

# Role of *Rasayana dravyas* from *Madanpal Nighantu* in enhancing the overall human immunity – A critical review

## Review Article

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### Abstract

We are continuously fighting with the pandemic of COVID-19 from last 3 years. Also other infections like Common cold, Severely Acute Viral Infections (SARS), Influenza (the flu), Herpes, Tuberculosis, Whooping cough, Pneumonia, Typhoid are some of the very common and recurring infections in human beings. Having strong immunity and destroying the main causes of various infections is the only option to survive in such conditions. It is a need to get familiar with natural herbs or *dravyas* from Ayurveda. *Dravyas* suggested in Ayurveda, which can boost immunity and thus, can protect us from various infections. In *Ashtang Ayurveda*, *Rasayana* is a special branch of Ayurveda. It promotes the inner healing power of an individual and thus can become helpful in overtaking the symptoms and diseases while promoting the immunity. *Madanpal Nighantu* is one of our ancient literature textbook of Ayurveda which provides information about multiple important herbal and ayurvedic drugs. In *Madanpal Nighantu*, 35 *dravyas* are explained as *Rasayana dravyas* in *sutras*. So, screening of *Rasayana dravyas* from *Madanpal Nighantu* can provide useful information to medical practitioners. These *Rasayana dravyas* can ultimately become useful in healthy individuals and in patients suffering from various infections or diseases in maintaining and enhancing their natural immunity. By considering all these facts, we made an effort to find out and study all these *Rasayana dravyas* from *Madanpal Nighantu* having *Rasayana* properties. Also this paper makes an attempt to study *Rasapanchkas* of these *Rasayana dravyas* to assess their probable mode of action as *Rasayana*.

**Key Words:** *Rasayana*, Immunity, *Madanpal Nighantu*, *Raspanchaka*, *Ashtang Ayurveda*.

### Introduction

Having strong immunity is the only key to live a healthy and happy life. But nowadays, after suffering from the pandemic of COVID-19, everyone knows that survival of the fittest is very necessary. In our day to day life, it is common that, if an individual doesn't have good immunity, then he/she has to suffer from various common infections or diseases. Also it is clear that, if the person enhances and maintains his/her immunity, then there is very low chance of getting infectious to various diseases. Extensive researches are broadly conducted all over the world focusing on natural herbs influencing the immunity. Natural drugs from Ayurveda can solve this problem by boosting immunity and can also become useful in treating the symptoms.

*Rasayana* is one of the most important branch of *Ashtang Ayurveda*. *Madanpal Nighantu* includes 35 *Rasayana dravyas* in *sutras*. These *Rasayana dravyas* can enhance immunity of an individual by boosting different *dhatu*- (*Ras*, *Rakta*, *Mansa*, *Meda*, *Asthi*, *Majja*, *Shukra*). Every system of medicine emphasizes

on treating the disease but in Ayurveda, treating a disease is always secondary rather, maintaining and preserving health which is the first objective of health-care plans. *Rasayana therapy* among *Ashtang Ayurveda* ensures the same by promoting health, immunity and in turn longevity.

By considering the importance of *Rasayana* therapy *Acharya Charaka* start *Chikitsa sthan* with *Rasayana adhyay*(1). According to our grand *Acharyas* *Rasayana* means (*ras+ayana*) essentially refers to nutrition(2). More specifically refers to bioavailability of nutrition.

*Rasayana* therapy consists of certain drugs which aim to-

- Preserve and promote the health of healthy individual.
- Improves the status of *Dhatu*s
- Management of diseases
- Prevents ageing and provides longevity
- Boost immunity
- Rejuvenate the system

It is not only a single drug treatment but also a specialized therapeutic procedure practiced as a major specialty in Ayurvedic medicine. Properly and timely use of *Rasayana dravyas* promotes youthfulness, memory, intelligence, complexion, body glow and best physical strength. *Rasayana dravyas* act at various levels i.e. *Rasadi-dhatu*, *Agni* and *Srotas* means at the

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level of cellular metabolism and hence improve the metabolic activities of the body and ultimately Immunity.

