



A REVIEW ARTICLE ON RASAYANA THERAPY IN AYURVEDA

Priyanka*¹, Anupam Pathak² and Yogesh Jakhar³

¹P.G. Scholar, Dept. of Swasthivritta, SGACS & H, Tantia University, Srigananganagar (Raj.), India.

²HOD & Professor, Dept. of Swasthivritta, SGACS & H, Tantia University, Srigananganagar (Raj.), India.

³Lecturer, Dept. of Swasthivritta, SGACS & H, Tantia University, Srigananganagar (Raj.), India.

***Corresponding Author: Priyanka**

P. G. Scholar, Dept. of Swasthivritta, SGACS & H, Tantia University, Srigananganagar (Raj.), India.

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ABSTRACT

Ayurveda is the ancient system of medicine in the world. It teaches us how to live and how to maintain a good health. In this aspect Dinacharya, Ritucharya, Ratricharya, Pathya-Apathya Sadvruta, Rasayana, and Vajikarana play an important role. In modern medicine there is not specific treatment for all the diseases. Most of patients who are recovered from a disease get affected by same disease again or another disease. The patients having Alpa vyadhishamatva bala faces such types of problems in their life. To live a better mental and physical healthy life, a specific Aahar Vihar and Rasayana Chikitsa has been described in the text of Ayurveda. To boost immunity (Vyadhishamaatva bala) Rasayana Chikitsa is described by various Acharyas in Ayurvedic texts, and prevent old age Rasayana Chikitsa also uses for prevention, curative and promotive aspects of the diseases.

KEYWORDS: Rasayana, Ayurveda.

INTRODUCTION

Ayurveda the ancient system of Indian medicine which deals with the every aspect of life. To meet specific needs in the process of maintaining good health and prevention of diseases. The entire Ayurveda is divided into eight branches-

Eight branches of Ayurveda are-¹

1. Kaya Chikitsa- Internal and external treatment for the body.
2. Graha Chikitsa-For psychological problems.
3. Bal Tantra- Related to neonates and infants.
4. Visha Chikitsa-Toxicology.
5. Shalya Chikitsa-Surgeries.
6. Urdhvanga Chikitsa-For treatment the ear, nose and throat related disease.
7. Rasayana Chikitsa-To increase life span and (age and meedha).
8. Vajikarana-Promotes sexual capacity.

Rasayana is the therapy which is mostly used for promotion of strength including immunity and alleviation of disorders.^[2] In this article we will discussed about Rasayana chikitsa, how Rasayana chikitsa / therapy is useful for us and who can consume rasayana.

MATERIALS AND METHODS

Different Ayurvedic classical books, research papers and journals were referred to fulfil this part, it comprise of subsection dealing with Rasayana Chikitsa / Therapy mentioned in Ayurveda.

AIM AND OBJECTIVES

In modern era there is a gradual decrease in immunity of human beings. Many new and incurable disease are spreading worldwide now. It is necessary to prevent these diseases and it is possible with Rasayana Chikitsa. And to prevent old age we need to study the Rasayana Chikitsa again, which is already mentioned in our texts.

Definition of Rasayana

In different texts of Ayurveda there are different definition of Rasayana. But all definition of Rasayana explain same thing that Aahar, Vihar and Aushadhi Dravyas which promotes Rasadi seven dhatu is known as Rasayana.

Rasayana means the way for attaining excellent Rasaadi seven Dhatus.^[3]

In Ayurveda Bhesaja (medicines) are classified into two groups.^[4]

1. Swasthasya Oorjaskar-

The one which increases strength and immunity in the healthy person.

2. The second types of Bhesaja is that which cures the diseases.

The Dravyas which promotes the Dhatues are known as Rasayana.^[5]

Rasayana therapy is one which delays the Jara (old age) and helps to cures the diseases.^[6]

Hence Rasayana is used for both purpose for promotes strength in the healthy and as well as for curative purpose of the diseases.

Types of Rasayana^[7]

There are two types of Rasayana therapy

1. Vatatapika.
2. Kutipravesika.

Vatatapik Rasayana

It is this type of Rasayana which can be taken even if the individual is exposed to the sun and air.

Kutipravesika

For this a cottage should be built in an auspicious ground, facing eastward or northward and in a locality which is inhabited by king, physician and Brahmins, holy saints, is free from dangers, auspicious and with easy availability of necessary accessories. It should have sufficient space area and height, three interior chambers one after the other, a small opening, thick walls and should be comfortable for the seasons, well clean and favourable, It should be impermeable for undesirable sound etc, free from women, equipped with necessary accessories and attended by physician with medicaments and brahmanas.

