ABSTRACT

Introduction - The people who appear healthy in fact are accustomed to many health troubles in routine such as digestive problems, low strength, stress and insomnia. In Ayurveda rasayana has been placed under svasthya urjaskara type of class of medicine which are basically intended to promote health of healthy individuals. Guduchi (Tinospora cordifolia) is described as a rasayana which enhances longevity and memory, alleviate diseases resulting in total gain of physical and mental health. Aims and Objectives - To evaluate the effectiveness of Guduchi svarasa in terms of physical and mental health based on different subjective parameters of rasayana in apparently healthy individuals. Materials and Method – Forty apparently healthy individuals were given fresh Guduchi svarasa in the dosage of 40ml/day empty stomach in the morning for 2 months with a follow up period of 4 weeks. Result - The result was found extremely significant in jarana shakti, sharirika bala, mala-pravriti, nidra, dhriti and varna among different subjective parameters. Conclusion - Improvement was seen in overall health in apparently healthy individuals. Keywords: Rasayana, Guduchi svarasa, Ayurveda.
the campus of NIA, Jaipur. Written informed consents were taken from each individual. **Vatatatapika** method was adopted for administration of rasayana. Forty apparently healthy individuals were enrolled into the study and given samshodhana with haritkyadi churna with warm water followed by light diet daily for 3-7 days (depending on ksthashudhi). Then from the next morning fresh Guduchi svarasa in the dosage of 40ml/day was given empty stomach for 2 months with a follow up period of 4 weeks. The participants were directed not to interfere with their routine. They were advised to follow their personal routine as before the intervention including diet, exercise etc.

**ASSESSMENT CRITERIA** - Based on the benefits of rasayana mentioned by sages and definition of health given by different acharya, a questionnaire was designed to assess the subjective parameters related to health. This is as follows

**AGNI**  
**i) Abhyaharana shakti**  
- Does not feel hungry at all - 0  
- Feels little hungry and takes very less quantity of food - 1  
- Moderate hunger with moderate quantity of food thrice a day - 2  
- Good hunger with normal quantity of food thrice a day - 3  

**ii) Jarana shakti**  
- No feeling of utsaha, laghuta, udgara shudhi, kshudha trishna after 4-5 hours of taking food - 0  
- Feeling of 1 to 2 symptoms after 4-5 hrs of taking food - 1  
- Feeling of 3 to 4 symptoms after 4-5 hrs of taking food - 2  
- Feeling of all above symptoms after 4-5 hrs of taking food - 3  

**BALA**  
**i) Sharika bala**  
- No energy to do routine work - 0  
- Very less energy to do routine work - 1  

**ii) Mansika bala**  
- Very less mental strength - 0  
- Moderate mental strength - 1  
- Good mental strength - 2  
- Very good mental strength - 3  

**iii) Vyadhikshamata bala**  
- Falls sick frequently and needs medication in 15 days - 0  
- Falls sick and needs medication every month - 1  
- Falls sick occasionally - 2  
- Fall sick rarely - 3  

**MALA PRAVIRITTI**  
- Severe constipation in routine and need some medicine - 0  
- Constipation present most of time and need some medicine - 1  
- Constipation occasionally present - 2  
- No constipation / normal bowel habits - 3  

**NIDRA**  
- <5hrs/ day and interrupted - 0  
- 5-6hrs/day and interrupted - 1  
- 7-8hrs/day but do not feel fresh and energetic after waking up - 2  
- 7-8 hrs sound sleep & feels fresh and energetic after waking up - 3  

**MEDHA/PRAGYA SHAKTI**  
**i) Dhi**  
- Unable to take decision and is dependent on others - 0  
- Takes decision with difficulty with help of others - 1  
- Takes decision but no stability - 2  
- Good decisive capacity and stability - 3  

**ii) Dhriti**  
- No grasping and retaining power - 0  
- Very less retaining power - 1  
- Average retaining power - 2  
- Good retaining power - 3  

**iii) Smarti**
- No memory power - 0
gadgad, kshina, deen, anukirna (no pause between two sentences) svara are abnormal type of speech.iv
- Very less memory power - 1
- Average memory power - 2
- Good memory power - 3

Varna
- Presence of blemishes and extremely dry/oily skin - 0
- Some blemishes and somewhat dry/oily skin - 1
- No blemishes, less lustre - 2
- Normal complexion with lustre - 3

Svara - Sukshma, grasta (sarvathaanucharita), avayakta,
- presence of 6-7 features - 0
- presence of 4-5 features - 1
- presence of 2-3 features - 2
- normal voice, absence of all features - 3

OBSERVATION AND RESULTS-
Statistical analysis was done the help of Paired t-test.

