



A REVIEW ON RASAYANA CHIKITSA IN AYURVEDA

Manpreet Kaur*¹, Kartar Bansal², Suparna Saha³ and Hemlata soni²

¹PG Scholar, Dept., of Agadtantra, National Institute of Ayurved, Aamer Road, Jaipur, Rajasthan 302002.

²PG Scholar, Dept., of Kaya Chikitsa, National Institute of Ayurved, Aamer Road, Jaipur, Rajasthan 302002.

³PG Scholar, Dept., of Rasashastra and Bhaisajya Kalpana, National Institute of Ayurved, Aamer Road, Jaipur, Rajasthan 302002.

***Corresponding Author: Manpreet Kaur**

PG Scholar, Dept., of Agadtantra, National Institute of Ayurved, Aamer Road, Jaipur, Rajasthan 302002.

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ABSTRACT

Rasayana is the one of the eight clinical specialities of classical ayurveda which aiming at rejuvenation and geriatric care. Means the main purpose of *rasayana chikitsa* is to impede the aging process and to delay the degenerative changes in the body. It is evident that healthful longevity has ever been cherished desire of man which is evident from a hymn of *Atharvaveda* "Jiwema sardaha satama, pasyama sardaha satama." This hymn denotes the desire of human beings of longevity for 100 years of life with proper functioning of sense organs. This can be achieved only by *Rasayana chikitsa* because it fulfills both the aims of *ayurveda*, prevention and promotion of health. *Rasayana chikitsa* is capable of imparting superior *rasadi dhatus* to the body and toning up the system of healthy persons. It improves and strengthen the functioning of all organs, enhancing intelligence, well-being, improved complexion, voice, natural immunity and allied positive health attributes. With the help of *rasayana chikitsa* one can maintain the balance between the material and spiritual aspects of life and help others also to understand it. This review gives a brief knowledge of about *rasayana*, their uses according to different purpose and benefits.

KEYWORDS: Rasayana Chikitsa, Rejuvenation Therapy.

INTRODUCTION

Ayurveda is one of the world's oldest system of health. It is not just a health care system but a complete approach to healthy living. It is practiced in the form of *Ashtanga ayurveda* of which *Rasayana* is a most important branch.^[1] It is an important speciality of ayurveda aiming at rejuvenation and geriatric care. Ayurveda aiming at maintaining and promotes the positive health of healthy individuals & cures the diseases of diseased ones.^[2] *Rasayana* therapy fulfills both of this aims. As we know today people lead their lives in a more sophisticated way. Improper food habits, altered life styles, persistent stress, water and air pollution etc. and so many other factors are executing serious dangerous effects on human life. Now days more emphasis is laid down over prevention of diseases rather than curing them after they have appeared in the body because disease free condition is the best source of virtue, wealth, gratification and emancipation and with the healthy long life one can achieve eternal satisfaction with regular indulgence.^[3] This objective could easily be achieved with the help of *Rasayana therapy*. It is an active step which plays an important role in maintaining and promoting positive health of individuals by promoting their body resistance i.e. immunity and psycho-emotional resiliency by boosting

the *ojus* (vital force of life) which is essence of all seven of *dhatus*.

Definition^[4,5]

The term *Rasayana* is consists of two words; *Rasa* & *Ayana*. According to *Panini* grammer the word *Rasa* is derived from the root "*Rasa rasatiti rasana*", means that which moves. According to *Sushruta*, term *rasa* denotes things which move day and night. But here the word *rasa* has the sense of end products of digestion. And the term *Ayana* has various meaning according to *Sanskrit* grammer as *janana* (knowledge), *gamana* (way, progression) and *prapti* (attainment). But here the word *ayana* has the sense of attainment. Thus the term *rasayana* denotes the process/ ways/means of attaining standard *Ahara rasa* of good quality for the body. Literally the word *rasayana* refers to means of obtaining the optimum standard or best quality of *rasadi dhatus*. *Rasayana* therapy is defined as the measure which deals with the problems of youthful age, prolongs longevity, develops positive health and mental faculties and imparts resistance and immunity against disease. Measures like diet, drugs or regimens which cure or prevent the disease and aging is called as *rasayana*.

