

NEED OF RASAYANA THERAPY IN PRESENT ERA: A REVIEW**Dr. Krishan Kumar Chauhan^{*1}, Dr. Payjani Dubey² and Dr. Nikunj Thakkar³**

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ABSTRACT

Ayurveda is the science that completely focuses on the rejuvenation of the body by nourishment of *rasa-adi dhatu*'s. In day to day life where stress is the main factor for leading all the disease, *Rasayana* aims on the prevention & cure of physical as well as mental disorders. Due to the free scavenging property i.e. anti-oxidant property of *Rasayana* it gives antiaging effect. It also normalizes cell functions and preserves health at molecular level. *Ayurveda* classifies *Rasayana* in to different types which can be used according to their desired need. *Rasayana* drugs are mentioned according to the prakriti of the individual and for nourishment of specific dhatus. Understanding *Rasayana* on scientific background infers its acceptance as anti-oxidant and immuno-modulators.

KEYWORDS: Anti-Oxidants, Classification of Rasayana, Immuno-Modulators.

INTRODUCTION

Ayurveda is the one of the medical science in which not only treating a disease is given but also there is different methods for the maintenance of healthy state of an individual.^[1] It is known as *Swasth vritta* and it includes *Ritucharya*, *Ratricharya*, *Dincharya*, *Rasayana* and *Vajikarana*. *Ayurvedic* system of medicine is perhaps the first which efforts to shield life of human being from element and aging. *Rasayana* tantra is one of the eight most important clinical branches of *Astanga ayurveda*.^[3] *Rasayana chikitsa* is also known as the therapy of rejuvenation.

Rasayana therapy boosts the *oojus* (vital force of life) and immune system. Everyone wants to give the impression of being young forever and increase lifespan by staying healthy^[2], but various cells and tissues of the body undergo early changes in present era due to natural age degeneration factors and also present life style, excessive Chemicals found in our food, pollution and increases stress full mind due to hard work load. So today it is so more need to rejuvenate or detoxification of the body systems for better harmony of the body, mind and soul by *Rasayana* therapy for better tomorrow. *Rasayana* therapy was basically used for maintenance of the health of healthy person but it can also be used to treat different illness conditions, Because *Rasayana* is a science of nutrition and it provides nourishment to all seven Dhatus.^[4] So thus It helps to slow proses of breakdown of all *dhatu*s and increase of *Sara* of all Dhatus.

In present developing world there is much dissimilarities in food habit, mental behaviour, personal behaviour of individuals that of because a large number of civilization is suffering from physical as well as mental illness. The *Vyadhikshamatva* which is immunity of person decreases day by day and due to decrease immunity the society is suffering from unhealthy age. There are lot of modern medicines helping the civilization from long time but there is list of side effect of these drugs also. This is also a problem for the modern medical field and society. So in this condition *Rasayana* therapy can be more effective in present era.

Etymology of *Rasayana*: “*Rasayana*” word is Derived from two words *Rasa* and *Ayana*.

Rasa

It has different meanings

- First *Dhatu* of body.^[5]
- Sense of taste – perceived a by tongue.^[6]
- Nutritional fluid in the body.^[7]
- *Parada* (Hg) – it has the property to demolish aging and death and also have property to assimilate different metal.^[8]

Ayana^[9]

It means

- *Apyayana* (Nourishment)
- *Upaya* (Method)
- *Marga* (Pathway)

Definition of Rasayana: According to *Acharya Charka* – whose drugs or *Aahar* increases *Oja, Bala, Varna, Arogya, Prabha, Aayu* and *Prakarma*, that is called *Rasayana*.^[10]

According to *Acharya Sushruta* – *Rasayana* as a drugs, which used for the maintenance of the age, improvement of the intelligence and strength and for the elimination of diseases.^[11]

According to *Bhavaprakasha* – *Rasayana* as the therapy that lightens *Vyadhi, Jara*, and Stabilizes youth. He also included the *Chakshusya, Brimhana* and *Vrisya karma* in *Rasayana*.^[12]

Synonyms^[13]

- *Swasthyaurjaskara*
- *Jaravyadhinaskara*
- *Jara-vyadhividhvanshi Bhesaj*
- *Jara-vyadhi uttapatti pratibandhak*
- *Vyay-sthapaka*
- *Sarwopghatprasamniya*
- *Rasadidhatu-labhopaya*
- *Aayurvedha-balakar*
- *Swasthyaswasth-rakshanam*
- *Rogaapharan-samarth*
- *Aartsya roganut*

MATERIAL AND METHODS

It includes ancient *samhitas*, lexicons, peer reviewed journals, websites etc. The available literature is reviewed critically.

Classification of Rasayana

There are various types of *Rasayana* but some of them are as follows.

As per scope of use

a. *Kamya Rasayana*

Kamya Rasayana used to fulfil a wish or desire or to serve a special purpose (*kama* = desire).