On screening most of the *Rasayana dravyas*, we studied their *Rasapanchakas- Rasa, Guna, Veerya, Vipaka and Karma*. It will help in knowing their mode of action as a *Rasayana*.

### Aims and Objectives

- To enlist *dravyas* mentioned as *Rasayana* in sutras of *Madanpal Nighantu*
- To screen the above selected *dravyas* to assess their probable action as *Rasayana*.
- To classify the *dravyas* on the basis of *Rasadi* properties, *Doshaghnata* and also specific pharmacological actions responsible for *Rasayana karma*.

## Material & Methods

### Materials

- *Madanpal Nighantu* hindi commentary 'Hari' done by *Pandit Hariprasad Tripathi*
- Pubmed and Google scholar web search regarding *Rasayana* action.

### Methods

- The drugs are collected from different *Vargas* of *Madanpal Nighantu* of *Nrupa Shree Madanpal's* (in C 1300 – 1400 A.D.) commentary 'Hari' done by

*Pandit Hariprasad Tripathi*. Main focus is made only on the *Rasayana dravyas* which are described in *Shloka* form. *Dravyas* mentioned as *Rasayana* in sutras from *Madanpal Nighantu* are enlisted.

- The review of the selected *Rasayan dravyas* from *Madanpal Nighantu* for their *Rasadi* properties, *Doshaghnata*, Sanskrit names, Latin names and its *Rasayana* related Pharmacological Activity were taken.
- The Pubmed and Google scholar web search of enlisted *Rasayana dravyas* was done for their *Rasayana* action as per the modern pharmacology.
- The classification of *dravyas* on the basis of above review was done. *Rasayana* on the basis of their *Rasadi* properties, *Doshaghnata* and modern pharmacology.
- Critical analysis of these *dravyas* to assess probable mode of action as pharmacological activities responsible for *Rasayana Karma*.

### Madanpal Nighantu

The *Madanpal Nighantu* is commonly known as '*Madanvinod*' and is also known as '*Madana Nighantu*' written by *Nrupa Shree Madanpala* in C 1300 – 1400 A.D.

Hindi commentary named '*Hari*' written by *Pandit Hariprasad Tripathi*. This *Nighantu* is divided in to 13 *vargas*.

**Table 1: Madanpal Nighantu Vargas (3)**

Sr. No.	Name of Vargas	Dravyas Includes in Vargas of Madanpal Nighantu
1	<i>Abhayadi Varga</i>	165 <i>Dravyas</i>
2	<i>Shunthyadi Varga</i>	39 <i>Dravyas</i>
3	<i>Karpooradi Varga</i>	84 Aromatic <i>Dravyas</i>
4	<i>Suvarnadi Varga</i>	44 Metals and Minerals
5	<i>Vatadi Varga</i>	50 <i>Dravyas</i>
6	<i>Phaladi Varga</i>	56 Edible Fruits
7	<i>Shakadi Varga</i>	56 <i>Shak Dravyas</i>
8	<i>Paniyadi Varga</i>	Detail description of Water, Milk, Alcohol and Urine
9	<i>Ikshukadi Varga</i>	Description of Sugarcane and it's Product
10	<i>Dhanyadi Varga</i>	Description of various types of Grain
11	<i>Dhanya Krutanna Varga</i>	Description of various types of Food preparation
12	<i>Mansadi Varga</i>	Description of various types of Bird, Animal Meat
13	<i>Mishrakadi Varga</i>	Description of <i>Anupana</i> and seasonal regimens

