



## CONCEPT OF MEDHYA RASAYANA AND CRITICAL ANALYSIS OF SMRITISAGAR RASA

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### ABSTRACT

In this era of fast-track competitive lifestyle, excellent memory and brilliant intellect are a dream come true for every individual. A good memory plays a crucial role in a person's life to garner outstanding academic accomplishments and successful careers. Medha has been ascribed to be of greatest value in human life for leading a virtuous life. Owing to this, man was oriented to procure Medha since the evaluation of civilization till today. On the other hand, Prajnaparadha has been described to be the causative Factor of most of the diseases in ancient Ayurvedic texts, this signifies the importance of the use of Medhya drugs in Ayurvedic system of medicine since ages. The term Medhya Rasayana has been derived from two ayurvedic words, 'Medhya' meaning intellect or cognitive power and 'Rasayana' meaning 'curative or rejuvenative ability'. In present review there is a compilation of various concept of Medhya Rasayana from vedic to samhita period and explanation of pharmacodynamics of Medhya Rasayana at Agni level, at Srotas level, by Panchabhautic Composition, by Guna, Rasa, Virya and Vipaka and also enlightens a classical Ayurvedic formulation Smritisagar Rasa described in various texts having therapeutic importance in treating Apasmara. Pharmacodynamics of ingredients and research updates on Smritisagar Rasa are complied.

**Keywords:** Medhya Rasayana, Smritisagar Rasa

## INTRODUCTION

The Ayurvedic system has undergone many transformations over the Gurukul type of education to institutional training, community practice to hospital practice, classical Ayurvedic formulations to proprietary Ayurvedic Formulations. Indian system of medicine makes a landmark in the history of Medicine by making free use of metallic preparations in the therapy without any untoward effects. The branch, which deals with Rasa(mercury), metals, minerals and other herbal-mineral preparations, is known as 'RASASHASTRA', which has become an integral part of Ayurveda. The chief aim of Ayurveda is to preserve positive health and to afford relief from disease. Ayurveda believes that Prajnaparadha is the root cause of all diseases. Medha or Buddhi are synonyms of Prajna as per Ayurvedic texts. So, Medha has a significant role in the prevention of diseases and the maintenance of good health, and the references to various Medhya drugs in Ayurvedic literature confirm the importance of Medha, which incorporates Dhee, Dhriti and Smriti.

Medha, according to Ayurveda, involves processes like Grahana, Dharana and Smarana, which are similar to Encoding, Storage and Retrieval, respectively. Thus, Medha can be appropriately correlated with the process of Memory.

Rasayana is one of the critical branches of Ashtanga Ayurveda which deals with the promotion of physical and mental health. All Rasayana drugs are supposed to improve mental faculties in addition to their beneficial effects on the body. However, the Medhya Rasayana has specific effect on mental performance. Smritisagar Rasa literally means enhancing smriti. It is mentioned in various classical texts for the treatment of Apasmara. It contains shuddha parada, shuddha gandhaka, shuddha Hartala, shuddha Manashila, Tamra bhasma and bhavana of medhya Smritivardhaka drugs like Vacha, Brahmi swarasa, Jyotishmati taila and in some texts in addition of above ingredients Swarnamakshika bhasma is also

added. It is meant to resolve various neurological disorders.

**Materials and Methods:** Conceptual study of medhya rasayana and critical analysis of Smritisagar Rasa from the available literature, classical texts, scientific journals, research paper etc. concerned with this concept.

**MEDHYA RASAYANA :** Literally Medhya means any things, which are beneficial for Medha, which consist of Dhee, Dhriti and Smriti. These Medhya Rasayanas have beneficial effect more prominently over mind. It improves mental functions and intellect. Description about Medha is found right from Vedic period, though the word Medhya Rasayana is not directly mentioned but described under the caption of Medha. Vedic Period in Vedic period, not only the description of Medha but also the description regarding the desire of Medha is found extensively. In Rigveda Mandal Adhyaya, prayer for Medha is found. In Rigveda Samhita there is praise ness to God's Medha, to increase the Medha of human being is described. In Atharvaveda Samhita description regarding the Medha is found while praying to the God Surya.