It is also used to promote general physical and mental health.^[14] It is of three types are:

1. Prana kamy Rasayana: It is used for achieving or maintaining the best quality of prana (Life energy) in the body. Ex- Vijaysaar Rasayana made by Amalki Rasayana. Maas Rasayana.

2. Medha Kamy Rasayana: it is used for enhancing the memory and intellect. Ex.- Mandookparni Rasayan, Bhrami Rasayana, Vacha rasayan.

3. Shree Kamy Rasayana: Promotor of complex. Ex. Sheetal jal, Honey, Vidang tandul Rasayana.

b. Naimattik Rasayana: Naimattik rasayana is given to combat or balance a specific cause, which is causing a disease in the body. Some example of this Rasayana's are Dhatri Rasayana, Mandookparni Rasayana, Bhallatak Rasayana, Pippli Rasayna, Nagbala Rasayana, Triphala Rasayana.

c. Aajshrik Rasayana: Daily routine use of Aaharvargiya Rasayana comes in this category for example : Milk, Ghruta, Sheetodaka, Honey, Seasonal fruits.

As per method of use

a. Kuti-Praveshika Rasayana: which can be administered by keeping the separately inside made a Kuti, accordingly favourable of Ritu with lighting & according to rules. It is also called indoor therapy.^[15]

b. Vatatpika Rasayana: This Rasayana is given to common citizens who cannot pursue the limitation of Kutipraveshika. It is easier to apply in compression to Kutipraveshika as there is no limitation. It is also called outdoor therapy. Ex.- Chayavanprasha, Amalaki Rasayana, Bhrama Rasayana, Haritki Rasayana, Louha Rasayana.

As per contents of rasayana

a. Aushada Rasayana – On the bases of drugs and Herbs.

b. Ahara Rasayana – On the bases of diet and nutrition.

c. Achar Rasayana – On the bases of conduct and behaviour.

Table. 1: Decade wise Rasayana By Sharangdhar Samhita

Age (Yrs)	Abhesta Phal	Useful Rasayana
1 – 10	Balyam (Childhood)	Vacha, Swaran Bhasam
11 – 20	Vridhhi (Groth & Dovelopment)	Ashwagandha, Bala
21 – 30	Chhavi (Lustre/Complexion)	Amalki, Louha Bhasma
31 – 40	Medha (Intelligence Power)	Shankhpuspi, Bhrami, Jyotishmati,
41 – 50	Twak (Skin)	Bhringraj, Priyal, Jyotishmati, Somraji
51 – 60	Drishti (Visual Acuity)	Triphla, Shatawari, Jyotishmati, Saptamrit Louha, Amalki
61 – 70	Shukra (Potency & Fertility)	Atamgupta, Aswagandha,
71 – 80	Vikram	Amalki, Bala
81 – 90	Buddhi (Memory)	Bhrami
91– 100	Karmindriya (Physical Capacities)	Bala, Aswagandha

Table. 2: Rasayana According to Deha – Prukruti (Constitution).

<i>Prukrti</i>	<i>Rasayana Dravya</i>
<i>Vata</i>	<i>Bala, Aswagandha,</i>
<i>Pitta</i>	<i>Amalaki, Shtawari, Guduchi</i>
<i>Kapha</i>	<i>Bhallataka, Gugglu, Pippali, Garlic, Rashana</i>

Table. 3: Specific Rasayana For Specific Dhatu.

Deha- Dhatu	Rasayana Dravya
Rasa	Draksha, Shatawari, Kharjoor
Rakta	Amalki, Bhringraj, Lauh Bhasma, Swaran Makmakshik Bhasma
Mansa	Aswagandha, Bala, Naagbala, Kupilu, Rajat Bhasma,
Meda	Gugglu, Shilajatu, Haritki, Amrita
Asthi	Laksha, Shukti Bhasma, Kukkutandtwak Bhasma, Vansalochna
Majja	Louha Bhasma, Vasa, Swarna Bhasma,
Shukra	Kapikachhu, Aswagandha, Shatawari, Vidarikanda, Swarna Bhasma, Cow milk & Ghruta

Table. 4: Rasayana for Specific Channel/Systems.

Respiratory System	Chyavanprasha, Vardhmaan Pippli Rasayana
Water Metabolism System	Fresh Ginger, Cardamom
Digestive system	Pippli, Bhallatka, Haritki
Circulatory System (Lymphatic Portion)	Dhrakha, Satawari,
Circulatory System (Blood Portion)	Amalki, Dhatri Lauha, Swarana Makshik Bhasma
Muscular System	Masa, Aswagandha, Bala, Kupilu, Rajat Bhasma,
Adipose System	Gugglu, Shilajatu, Haritki, Amrita
Skeletal System	Shukti Bhasma, Kukkutandtwak Bhasma, Vansalochna, Ashti-Shrankhla
Nervous System	Aswagandha, Sankhpuspi, Swarna Bhasma, Lauha Bhsma
Reproductive System	Aswagandha, Swetamusli, Amalki, Satawari, Kapikachhu Pippli Moola, Swarna Bhasma, Go-Ghruta, Gokhshura
Urinary System	Gokhshura, Punarnva,
Excretory System	Kutaj, Vidanga, Triphala
Sweat System	Kupilu, Basil
Menstrual system	Ashoka, Lodhra, Shatawari
Lactation System	Shatawari, Jeeraka, Milk