Synonyms of Rasayana^[6]

There are no clear cut and specific synonyms are described for *rasayana*. But depending upon their therapeutic effect and properties following synonyms of it can be developed.

- **Jara vyadhi nashaka or vidhawansi-** because it destroy the *Jara* (premature aging) and *Vyadhi* (diseases).
- **Jara vyadhi utpatti pratibandhaka-** because it prevent the occurrence of *Jara* and *Vyadhi*
- **Sarvopaghatashamniya-** because it can pacify almost all the grievances.
- **Vayasthapna-** because it prevents and destroys several disorders and in turn may lead to longevity by preventing premature aging.

Classification of Rasayana

According to the contents, usage and scope of various measures, *Rasayana* therapy may be classified as follows.

As per mode of administration^[7]

1. Kutipraveshika (in door regimen)- In this method the patients is to be placed in specially built “m Trigarbha kuti” (cottage) which should be constructed in a good site and inhabited by those who perform virtuous acts, a place which is free from alarm. The person has to strictly follow the prescribed instructions and diets given by the physician.

2. Vataatapika (outdoor regimen)- This therapy is recommended to those who cannot afford the time or other paraphernalia. In this procedure person remains in his natural surroundings and continuous to perform his daily normal schedule while under the therapy.

3. Droni praveshika (special regimen)(charak chikitsa 1/1/16)- This is a specialized procedure used for *divya rasayana* therapies. In this procedure the persons should be given *swaras* of all or anyone of *divya aushada* to the full of his stomach and asked to remove his clothes and sleep in *palasha* wood made *droni*.

As per purpose of administration^[8]

1. Kamyas rasayana- It is used in healthy persons for maintenance and promotion of positive health. It is of three types.

- **Prana kamyas** (promotor of life vitality and longevity) - e.g. *Triphala rasayana*, *Haritaki rasayana*.
- **Medha kamyas** (promotor of intellect and mental functions) - e.g. *Brahmi*, *Shankhapushpi*.
- **Shri kamyas** (promotor of strength, vigour, complexion and lusture) - e.g. *Amalaki rasayana*, *Loha rasayana*.

2. Naimittika rasayana (promotors of specific vitality in specific disease) – e.g. *Shilajatu* for *Prameha*, *Tuvaraka* for *Kushtha*.

3. Ajasrika rasayana (dietary rasayana) - It is the nutrition which is taken regularly as food. e.g. daily use of milk, *ghee*, fruits etc.

As per mode of action^[8]

1. Samshodhana rasayana

The drugs used for the purification purpose of body is included in this type of *rasayana*.

2. Samshamana rasayana: This type of *Rasayanas* are not expelled the vitiate *doshas* out of body, but get pacified them inside the body.

As per Bhesja bheda^[8]

(according to drug measures used).

1. Dravyabhoota rasayana (drug rasayana) - Single or compound drugs may be used as *rasayana*. e.g. *Haritaki*, *Amalaki*, *Pippali* etc.

2. Adravyabhoota rasayana (non pharmacological) - Some behavior embodies which act as *rasayana* e.g. *Achara rasayana*, *Yama*, *Niyam*, *Yoga*, *Tapa* etc.

As per Achara rasayana^[9,10] (Conduct Rasayana)

It is a code of conduct which includes the maintaining living standard based on honesty, truth, faith and love. The origin of this concept is having a healthy mind on which person have good controls. It includes consideration of physiological, psychological, social, behavior, food & diet and spiritual aspects of the life. It's aiming at mental satisfaction and worry free living. It has following aspects.

➤ **Psychological aspects:** It include *Satyavadi* (truthful), *Akrodhi* (free from anger), *Ahimsaka* (avoid violence and prefer peace), *Anaayaasa* (peaceful and pleasing in their speech), *Prashanta* (calm), *Priyavadi* (speak good and pleasant) and *Japa-para* (do meditation regularly or recite the name of god or holy hymns) characteristics.

