

**ABSTRACT**

“Evaluation of the Rasāyana effect of Kruṣṇa Tila (*semen sesami nigrum*) –  
A Clinical Study”

**Keywords:** - Rasāyana, Kruṣṇa tila, black sesame

**Introduction**

Based on 2001 census, approximately 163 million Indians are above the age of 50; this number is expected to increase to 230 million by 2015. Increased sedentary lifestyle, over stress, faulty diets etc. has all lead to low Dhatu bala, low Ojas, vitiation of all Doshas; resulting in premature aging, fatigue, debility, inability to adopt to stress, recurrent illness and depression.

The developed countries like US, Europe and Japan have registered high rate of population-aging with significant negative impact on socio-economic and health-care planning.

Among the eight branches of Ayurveda, Rasāyana Tantra holds an important place. In Ayurveda, the method of maintaining & promotion of positive health has been described i.e. Rasāyana which literally means rejuvenation therapy.

In Vagbhata Samhita use of Kruṣṇa Tila has been indicated for the purpose of Rasāyana. Kruṣṇa Tila is easily available, cheap & one of the common food substance.

**Aim:**

1. Study the Rasāyana effect of Kruṣṇa Tila in improving the health status.

**Objectives:**

1. Study in detail about Kruṣṇa tila.
2. Study the commonly occurring minor complaints of health and early ageing.
3. Understanding the concept of Rasāyana therapy and its practical utility to maintain and improve health status.

### **Methodology**

A clinical study with pre-test and post-test design where in 100 patients fulfilling the inclusion criteria of either sex between the age group of 40 to 60 years were selected from OPD of BVMF's Ayurveda Hospital, Pune-43. Patients were advised Kruṣṇa tila 10 gram once daily to be chewed at Rasāyana kala (Morning) empty stomach with sheeta jala for a total duration of 90 days. On 15<sup>th</sup>, 30<sup>th</sup>, 60<sup>th</sup>, 90<sup>th</sup> day the follow up were taken. The parameters included for assessment were weight, quetelet's index, muscle index, lorenz's constitutional index, abhyavaharan Shakti, jarana Shakti, twak parushata, nidra, khalitya, slatha sandhi, slatha mamsa,

### **Results and Discussion**

The observations revealed significant relief in symptoms of Abhyavaharan Shakti (64.12 %), Jarana shakti (68.42 %), twak parushta (61.52 %), khalitya (70.83 %). Similarly significant relief was recorded in symptoms of Slatha asthi (61.54 %), Slatha sandhi (52.27 %).

Kruṣṇa tila having properties of snigdha, sukshma guna, katu, tikta rasa and ushna virya, Twakprasada, pacifying vata dosha may have helped in relieving these symptoms.

In relation to the observations of *quetelet's index*, *muscle index* and *lorenz's constitutional index*, the results did not show any significant changes in them.

### **Conclusion**

Majority of patients i.e. 68 patients were in age group of 40-50 years and 54 patients were having vata dominant prakruti or vata associated prakruti, which highlights the occurrence of early ageing signs in the population and vata being important dosha involved, as truly stated in samhita's about vata predominance in later ages of life. Black sesame seeds are high in calcium, iron, copper, magnesium, phosphorus, vitamin B etc. These minerals help to support healthy bones, muscles,

## VIII

blood, and nervous system. Copper strengthens blood vessels, joints, and bones. It is assumed that Rasāyana drugs act with predominance effect at different levels like Agni, Dhatu and Srotas. The Rasāyana effect of Kruṣṇa tīla can be seen at the agni level i.e. katu, tikta rasa and ushna virya helps in improvement of agni (digestion & metabolism), sukshma and yogvahi gunas of Kruṣṇa tīla helps supply of various micro nutrients like zinc, calcium, magnesium, vitamin E, lignans (antioxidants) etc. to each and every cell of the body thereby improving the nourishment of the body at micro level & overcoming the early signs of ageing, justifying the mode of action of Rasāyana dravyas.