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### A Review of Therapeutic Uses of *Haritaki Avaleha Rasayana* as a Public Health Tool at the Time of Communicable Disease

<sup>1</sup> Vd. Kishankumar D Makawana, <sup>2</sup> Vd. Dhanshri B Kumbhar

<sup>1</sup> Assistant Professor, Department of Kayachikitsa, Sumandeep Ayurved Medical College and Hospital, Vadodara, Gujrat, India

<sup>2</sup> Assistant Professor, Department of Sanskrit Samhita Siddhant, Late Kedari Redekar Ayurvedic Mahavidyalay, Gadhinglaj, Maharashtra, India

Corresponding Author: Vd. Kishankumar D Makawana

#### Abstract

In India, a variety of endemic communicable illnesses pose a severe public health threat. India is in the midst of a transitional age, both epidemiologically and demographically. Life expectancy has grown, resulting in an increase in aging-related diseases and unhealthy lifestyles. Nonetheless, communicable diseases continue to be prevalent and are serious public health concerns. Communicable illnesses have become a severe hazard to society in our growing country due to low socioeconomic standards, inadequate sanitary conditions, and population increase. *Rasayana* therapy is especially beneficial in the treatment of such a problem in which immunity and infections play a major role. According to Ayurvedic

principles, a person's immunity & longevity can be boosted by following a healthy diet and lifestyle, as well as using *Rasayana* correctly.

Taking *Haritaki Avleha Rasayana* can assist to boost a person's immunity and keep them safe from infectious disease like *Shwasa*, *Kasa* etc. *Haritaki Avaleha* is *Roganuta* type among *Rasayana*, its help for cure *Shwasa*, *Kasa* like communicable disease. In *Charak samhita Haritaki Avaleha* mentioned in *Kasa Chikitsa Adhyaya*. The present situation *Shwasa*, *Kasa* like communicable disease during and after covid-19 situations, hence *Haritaki Avaleha* is highly good for longevity and immunity in these conditions.

**Keywords:** *Dirghayu*, Longevity, Immunity, Post Covid-19 Complications, Epidemiology

#### Introduction

In India, communicable diseases remain a major public health issue. Several communicable diseases, such as TB, leprosy, and vector-borne tuberculosis, Malaria, kala-azar, dengue fever, and other disorders like chikungunya, Japanese filaria, encephalitis, and infections spread by water (cholera, diarrheal illnesses, Vaccine-preventable diseases (measles, diphtheria, tetanus, pertussis, poliomyelitis, viral hepatitis B, and others), zoonotic diseases (rabies, plague, leptospirosis, anthrax, brucellosis, salmonellosis, and others), and zoonotic diseases (rabies, plague, leptospirosis, anthrax. In addition to these endemic diseases, new developing and re-emerging infectious diseases such as avian influenza, SARS, novel H1N1 influenza, hanta virus, and others are constantly a threat. 1 Outbreaks of these diseases, whether local or broad, result in substantial morbidity, mortality, and a negative socioeconomic impact. The term "Rasayanachikitsa" refers to a branch of Ayurveda that focuses on preserving and promoting health by rejuvenating the metabolism and boosting immunity.

That *Bheshaja*, which increases strength and immunity, is frequently included in *Vrishya* (aphrodisiac) and *Rasayana* therapy (rejuvenate and promotive treatment) for healthy people. 2 *Rasayana* therapy is one of *Ashtanga Ayurveda's* branches. 3 Such an occurrence is conducive to the advancement of *Dhatus* characteristics. The enhanced nutritional status and higher properties of the *Dhatus* result in a variety of secondary *Rasayana* attributes such as longevity, strength, and *Ojabala*, among others. *Oja* is the aspect that determines a person's *Vyadhikshamatva* (immunity).

*Avaleha* is a semisolid medicine preparation made of jaggery / sugar, and boiled with prescribed juices or decoction. They're also called *Leha*, *Lehya*, *Rasakriya*, and other names. It's also known as *Kwatha Kalpana's Upkalpana*. Due to its dose form, *Avaleha* is a popular *Kalpana* due to its ease of administration, palatability, and long shelf life.