➤ **Social and behavioral aspects:** It include *Satyavadi* (truthful), *Nivruttam Madhya maithunath* (avoid alcohol and observe abstinence), *Dev-gau-brahmana acharya guru vruddha archanaratam* (respect old people, elders and teachers), *Anrushamsam* (be devoted to love and avoid violence), *Nitya karunavedi* (be merciful and compassionate), *Anahankrutam* (do not have ego and live a life ego free), *Upasitaram vruddhanam* (serve old people, parents and wise people), *Astikaanam* (have faith in almighty or ultimate nature) and *Jitaatmanaam* (have control over mind and avoid unnecessary sensory pleasures) characteristics.

➤ **Spiritual aspects:** It includes *Dharmashastraparam* (duty bound and follow ethical principles), *Adhyatma pravanendriyam* (read good texts or books, which provide peace to mind) and *Tapasvi* characteristics.

➤ **Food and nutritional aspects:** It includes *Nityam ksheera grithashinam* (take an appropriate amount of milk and ghee according to your digestion capacity) and *Asankeernam* (take a balanced diet and make a good plan for eating habits) characteristics.

➤ **Personal aspects:** It includes *Shouchaparam* (maintain a proper hygiene), *Amajagarana swapna* (take a balanced sleep and avoid excessive laziness and sleepiness. Awake in early morning and sleep early at night), *Dasha kala pramanajnam* (take care of season and livable places to maintain your health. Do some needful changes if required according to season and place), *Yuktijnam* (be skillful and wise so other people cannot deceive you easily) and *Jitatmanam* (have a good self-control) characteristics.

Mode of action of Rasayana^[11]

The concept of *Rasayana* therapy is not a single drug treatment but it is a comprehensive and specialized regimen capable of producing healthful longevity and improved mental faculties by acting at the level of *Rasa* (nutrition), *Agni* (digestion & metabolism) and *Srotansi* (micro-circulation), thus enabling the organism to produce the best qualities of different *dhatu*s. It act at the level of *Rasa* by enriching the nutritional value of the circulating plasma i.e. *Shtavari*, *Draksha* and act at the level of *Agni* by improving the digestion, absorption and metabolism and have some anabolic effect i.e. *Pippali*, *Haritaki*, *Chitrak* etc. and act at the level of *Srotansi* (micro-circulation) and do *sroto-shuddhi* by cleanse and activate the micro-circulatory channels. Thus the tissue nourishment is improved considerably leading to

improved tissue health and their quality eg. *Guggulu*, *Rasna*.

Indication & contraindications of Rasayana therapy

Rasayana therapy must be administered in proper manners in proper persons, because if it is administered improperly it produces several hazardous effects.^[12] Therapy is mainly indicated in persons with clean mind & body, intellectual property, self-controlled, having able body free from diseases, sufficient time to spare, adequate wealth and faith in physician & who have undergone purificatory therapies.^[13] *Rasayana* therapy should be used between 3rd & 5th decades of life, because in this period maximum effect of *rasayana* therapy is obtained.^[14] But therapy is contraindicated in those persons who is *Anatmavana* (Persons who don't have proper knowledge), *Alasi* (Persons who avoid *rasayana* therapy and doesn't follow the rules strictly), *Daridra* (Persons who cannot afford the costly medicines, *pathya* & the time for it), *Pramadi* (Persons who are not steady minded & may not follow the rules & regulations strictly), *Vyasani* (Persons who addicted to alcohol, gambling etc.), *Papi* (Sinful persons who don't follow the religious & their duties properly), *Bhaisajapamani* (who don't have faith in medicine).^[15]

Rasayana drugs in different age groups and for different indications^[16,17]

According to ones *Prakriti*, age, disease condition etc. *Rasayana* are administered accordingly by integrating with healthy lifestyle, including both diet and herbs. *Rasayana* drugs improve both physical and mental. Here is some table given below according to different purpose.

