

## DRUSHTI RASAYANAS IN RASARATNASAMUCCHAYA

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### ABSTRACT

**INTRODUCTION:** *Ayurveda* aims at promotion of health and prevention and curing of diseases; with this as the objective *Rasayana* plays a major role in prevention of diseases and promotion of health. *Rasayana* drugs are those which are capable of imparting *rasa* and *dhatu poshana*, toning up the system of the healthy person. *Rasayana* word is given to those drugs/minerals which are known to promote positive health and longevity. In other words, it is also referred as to give optimum nourishment to the *dhatu*s. *Rasaratnasamucchaya* is an authentic text of *Rasashastra* which has a special reference in *Rasayanaadhyaya* where the *Rasayana* indicated for *drushti* is mentioned.

**METHODOLOGY:** Literary review is done on the *Rasayanas* mentioned with special reference to *drushti* in *Rasayanaadhyaya* of *Rasaratnasamucchaya*. Review is done on the three *Rasayanas* namely *Vaarshika rasayana*, *Kushtaadihara rasayana* and *Jyothishmatitaila rasayana* which is said to give *divyadrushti*.

**DISCUSSION:** *Vaarshika rasayana*, *Kushtaadihara rasayana* and *Jyothishmatitaila rasayana* are the three *Rasayanas* mentioned in *Rasayanaadhyaya* of *Rasaratnasamucchaya*. Main drugs of these itself has *Rasayana* effect which imparts *dhatu poshana* and helps in promotion of health. *Shudha tuttha* is indicated in *netraroga*, also acts as *Rasayana*, *Loha bhasma* has its effect in improving eyesight and good for eyes, *Gandhaka* being *Rasayana* also has effect in improving eyesight. The *bhavana dravyas* like *Triphala kwatha*, *Amalaki patra swarasa* may also adds up to this effect giving a synergistic action.

**CONCLUSION:** Drugs mentioned in above *Rasayanas* act as *Rasayana* individually and with the addition of *bhavana dravyas* which also has *Rasayana* property gives a synergistic action and helps in potentiation of the formulations.

**KEYWORDS:** *Rasayana, Rasaratnasamucchaya, divyadrushti, dhatu poshana, synergistic action*

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