iJRASET
International Journal For Research in Applied Science and Engineering Technology

INTERNATIONAL JOURNAL FOR RESEARCH

IN APPLIED SCIENCE & ENGINEERING TECHNOLOGY

Volume: 9 **Issue:** X **Month of publication:** October 2021

DOI: https://doi.org/10.22214/ijraset.2021.38348

www.ijraset.com

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International Journal for Research in Applied Science & Engineering Technology (IJRASET)
ISSN: 2321-9653; IC Value: 45.98; SJ Impact Factor: 7.429
Volume 9 Issue X Oct 2021- Available at www.ijraset.com

Palliative Care of Auto Immune Diseases through *Ayurveda* with Special Emphasis on *Rasaushadhi*

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Abstract: ***With the growing economy and increasing challenges of day to day life, the chances of getting ill with serious diseases are increasing and had become very common. One of the group of diseases is the auto immune diseases. According to modern medicines an auto immune disease is supposed not to be cure completely whereas it can just be controlled for progression. Therefore, palliative care concept has got much importance in the treatment ailments. Ayurveda now experiencing its golden days due to the increasing awareness with in people for their health issues. Now people are choosing Ayurveda for their chronic conditions which were told to be impossible to cure by health professionals. There is one special branch in Ayurveda called as Rasa Shastra which is concerned about making herbo- mineral, metallo-mineral and metallic preparations. This branch is evolved during 8th century and had focused on stability of mind and body which is called as Dehavada. So it has got all the ability to treat acute as well as chronic diseases. After achieving stability of body it added Rasayana therapy to maintain the subtleness in every aspect. This article "Palliative care of Auto immune diseases through Ayurveda with special emphasis on Rasaushadhi" will discuss in detail with what is auto-immune disease palliative care and Ayurvedic Rasaushadhi.***
Keywords: Palliative care, auto immune disease, Ayurveda, Rasashastra, Rasauhadhi, Rasayana.

I. INTRODUCTION

Disease is defined as the absence of wellness of body as well as mind. Body's response to any foreign material will result into a battle between cells of body and exposure factors. This results into killing of that material through series of reactions which produces symptoms depending upon severity of infection, body's own immune system, certain environmental factors, hereditary factors and the list is so on. This happens when body identifies the difference between own cells and foreign materials mainly viruses and bacteria. When inability to find difference between these two vanishes, body start reacting to own cells differently. It causes destruction of own cells through overacting immune system. It releases proteins in the form of autoantibodies that attack healthy cells. It ranges from local to systemic response. This is called as an auto immune disease. The exact cause of which is not known but some theories are put forward to explain this. Some says over vaccination of children lead to no exposure to infections which causes over action to harmless or minor infections also. Eating of western foods which are over processed, High in fat, high in calorie and carb unable to acquire nutritional demands of body. It produces deficiency of vital elements in the body which accelerates disease progression. Exposure to limitless harmful chemicals through agriculture industry, environment, occupational hazards are also supposed to be causative factor to develop auto immune disease. It goes in population with 2:1 ratio that is chances of bearing auto immune disease is more common in females than males[1]. It starts from child bearing age of a woman. Certain traits are hereditary but not always dominant to show its existence. It runs within families. There are more than 80 auto immune diseases some of the most common are type 1 diabetes, Rheumatoid arthritis, Systemic lupus erythematosus, Inflammatory bowel syndrome, Psoriasis. These cannot be easily identified as symptoms show remission and flare up stages. Symptoms like fatigue, muscle aches, swelling, and redness could be signs of an autoimmune disease. Symptoms might come and go over time. Special investigations must be carried out to rule out its existence. The antinuclear antibody test (ANA) is often one of the first tests used when symptoms suggest an autoimmune disease. A positive test means patient may have one of these diseases, but it won't confirm exactly which patient has. According to modern medicine Treatments can't cure autoimmune diseases, but they can control the overactive immune response and bring down inflammation or at least reduce pain and inflammation. When the inflammation is wide-spread and the disease is well-established, allopathic or modern medicines start treating the symptoms like cytokine storm and inflammation. However, providing symptomatic relief is merely suppressing the cause and complicating the underlying condition. They have only nonsteroidal anti-inflammatory drugs (NSAIDs), immune-suppressing, modulating or enhancing drugs. Treatments are also available to give symptomatic relief from pain, swelling, fatigue, and skin rashes. In this scenario Ayurveda plays most important role. As Ayurveda believes in the treatment of the diseased and not the disease.

