



KSHETHRIKARANA AN AYURVEDIC CONCEPT FOR ACHIEVING RASAYANA THERAPY BENEFITS

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ABSTRACT

Rasayana (Rejuvenation) therapy is a highly specialized branch of Ayurveda, *Rasayana* therapy mainly aims in the rejuvenation of the body and mind. There are Numerous *Rasayana* therapies which include drugs, diet and regimens explained in Ayurvedic Classical texts. The process of *Kshethrikarana* (purification to body) is mentioned in different *Rasasastra* texts like *Ayurveda Prakasha*, *Rasatarangini*, etc in the context of *Parada Sevavidhi* (intake of mercurial preparations). According to the Ayurveda classical text *Charaka Samhita* one should undergo the *Shodhana* (bio purification) procedures like *Vamana* (Therapeutic emesis), *Virechana* (Therapeutic purgation), *Niruha Basti* (Therapeutic enema), *Shirovirechana* (therapeutic cleansing of the head and neck region) before *Rasayana* therapy to get the best results of therapy. The procedures for *Kshethrikarana* can be seen imbibed within *Panchakarma* therapy but all *Panchakarma* procedures are not adopted for *Kshethrikarana*. *Kshethrikarana* includes the therapies like *Pachana*, (Digestion Therapy) *Snehana* (Oleation Therapy), *Swedana* (Fomentation treatment), *Vamana* and *Virechana*. The *Rasayana* therapy if not done in proper way will not give desired effects and can cause the increase of *Dosha* (biological humours) in body. Here an attempt is made to highlight the fundamentals and the importance of *Kshethrikarana* as a concept, method and extent of the therapies for preparing the body before *Rasayana* therapy to get the Maximum benefits of *Rasayana* therapy and similarities of *Kshethrikarana* and *Panchakarma* (Penta bio – purification therapy) therapies are discussed in detail.

Key words: *Kshethrikarana*, *Rasayana*, *Panchakarma*, *Shodhana* , *Pathya*.

INTRODUCTION: Ayurveda advises *Shodhana* and *Shamana* (pacification) *Chikitsa* (treatment) for the purification of body. Apart from *Chikitsa* Ayurveda also mentions *Rasayana* therapy for maintaining the health of the body. *Panchakarma* presents a unique approach in Ayurveda with specially designed five procedures of internal purification of the body through the nearest possible route.

According to Ayurveda the body is considered as the *Kshetra* (temple) where the *Atma* (soul) resides. The *Indriyas* (sense organs) will function properly when both *Atma* (soul) and *Kshetra* (body) are in pure

state. For *Rasayana* therapy complete purification of body is required. Without this there is no effect of taking *Rasayana*. This secret was told by Lord Shiva to Parvati.¹ The method of doing *Panchakarma* procedures in prior to administration of *Rasayana* therapy is called as *Kshethrikarana*.²

The procedures for *Kshethrikarana* can be seen imbibed within *Panchakarma* therapy but all *Panchakarma* procedures are not adopted for *Kshethrikarana*. *Kshethrikarana* includes the therapies like *Pachana*, *Snehana*, *Swedana* , *Vamana* and *Virechana*.

Benifits of Kshethrikarana.

Person if undergoes *Kshethrikarana*, and then undergo *Rasayana* and follows *Pathya* (wholsome diet) his *Ayu* (lifespan) will be increased and The person becomes *Amar* (immortal).³ By doing *Kshethrikarana* before *Rasayana* therapy , one gets the effect of *Rasayana* therapy very fast.⁴

Importance of Kshethrikarana.

Without *Kshethrikarana* one if undergoes *Rasayana* then he will not have any benefit of the therapy, also there will be *Dosa Vriddi* ((increase or imbalance in three biological humours). As a result the effect of *Rasayana* will not be got, and at the same time there will be opposite effect.⁴

Without proper purification of the body if *Parada* (Mercury) which is considered as *Amruta* (nectar) if given it will work as *Visa* (poison). Just like sowing good seeds in a field with sandy soil.⁶

The importance of *Kshethrikarana* has be explained in classical Ayurvedic texts in the form of a simile. Without *Shodana* or *Shareera Shuddhi* (cleansing of body) if *Rasayana* is administered it becomes useless like dirty cloth when dipped in colour, it won't absorb colour, in the same manner without *Shodana*, *Rasayana* if administered will not be much effective.⁸

Procedures involved Kshethrikarana

According to the Ayurveda classical text Charaka Samhita one should undergo the *Panchakarma* Procedures like *Vamana*, *Virechan*, *Niruha Basti*, *Shirovirechan* before *Rasayana* therapy to get the best results of therapy.⁹ According to the classical text Ayurveda Prakasha the procedures like *Pachana*, *Snahana*, *Swedana*, *Vamana*, *Virechan* should be done before the administration of *Rasayana* therapy.¹⁰ Considering the difficulty in performing all the *Shodhana* therapies for normal individuals before *Rasayana*, after proper

Pachana , *Snehan* and *Swedan Virechan* should be given to patient.¹¹

Method of Taking Rasayana therapy.

A systematic way of undergoing *Rasayana* therapy is been told in Ayurvedic classics. *Rasayana* should be used by the wise physician in young or middle age invariably after prior *Snehana* (Oleation) and *Shodhana*. If a person without having undergone *Shodana* the application of *Rasayana* therapy does not succeed like dye applied to a dirty cloth.¹²

Before administering *Rasayana* the person should be administered with *Panchakarma* therapies. After these one has to follow *Pathya*. After *Pathya* one should take *Aushadies* (medicines) to remove any diseases if present.