**Rationale**

Ruksha, Laghu, Kashaya Pradhana Pancharasa (excluding Lavana), Madhura Vipaka, Ushna Veerya, Rasayani, and Vata-Kaphahara are some of the essential elements of Haritaki.<sup>4</sup> Anorexia, indigestion, anemia, pharyngitis, hiccup, dyspnea, cough, coryza, asthma, intermittent fevers, heart problems, neuropathy, and general debility have all been treated with the plant.

Haritaki's antioxidant, anti-mutagenic, anti-carcinogenic, anti-ageing, antibacterial, antiviral, anti-fungal, anti-diabetic, cardioprotective, hepatoprotective, anti-ulcer, and wound healing qualities have all been thoroughly documented.

Ayurveda has identified a vast number of Rasayanas that deal with disease prevention and health promotion. They increase the status of Dhatu (tissues), bestow immunity, and renew the system by promoting both physical and mental wellness. Rasayanas are classified as Kamyas, Naimittika, or Ajasrika. Naimittika Rasayana treats disorders and has been shown to be beneficial to individuals with chronic illnesses. It also aids in the promotion of vigor and the ability to tolerate the disease's debilitating consequences. It is usually used as a supplement to the main treatment and prevention of the condition.

**Objectives**

- Should examine the qualities of the elements in Haritaki Avaleha Rasayana critically.
- To analysis of Haritaki Avaleha uses as longevity.
- Should examine can affect Haritaki Avaleha Rasayana on post covid complications also.

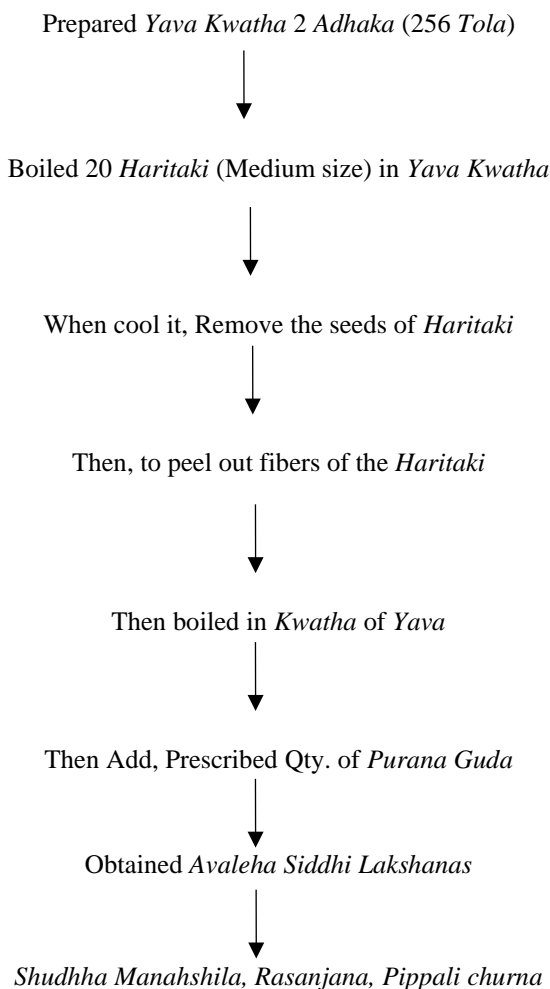
**Methodology of Review**

A detailed and in-depth analysis of Haritaki Avaleha Rasayana, including its constituents and indications from Ayurvedic classical literature, contemporary books, and web sources. It has been done through journals, publications, and internet materials. The qualities of each medicine in Haritaki Avaleha Rasayana were explored in depth using Ayurvedic classics.

In Charak samhita Haritaki Avaleha mentioned in Kasa Chikitsa Adhyaya.<sup>5</sup> Haritaki Avaleha Rasayana consist 5 ingredients are: Haritaki (*Terminalia chebula*), Guda (*Jegary*), Manahshila (*Realgar*), Rasanjana (*Ghana of Daruharidra*) & Pippali (*Piper longum*). It is usually indicated in the Pranavaha Sroto Vikaras, such as Kasa, Shwasa etc. It improves skin's appearance, longevity, and strength, as well as curing wrinkles and hair greying.