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II. WHAT IS PALLIATION

Palliation literally means to alleviate. In palliative care few more days are added to improve quality of life in "end of life" diseases. It does not cure the disease only gives symptomatic relief. Now a days Rasayana therapy is correlated to palliative care but Rasayana approach is far vaster and better than palliative care. It is not only useful for diseased person but also for healthy wellbeing. It is of four types: -

1) *Kamya Rasayana*: In this Rasayana is administered to healthy person to give nourishment to body constituting factors like *Rasadi Dhatu*
2) *Naimittik Rasayana:* This is administered to patients who are suffering from any disease
3) Aachar Rasayana: certain rules and regulations are advised for every individual to maintain healthy state of body.
4) Medhya Rasayana: Ayurveda included medicines for development and nourishment of mind also. They are called as medhya Rasayana.

In this way Ayurvedic Rasayana approach includes everything needed for physical, mental and social wellbeing. So definitely palliative care in auto immune disease can be best treated with Ayurvedic point of view.

III. WHAT AYURVEDA THINKS

In ayurvedic classics, it is mentioned that assimilation of food requires proper functioning of Jatharagni. Properly formed digestive juice thereafter processed by Dhatvagni which provides strength to existing Dhatu as well as nutrition to the next Dhatu. Bhutagni works at mitochondrial level to produce ultimate part which is called as Oja in Ayurveda. Oja works at very minute level to keep mental, physical and social well-being of a person. This Oja can be roughly compare to immune system as ayurvedic Oja concept is very vast to understand. The disturbance in any of the above said process leads to formation of Ama[2]. This Ama can be related to endotoxins which are the end result of undigested Aahar Rasa. This imbalance takes place in any place of the body producing inflammatory reactions to tissues. Where this Ama gets lodged into produces reactions of that tissues ranging from local to systemic response. Accumulation of this inflammation produces typical symptoms like swelling, redness, pain. This is how auto immune disease can be compared with Ayurvedic terminologies. Therefore by balancing Vikrit Agni and Vitaited Dosha Ama can be treated correctly and permanently. As stated earlier Rasashastriya preparations have got this potential to work at Bhutagni level. The formation of body believed to be from Saptadhatu so to maintain its equilibrium administration of Dhatu (metals) is important in the form of Bhasma, Sindura or Satva form. There are some Rasaushadhies mentioned in Rasashastriya literature which are said to be panaceatic as well as Rasayan.

Serial no	Rasaushadhi	Pharmacological action
1	Madhumalini vasant	Balya, pushtiprada, Balamansavardhaka
2	Laghumalini Vasant	Sarvarogahar, Sarvajwarahar, garbhaposhan
3	Swarnamalini Vasant	Sarvarogahar, Rasayana, Balya, ojavardhaka
4	Vasantkusumakar	Rasayana, Balya, Ojavardhaka, Sarvapramehahara
5	Aarogyavardhini Rasa	Tridoshaja Jwara, sarva roga prashamani
6	Chandraprabha Vati	sarva roga prashamani, Rasayani, Balya, Tridoshahara
7	Mahalaxmivilas Rasa	Balya, Ojavardhaka, Rasayana, Tarunyavardhaka

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IV. DISCUSSION

The above said formulations are just the examples of Rasaushadhi that can be used in life threatening conditions. There are many more of such like Swarna Vanga, Samirpannnaga Rasa, Mrigank Rasa etc. These are only metal or mineral origin medicines. If prepared properly they can be given without hesitation to patients. Many metals used in these preparations are having different pharmacological activities. Palliative care is advised to patients where only prolongation of life and betterment of rest of the days are needed. Pain is the major trouble causing to patients. In this condition quick relief from pain, sound sleep, proper digestion, good hunger are the main goals to be achieved. Rasaushadhies by their Prabhav or Guna works better. Patient can achieve a sound go away resting with his family.

