response.

Long-term administration of oil in minute quantities is required to obtain Rasayana property. It improves the balance and serves as a rejuvenating component.

For Anjana, Thuvarakabeejmajja is burned in a closed vessel with rasnjana or saindhalavana to produce bhasma. Then, this bhasma is combined with Thuvaraka oil, or anjana, and applied to the eyes.

This Thuvarakaanjana is effective against Naktandhya, Arma, Neeli, Kanch, and Timira. For fifty days, Thuvarakaa oil is used for nasya. Inyinvyapatchikitsa, as described by Acharya Charaka, Thuvarakaphala kwath, can be used for yonidhavan.

### Plant Khadhira

Khadhira, whose botanical name is *Acacia catechu* Linn. f Willd, is a member of the Mimosaceae family. The natural habitat of *Acacia catechu* is a mixed deciduous forest. It is widespread in

the arid sub-Himalayan tract upto 1200 m (Punjab to the North-eastern states), Madhya Pradesh, Gujarat, Maharashtra, Andhra Pradesh, and Tamil Nadu. It also thrives in the sandy soil of riverbanks and watersheds.<sup>9</sup> Kushthangna, Kantaki, Bahushalya, Raktasara, Gayatri, and Somavalkala are some of Khadhira's significant synonyms.<sup>10</sup> Due to its Kapha-Pittahara property, Khadhira possesses medoghna, rattaprasadana, deepana, varanaropana, and kandughna and helps manage different types of Kushta.

### Method of preparation of Khadhirasadhitha Thuvaraka rasayana<sup>8</sup>

The mature fruits of the Thuvaraka plant must be gathered from the varsha ruthu, their natural habitat. The fruit must be separated from its seeds and ground in a mill. Thus, churna must be supplied sufficiently to the grinder to obtain a fine powder. The churna obtained must be boiled with four parts water in an iron vessel. The simmering must be done with frequent stirring until oil appears on the liquid's surface. Continue boiling until an appreciable layer of oil appears on the liquid's surface. The supernatant oil layer was carefully skimmed and collected. Khadhira kwatha is made by adding 16 parts of water and reducing the mixture to a quarter of its original volume. Three portions of Khadhira kwatha will be boiled, with one portion of Thuvaraka oil extracted to produce Khadhirasadhitha Thuvaraka taila.

Table 1: Rasapanchaka of Thuvaraka

	Rasapanchaka	Cs	Ss	AH.	K.n	So.n	Sh.n	Mn	Pn	N.A
Rasa	Kashaya	-	+	+	+	+	+	-	+	+
	Tikta	-	-	-	-	-	+	-	-	-
	Amla	-	-	-	-	-	-	+	-	-
Guna	Snigdha	-	-	-	-	-	-	+	-	-
	Guru	-	-	-	-	-	-	-	-	-
Vipak	Katu	-	+	+	+	+	+	+	+	+
Veerya	Ushna	-	+	+	+	+	+	+	+	+

Table 2: Doshagnatha of Thuvaraka

Doshagnatha	Cs	Ss	AH.	Kn.	So.n	Sh.n	Mn.	Pn	Na
Vatahara	-	+	-	-	-	+	-	-	+
Pittahara	-	-	-	-	-	-	-	-	-
Kaphahara	+	+	+	+	+	+	+	+	+

Table 3: Karmukatha of Thuvaraka

Karma	Cs.	Ss.	AH.	Kn.	Na.	Pn.	SH.n	So.n	Mn
Kushtaghna	-	+	+	+	+	+	+	+	+
Vranaropana	-	+	-	+	-	-	-	-	+
Deepana	-	-	-	-	-	-	-	-	+
Rasayan	-	+	+	-	-	+	-	+	+
Grahi	-	-	-	-	-	-	-	-	+
Chakshushya	-	+	-	-	+	-	-	-	+
Mehaghna	-	-	-	+	+	+	+	-	+
Kandughna	-	+	-	-	-	-	-	-	+
Lekhna	-	-	-	-	-	-	+	-	-

