

# **INTRODUCTION**

## INTRODUCTION

Achieving and maintaining health is an ongoing process, formed by both the evolution of health care knowledge and practices as well as personal strategies and organized interventions for staying healthy.

“*Invest in health and build safer future*” - slogan of W.H.O. for the year-2007, highlights the significance of prevention of diseases and promotion of health. Health and health related issues have been at center stage with respect to protection of one self from diseased conditions. There are various health issues common with many people across the globe. Disease is one of the most common health concerns. According to *GlobalIssues.org*, approximately 36 million people die each year from non-communicable (not contagious) disease including cardiovascular disease cancer, diabetes, and chronic lung disease. All the health sectors are giving due importance to ideal life style and proper diet.

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. Even conservative estimates suggest that of these, 20 per cent of women and about 10-15 per cent of men would be osteoporotic.

Increased sedentary lifestyle, over stress, faulty diets- using fast food items etc. irregular timings of meal due to change in the duties and more and more people are using stale foods with preservatives, addiction etc. has all lead to low Dhātu bala, low Ojas, vitiation of all Doṣas; resulting in – premature aging, fatigue, debility, inability to adopt to stress, recurrent illness and depression.

Widely regarded as the oldest form of healthcare in the world, Āyurveda is an intricate medical science that exists in India since thousands of years. Āyurveda aims at prevention & promoting health of healthy, if diseased to heal.

Āyurveda is a Sanskrit word that literally translates as “the wisdom of life” or “the knowledge of longevity”. In accordance with this definition, Ayurvedic medicine views health as much more than the absence of disease. The wise seers and sages of the time, intuitively understanding the physiology and workings of the mind-body-spirit long before, explained the basic principles of Āyurveda. Āyurveda is divided into eight branches, which are collectively called as Aṣṭāṅga Āyurveda. Rasāyana Cikitsā (Rejuvenation therapy) is the branch of Ayurvedic science, which deals with various aspects of preventive health care. In Āyurveda, among various important aspects of preservation of health have been described i.e. Rasāyana.

The aim of Āyurveda is to prevent illness, heal the diseased and preserve life. This can be summed up as follows: <sup>1</sup>

- To protect health and prolong life ("Swasthyas swasthya rakshanam")
- To eliminate diseases and dysfunctions of the body ("Aturasya vikar prashamanamcha")

Among the eight branches of Āyurveda, Rasāyana Tantra holds an important place. In Āyurveda, the method of maintaining & promotion of health are described i.e. Rasāyana.

Rasāyana Tantra, as the name suggests describes the methods of withdrawing ageing, increasing lifespan, intelligence, strength and capacity to get rid of diseases. Rasāyana is that by which one attains the excellence of all Dhātus.

The term Rasāyana is formed by two words Rasa + Ayana. The measures by which a person achieves the excellence of Rasa Dhatu (Rasa the is nourishing substance which is produced during digestion) and the proper nourishment of Śārīra by it, is known as Rasāyana (rejuvenation therapy). The Rasāyana includes various herbs, diet and daily regimens (routines) which promote longevity by delaying aging and preventing diseases.

Bhāvaprakāśa defines Rasāyana as a measure which helps to delay aging and prevent disease.<sup>2</sup>

A persons undergoing rejuvenation therapy attains longevity, memory, intellect, freedom from disease, youth, excellence of lusture, complexion, voice, excellent potentialities of the body and sense organs, respect and brilliance.

Rasāyana Cikitsā literally means rejuvenation therapy. Rejuvenation is to return to youthful state or to the normal physiological condition from ill health. Entire human race has been desiring for a healthy & disease free longevity from time immortal for which Rasāyana seems to be an appropriate solutions when followed by an healthy individual i.e. Swastha purusha (Healthy Individual) as per the descriptions quoted in Ayurvedic classics.

In Vāgbhata Saṁhitā (Aṣṭāṅga Saṁgraha & Aṣṭāṅga Hṛdaya) Various Rasāyana Dravyas have been mentioned. Use of Kruṣṇa Tila has been indicated in both above mentioned Saṁhitā's for the purpose of Rasāyana. Kruṣṇa Tila is easy available, cheap & one of the common food substance.

Hence an attempt was made to understand the role of Kruṣṇa Tila as Rasāyana in improving the health status.

## **AIM & OBJECTIVES**

### **Aim:**

1. Study the Rasayana effect of Krushna Tila in improving the health status.

### **Objectives:**

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

## **HYPOTHESIS**

H<sub>0</sub>:- There is no significant effect of Krushna Tila as Rasayana

H<sub>1</sub>:- There is significant effect of Krushna Tila as Rasayana