**Table 1:** Description of Haritaki Avaleha Rasayana Ingredients

Name	Part used	Ayurvedic properties	Proportion
<i>Haritaki</i> <sup>6</sup> ( <i>Terminalia chebula</i> )	Fruit	<i>Rasa-Pancha Rasa (Lavan Varjita), Kashaya pradhana</i> <i>Virya- Ushna</i> <i>Vipaka- Madhura</i> <i>Guna- Ruksha, Laghu</i> <i>Karma- Anuloman, Medhya, Rasayani</i> <i>Dosha Karma- Kapha-Vatahara</i>	20 (Medium size)
<i>Yava</i> <sup>7</sup> ( <i>Hordeum vulgare</i> )	Seeds	<i>Rasa- Kashaya, Madhura</i> <i>Virya- Sheeta</i> <i>Vipaka- Katu</i> <i>Guna- Guru Pichchhila</i> <i>Karma- Medhaagnivardhaka</i> <i>Dosha Karma-Kaphapitta nashaka</i>	Kwatha (2Adhaka-256Karsha)
<i>Pippali</i> <sup>8,0,20</sup> ( <i>Piper longum</i> )	Fruit	<i>Rasa- Katu, Tikta, Madhura</i> <i>Virya- Anushna</i> <i>Vipaka- Madhura</i> <i>Guna- Snighdha, Laghu</i> <i>Karma- Deepana, Shoolaprashamana, Amadoshahara,</i> <i>Gulma, Udar, Krimihara</i> <i>Dosha Karma-Vatakaphahara,</i> <i>Tridoshaghna</i>	8 Karsha
<i>Rasanjana</i> <sup>9</sup>		<i>Rasa-Tikta</i> <i>Virya- Ushna</i> <i>Vipaka- Katu</i> <i>Guna- Ruksha Laghu</i> <i>Karma- Netrya, Varnakara, Vranahara</i> <i>Dosha Karma- Pitta-kapha shamaka</i>	0.5 Karsha
<i>Guda</i>	-	<i>Rasa- Madhura</i> <i>Virya- Ushna</i> <i>Vipaka- Madhura</i>	24 Karsha

**Preparation Method of *Haritaki Avaleha Rasayana*****Findings and Discussion**

The primary method of preparing *Haritaki Avaleha Rasayana* consists of Six essential components: Drava-Dravya (Kwatha of Yava), Main Aushadha Dravya (*Haritaki*), Madhura Dravya (Guda), Prakshepa Dravya (Pippali, Manahshila, Rasanjana). The extraction of active ingredients in the form of Kwatha is aided by Drava form. Palatability is aided by Guda which also serves as a preservative. Prakeshapaka Dravyas improves the flavor of the medications while also increasing their bioavailability.

The key ingredients are *Haritaki* Along with Guda, Pippali, Manahshila, Rasanjana and Kwatha Dravya is Yava mentioned in Charaka Samhita Chikitsa sthana 18th Adhyaya. Because the preparation comprises comparable types of medicines, some drugs may have been added to improve the formulation's potency, while others may have been removed owing to non-availability or due to deletion or substitution during the copying of the text. *Haritaki Avaleha Rasayana* Mainly indicated In Kasa & Shwasa as per classical text (Charak Samhita).

The primary medicines listed in the creation of the *Haritaki Avaleha Rasayana* are of Ushna Veerya, plus a few Sheeta Veerya drugs, based on their characteristics. The predominant rasa found inside it is Tikta, Katu, Madhuara Kashaya. The primary Gunas are Laghu, Ruksha and Tikshna, with a few Guru, Picchila & Snigdha of the particular medicines included in the *Agastya Haritaki Rasayana* formulation. In comparison to Madhura Vipaka, Katu Vipaka has a larger population. The majority of the

medicines are of the Vata-Kapaha Shamaka and Tridoshashamaka in types.

It has been stated in different ailments such as Kasa, Shwasa, based on the characteristics of various components found in *Haritaki Avaleha Rasayana*. Ropana in nature & Laghu Guna is Lekhana, Tikshna guna is Sodhana & Kaphavatahnut, while Tikshna Guna is Sodhana & Kaphavatahnut. Laghu Tikshna Guna normalizes Kapha by acting as an opponent to the Gunas of Kapha. Ruksha is Kaphahara and Guna does Soshana.