Table 4: Rasapanchaka and doshagnatha of Khadhira<sup>11</sup>

Rasapanchaka	D.N	M.N	R.N	K.N	B.N	A.N	P.N
Rasa	Kashaya	+	+	+	+	+	+
Guna	Laghu	-	-	-	-	+	-
	Ruksha						
Veerya	Sheeta	+	+	+	+	+	+
Vipaka	Katu	-	-	-	-	+	+
Prabhava	Kustaghna	-	-	-	-	-	-
Doshaghna	Kapha-Pitta	+	+	+	+	+	+

Table 5: Karmukatha of Khadhira <sup>12</sup>

	D.N	K.N	R.N	B.P	P.N	S.N	M.N
Kandu	+	+	+	+	-	-	-
Kasa	+	+	+	+	-	-	-
Aruchi	+	-	-	+	-	+	-
Krimi	+	+	-	+	-	+	+
Prameha	+	+	-	+	+	+	-
Jwara	+	+	+	+	-	-	-
Vrana	+	+	-	+	-	-	+
Switra	+	+	-	+	-	-	-
Shotha	+	-	-	+	-	-	-
Pandu	+	+	-	+	-	-	-
Kushta	+	+	+	+	+	+	+
Visarpa	-	-	+	-	-	+	-
Unmada	-	-	+	-	-	-	-
Mukharoga	-	-	-	+	-	-	+
Visa	-	-	-	+	-	-	-
Raktadosha	-	-	-	-	-	-	+

## DISCUSSION

Rasayana is more than just a pharmacological therapy; it is a specialised technique that includes rejuvenating recipes, a nutritional regimen, and specialised behaviour intended to boost one's health. As a result, they may be regarded as light and innocuous drugs that can be used as dietary supplements regularly to support a healthy lifestyle. In contrast to modern medications, they may not have substantial pharmacological effects if used in holistic, traditional forms. Several scientific studies have proven the usefulness of Rasayana treatments in managing chronic lifestyle-related illnesses and degenerative alterations. The 'Rasayanas' are considered to be rejuvenators and nutritional supplements and have high antioxidant activity and antagonistic effects on oxidative stressors. It is useful for maintaining one's health, delaying ageing, and boosting one's immune system to fight infection more effectively.

Thuvaraka Rasayana is an Ayurvedic herbal formulation used to promote overall health and well-being, as it has numerous health benefits, such as enhancing digestion, strengthening the immune system, promoting healthy skin, and reducing inflammation. Moreover, it is rumoured to have anti-ageing properties and promote healthy hair. According to Ayurveda, Thuvaraka Rasayana is especially effective for promoting longevity and vitality in Vata-Kapha-dominant individuals.

Chaulmoogra oil is used internally and externally in Ayurvedic medicine to treat numerous skin diseases. It is frequently combined with other botanicals and oils to boost its therapeutic properties.

## CONCLUSION

The Khadhira-sadhitha Thuvaraka rasayana has the ubhayamarga doshaharana property. Its utility is well established based on Ayurveda principles in the management of Kushta, as in the various types of Kushta, there is a need for repeated shodhana as it comes under Santharpanajanya Vyadhi. The Thuvaraka Rasayana regimen is one such modality where doshaharana and Rasayana karma are achieved at the same time.

## Abbreviations

Cs- Charaka Samhita  
 Ss- Sushruta Samhita  
 AH- Ashtanga Hridaya  
 Kn- Kaidev Nighantu  
 So.n- Shodala Nighantu  
 Sh.n- Shaligram Nighantu  
 Mn- Madhanapala Nighantu  
 Pn- Priya Nighantu  
 NA- Nighantu Adrsha  
 DN- Dhanwantri Nighantu  
 RN- Raja Nighantu  
 BN- Bhavaprakasa Nighantu

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