**Table 2: List of Dravyas along with their Latin Name and Family – I**

Sr.No.	Drug	Botanical Name	Family
1	<i>Haritaki</i>	<i>Terminalia chebula</i> Retz.	<i>Combretaceae</i>
2	<i>Guduchi</i>	<i>Tinospora cordifolia</i> Willd.	<i>Menispermaceae</i>
3	<i>Kashmarya/ Gambhari</i>	<i>Gmelina arborea</i> Linn.	<i>Verbenaceae</i>
4	<i>Shalparni</i>	<i>Desmodium gangeticum</i> DC.	<i>Fabaceae / Leguminosae</i>
5	<i>Jeevanti</i>	<i>Leptadenia reticulata</i> W.& A.	<i>Asclepiadaceae</i>
6	<i>Krurak /Punarnava</i>	<i>Boerhaavia diffusa</i> Linn.	<i>Nyctaginaceae</i>
7	<i>Ashwagandha</i>	<i>Withania somnifera</i> Linn.	<i>Solanaceae</i>
8	<i>Shatavari</i>	<i>Asparagus racemosus</i> Willd.	<i>Liliaceae</i>
9	<i>Sahastraveerya / Maha shatavari</i>	<i>Asparagus sarmentosa</i> Linn.	<i>Liliaceae</i>
10	<i>Bruhatbala / Sahdevi</i>	<i>Vernonia cineria</i> Less	<i>Compositae</i>
11	<i>Vidarikanda</i>	<i>Pueraria tuberosa</i> DC.	<i>Fabaceae</i>

12	<b>Bakuchi</b>	<i>Psoralia corylifolia</i> Linn.	Leguminoseae
13	<b>Bhrungraj</b>	<i>Eclipta alba</i> Hassk.	Compositeae
14	<b>Kakmachi</b>	<i>Solanum nigrum</i> Linn.	Solanaceae
15	<b>Ativisha</b>	<i>Aconitum heterophyllum</i> Wall.	Ranunculaceae
16	<b>Vridhhdaru</b>	<i>Argyrea speciosa</i> Sweet	Convolvulaceae
17	<b>Somvalli</b>	<i>Ephedra gerardiana</i> Wall.	Ephedraceae
18	<b>Musali</b>	<i>Asparagus adscendens</i> Roxb.	Liliaceae
19	<b>Shankhapushpi</b>	<i>Convolvulus pluricaulis</i> Choisy.	Convolvulaceae
20	<b>Bhramhi</b>	<i>Herpestis monniera</i> (Linn.) H.B.&	Scrophulariaceae
21	<b>Kumari</b>	<i>Aloe vera</i> Tourn. Ex Linn.	Liliaceae
22	<b>Pipali</b>	<i>Piper longum</i> Linn.	Piperaceae
23	<b>Guggul</b>	<i>Commiphora mukul</i> (Hook ex	Burseraceae
24	<b>Tilak</b>	<i>Wendlandia exerta</i> DC.	Rubiaceae
25	<b>Suvarna</b>	Gold	-
26	<b>Rajat</b>	Silver	-
27	<b>Parad</b>	Mercury	-
28	<b>Gandhak</b>	Sulphur	-
29	<b>Makshik</b>	Copper pyrite	-
30	<b>Shilajatu</b>	<i>Asphaltum punjabinum</i> L.	-
31	<b>Pilu</b>	<i>Salvadora persica</i> Linn.	Salvadoraceae
32	<b>Vijaysar / Bijak</b>	<i>Pterocarpus marsupium</i> Roxb.	Leguminosae
33	<b>Shalmali</b>	<i>Salmalia malabarica</i> Schott &	Bombacaceae
34	<b>Lashun</b>	<i>Allium sativum</i> Linn.	Liliaceae
35	<b>Varahi</b>	<i>Dioscorea bulbifera</i> Linn.	Dioscoreaceae