REEFERENCES

[1] https://www.healthline.com
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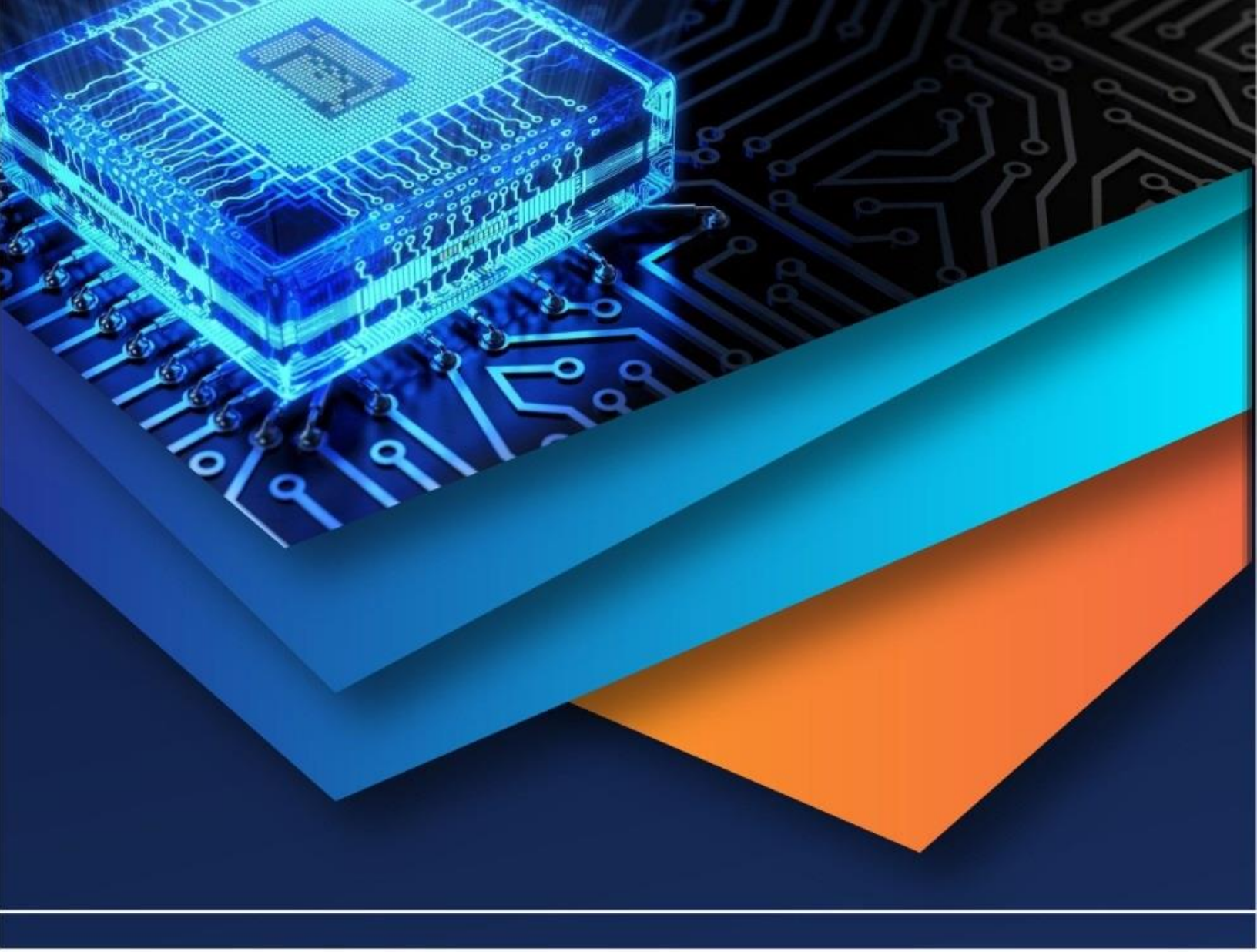

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