If *Rasayana* undergoing person is *Bala* (child), *Krish* (emaciated), *Ksheena* (tired), then all *Panchakarma* therapies cannot be administered, he can be given *Virechana* wisely. After the therapies give *Aushadies* so that he become free of diseases.

After doing *Kshethrikarana* one should use *Shali Danya* (special type of rice) grown in good place as *Pathya*. And then undergo *Rasayana* .¹³

Extent of Kshethrikarana

Kshethrikarana will be the *Poorvakarma* (Preparatory Techniques) before *Rasayana Prayoga* (administration) and *Shodana* is done until *Purana Mala* (old toxins) gets eliminated from the body.

After *Kshethrikarana* depending upon the *Deha Shuddhi* 3,5,7 days *Samsarjana Karma* (dietetic protocol) is to be performed.¹⁴

DISCUSSION

1.Role of Kshethrikarana in Rasayana

2.Probable Mode of action of Kshethrikarana in Rasayana

1.Role of Kshethrikarana in Rasayana

The role of *Kshethrikarana* in *Rasayana* is better understand in two headings

A. *Kshethrikarana* as *Poorvakarma* of *Rasayana Chikitsa*

Rasayana should be administered to person in their early age or middle age and always done to person who are self controlled who have undergone *Shodana therapies*.¹⁵

Snehana, *Swedana* undergone persons body become *Parishkrita* (refined), so wise physician should do *Vamana*, *Virachana*, *Basthi*, *Shirovirechana* and accordingly give *Rasayana* and *Vajikarna* (aphrodisiac therapy) drugs.

If the person undergo the therapies like this, then the *Doshas* and *Dhatu*s (tissues of the body) are maintained in homeostasis and disease are not caused. There will be proper growth and nourishment of *Dhatu*s, and the process of aging will be delayed¹⁶

B. *Kshethrikarana* as *Pradanakarma* of *Rasayana Chikitsa*

The importance of *Kshethrikarana* can be seen by comparing the benefits of *Kshethrikarana* and *Rasayana Chikitsa*

Benefits of *Rasayana*

It gives *Deergaayu* (longevity), *Smrit* (memory), *Medha* (intellect), *Prabha* (excellent aura), *Varna* (complexion), *Swara* (voice), *Deha Bala* (physical strength), *Indriya Bala* (strong sense organs), *Vaksiddhi* (good oration skills).¹⁷

Benefits *Shodhana* in general

Shodhana gives *Buddhi Prasada* (clarity of mind), *Indriya Bala* (strengthens the sense organs), *Dhatu Stiratva* (stability of tissues of body) and increases the *Agni* (improves digestion), *Chirapaka of Vayas* (slow aging process).¹⁸

***Kshethrikarana* and *Rasayana* effects similarities**

By doing *Kshethrikarana* the *Dushita Doshas* (toxins) and *Mala* (waste prod-

ucts), is removed from the body. It removes the diseases. Increases the *Bala*, *Varna*. If taken properly increases the *Ayu*, and keeps the person *Swastha* (healthy) for a long time. By seeing the benefits of *Kshethrikarana* we can consider itself as *Rasayana*.¹⁹

By doing *Shodana* in right time *Kosta Shuddhi* (cleansing of G.I tract) occurs. *Jatharagni* (digestive secretions). increases. *Roga* (diseases) subsides. *Prakruti* (natural constitution of the human body) becomes normal that means the *Dosas* becomes normal. *Indriya* (sense organs), *Buddi* (intellect), *Mana* (mind), *Varna* increases. *Shareera Bala* increases,. Power to produce progeny also increases. Individual does not become old fast, remains *Swastha*, so *Shodana* to be done in right time.²⁰

2.Probable Mode of action of *Kshethrikarana* in *Rasayana*.

By doing *Kshethrikarana* before *Rasayana* there will be *Deepana*, *Pachana* effect. It will enhance the *Agni* & digest the *Ama Doshas* (toxins) in body. *Snehana* procedures involved in the process will do the *Utkleshana* (excitation) of *Dosha* and *Svedana* will do the *Draveekarana* (liquefaction) and brings *Utklishta Doshas* from *Shaka* (extremities) to *Koshta* (abdomen). The *Vamanaadi Shodhan Karmas* will expel the *Doshas* from the body, thereby make the body clear of toxins. The *Samsarjana Karma* followed by the *Shodhan Karmas* will give strength to body and make the body ready for *Rasayana* giving maximum Benefits.

CONCLUSION:

Administration of *Rasayana Chikitsa* to the people who are not undergone *Shodhana Karma*, is just like colour doesn't make a dirty cloth shine. This unique approach of *Kshethrikarana* can

be used in *Swastha* person before *Rasayana* therapy to prepare the body and also in diseased person it can be given to get the maximum benefits of the medicine in the shortest duration of time.

Kshethrikarana is a method described in Ayurvedic text, which is same as *Shodana* or *Panchakarma* therapy. The procedures for *Kshethrikarana* can be seen imbibed within *Panchakarma* therapy but all *Panchakarma* procedures are not adopted for *Kshethrikarana*. *Kshethrikarana* includes the therapies like *Pachana*, (Digestion Therapy) *Snehana* (Oleation Therapy), *Swedana* (Fomentation treatment), *Vamana* and *Virechana*.

Kshethrikarana presents a unique approach in Ayurveda with specially designed procedures for purification of the body. *Kshethrikarana* is not merely a *Shodhana* therapy but also, allows the biological system to return to its homeostasis & to rejuvenate rapidly & also facilitates the desired Pharmacological-therapeutic effects of medicine administered thereafter .

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