**Table 3: List of Dravyas along with their Raspanchaka – I**

Sr. No.	Dravyas	Rasa	Veerya	Vipaka	Guna	Doshik Karma	Varga
1	<b>Haritaki</b>	Lavan rahat 5 rasa Kashay rasa pradhan	Ushna	Madhur	Laghu, Ruksha	Tridosahar	Abhayadi
2	<b>Guduchi</b>	Tikta Katu	Ushna	Madhur	Guru, Snigdha	Trodosha shamak	Abhayadi
3	<b>Kashmarya/ Gambhariphal</b>	Madhur, Kashay	Sheet	Madhur	Guru, Snigdha	Vata – Pitta Shamak	Abhayadi
4	<b>Shalparni</b>	Madhur, Tikta	Ushna	Madhur	Guru, Snigdha	Tridosh Shamak	Abhayadi
5	<b>Jeevanti</b>	Madhur	Sheet	Madhur	Laghu, Snigdha	Tridosahar	Abhayadi
6	<b>Krurak / Punarnava</b>	Katu Tikta Kashaya	Ushna	Madhur	Laghu, Ruksha	Tridoshar	Abhayadi
7	<b>Ashwagandha</b>	Tikta Katu, Madhur	Ushna	Madhur	Laghu, Snigdha	Kapha- Vata shamak	Abhayadi
8	<b>Shatavari</b>	Madhur, Tikta	Sheeta	Madhur	Guru, Snigdha	Vata-Pitt Shamak	Abhayadi
9	<b>Vidarikanda</b>	Madhur	Sheet	Madhur	Guru, Snigdha	Vata- Pitta shamak	Abhyadi
10	<b>Sahastraveerya / Maha shatavari</b>	Madhur, Tikta	Sheeta	Madhur	Guru, Snigdha	Vata - Pitta Shamak	Abhayadi
11	<b>Bruhatbala / Sahdevi</b>	Katu, Tikta	Ushana	Katu	Laghu, Ruksha	Kapha - Vata Shamak	Abhayadi
12	<b>Bakuchi</b>	Tikta,	Ushna	Katu	Laghu, Ruksha	Kaph- Vata shamak	Abhayadi
13	<b>Bhrungraj</b>	Katu, Tikta	Ushana	Katu	Ruksha, Laghu	Kapha-Vata Shamak	Abhayadi
14	<b>Kakmachi</b>	Tikta	Anushna	Katu	Laghu Snigdha	Tridoshaghna	Abhayadi
15	<b>Ativisha</b>	Tikta Katu	Ushna	Katu	Laghu, Ruksha	Kapha-Vata Shamak	Abhayadi
16	<b>Vridhhdaru</b>	Katu Tikta Kashay	Ushna	Madhur	Laghu, Snigdha	Kapha - Vata shamak	Abhayadi
17	<b>Somvalli</b>	Katu	Ushna	Katu	Laghu, Ruksha	Kapha- Vata shamak	Abhayadi

**Table 4: List of Dravyas along with their Raspanchaka II**

Sr. No	Dravyas	Rasa	Veerya	Vipaka	Guna	Doshik Karma	Varga
18	Musali	Madhur	Sheet	Madhur	Guru, Snigdha	Vata, pitta shamak, kapha vardhak	Abhayadi
19	Shankhapushpi	Tikta	Sheet	Madhur	Snigdha, Pichhil	Tridosshar	Abhayadi
20	Bhramhi	Tikta	Ushna	Katu	Laghu	Kapha-Vata shamak	Abhayadi
21	Kumari	Katu	Sheet	Katu	Guru, Snigdha, Pichhil	Kapha-pitta Nashak	Abhayadi
22	Pippali	Katu	Anushna Sheet	Madhur	Laghu, Snigdha, Tikshna	Kapha - vata shamak	Shunthyadi
23	Guggul	Tikta Katu	Ushna	Katu	Laghu, Ruksha, Teekshna, Vishada, Shushma, Sar Sugandhi	Tridosshar	Karpooradi
24	Tilak	Katu	Ushna	Katu	Laghu	Kapha – Vata shamak	Karpooradi
25	Suvarna	Madhur Kashaya, Tikta,	Sheet	Madhur	Laghu, Snigdha	Tridoshaghna	Suvarnadi
26	Rajat	Madhur, Kashay, Amla	Sheet	Madhur	Snigdha, Sara	Kapha- Vata shamak	Suvarnadi
27	Parad	Shadras	Ushna	Madhur	Snigdha, Sara	Tridoshghna	Suvarnadi
28	Gandhak	Madhur, katu, Tikta	Ushna	Katu	Sara, Snigdha, Laghu	Kapha vathar	Suvarnadi
29	Makshik	Madhur	Sheet	Katu	Laghu	Tridoshaghna	Suvarnadi
30	Shilajatu (swarna)	Madhur	Sheet	Madhur	-	Kapha- Vata Shamak	Suvarnadi
31	Pilu	Tikta, Madhura	Ushna	Katu	Laghu, Snigdha Teekshna	Kapha – Vata shamak	Vatadi
32	Vijaysar / Bijak	Kashay Tikta	Sheet	Katu	Laghu, Ruksha	Kapha Pitta shamak	Vatadi
33	Shalmali	Madhur	Sheet	Madhur	Laghu, Snigdha, Pichil	Vata - Pitta shamak	Vatadi
34	Lasun	Amalarahit panchras	Ushana	Katu	Guru, Sara, Snigdha, Tikshna, Pichhil	Kapha - Vata shamak	Shakadi
35	Varahi	Katu, Tikta, Madhur	Ushana	Katu	Laghu, Snigdha	Tridosshar	Shakadi

