



**ANCIENT CONCEPT OF AYURVEDA OF RASAYANA THERAPY; THEIR
CLASSIFICATION AND THERAPEUTIC INDICATIONS**

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ABSTRACT

Rasayana is one of the important rejuvenation therapies of ancient Ayurveda that not only helps in maintenance of general health but also prevent and treat diseases. *Rasayana Chikitsa* provides longevity, rejuvenation, enhances *Vyadhikshamatvabala*, prevents early aging and provides luster, etc. *Rasayana Chikitsa* boosts *Satva Guna* of mind thus imparts mental benefits. The *Achara Rasayana* along with rejuvenating herbs provides relief from mental ailments. *Rasayana Chikitsa* restores *Dhatu Samya* by rectifying condition of *Dhatu Vaishamya*. *Rasayana* therapy helps to cure diseases associated with sedentary lifestyles, stress and awful eating habits, etc. *Rasayana* drugs offer health benefits by virtue of their anti-oxidant, immunomodulatory and rejuvenating effects. This article described various categories of *Rasayana* and their therapeutic indications.

KEYWORDS: *Ayurveda, Rasayana, Rejuvenation, Longevity, Immunomodulatory.*

INTRODUCTION

Ayurveda science provides several ways for prolonged and happy life. It serves as medical science to prevent and treat many diseases. The Ayurveda philosophy not only helps to keep balance of body but also restore mental and moral synchronization. It establishes natural harmony of physic; mind and soul thus impart benefits of overall well being. It prolongs life by maintaining positive health and curing diseases. These all healthy goals of Ayurveda science achieved through the various approaches and *Rasayana* therapy is one such branch of Ayurveda.^[1-4]

Rasayana therapy helps mankind to fulfill their desire of healthy and long life. *Rasayana Chikitsa* not only supports to prevent diseases but it also offers therapeutic role in treating many health ailments. *Rasayana* protect health and gives longevity by improving quality of *Rasa Dhatu* and restoring balances of *Doshas*. *Rasayana* therapy by virtue of its inherent characteristics give long & healthy life, keep body away from ailments, attain physical strength, delay process of ageing and enhances quality of mental elements.^[4-6] The beneficial biological effects of *Rasayana* therapy is depicted in **Figure 1**.

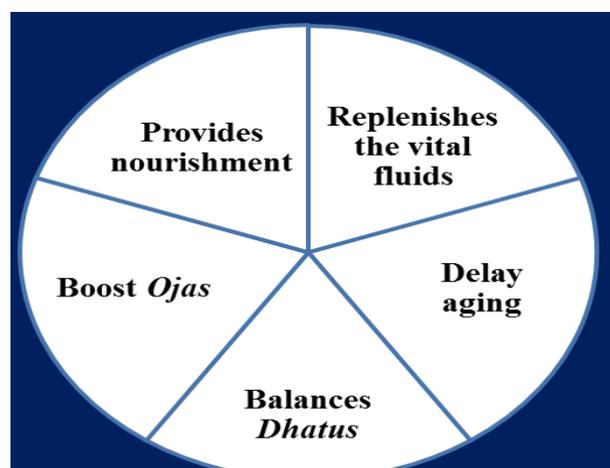


Figure 1: Effects of rasayana therapy.

As mentioned in above figure *Rasayana* as rejuvenation therapy promotes general health, provides nourishment at cellular level, boost vital force, improves immune system, brings normalcy of *Dhatu* and prevents symptoms of early ageing, etc. *Rasayana* therapy provides longevity, improves intellectual competence, offer preservation of youthfulness, increases complexion and skin glow.^[6-8]

The commonly used *Rasayana* drugs are as follows

- ✓ *Amalaki* (*Phyllanthus emblica*)
- ✓ *Aswagandha* (*withania somnifera*)
- ✓ *Brahmi* (*Bacopa monnieri*)
- ✓ *Shankhapushpi* (*Convolvulus pluricaulis*)
- ✓ *Guduchi* (*Tinospora cordifolia*)
- ✓ *Yastimadhu* (*Glycyrrhiza glabra*)

Classification^[5-9]

Basis of administration

- ✓ *Kutipravesika Rasayana*

The *Rasayana* administered in *Trigarbha Kuti* where patient has to follow some rules.