Table No. 1 Effect of Guduchi svarasa on simplified samhita based questionnaire

<table>
<thead>
<tr>
<th>SYMPTOMS</th>
<th>BT</th>
<th>AT</th>
<th>DIFF</th>
<th>S.D.</th>
<th>SEM</th>
<th>%</th>
<th>P-VALUE</th>
<th>SIG</th>
</tr>
</thead>
<tbody>
<tr>
<td>Agni- 1. Abhyaharaṇa Shakti</td>
<td>1.9</td>
<td>2.42</td>
<td>0.525</td>
<td>0.371</td>
<td>0.058</td>
<td>22</td>
<td>&lt; 0.0001</td>
<td>ES</td>
</tr>
<tr>
<td>2. Jarana Shakti</td>
<td>2</td>
<td>2.5</td>
<td>0.5</td>
<td>0.353</td>
<td>0.055</td>
<td>20</td>
<td>&lt; 0.0001</td>
<td>ES</td>
</tr>
<tr>
<td>Bala- 1. Sharirika Bala</td>
<td>1.92</td>
<td>2.85</td>
<td>0.925</td>
<td>0.654</td>
<td>0.103</td>
<td>32</td>
<td>&lt; 0.0001</td>
<td>ES</td>
</tr>
<tr>
<td>2. Mānsika Bala</td>
<td>1.5</td>
<td>1.95</td>
<td>0.45</td>
<td>0.318</td>
<td>0.050</td>
<td>23</td>
<td>&lt; 0.0001</td>
<td>ES</td>
</tr>
<tr>
<td>3. Vyādhikḥamata</td>
<td>1.25</td>
<td>2.35</td>
<td>1.1</td>
<td>0.777</td>
<td>0.122</td>
<td>47</td>
<td>&lt; 0.0001</td>
<td>ES</td>
</tr>
<tr>
<td>Malapravritī</td>
<td>2.02</td>
<td>2.27</td>
<td>0.25</td>
<td>0.176</td>
<td>0.027</td>
<td>11</td>
<td>&lt; 0.0001</td>
<td>VS</td>
</tr>
<tr>
<td>Nidra</td>
<td>1.95</td>
<td>2.85</td>
<td>0.9</td>
<td>0.636</td>
<td>0.100</td>
<td>32</td>
<td>&lt; 0.0001</td>
<td>ES</td>
</tr>
<tr>
<td>Medha-1.Dhī</td>
<td>1.92</td>
<td>2.02</td>
<td>0.1</td>
<td>0.070</td>
<td>0.011</td>
<td>10</td>
<td>0.125</td>
<td>NS</td>
</tr>
<tr>
<td>2. Dhritī</td>
<td>1.92</td>
<td>2.47</td>
<td>0.55</td>
<td>0.388</td>
<td>0.061</td>
<td>55</td>
<td>&lt; 0.0001</td>
<td>ES</td>
</tr>
<tr>
<td>3. Smṛti</td>
<td>1.95</td>
<td>2.07</td>
<td>0.125</td>
<td>0.088</td>
<td>0.013</td>
<td>13</td>
<td>0.0625</td>
<td>NQS</td>
</tr>
<tr>
<td>Varna</td>
<td>1.42</td>
<td>2.4</td>
<td>0.975</td>
<td>0.689</td>
<td>0.109</td>
<td>98</td>
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<tr>
<td>Svara</td>
<td>2.8</td>
<td>2.82</td>
<td>0.025</td>
<td>0.017</td>
<td>0.002</td>
<td>3%</td>
<td>&gt; 0.9999</td>
<td>NS</td>
</tr>
</tbody>
</table>

*E.S. - Extremely Significant, V.S. – Very significant N.Q.S. - Not quite Significant N.S. - Not Significant
DISCUSSION - The approach of Ayurveda is totally holistic. So, the different parameters of health are *agni*, *bala*, *medha* and *nidra* etc. which indicate physical built, working capacity, tolerance to disease, appropriate functioning of all the systems viz. digestive, circulatory, respiratory, excretory, reproductory and nervous system. The *rasayana* are mentioned to improve all of those.

**Agni** - The *agni* was assessed in the terms of *abhyharana shakti* and *jarana shakti*, which refer to the increase in *agni* due to *prabhava*. *Guduchi* has been mentioned as *dipaniya* in classical texts. It is also clearly explained in classical texts that *rasayana* increases *agni* due to *prabhava*. Moreover, *ushna virya* of *Guduchi* is also responsible for improvement in digestion. So, the study proves its *agnivardhaka karma*.

**Bala** - *Bala* was categorised into 3 types - *sharirika*, *mansika*, *vyadhiksmatva bala*. All three parameters showed extremely significant result. These are due to its *brihana*, *tridosamana*, *dhatu samya* properties of *Guduchi*.

**Mala** - *Pravriti* - In case of *mala pravriti*, the result was very significant. It indicates the action of *Guduchi* as *vibandha prashama* as told by acarya Caraka.

**Nidra** - Effect on *nidra* was found to be extremely significant. In case of *nidra*, the volunteers reported an improvement in the quality of sleep and feeling of freshness and energetic after waking up. Statistically the result was found extremely significant. It is signifying the *kapha dosha shamana* and relaxant properties of *Guduchi*.

**Medhā** - The *medhā* was assessed in the terms of *dhi*, *dhriti* and *smriti*. Effect on *dhriti* was found to be extremely significant. Acarya Vagbhatta has mentioned that *tikta rasa* has *medhya* properties and mainly acts by *acintiya virya* i.e. *prabhava*. In case of *dhi* & *smriti*, there was no change observed which might be due to short duration of therapy.

**Varna** - A noticeable improvement was seen in *varna* (complexion, blemishes, lustre). It signifies *rakta-pitta prashamna karma* of *Guduchi* on *bhrajaka pitta* which is responsible for skin-colour.

**Svara** - As far as *svara* (voice) is concerned, all the volunteers were healthy and having no abnormality regarding voice, so no change was observed.

The *rasayana* act at different levels such as at level of *rasa*, *agni*, and *srotas*. The *rasayana* drugs are rich source of nutrients, so they directly enrich the *rasa* and other *dhātus*. At the level of *agni*, these drugs act by stimulating and improving the function of *agni*. At the level of *srotas*, these drugs improve the
circulation of *rasa* by opening and cleaning the micro channels and then ultimately nourish all the body tissues.

**CONCLUSION** - The administration of *Guduchi svarasa* has shown positive effects on the parameters of *rasayana*. It improves the digestive capacity, physical strength, mental strength, immunity, sleep, complexion and lustre of skin in healthy individuals. *Guduchi svarasa* is affordable and feasible measure which can be adopted in the form of health promoter and preventive measure.

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