**Table 5: Rasayana Dravyas as per their Rasa**

Rasa	Number of Dravyas
Madhura	6
Madhur – Tikta	3
Madhur – Kashay	2
Madhur – Kashay – Amla	1
Madhur – Katu- Tikta	1
Madhur – Kashay- Tikta	1
Tikta	5
Tikta – Katu	2
Tikta – Katu – Madhur	1
Katu	4
Katu – Tikta	2
Kashay – Tikta – Madhur	1
Katu - Tikta – Kashay	2
Kashay – Tikta	1
Shadras	1
Amlarahit panchras	1
Lavanrahit pachras	1

**Table 6: Rasayana Dravyas as per their Veerya**

Virya	No. Of Dravyas
Ushana	19
Sheet	14
Anushna	1
Anushnasheet	1

**Table 7: Rasayana Dravyas as per their Vipaka**

Vipaka	No. of Dravyas
Madhur	19
Amla	0
Katu	16

**Table 9: Rasayana Dravyas as per their Doshghnata**

Doshghnata	No. of Dravyas
Tridosshar / Tridoshshamak/	12
Kapha – Vata Shamak	14
Vata – Pitta Shamak	6
Kapha – Pitta ShamaK	2
Kapha – Pitta Nashak	1



**Table 8: Rasayana Dravyas as per their Guna**

Guna	No. of
Laghu	3
Laghu – Snigdha	6
Laghu – Ruksha	7
Laghu – Ruksha – Teekshna – Vishada –	1
Laghu – Snigdha, Tikshna	2
Laghu - Snigdha – Pichhil	1
Ruksha – Laghu	1
Guru – Snigdha	7
Guru – Snigdha – Pichhil	1
Snigdha – Pichil	1
Snigdha – Sara	2
Guru , Sar, Snigdha, Tikshna, Pichhil	1
Sar – Snigdha – Laghu	1