- ✓ *Vatatapika*

Rasayana administered in normal exposed or external environment where specific room not required for drug administration.

Basis of action

- ✓ *Samshodhana Rasayana*

It expels aggravated *Doshas* thus rejuvenates body.

- ✓ *Samshamana Rasayana*

It pacify accumulated *Doshas*, therefore rejuvenates body.

Basis of uses

- ✓ *Kamy Rasayana*

Kamy Rasayana helps to fulfill desire; they are three types *Prankamy*, *Medhakamy* and *Shrikamy*. *Prankamy* promotes longevity, *Medhakamy* promotes memory and *Shrikamy Rasayana* promotes luster.

- ✓ *Naimittika Rasayana*

These *Rasayana* are used for treating disorders, they are specific to diseases. *Rasona* and *Vacha* used as *Naimittika Rasayana* for *Vata Vyadhi*, similarly *Shilajatu* and *Haridra* are used as *Naimittika Rasayana* for *Prameha* while *Amalaki* and *Lauha* are used as *Naimittika Rasayana* for *Pandu*.

- ✓ *Aajasrik Rasayana*

They are substance used on regular basis may be as food materials for the purpose of body nourishment. This *Rasayana* considered good for immunity and nutritional management. Milk, honey and *Ghee*, etc. are major substances of this category.

Basis of *dravya*

- ✓ *Dravyabhuta rasayana*

The *Rasayana* possessing character of *Dravya* which include minerals, foods and herbs, etc.

- ✓ *Adravyabhuta rasayana*

Adravya includes non-elemental character; these are the modalities which involves consideration of good behavior, meditation and moral conducts, etc.

Basis of drug/diet/lifestyle

- ✓ *Aushadha rasayana*

Involves uses of herbs and classical medicines.

- ✓ *Ahara rasayana*

Involves uses of dietary substances and nutritional materials.

- ✓ *Achara rasayana*

Its involve uses of moral conduct, good behavior and disciplinary lifestyle pattern.

Indication of specific therapy

- ❖ *Kamy Rasayana* may be used in both cases i.e. to improve health of healthy person and to alleviate disease along with other medicines.
- ❖ *Naimittika Rasayana* is used for the treatment of particular disease depending upon the types and severity of disease.
- ❖ *Vatatapika* method for the administration of *Rasayana* can be considered suitable for general cases or no specific regimens required for the administration of *Rasayana* by *Vatatapika* method.
- ❖ *Kutipravesika Rasayana* requires specific consideration for taking *Rasayana* therapy. Person with determined mind and good self-control can be considered suitable for *Kutipravesika Rasayana* administration.^[6-9]

Therapeutic indication of some *rasayana* drugs

- ✚ *Amalaki Rasayana* used as a rejuvenating drugs and offers benefits in case of aging conditions.
- ✚ *Ashwagandha* improve general health, prevent mental disease and cure reproductive health issue, etc.
- ✚ *Brahmi* cures tiredness, fatigue, improves intelligence, boost immune power and it also relieves stress, etc.
- ✚ *Guduchi* possess antioxidant and anti-microbial properties, improves verbal abilities, relieves anxiety and enhances mental well-being.
- ✚ *Shankhpushpi* is *Medhya Rasayana*, considered useful for strengthening heart, supports memory, improve brain function and concentration, etc.
- ✚ *Yashtimadhu* has antioxidant property, it enhances memory, circulation in brain and cure symptoms of burning sensation and disorders of *Pitta* aggravation, etc.^[8-10]

CONCLUSION

Rasayana includes regimen, drugs and food substances which provides good quality of *Rasa Dhatu* and balances bodily elements. *Rasayana* therapy provides nourishment to *Dhatu*s, keeps free from diseases, improves physical and mental power, delay ageing process and improves life expectancy, etc. Natural drugs, *Aahara*, *Vihara*, *Pathya* and *Dinacharya*, etc. are comes under the regimen of *Rasayana* therapy. *Rasayana* enrich quantity

of life, gives good immunity power, synchronize physical, mental and spiritual well being, thus *Rasayana* therapy provides health benefits in all dimensions.

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