



AYURVEDA PERSPECTIVE OF RASAYANA: GUIDELINE, SPECIFIC FUNCTIONS & DISEASE MANAGEMENT

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ABSTRACT

Kayachikitsa is the first branch of ayurveda which deals with various aspects of medicine. This branch mainly focuses its approaches towards the *agni* since concept of *agni* play vital role towards the disease prevalence & management. Rejuvenation is another unique aspect of *kayachikitsa* which involve use of *Rasayan chikitsa* to achieve an ideal progeny along with rejuvenation & *vajikaran* effect. The *Rasayana* therapy offer longevity, good memory and intelligence, improve immunity, luster, complexion, voice & strength. *Rasayana* help to destroys disease & combat ageing. *Rasayana* boost functioning of enzymes thus help to maintain normal physiological functioning. The conceptual principles of *Rasayana* therapy involve conservation and transmutation of energy. Different *rasayana* use for different purpose like; *bala* & *ashwagandha rasayana* to pacify *vata*, *amalaki* & *shatavari* for *pitta dosha* while *bhallataka*, *guggul* & *garlic* for pacifying *kapha dosha*. This article summarizes unique value of *Rasayana* as approaches of *Kayachikitsa*.

KEYWORDS: *Ayurveda, Rasayana, Kayachikitsa & Longevity.*

INTRODUCTION

Kayachikitsa is vital branch of ayurveda mainly deals with the management of general diseases such as; fever, diabetes, hypertension, acidity, diarrhea, liver diseases & asthma etc. This branch deals with various therapeutic approaches such as; *shodhana*, *shamana* and *rasayana*, etc. The *Kayachikitsa* involve approaches towards the elimination of the root causes of the illness.^[1-4]

Rasayana therapy is one of the important approaches of *Kayachikitsa* (ayurveda) provides nutrition to each tissue, increases *jataragni* and *dhatvagni*. It removes the *kleda*, *ama* and toxins. *Rasayana* possess anti oxidant action. It strengthens the *srotasas*, increases *ojas* and strength of the body. *Rasayana* therapy normalizes the *doshas* & help to maintaining *satva* mind. *Amalaki*, *Madooka parni*, *Shatavari*, *Shilajatu*, *Lashuna*, *Vacha*, *Bhallataka*, *Pippali*, *Haritaki*, *Guduchi*, *Bhibitaki* and *Ashvagandha* are some common *Rasayana* herbs. *Rasayana* drugs such as; *Ashvagandha* & *Shilajatu* reduces stress, *Gambhari* improve nitrogen balance and promote tissue building. *Guggulu* clears the *shrotas* and enhances the nutritional supply to all tissues and cells. *Amalaki* and *Bala* offer antioxidants properties & scavenge free radicals. *Achara Rasayana* offer immune modulator effects.^[2-6]

Rasayana boost *dhatu*s & offer health benefits; *rasayana* therapy potentiate *rasa dhatu* maintain skin rigidity & hair pigmentation, *rasayana* boost *rakta dhatu* which contribute towards beauty & maintain elasticity, *rasayana* empower *mamsa dhatu* which pacify general weakness while the potentiating of *medha dhatu* remove numbness & feeling of well being.^[3-5]

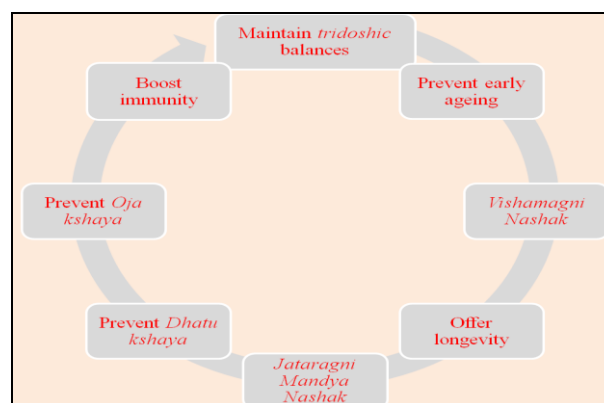


Figure 1. Biological role of *Rasayana*.

Types of *Rasayana* (According to functions)

I. *Kamya Rasayana*

➤ *Pranakamya*

Promote vitality and longevity i.e.; *Amalaki* & *Haritaki*.

➤ *Medhakamya*

Promote intelligence and memory i.e.; *Brahmi*, *Mandukaparni* & *Jivanti*.

➤ *Srikamya*

Improve complexion i.e.; *Guduchi*, *Triphala* & *Ashvagandha*.

II. *Naimittika Rasayana*

These *Rasayana* promote health & vitality of specific tissue or system.

➤ *Masha*, *Ashvagandha*, *Bala*, *Nux vomica* & *Silver bhasma*: Muscular System.

➤ *Guggulu*, *Shilajit*, *Haritaki*, *Guduchi* & *Garlic*: Adipose System.

➤ *Basil* & *Nux vomica*: Sweat System.

➤ *Shatavari* & *Jeeraka*: Lactation System.

III. *Ajasrika Rasayana*

Consumption of food substances routinely for nourishment of body i.e.; cow milk & *ghee* etc.

Rasayana also classified on the basis of drug, diet and life style as; *Aushadha Rasayana* (drugs and herbs), *Ahara Rasayana* (diet and nutrition) & *Achara Rasayana* (behavior, lifestyle & mental status).

Guideline to use *rasayana* therapies

The *rasayana* therapies should be planned as per the *prakriti* and requirement of an individual related to the specific treatment which may be as follows

➤ *Vatatapika rasayana* may be used routinely for day to day life.

➤ *Kutipravesika rasayana* should be under predefined protocol, guidance for certain period of time.

➤ The process of detoxification is required before initiate *rasayana* therapy indicated in the *anchkarma*.

➤ *Bhasma rasayana* should be avoided for pediatric use.

➤ *Bhasma rasayana* needs special care for patient possessed renal problem.

➤ Anger, liquor consumption, excessive sexual intercourse & stress should be avoided during *rasayana* therapy.

Rasayana towards the management of disease of *Kayachikitsa*

➤ *Draksha* & *Shatavari* for vitiation of *Rasa*.

➤ *Amalki*, *Bhringaraj* & *Suvarnamakshik Bhasma* to purify *Rakta*.

➤ *Guggulu*, *Shilajit*, *Haritaki* & *Guduchi* for disturbances of *Meda*.

➤ *Kukkutandatwak bhasma* & *Vamsharochna* for empowerment of *Asthi*.

➤ *Kapikacchu*, *Vidarikanda*, *Shatavari*, *Ashvagandha* & *Gold bhasma* for *Shukra* (empowerment of reproductive organs).

➤ *Chyavanprash* & *Vardhaman pippli* for disease of respiratory system.

➤ *Long pepper*, *Bhallataka* & *Haritaki* for disease associated with digestive system.

➤ *Amalki*, *Dhati lauha*, *Bhringaraj* & *Suvarnamakshik Bhasma* for disease of circulatory system.

➤ *Asvagandha*, *Calamus*, *Gotukola*, *Shankhapushpi* & *Loha bhasma* for maintaining functioning of nervous system.

➤ *Punarnava*, *Gokshura Kutaj*, *Vidanga* & *Triphala* for normal physiological functioning of urinary system & excretory system.

➤ *Medhya rasayanas* for obesity, hyper cholestremia hypertension, anaemia & diabetics.

➤ *Gandhak Rasayan* for skin diseases.

➤ *Amalaki Rasayana* & *Agastya rasayanam* for Heart Diseases.^[4-10]

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