### Observations

- Total 35 Rasayana dravyas are found from Madanpal Nigahntu from which 29 dravyas are from plant origin and 6 are from rasaushadhi.
- 21 dravyas are from Abhayadi Varga and 1 from Shunthyadi Varga, 2 from Karpooradi Varga, 6 from Suvarnadi Varga, 3 from Vatadi Varga and 2 from Shakadi Varga.
- Out of 35 Rasayana dravyas, 6 dravyas have Madhur rasa, 3 dravyas have Madhur –Tikta, 2 dravyas have Madhur- Kashay rasa, 1 dravyas has Madhur- Kashay - Amla rasa, 1 dravyas has Madhur- Katu- Tikta rasa, 1 drug has Madhur- Kashay- Tikta rasa, 5 dravyas have Tikta rasa, 2 dravyas have Tikta - Katu rasa, 1 dravyas has Tikta – Katu- Madhur rasa, 4 dravyas have Katu rasa, 2 dravyas have Katu- Tikta rasa, 1 dravya has Kashay – Tikta – Madhur rasa, 2 dravyas have Katu- Tikta – Kashay rasa, 1 dravya has Kashay – Tikta rasa, 1 dravya has Shadrasa, 1 dravya has Amala rahit pancharasa, 1 dravya has Lavan rahit panchrasa.
- 19 dravyas have Ushana Veerya and 14 dravyas have Sheet Veerya, 1 dravya has Anushna Veerya, and 1 dravyas has Anushna Sheet Veerya.
- From these 35 dravyas, 19 dravyas have Madhur Vipak and 16 dravyas have Katu Vipak, and not a single dravya has Amla Vipaka.
- From all 35 dravyas, 7 dravyas are with Guru - Snigdha Guna, 1 dravya has Guru- Snigdha- Pichhil Guna, 3 dravyas have Laghu Guna, 6 dravyas have Laghu – Snigdha Guna, 7 dravyas have Laghu- Ruksha Guna , 2 dravyas have Laghu- Snigdha Teekshna Guna, 1 dravya has Laghu- Snigdha – Pichhil Guna, 1 dravya has Laghu- Ruksha- Teekshna- Vishada- Sukshma - Sara- Sugandhi Guna, 1 dravya has Ruksha- Laghu Guna, 1 dravya has Snigdha - Pichhil Guna, 2 dravyas have Snigdha – Sar Guna, 1 dravya has Guru-Snigdha- Sar – Teekshna- Pichhil Guna, 1 dravya has Sar- Snigdha - Laghu Guna,
- Out of this 35 Rasayana dravyas, 12 dravyas have Tridoshaghna / Tridoshar property, 14 dravyas have Kapha – Vata Shamak property, 6 dravyas

**Table 10: Rasayana Dravyas along with their related Pharmacological Activity responsible for Rasayana Karma - I**

Sr. No.	Dravyas nama	Related Pharmacological Activity Responsible For Rasayana Karma
1	Haritaki (4)	Immunomodulatory, Antioxidant, Anti-aging, Adaptogenic, Cytoprotective
2	Guduchi (5)	Immunomodulatory, Antioxidant, Anti-stress
3	Kashmarya (6)	Antioxidant
4	Shalparni (7)	Immunomodulatory, Antioxidant
5	Jeevanti (8)	Antioxidant, Anti-depressant
6	Krurak	Immunomodulator (9)Antioxidant, Anti-aging (10)
7	Ashwagandha(11)	Immunomodulatory, Antioxidant, Anti-stress, Adaptogenic, Anti-aging
8	Shatavari (12)	Immunomodulatory, Antioxidant, Adaptogenic
9	Sahastra-veerya	Immunomodulatory, Antioxidant, Adaptogenic
10	Bruhatbala (13)	Antioxidant,
11	Vidarikanda (14)	Nootropic
12	Bakuchi (15)	Antioxidant
13	Bhrungraj (16)	Immunomodulatory, Antioxidant
14	Kakmachi (17)	Immunomodulatory, Antioxidant
15	Ativisha (18)	Immunomodulatory, Antioxidant
16	Vridhhadaru (19)	Immunomodulatory, Nootropic, Antioxidant,
17	Somvalli (20)	Antioxidant
18	Musali (21)	Immunomodulatory, Antioxidant, Anti-stress
19	Shankhapushpi (22)	Antioxidant, Anti-stress, Anti-depressant, Nootropic
20	Bhramhi (23)	Antioxidant, Anti-stress, Anti-depressant, Adaptogenic
21	Kumari (24)	Immunomodulatory, Antioxidant, Anti-aging
22	Pippali (25)	Immunomodulatory, Antioxidant
23	Guggul (26)	Antioxidant
24	Tilak (27)	Antioxidant
25	Suvarna (28)	Immunomodulatory, Nootropic
26	Rajat (29)	Antioxidant
27	Parad (30)	Immunomodulatory
28	Gandhak (31)	Immunomodulatory
29	Makshik (32)	Antioxidant
30	Shilajatu (33)	Immunomodulatory, Antioxidant
31	Pilu (34)	Antioxidant
32	Vijaysar (35)	Antioxidant
33	Shalmali (36)	Antioxidant, Androgenic and Anabolic
34	Lasun (37)	Immunomodulatory, Antioxidant
35	Varahi (38)	Immunomodulatory, Antioxidant (39)

have Vata- Pitta Shamak property, 2 dravyas have Kapha – Pitta Shamak property and 1 dravya has Kapha – Pitta Nashak property.