1. According to Age.

S. N.	Age group (in years)	Desired effect	Rasayana drugs
1.	1-10	Balya	Vacha (<i>Acorus calamus</i>), Kashmari (<i>Gamelina arborea</i>), Suvarna
2.	11-20	Vridhhi	Kasmari (<i>Gamelina arborea</i>), Aswagandha (<i>Withania somnifera</i>), Bala (<i>Sida cordifolia</i>)
3.	21-30	Chhavi	Lauha bhasma, Amalaki (<i>Embelica officinalis</i>)
4.	31-40	Medha	Sankhapuspi (<i>Convolvulus pluricaulis</i>), Brahmi (<i>Bacopa monnieri</i>), Jyotishmati (<i>Celastrus panniculatus</i>)
5.	41-50	Twaka	Jyotishmati (<i>Celastrus panniculatus</i>), Priyala (<i>Buchanania lanzan</i>), Bhiringraja (<i>Eclipta alba</i>)
6.	51-60	Dristi	Jyotishmati (<i>Celastrus panniculatus</i>), Triphala, Lauha, Shtavari (<i>Asparagus racemosus</i>), Amalaki (<i>Embelica officinalis</i>)
7.	61-70	Sukra	Atmagupta (<i>Mucuna prurita</i>), Aswagandha (<i>Withania somnifera</i>)
8.	71-80	Vikrama	Amalaki (<i>Embelica officinalis</i>), Bala (<i>Sida cordifolia</i>)
9.	81-90	Buddhi	Brahmi (<i>Centella asiatica</i>)
10.	91-100	Karmendriya	Aswagandha (<i>Withania somnifera</i>), Bala (<i>Sida cordifolia</i>)

2. Rasayana drugs for specific channel systems.

S.N.	Channel system	Rasayana drugs
1.	Adipose system	Guggulu (<i>Commiphora mukul</i>), Haritaki (<i>Terminalia chebula</i>), Shilajitu, Guduchi (<i>Tinospora cordifolia</i>)
2.	Circulatory system (blood portion)	Amalaki (<i>Embelica officinalis</i>), Dhatri louha, Bhringraj (<i>Eclipta alba</i>), Suvarnamakshik bhasma
3.	Circulatory system (lymphatic portion)	Draksha (<i>Vitis vinifera</i>), Shatavari (<i>Asparagus racemosus</i>), Kharjura (<i>Phoenix sylvestris</i>)
4.	Digestive system	Pippali (<i>Piper longum</i>), Haritaki (<i>Terminalia chebula</i>), Bhallataka (<i>Semicarpus anacardium</i>)
5.	Excretory system	Triphala, Kutaj (<i>Holarrhena antidysenterica</i>), Vidanga (<i>Embelica ribs</i>)
6.	Lactation system	Shatavari (<i>Asparagus racemosus</i>), Jeeraka (<i>Cuminum cyminum</i>), Milk
7.	Menstrual system	Ashoka (<i>Saraca asoca</i>), Lodhra (<i>Symplocos racemosa</i>), Shatavari (<i>Asparagus racemosus</i>)
8.	Muscular system	Ashvagandha (<i>Withania somnifera</i>), Bala (<i>Sida cordifolia</i>), Kupilu (<i>Nux vomica</i>), Rajata bhasma
9.	Nervous system	Ashvagandha (<i>Withania somnifera</i>), Louha bhasma, Swarna bhasma, Shankhpushpi (<i>Convolvulus pluricaulis</i>)
10.	Reproductive system	Ashvagandha (<i>Withania somnifera</i>), Shweta Mushli (<i>Asparagus adscendens</i>), Shatavari (<i>Asparagus racemosus</i>), Vidarikand (<i>Pueraria tuberosa</i>), Milk, Swarna bhasma, Kapikacchu (<i>Mucuna prurita</i>)
11.	Respiratory system	Vardhaman pippali, Chyavanaprasha
12.	Skeletal system	Vanshalochana (<i>Bambusa arundinacea</i>), Shukti bhasma, Kukkutandatwak bhasma
13.	Sweat system	Kupilu (<i>Nux vomica</i>), Basil
14.	Water metabolism system	Cardamom, fresh Ginger