Upanishad Period in Taittiriya Upanishad, it is stated that, there were certain Mantra's which were taught to the disciple from their teachers to have good Medha. In Chandogyopanishad 6/141 Medha is said to be one of the good qualities of a teacher.

Samhita Period All the major Samhitas like Charaka, Sushruta and Vagbhatta described Medhya Rasayana directly. In Charaka Samhita, Medhya Rasayana comprises of four drugs namely Mandukparni, Yash-timadhu, Guduchi and Shankhapushpi<sup>1</sup> In Sushruta Samhita Chikitsa Sthana - Medha Ayushkamiya Rasayana is described as a separate class of Rasayana. In the same chapter Acharya Sushruta has described Medhakarak Gana in following manner

"Satatadhyanam Vadah Paratantravalokanam  
Tat vidyacharyaseva Cha Buddhimedhakara Gana"  
(Su Chi. 28/27)<sup>2</sup>

Besides this, Acharya Sushruta has enumerated that Chankramana increases Ayu, Bala, Medha, Agni and is Indriya bodhanam.

In Astanga Sangraha, and Astanga Hridaya Medhya Rasayanas are described in Uttarsthana<sup>3,4</sup>

Though in general all the Rasayana drugs possess the quality to increase.

Medha, Buddhi along with prevention of disease by optimum quality of

Dhatunirmana, but Medhya Rasayana is a best drug to improve Medha, Swara, Vama, Agni along with these qualities the Medhya drugs are also having Ayuprada and Aamayanaashaka properties.

The Pharmacodynamics of Medhya Rasayana drugs

A systemic survey of all the Medhya drugs described in the classics, reveal that majority of Medhya Rasayana drugs possess a varied property. Hence, it appears difficult to explain the effect of all Medhya drugs on one uniform pattern. Nagarjuna in Rasa Vaishesik sutra has clearly mentioned that Medhya drugs act mainly by their Achintya Veerya i.e., Prabhava

Broadly speaking, different Medhya drugs exert their Medhya effect at different levels such as Rasa, Agni, Srotas etc

At Agni level - At the level of Agni, these drugs act by stimulating and improving the functions of Sadhakagni.

At Srotas level - At the level of Srotas these drugs improve the circulation of Ahararasa by opening and clearing the micro-channels and thus ultimately improve the functions of Medha.

By Panchabhautic Composition

The Pharmacological properties of the drugs are the resultant of the different permutations and combination of Bhutas. According to this principle, the drugs are also classified into five groups viz Parthiva, Apya, Taijas, Vayavya and Akasheeya. These Bhutas are said to have the characteristics of the three Mahaguna, Sattva, Rajas and Tamas. It has already been discussed that Medha and Buddhi are attributed to Sattva guna predominance. Hence, Akasheeya, Taijas and Apya drugs having the Sattva guna predominance improve the Medha.

By Guna, Rasa, Virya and Vipaka

The predominance of Sattva, Rajas and Tamas in the Gurvadi gunas can be understood by knowing the Panchabhautic constitution of the drugs, in which they are present. According to this Laghu, Ushna, Snigdha, Tikshna, Sara, Manda, Pichhila, Slakshna, Sukshma, Drava, Vyavayi, Vishada guna are having "Sattva" guna predominance of a varying degree. As Medhya drugs are dominated by Sattva guna, they may possess some of the above said Gunas. Their mode of action can be interpreted as under-

The Dravya of Guru, Sheeta, Srigdha, Manda, Sthira, Mridu, Drava, Pichhila and Slakshna Guna increases the Kapha in general, particularly Tarpaka and Avalambaka Kapha which nourishes Dhee, Dhriti and Smrithi & thereby Medha.