- h) Out of 35 Rasayana dravyas, 31 dravyas are Antioxidants, 20 dravyas have Immunomodulatory action, 5 dravyas are Adaptogenic, 4 dravyas are Nootropic, 3 dravyas are Antidepressants, 5 dravyas have Anti- stress action.

## Discussion

According to Raspanchaka of Rasayan dravyas 6 dravyas have Madhur Rasa, 19 dravyas have Madhur Vipaka and, 19 dravyas have Ushana Veerya, 16 dravyas have Sheet Veerya. Out of 35 dravyas screened from Madanpal Nighantu, 31 dravyas have Antioxidant activity, 20 dravyas are proved for their Immunomodulatory action, 5 dravyas are Adaptogen and 4 have Anti-aging property. 4 dravyas are Nootropic, 3 dravyas are Anti-depressant and 5 dravyas have Anti- stress action. 12 dravyas have Tridoshaghna / Tridoshar property, 13 dravyas have Kapha – Vata shamak property.

The action of Rasayana dravyas is at various levels of bio-system to promote nutrition; at the level of Agni by promoting digestion and metabolism, at the level of Srotas by promoting microcirculation and tissue perfusion and at the level of Dhātu from Rasa to Shukra, ultimately resulting in increased amount of Ojus. Maximum dravyas which are screened from Madanpal Nighantu have Madhur and Tikta Rasa; Madhur Vipak; Ushana and Sheet Veerya; Guru-Snigdha Guna, Laghu- Snigdha and Laghu-Ruksha Guna.

Sheeta Veerya, Madhur Vipaka and Guru-Snigdha Guna which are responsible for Saptadhatu Vardhana starting from first Dhātu Rasa to last Dhātu Shukra, which ultimately increases Saptadhatu Sara i.e. Ojus. In Ayurveda it has been cited that more the amount of Oja more the Rasayana action. Also there are Ushna Veerya dravyas which are having Rasayana Karma by increasing Sapta dhatwagni vardhana leading to Prashasta Saptadhatu and oja. In this context these Ushna veerya dravyas have Laghu, Snigdha Guna which helps in Srotosshodhana process. Most of the dravyas having Tridoshahara property by which they maintain Tridosha balance which leads to Rasayana Karma.

Most of the Rasayana dravyas from Madanpal Nighantu are Antioxidants, and have Immunomodulatory action, Adaptogenic property, Nootropic, Anti- depressant and Anti- ageing property.

## Conclusion

Out of 35 dravyas screened from Madanpal Nighantu, most of the dravyas are from Abhayadi Varga and they have Madhur, Tikata or Katu Ras as a Pradhan Rasa or Anurasa. Madhur Vipaka and Ushna Veerya with Guru – Snigdha, Laghu – Snigdha or Laghu Rukasha Guna. Tridoshahara Karma are pre-dominant amongst the Rasayana dravyas group. 31 dravyas have

Antioxidant property, 20 drugs have Immunomodulatory action, 5 drugs are Adaptogenic, 4 are Nootropic, 3 are Anti- depressant and 5 have Anti-stress action. As per the modern science Antioxidant property is responsible for rejuvenation, which validates that Rasayana dravyas explained by Madanpal Nighantu are supported by modern pharmacology. Routine use of these Rasayana dravyas will promote life, prevent disease, maintain positive health and protect youthfulness by maintaining balance of Tridoshas and psyche and will help in fighting against various infections. In Post COVID-19 patient, daily use of Rasayana dravyas will help to regain the immunity. It can be state that Rasayana Chikitsa is a boon given by Ayurveda to the world.

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