3. Rasayana drugs for senses and other organs

S.N.	Organs	Rasayana drugs
1.	Brain	Calamus
2.	Eye	Triphala, Shatavari (<i>Asparagus racemosus</i>)
3.	Heart	Guggulu (<i>Commiphora mukul</i>), Swarna bhasma
4.	Nose	Nasya of anu tail
5.	Neuro-muscular system	Bala (<i>Sida cordifolia</i>), Nagabala (<i>Grewia hirsuta</i>), Garlic (<i>Allium sativum</i>)
6.	Skin	Khadir (<i>Acacia catechu</i>), Tuvarak (<i>Hydnocarpus lourifolia</i>), Bakuchi (<i>Psoralea corylifolia</i>)

4. According to Deha prakriti.

S.N.	Prakriti	Rasayana drugs
1.	Vata	Bala (<i>Sida cordifolia</i>), Nagabala (<i>Grewia hirsuta</i>) with ghrta,
2.	Pitta	Amalaki (<i>Embelica officinalis</i>), Shatavari (<i>Asparagus racemosus</i>)
3.	Kapha	Bhallataka (<i>Semicarpus anacardium</i>), Guggulu (<i>Commiphora mukul</i>), Pipalli (<i>Piper longum</i>)

5. According to Satmya.

S.N.	Ritu/kala	Rasayana drugs
1.	Aadana kala	Sheeta virya and laghu guna dravya e.g. Amalaki
2.	Visarga kala	Ushna virya and guru guna dravya e.g. Bhallataka

6. According to Desha satmya.

S.N.	Desha	Rasayana drugs
1.	Sadharana	Sadharana drugs
2.	Jangala	Snigdha-ushna drugs
3.	Anoopa	Ruksha drugs

7. According to Dhatu.

S.N.	Dhatu	Rasayana drugs
1.	Rasa	Kharjura, Draksha, Kasmari
2.	Rakta	Lauha, Amalaki, Palandu, Bhringraja
3.	Mamsa	Bala, Nagabala, Rudanti, Ashwagandha, Shalparni
4.	Meda	Guggulu, Shilajatu, Amrita, Haritki
5.	Asthi	Laksha, Vanshlochana
6.	Majja	Lauha, Vasa, Majja
7.	Sukra	Atmagupta, Vajikarak dravya

8. According to Agni.

S.N.	Agni	Rasayana drugs
1.	Jatharagni	Vidanga, Chitraka, Pippali, Haritki
2.	Dhatwagni	Amalaki, Amrita, Kumari, Pippali

9. According to various Ritu.

S.N.	Ritu (seasons)	Condition of doshas	Recommended drugs
1.	Hemanta	Kapha sanchaya, Pitta shaman, Vata prakopa	Dughda, Ghrita, Agru lepa, Madhu, Yashtimadhu, Bhallataka, Bala, Atibala, Paarada, Ashwagandha etc.
2.	Shishira	Kapha sanchaya, Vata prakopa	Dughda, Ghrita, Madhuyashti, Bala, Bhallataka, Atibala, Nagabala, Paarada, Gambhari
3.	Vasanta	Kapha prakopa	Brahti, Patha, Bhringaraja, Tulsi, Chandana, Haritki, Shankhpushpi, Pippali, Shilajit, Kakamachi
4.	Grishma	Kapha prakopa	Vidarikanda, Suvarna, Gokshur, Madhuyashti, Bala, Atibala, Dughda, Ghrita
5.	Varsha	Pitta sanchaya	Bhallataka, Madhu, Pipalli, Chitraka, Haritki, Chavya, Paarada
6.	Sharad	Pitta prakopa, Vata shaman	Mandukparni, Vidarikanda, Amalaki, Usheera, Nagabala, Ghrita

Pharmacodynamics of Rasayana drugs^[18]

Most of the Rasayana drugs are Tikta, Madhura, katu and kshaya in rasa and having laghu, snigdha & ruksha guna. Similar ushna and sheeta veerya drugs are equally common and having madhura & katu vipaka in equal preponderance.