Laghu, Ushana, Tikshna and Sara Guna increase Pitta in general and by the use of Medhya drugs. Sadhaka Pitta increases probably Sukshma; Laghu, Ruksha and Vishada Gunas are Strotovishodhaka in nature, which keep the pathways of sensation health and promote the Medha.

On the basis of Rasa, it can be explained as: Out of the six Rasa, Tikta Rasa has a direct action on the promotion of Medha. It performs this function by its Laghu property and Deepana, Pachana and Strotovishodhana actions. Madhura Rasa by promoting the formation of Ojus, nourishes the five senses, mind and Medha, hence the Medhya drugs appear to be predominantly of Tikta and Madhura Rasa. Amla, Lavana and Katu Rasa having least importance in Medha promotion. They mainly stimulate the Sadhakagni and purify the Srotas. Kashaya Rasa acts by its Katu Vipaka, Ushna Veerya and Kaphagna Karma.

The drugs of both Ushana and Sheeta Veerya, performs the Medhya action. Sheeta Veerya drugs gives pleasure to mind as they are "Manah Prasadaka" They increase the Tarpaka Kapha and nourishes all the Dhatus and ultimately improve the Medha. Sheeta Veerya drugs mainly improve and strengthen the "Dharana Shakti."

Ushana Veerya drugs stimulate the Sadhaka Pitta which is promoter of Medha. It performs this func-

tion by dispelling the Kapha and Tamas from the Manovaha Srotas and Hridaya. Ushana Veerya drugs improves Grahana shakti and Smriti.

Majority of Medhya drugs are having Madhura Vipaka which nourishes Medha by formation of Ojas. It is the least occurring in Katu and Amla Vipaka.

### SMRITISAGAR RASA

In ayurveda many medhya rasayana drugs are explained and Smritisagar Rasa is one of them. Smritisagar Rasa comes under Sagandha Niragni Moorchana (Khalveeya Rasayana) Kalpana. Most of the Khalveeya Rasayanas come under Sagandha Niragni Moorchana (Preparations). However, some of the Khalveeya Rasayanas are seen prepared with Agni such as Putapaka, Puta, Valukyantra Vidhi etc. These Khalveeya Rasayanas are administered in smaller doses to get faster relief and combating many ailments by proper Anupana and Sahapana. It does not cause Mandagni. It takes less space for manufac-

turing and storing. It is easy to carry by patients. The most important aspects are that it preserves the properties of freshly added Chumas, Swarasa etc with the help of Parada Le. Kajjali, Rasasindoor and Hingula etc. Because of which Khalveeya Rasayanas occupies greater portion as compared to other Kalpanas such as Vati, Gutika, Taila, Ghrita, Kupipakwa Rasayana, Parpati Kalpana, Bhasmas etc. The following are some of the important aspects taking place in manufacturing of Khalveeya Rasayanas are (1) Bhavana (Trituration), (2) Atomization, (3) Ionisation, (4) Potentization, (5) Dynamization. By the above-mentioned processes, these Rasayanas are becoming in colloidal form (Sukshma, Laghu and Sendriya). It also improves its biochemical action by becoming free from gravitational force. This will help in easy assimilation and absorption in the system.

**Table. No. 1 Ingredients of Smritisagar Rasa according to various texts**

Sr.No.	Name of the Drugs	Brihat Yoga Tarangani	Yoga Ratnakara, A.F.I	Nighantu Ratnakara	Rasayogasagar	Ayurveda Sara Sangraha	Rasa komudhi	Rasayana Sangraha	Ratnaus had yoga
1.	Shuddha Parad	1 Part	1 Part	1 Part	1 Part	1 part	1 part	1 part	1 part
2.	Shuddha Gandhaka	1 Part	1 Part	1 Part	1 Part	1 part	1 part	1 part	1 part
3.	Shuddha Haratal	1 Part	1 Part	1 Part	1 Part	1 part	1 part	1 part	1 part
4.	Shuddha Manashila	1 Part	1 Part	1 Part	1 Part	1 part	1 part	1 part	1 part
5.	Tamra Bhasma	1 Part	1 Part	1 Part	1 Part	1 part	1 part	1 part	1 part
6.	Suvarnamakshik Bhasma	--	--	--	1 Part	1 part	1 part		
7.	Vacha Kwath (For Bhavana)	21	21	21	21	21	21	21	21
8.	Brahmi Swarasa (For Bhavana)	21	21	21	21	21	21	21	21
9.	Jyotishmati Tail (For Bhvana)	01	01	01	01	01	01	01	01

