

CLASSIFICATION AND INDICATION OF RASAYANA THERAPY; W.S.R. TO *MEDHYA RASAYANA* IN THE MANAGEMENT OF *MANASA ROGA*

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Article Received date: 16 June 2025

Article Revised date: 06 July 2025

Article Accepted date: 26 July 2025



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ABSTRACT

Ayurveda provides unique holistic viewpoint on healing, health and life. *Rasayana* therapy is one of that which also known as rejuvenation therapy. Amongst many *Rasayana* therapies *Medhya Rasayana* is particularly well-known for boosting promoting brain regeneration, boosting memory and cognitive processes, etc. In Ayurveda, mental disorders including increased aggression and social maladjustment are classified under several *Manasa Vikaras*. *Medhya Rasayana* offers health benefits in *Manas Roga* by virtue of their inherent characteristics. *Mandukaparni*, *Yashtimadhu*, *Guduchi* and *Shankhpushpi*, etc. are major herbs which offers beneficial effects in mental health. These drugs revitalize mind-body system and enhance *Dhi*, *Dhriti* and *Smriti*. The *Sheeta* and *Madhura* properties of these drugs help to control *Indriyas* and rectify issue of *Sadhaka Pitta*. Present article put emphasis on classification and indication of *Rasayana* therapy; W.S.R. to role of *Medhya Rasayana* in the management of *Manasa Roga*.

KEYWORDS: *Ayurveda*, *Rasayana*, *Medhya*, *Rejuvenation Therapy*, *Manas Roga*.

INTRODUCTION

Mental health problems are the rising health issues of modern lifestyles that are full of worry, unmet desires and stress, etc. These disruptions frequently manifest as aggressive impulses, social maladjustment and aggression, etc. These diseases are classified as *Manasa Vikaras* in Ayurveda, which are greatly influenced by *Manasa Prakriti*. Regular *Yoga* practice, adoption of *Sadvritta* and *Medhya Rasayana*, etc. is considered useful in managing such types of conditions.^[1-3]

Medhya Rasayanas are a class of Ayurvedic herbs that are well-known for their many health advantages,

especially their capacity to improve memory and cognitive function by means of a particular pharmacological activity. *Medha* signifies intelligence and memory, whereas *Rasayana* describes restorative practices that, when used consistently, immunity, sustenance, cognitive improvement and support longevity, etc. The primary herbs of this category include *Mandukaparni*, *Guduchi*, *Shankhpushpi* and *Yashtimadhu*, etc. These plants are known for their wide range of health benefits and utilize separately or in combination with other plants. **Table 1** depicted their action on mental illness with their possible mode of action according to contemporary science.^[3-5]

Table 1: Role of *Medhya Rasayanas* in mental illness.

Herb	Actions	Mechanism
<i>Shankhpushpi</i>	Improves memory, reduces stress, anxiety and mental tension.	Provides anti-anxiety effects and influences GABA activity, also helps in behavioral disorders.
<i>Guduchi</i>	Acts as an antidepressant and treat juvenile aggression	Increases serotonin and reduces GABA.
<i>Yashtimadhu</i>	Stabilizes mental function, reduces anxiety and stress	Mimics adrenal hormones activity and pacifies mental restlessness
<i>Mandukaparni</i>	Reduces aggression, anxiety and supports neuronal growth, etc.	Acts by virtue of its antioxidant and immuno-modulatory activities.

Acharya Rasayana which entails abstaining from wrath and excessive indulgence in sensual pleasures also considered valuable for treating mental illness. Similarly

Medhya Rasayana as medicinal therapy imparts several health benefits in mental illness. The major classes of *Medhya Rasayana* are depicted in **Figure 1**.^[5-7]