Rasayana drugs having Madhura rasa, Guru, Snigdha guna and Sheeta veerya properties act at the level of Rasa by improving the nutritional value of the poshaka rasa which helps to obtain the best quality of dhatus eg.

Shtavari, Bala, Yashtimadhu, Amalaki etc. Rasayana drugs with Laghu guna, Ushna veerya and Katu rasa may act at the level of Agni by improving metabolism and thus improve the quality of dhatus.

Similarly the Rasayana drugs with Vishada, Ruksha and Laghu guna, Katu, Tikta and Kshaya rasa, Ushna veerya, Katu vipaka may cause Srotoshodhan and thus inducing the rasayana effect Rasayana effect is also governed by the prabhav of drugs.

List of medicinal plants commonly used as rasayana along with their pharmacological properties.^[19-24]

S. N.	Drug	Rasa	Guna	Veerya	Vipaka
1.	Amalaki	Amala, Madhura, Kshaya	Laghu, Ruksha, Laghu	Ushna	Madhura
2.	Haritaki	Madhura, Tikta, Kshaya, Katu, Amla	Ruksha, Sheeta	Sheeta	Madhura
3.	Pippali	Katu	Snigdha, Laghu, Teekshna	Anushna	Madhura
4.	Shilajtu	Katu, Tikta, Kshaya	Laghu, Ruksha	Ushna	Katu
5.	Kakamachi	Tikta	Laghu	Anushnasheeta	Katu
6.	Vidarikand	Madhura	Snigdha	Sheeta	Madhura
7.	Bhallataka	Madhura, Kshaya	Laghu, Snigdha, Teekshna	Ushna	Madhura
8.	Lauha	Madhura, Tikta, Kshaya	Guru, Ruksha	Sheeta	Madhura
9.	Bala	Madhura	Snigdha	Sheeta	Madhura
10.	Atibala	Madhura	Snigdha	Sheeta	Madhura
11.	Chandana	Tikta, Madhura	Ruksha, Laghu	Sheeta	Katu
12.	Agaru	Katu, Tikta	Teekshna, Laghu	Ushna	Katu
13.	Dhava	Madhura, Kshaya	Ruksha, Laghu	Sheeta	Katu
14.	Tinisha	Kshaya	Laghu, Ruksha	Sheeta	Katu
15.	Khadira	Tikta, Kshaya	Laghu, Ruksha	Sheeta	Katu