Katu Rasa combats Kapha, clears obstructions in the Srotas, and performs Sodhana, whereas Kashaya Rasa relieves Kapha & Pitta diseases while also performing Sodhana. The Lekhana and Kantha Sodhana properties have Tikta Rasa as a quality. Aushadhis have always had Veerya Pradhana in nature, whereas Ahaara is have always had Rasa Pradhana in nature. Veerya contributes to the majority of the drug's therapeutic conditions. Ushna Veerya drugs are Agnimahabhoota dominant and contribute to Pachana, Kapha Liquification, and are a powerful Vata-kapha Shamaka; it aids in the reversal of Shwasa Roga pathophysiology.

The majority of the Dravyas in *Haritaki Avaleha Rasayana* have Vata-Kapha pacifying and Tridosha Shamaka properties. Because the medicines stated are of the KaphIa-Vata Shamaka type, together with Tridosahara, it will be more useful in the Kaphaja type of Kasajita. It can also be given as adjuvant therapy in the form of Naimittika Rasayana, which helps to prevent the condition from becoming chronic and therefore preventing any harm to the affected tissues as well as disease recurrence.

Grahani is mostly caused by Agni vitiation. The Deepana and Pachana effects are caused by the Ushna Veerya and Katu Vipaka. Katu Rasa boosts Agni, aids in appropriate absorption, and keeps digestion in check. Tikta Rasa stimulates the Agni by removing the Aruchi, causing Deepana & Pachana and removing Aruchi. Kashaya Rasa is responsible for the Sthambhana, Ropana and Sodhana effects, as well as the Sodhana effect. Laghu, Ruksha Guna subdues exacerbated Kapha & Tikshna Guna increases Pitta's activity, stimulating Jatharagni, which in turn promotes the other Agni. *Haritaki Avaleha Rasayana* can be utilized as the main line of treatment in the case of Grahani, since it performs Srotosodhana, Deepana Pachana, and ultimately stimulates Agni's function.

The appearance of the Kasa & Shwasa along or after post covid condition is caused by the diminution of Raktadi Dhatu depletion of Dhatvagnis or impediment to their Srotas. Here, the leading Mandata of Agni along, Jatharagni, Dhatwagni & Bhootagni are impacted by the Dosha's Sanga & Vimargagamana. Ushna Veerya drugs induce Doshas to liquefy and to be mitigated, removing the blockage in the Srotas. Katu Vipaka assists Deepana-Pachana in preserving the Agni's normality. Guru, Snigdha Guna and the Madhura Rasa is are in charge of Dhatu nourishment and Ojas formation.

*Haritaki Avaleha Rasayana* can be used in the sense of Naimittika Rasayana for Balya, Brimhana by maintaining the fundamental aspects of Dhatu, Agni and Srotas leading to overall development/improvement, and finally maintaining the Ojas, the essence of all the Dhatus and responsible for vital body strength and resistance against disease.

## Conclusion

Haritaki Avaleha Rasayana is an Avaleha Kalpana that operates on several levels, including the Dhatus, Agni, and Srotas, to improve the body's Vyadhikshmatva. The components of Agastya Haritaki Avaleha Rasayana contain Vata-Kapha Shamana and Tridosahara characteristics, and most of the illnesses described in Phalashruti are of the Vata-Kapha Pradhana kind. Based on the drug's Gunakarma and Doshakarma, it may be utilized as a first-line treatment for sickness as well as a Naimittika Rasayana to improve immunity and heal diseases more quickly and effectively. The concepts of Naimittika Rasayana provide a new dimension to health treatment and encourage an integrated approach amongst many modalities in the area of medicine. Apply Haritaki Avaleha Rasayana in communicable diseases such as Kasa and Shwasa, public health interventions such as immunity boosters. After post-covid diseases such as Shwasa and Kasa emerged, Haritaki Avaleha Rasayana can now devote more resources to fighting the disease and proving that longevity may be achieved when mortality rates are low and the quality of life is improved.

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