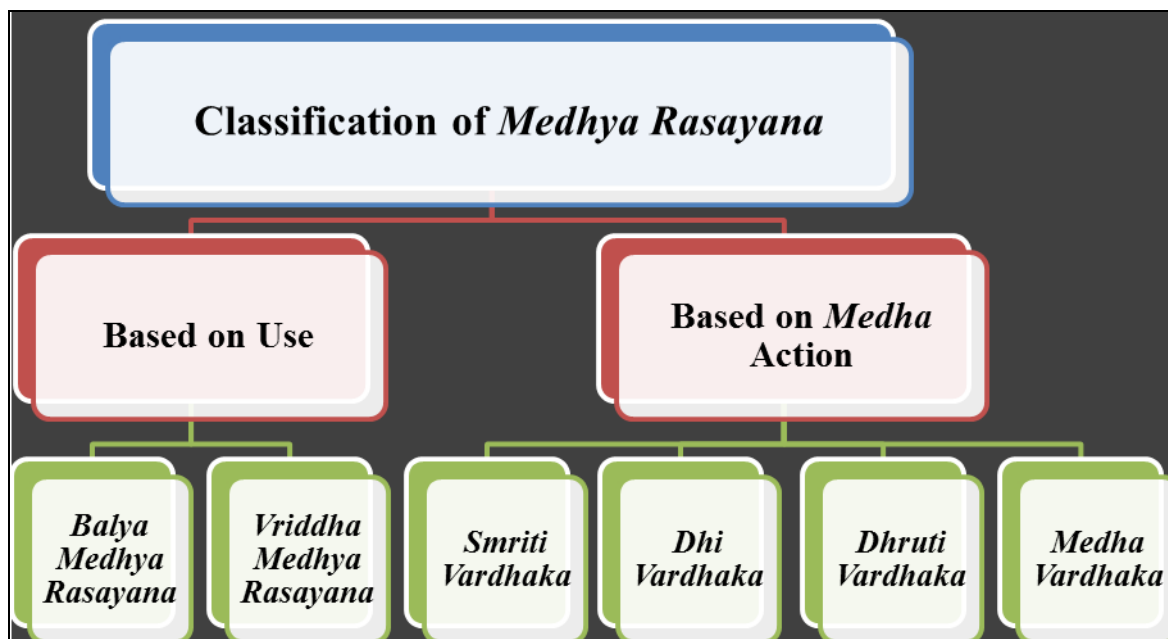


Figure 1: Major categories of *Medhya Rasayana*.

There are several categories into which *Medhya Rasayanas* can be divided according to how they affect mental capacities (*Medha*). Herbs like *Brahmi* and *Vacha* are used in *Smriti Vardhaka* medications to improve memory. *Shankhapushpi* and *Mandukaparni* are two *Dhi Vardhaka* medications that enhance cognition and reasoning. *Guduchi* and *Yashtimadhu* are two *Dhruti Vardhaka* substances that are well-known for improving willpower and retention. Furthermore *Medha Vardhaka* herbs, such as *Ashwagandha* and *Jyotishmati*, support general cognitive processes. According to their age-appropriateness, *Medhya Rasayanas* are also divided into two categories: *Vridha Medhya Rasayana*, which is advised for the elderly or those undergoing cognitive decline, and *Balya Medhya Rasayana*, which is best for children and includes *Brahmi*, *Mandukaparni*, and *Yashtimadhu*.^[6-8]

Mechanism of Action of *Medhya Rasayana* as per Ayurveda

According to Ayurveda, *Medhya Rasayana* is essential for bolstering the body and mind. It supports self-control

and emotional stability while also helping to improve cognitive capacities. The *Dosha*-specific balancing attributes of these Ayurvedic herbs are related to their diverse *Rasa*, *Guna*, *Virya* and *Vipaka*. As a *Vata-Kapha Shamak*, *Shankhapushpi* works well since it has *Tikta* and *Kashaya rasa*, *Snigdha* and *Pichhila Guna*, *Sheeta virya* and *Madhura vipaka*. *Guduchi* pacifies the *Vata* and *Pitta doshas* by displaying *Tikta*, *Katu* and *Kashaya rasa*, as well as *Guru* and *Snigdha guna*, *Ushna virya* and *Madhura vipaka*. *Yashtimadhu* is regarded as *Tridosha Shamak*, balancing *Vata*, *Pitta*, and *Kapha*, and possesses *Madhura rasa*, *Snigdha guna*, *Sheeta virya* and *Madhura vipaka*. *Mandukaparni* is appropriate for calming the *Vata* and *Kapha doshas* because it exhibits *Tikta*, *Kashaya* and *Madhura rasa*, *Laghu* and *Sara guna*, *Sheeta virya* and *Madhura vipaka*. The specific indication of these herbs in particular pathological state is presented in **Table 2**.^[7-9]

Table 2: Specific Indications of *Medhya Rasayana*.