16.	Sheesham	Katu, Tikta, Kshaya	Laghu, Ruksha	Ushna	Katu
17.	Asana	Tikta, Kshaya	Laghu, Ruksha	Ushna	Katu
18.	Mukta	Tikta	Tikta	Ushna	Katu
19.	Shweta	Katu, Tikta, Kshaya	-----	Sheeta	Katu
20.	Sthira	Tikta, Madhura	Guru, Snigdha	Ushna	Madhura
21.	Punarnava	Madhura, Tikta	Laghu, Ruksha	Ushna	Madhura
22.	Guggulu	Katu, Tikta, Kshaya	Vishada, Ruksha, Laghu	Ushna	Katu
23.	Atirasa	Madhura, Tikta	Guru, Snigdha	Sheeta	Madhura
24.	Nagabala	Madhura	Snigdha	Sheeta	Madhura
25.	Dugdha	Madhura	Guru, mridu, Snigdha, Picchila	Sheeta	Madhura
26.	Ghrita	Madhura	Guru, Snigdha	Sheeta	Madhura
27.	Kalamegha	Tikta	Laghu, Ruksha, Teekshna	Ushna	Katu
28.	Gambhari	Madhura, Tikta, Kshaya	Guru	Ushna	Katu
29.	Varahikanda	Katu, Tikta, Madhura	Laghu, Snigdha	Ushna	Katu
30.	Tuvaraka	Tikta, Katu, Kshaya	Laghu, Snigdha, Teekshna	Ushna	Katu
31.	Jala	Avyakta	Laghu	Sheeta	
32.	Brahati	Katu, Tikta	Laghu, Ruksha, Teekshna	Sheeta	Katu
33.	Usheera	Tikta, Madhura	Ruksha, Laghu	Sheeta	Katu
34.	Patha	Tikta	Laghu, Teekshna	Ushna	Katu
35.	Sariva	Madhura, Tikta	Guru, Snigdha	Sheeta	Madhura
36.	Tagara	Madhura, Katu, Tikta, Kshaya	Sara, laghu, Snigdha	Ushna	Katu
37.	Tila	Madhura, Tikta, Kshaya	Guru, Snigdha	Ushna	Madhura
38.	Bhringraja	Katu, tikta	Laghu, Ruksha	Ushna	Katu
39.	Tulsi	Katu, Tikta	Laghu, ruksha	Ushna	Katu
40.	Ananta	Madhura, Tikta, kshaya	Laghu, ruksha	Sheeta	Katu
41.	Gokshura	Madhura	Guru, snigdha	Sheeta	Madhura
42.	Plandu	Madhura, katu	Guru, Teekshna, Snigdha	Ushna	Madhura
43.	Manjishta	Kshaya, Tikta, Madhura	Guru, Ruksha	Ushna	Katu
44.	Kumari	Tikta, Madhura	Guru, Snigdha	Sheeta	Katu
45.	Tilaka	Katu	Picchila	Ushna	Katu
46.	Shalmali	Madhyra, Kshaya	Laghu, Snigdha, Picchila	Sheeta	Madhura, Katu
47.	Parada	Madhura, Amla, Katu, Lavana, Lshaya	Guru, Sara, Snigdha	Ushna	Madhura
48.	Gandhaka	Katu, Tikta	Laghu, Snigdha	Ushna	Katu
49.	Vidanga	Katu	Laghu, Ruksha, Teekshna	Ushna	Katu
50.	Agnimantha	Tikta, Katu, Kshaya, Madhura	Ruksha, Laghu	Ushna	Katu

Benefits of Rasayana therapy^[25-27]

According to classical texts rasayana therapy have following benefits-

- It aids in reviving the health of healthy person as well as in combating the disease of the diseased one.
- It has perhaps the only 'wonder' drugs that can be taken safely for long stretches of time, even in a healthy state, without any specific contraindication.
- It arrests premature aging.
- It enhances intelligence, memory, strength, youth, lusture, sweetness of voice and vigor.
- It nourishes blood, lymph, flesh, adipose tissue and semen and thus prevents degenerative changes and illness.
- It improves metabolic processes which results in the best possible biotransformation and produce the best quality bodily tissues and eradicates senility and other diseases of old age.

- It has a marked action on sexual organs and is called vrishya substances as shukra dhatu is best nourished by it.

- It enables the body to develop its own vital energy or the defensive mechanism against disease.
- It acts principally by strengthening the immune system of the body acting as both brain and body tonic.
- It invigorates the body in general by sustaining the required balance between anabolism & catabolism.

CONCLUSION

The philosophy of ayurveda is to establish good health rather than curing diseases. Rasayana is an active step towards achieving this philosophy. It is an ayurvedic rejuvenative treatment acts at both physical and physiological level and approach for positive health, improved mental status and stronger immunity. It is the elixir of body, mind and soul which helps in healthier tissue formation, cures ailments, and promotes longevity, excellence of skin, sense organs, complexion and voice.

Sushruta defines a healthy man as one who has equilibrium of dosha, normal functioning of agni, normal condition of seven dhatus, beside his soul, the sense organs and mind should be cheerful. It stands as an answer to solve the problems of healthful longevity including mental development and resistance against disease, that's why rasayana therapy has been included as one of the eight major division of Ashtang ayurveda.

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