Sansodhana before Rasayana Paryoga: Rejuvenation therapy administered without Purifying the body does not Facilitate just like the colouring of an unclean cloth does not glow.^[16] So **Acharya Charak** has mentioned “**Haritkyadi Yoga**” should be Used for **Samsodhna** (Purification) of body to get more benefits of **Rasayana** therapy.^[17]

Rasayana Benefits

Briefly benefits of **Rasayana** Therapy described in Ayurveda are Followings

- For healthy long life
- For Sharp memory power
- For Intelligence
- For delay the aging process
- For long time look like young
- For Will power, & physical Strength
- For Marinating Reproductive system & nourishment of Shukra Dhatu
- For Prevent the chronic Degeneration Changes & illness like Osteoporosis, Arthritis etc.
- For curing the Chronic Disorders & Malnourishment.

Rasayana Therapy is Contraindicated in person

Acharya Sushruta Described Seven types of individual who is not complete to use **Rasayana** Therapy.^[18]

- a. Devoid to self-Discipline.
- b. Lazy
- c. Poor
- d. Careless
- e. Addict
- f. Sinful
- g. Unwilling for Meditation.

Preventive/Curative role of Rasayana therapy in the present Era: **Gokshura** is known to enhance the Activity Taking Place in the heart. It is ideal for curing heart Ailments like Angina and reduces the susceptibility of heart Attacks. It also brings down cholesterol levels in the body. **Gokshura** is proven to reduce Blood Sugar, Hypertension and blood pressure level. This is possible due to Anti-tumour and antibiotic properties.^[19] **Punaranva-** study depicts that daily intake of Boerhaavia diffusa extract by diabetic Mellitus Patients may be useful in the prevention and treatment of the diabetes- induced hyperlipidaemia and

atherosclerosis.^[20] *Shilajatu* is a potent and very safe dietary supplement, potentially able to prevent application now appears to come from its actions in benefit of cognition and potentially as a dietary supplement to prevent Alzheimer`s disease.^[21] *Shilajatu*- General Pharmacological activities:- Anti-inflammatory, Analgesic, Antidiabetic, Immunomodulatory, nootropic Anti-anxiety, Anti-ulcerative, Anti-viral, anti-Fungal, Antioxidant activity.^[22] Fresh leaf extract of *Mandookparni* has shown Nootropic, Tranquilising, Memory enhancing, and adopogenic properties on Experimental models.^[23] *Ashwagandha* (1000 Mg/kg/oral) produced significant analgesic activity for a rat experiencing heat analgesia induced by hot plate method. The peak analgesic effect of *Ashwagandha* was Recorded as 78.03% at 2nd hour of administration. The involvement of pain mediators: prostaglandin and 5- hydroxytryptamine in analgesic activity of *Ashwagandha* was studied by Pre-treatment with Paracetamol (100mg/kg, ip) and cyproheptadine (10mg/kg, ip. The analgesic activity of *Ashwagandha* was potentiated significantly by Cyproheptadine, however, Paracetamol Failed to exhibit any significant change in its activity, suggesting the involvement of serotonin, but not prostaglandins in the analgesic activity of *Ashwagandha*.^[24]

DISCUSSION

Now at this time, when the world is trying to Achieve such medicines that enhance the healthy life of individual. It is our duty to expose out the possibilities of such drugs from Ayurveda. It is *Rasayana* drugs which can fulfil this desire of human being. There are lot of *Rasayana* medicine which may ward off the effect of population, aging, malnutrition, disturbed food habit, and obesity.

Rasayana Chikitsa means rejuvenation therapy. Rejuvenation literally signifies return to youthful state. Rejuvenation therapy helps to enhance; maintain health and to cure disease in individuals. It also improves a healthy person`s mental and physical condition. It is widely used for cosmetic purpose like to improve skin texture, healthy hairs, modulates the voice and increases sensing capacity of sense organs. They replenish the vital fluids of our body thus keeping us away from different diseases. Administrating *Rasayana* is helpful to improve the immunity of the person through immunomodulatory action. The possible mechanisms of action, by which *Rasayana* can be correlated in terms of modern scenario, are follow-

- Antioxidant action
- Immunomodulatory action

- Haemopoietic effect
- Adaptogenic action
- Anti-aging action
- Anabolic action
- Nutritive function
- Neuroprotective action
- Detoxification action

CONCLUSION

Rasayana Therapy best for Replenishing and nourishing of Specific body Elements. Various *Rasayana* can be given more benefits in Different Decades of life. In healthy persons also can be used of *Rasayana* without much restriction part of diet and regimen for healthy long life and prevention of disease.

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