The references quoted by Brihatyoga Tarangani, Yoga Ratnakara, Nighantu Ratnakar, Rasa komudhi, Rasayana.

Sangraha and Ratnaushad yoga are similar in ingredients as mentioned in A.F.I. Part II. The formulation described in Rasayogasagar, Ayurveda Sara Sangraha, contains Suvarna Makshik Bhasma in addition to other formulations.

**Method of Preparation:** Initially Nischandra Kajjali was prepared from Parada and Gandhaka and then

fine powder of Haritala, Manahshila and Tamra Bhasma was added serially and rubbed well to get Dhatu Kajjali of Smritisagar Rasa (5. All the ingredients (No. 1 to 5) were taken in equal proportion each. This Dhatu Kajjali was subjected to Bhavana for 21 times each with Vacha Kwath and Brahmi Swarasa respectively and finally one Bhavana with Jyotishmati Taila.

**Table No. 2:- The pharmacodynamic properties of Smritisagar Rasa**

Sr. No.	Name of the Drug	Pharmacodynamic Properties				
		Rasa	Guna	Virya	Vipaka	Karma
1.	Parada	Shadrasa	Snigdha, Sara	Ushna	Madhura	Tridoshghna, Rasayana, Yogwahi.
2.	Gandhaka	Katu, Tikta, Kashaya	Sara	Ushna	Katu	Rasayana, Yogawahi, Dipona
3.	Haritala	Katu, Tikta, Kashaya	Snigdha Guru	Ushna	Katu	Tridoshaghna, Rasayana, Ojaskar
4.	Manashila	Tikta, Katu	Snigdha, Guru, Sara	Ushna	Katu	Lekhana
5.	Tamra	Kashaya, Tikta, Madhura	Laghu, Sara	Ushna	Katu	Tridoshghna, Rasayana
6.	Vacha	Katu, Tikta	Laghu, Tikshna	Ushna	Katu	Dipani, Medhya
7.	Brahmi	Tikta, Kashaya, Madhura	Laghu Sara	Shita	Madhura	Medhya, Rasayana, Matiprada
8.	Jyotishmati (Oil)	Katu, Tikta	Sara, Ushna, Tikshna	Ushna	Katu	Medhya, Pranja, Buddhi Vardhak

**Dose:** 1 Masha once or twice a day (classical ) 125 mg once or twice a day

**Anupana:** Ghrita, Madhu, Ksheera, Vacha churna, Sarpagandha churna, Pravala pishti.

**Indications:** Apsmara, Unmada

#### **Research works on Smritisagar Rasa**

1.Choudhuri 2001; J.S. Tripathi and Singh 1994.<sup>5</sup> In open trials, other Ayurvedic polyherbal formulas have shown promise in treating schizophrenia. Smritisagara rasa and Unmada gaja kesari are two complex polyherbomineral rasayanas with reported efficacy in improving the negative symptoms of residual-phase schizophrenia (residual or recovery

phase implies at least 1 year period where symptoms like hallucinations are minimal)

2. Sutaria Bharati, Gurdipsingh and Bheem Sen Bahera, Role of Smritisagara Rasa, Brahmighrita Nasya and Rasayana Compounds in the Management of Epilepsy (Apsmara). Journal of Ayurveda Physicians and Surgeons. 2017 (October) Volume 4(4) . - The therapy reduced the duration of the fit by 86.4% and frequency of epileptic attacks by 66.1%. It also significantly increased the immediate memory span and reduced the mental fatigue. Vacha, Brahmi and Jyotishmati all are medhya seeta veerya and helpful in mental slowness and depression, acting as brain tonic slowing the degenerative changes in the brain.