S. No.	Indication	Examples
1	<i>Manodaurbalya</i>	<i>Guduchi</i> , <i>Mandukaparni</i> , <i>Shankhapushpi</i>
2	<i>Apasmara</i>	<i>Vacha</i> , <i>Brahmi</i> , <i>Jyotishmati</i>
3	<i>Unmada</i>	<i>Yashtimadhu</i> , <i>Shankhapushpi</i> , <i>Ashwagandha</i>
4	<i>Chittodvega</i>	<i>Mandukaparni</i> , <i>Brahmi</i> , <i>Shankhapushpi</i>
5	<i>Medha-Kshaya</i>	<i>Jyotishmati</i> , <i>Guduchi</i> , <i>Ashwagandha</i>
6	<i>Bala-Hani</i>	<i>Yashtimadhu</i> , <i>Ashwagandha</i> , <i>Guduchi</i>
7	<i>Nidranasha</i>	<i>Mandukaparni</i> , <i>Shankhapushpi</i> , <i>Brahmi</i>

Pitta Dosha controls cerebral qualities like intelligence and concentration as well as emotional manifestations like aggression and rage. A *Pitta* imbalance frequently leads to mental health issues. By calming this *Dosha*, *Medhya Rasayanas* improve intelligence and lessen irritation and violence. Conversely, the *Kapha Dosha* is linked to mental stability, strength, endurance, patience, and courage. The general health benefits of *Medhya Rasayana* in mental illness are as follows.^[8-10]

- ✓ *Medhya Rasayana* sharpens comprehension and increases attention
- ✓ These drugs boosts memory
- ✓ Reduces tension and anxiety contributes to the development of *Satvika Bhavas*
- ✓ Induces mental calmness and control emotional disturbances.
- ✓ Control blood pressure by regulating stress and mental fatigue.
- ✓ Improve mood and treat adrenal insufficiency thus pacifies aggressive behavior.
- ✓ Imparts revitalizing qualities, promote mental stability and serenity.
- ✓ Exhibits potent immunomodulatory and antioxidant properties and promotes neuronal growth.

Medhya Rasayana promotes mental toughness and emotional resilience by bolstering *Kapha*. *Medhya Rasayana* has a beneficial effect on both *Prana Vata*, which is related with *Dhriti* and *Indriyas*, and *Sadhaka Pitta* which is related with judgment.^[9-11]

CONCLUSION

Medhya Dravyas are responsible for their *Medhya* effects in controlling *Manas Roga*. Their *Rasa*, *Guna*, *Virya* and *Vipaka* are contributing factors towards these unique effects. *Medhya Rasayanas* are important for enhancing people's mental health and preventing disorders related to the stress and anxiety. *Medhya Rasayanas* affect the body's physiology in a special way, acting through their innate *Prabhava*. These formulations work well for treating behavioral disorders and mental health conditions. They promote nerve system function, stabilize mental and bodily *Doshas*, and improve memory. *Medhya Rasayanas* assist to maintain the balance of neurotransmitters, control the hypothalamic-pituitary-adrenal axis, shield brain tissue from oxidative stress and enhance cerebral blood flow, etc. Additionally, they support psychological function and resilience against mental diseases by boosting *Rasa Dhatu* and *Agni*. *Shankhpushpi*, *Guduchi*, *Yashtimadhu* and *Mandukaparni* are major drugs under this category which promote emotional regulation, lessen aggressive behavior and improve overall mental health.

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