3. Rajeshwar. B. Chopade, et.al. Physicochemical and clinical study of certain medhya Kalpa with special reference to Saraswati churna and Smritisagar rasa, (clinical study). National Institute of Ayurveda, Jaipur, 2001. (MD Thesis) -From the clinical study, it

Name of the drug	Significant improvement in
Saraswata Churna	Intelligence, Mental Balance and Visual Retention
Smritisagar Rasa	Intelligence, Attention and Concentration, Delayed Recall and Recognition
Brento tablet	Intelligence, Delayed Recall and Verbal Retention for Dissimilar Pairs
Memorin capsule	Intelligence, Immediate Recall

4. Deepak Ekka et, al. Effect of Rajata Bhasma with Smritisagar Rasa in Parkinson<sup>6</sup> Conclusion from study, In Ayurveda Rajat Bhasma and Smritisagar Rasa show very good effect due to all above feature and specially Bhavna Dravya Bramhi, Vacha, Malkangini these drugs are perfect brain tonic and works based on the Rasa, Guna, Veeryo, Vipka as well as act like a tranquilizer and also slowness the degeneration process of the brain.

## DISCUSSION

All the Rasayana drugs are supposed to improve mental faculties in addition to their beneficial effects on the body. However, the Medhya Rasayana has a specific effect on mental performance. A varied picture evolved from the study of Medhya drugs, as described in Ayurvedic texts. However, it can be inferred that two main groups emerge as per their description. One group having Katu-Tata Rasa and Ushna Virya, regulates Sadhaka Pitta, which have the capacity to modify Medha and its allied functions. This group also influences Kapha and Vata, which reflect on Tamas and Rajas respectively. The second group having Madhura Rasa and Sheeta Virya increases Kapha, Particularly Avalambaka Kapha, which in turn nourishes Tarpaka Kapha, which is closely related to the faculty of retention. There are many Medhya drugs having Kashaya Rasa in association with other Rasa are found. However, there were no direct references available in Ayurvedic texts to prove the Medhya action of Kashaya Rasa which can be explained on the basis of Katu Vipaka, Ushna Virya and Kaphaghna karma of those drugs. However,

can be concluded that all the Medhya Kalpa under trial have more or less effect on Medha in terms of Intelligence and Memory. the results can be summarized as follows :

Medhya properly is specificity of these groups of drugs and specific Prabhava of the drugs play on important role. It can be further conceptualized that Sadhaka Pitta works in close association with Avalambaka Kapha, Tarpaka Kapha Prana Vayu and Udana Vayu by various authors. Smriti Sagar Rasa is meant to resolve neurological disorders. It is used to manage various problems like epilepsy, memory neuropathy loss, etc. Natural ingredients are used in the formulation of this medicine. support the healthy brain functions. It acts as the rejuvenator for the brain. It helps to enhance memory, intelligence and learning skills It acts the nervine tonic. This medicine works well to manag the symptoms associated with epilepsy like fainting, temporary confusion etc. Use of this medicine is quite effective for memory loss. Smriti Sagar Ras is also known to be quite effective for memory loss.it is also known to be quite effective in weakness, numbness, pain in hands and feet.

## CONCLUSION

Medha may be kept at par with Memory processes in modern psychology. Intelligence is correlated with working memory capacity. Thus, Medhya drugs may be designated as renovators of Memory and Intelligence. Analyzing different Ayurvedic formulations, Smritisagar Rasa is used in epilepsy. It should be administered with proper anupana. Due to presence of heavy metals never 'over the counter' the drug. Routine inspection for any toxic and adverse effects should be conducted.

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