Other types of Rasayana

Aachar (behavioural Rasayana)^[8]

The Person who is truthful, free from anger, abstaining from wine and women, non violent, non exerting, calm, sweet spoken, engaged in japa (repeating incantations) and cleanliness, perseverant, observing charity, penance, worshipping gods, cow, brahmanas, teacher, preceptor and elders, devoted to love and compassion, observing vigil and sleep in balance, using regularly ghee extracted from milk, knowing the measure of place and time with propriety, unconceited, well behaved, simple, having senses concentrated to spiritualism, keeping company of elders, positivist, self controlled and devoted to holy scriptures should be regarded as using the Rasayana for ever.

Who Can Consume Rasayana^[9]

One can consume Rasayana at the age of Yuvavastha (16-30) and Madhyavastha (30-60). Rasayana therapy cannot be beneficial without proper Sanshodhan (Vaman etc) of the body.

Benefits of Rasayana^[10]

From promotive treatment, one attains longevity, memory, intelligence, freedom from disorders, youthful age, excellence of lustre, complexion and voice, optimum strength of physique and sense organs, successful words, respectability and brilliance. Rasayana (promotive treatment) means the way for attaining excellent rasa (dhatus).

The person using Rasayana in early ages lived for thousands of years unaffected by old ages, debility, illness. and death.^[11]

Various Rasayana for Various disease

1. Aamalaki, Haritaki- Kustha, Udarrogas, Hridyaroga, Pandu, Premeha, etc.
2. Brahma Rasayana- For attains long and excellent age.
3. Pippali Rasayana- Kasa, Svasa, Hikka, Gulma, Pandu, etc.
4. Nagabala Rasayana- For long life span.
5. Aindri Rasayana- Kustha, Gulma, Udarroga, for increase memory.
6. Bhalataka Rasayana- Kapha Roga.
7. Triphala Rasayana- For long life span.
8. Cyavanprasa- Kasa, Svasaroga, Jaranasak, Hridyaroga, Mutravikara.

Amalaki^[12]

Amalaki is the drug of choice of Vayasthapan, promotion of longevity. Amalaki is amla in rasa, madhur in vipaka and sheeta in virya. Amalaki is the main ingredient of Chyavanprasa Avleha. Amalaki has many same properties and actions as Haritaki, But the virya is contrary (Haritaki being hot) Amalaki is cold (sheeta).

Haritaki^[13]

Haritaki has Laghu, Deepan and Pachan guna. Haritaki possesses five Rasa devoid of only saline taste. Haritaki is hot, beneficial, carminative, light (laghu), digestive (Pachan), appetiser (Deepan), life promoting, tonic, excellent sustainer of youthful age, alleviates all disease and provides strength to all the sense organs. It alleviates leprosy, gulma, udavarta, anaemia, piles, Grahani disorders, chronic intermittent fever, heart disease (Sira Roga), diarrhoea, anorexia, cough, premeha, hardness of bowels, spleen enlargement, acute abdominal disorders, jaundice, bronchial asthma, and impairment of memory.

Brahma Rasayana^[14]

One desirous of longevity should use the Brahma Rasayana by which he attains long life, excellent (youthful) age and favourite pleasures.

Pippali Rasayana^[15]

This should be taken with honey by those who want Rasayana especially in order to alleviate cough, wasting, dyspnoea, hikka, throat disorder, piles, grahani disorder, Gulma, Vatabalasaka etc.

Nagabala Rasayana^[16]

If one should use it regularly for a year, it makes the life span stable for one hundred years without senility.

Shilajatu^[17]

Loha shilajatu is best for the Rasayana purpose. Shilajatu Rasayana is used to balance all three doshas.

Bhallataka Rasayana^[18]

There is no disorders of kapha and obstruction (Sarotsa Avroda) condition which is not ameliorated by Bhallataka quickly. Moreover it promotes intellect and Agni.

Cyavanaprasa^[19]

By using this Rasayana the extremely old Cyavana regained youthful age. If this Rasayana used by the indoor method, even the old attains intellect, memory, lustre, freedom from diseases, longevity, strength of sense, sexual vigour, increased agni, and fairness of complexion.

Triphala Rasayana^[20]

Triphala along with six thing Gold (Suvarna), Vacha, or with Vidanga and Pippali or with Lavana yaken with honey and ghee for a year provides intellect memory and strength, promotes life span and excellence and alleviates senility and disease.

Aindri Rasayana^[21]

Aindri Rasayana alleviates old age and diseases, promotes memory and intellect, enhances life span, provides nourishment, excellence, clarity of voice, complexion and ojas.

Medhya Rasayana^[22]

The use of the juice of mandukaparni, the powder of yastimadhu with milk, the juice of guduci (stem) alongwith is root and flowers and the paste of sankhapuspi-these Rasayana drugs are life promoting, disease alleviating, promoters of strength, agni, complexion, voice and intellect promoting. Of them, sankhapuspi is specifically intellect promoting.

DISCUSSION

Each and every person wants to live a healthy life and desire of long life. Seven dhatus (rasa, rakta, mansa, meda, asthi, majja and shukra) are present in the body. These seven dhatus plays an important role in the development of our body. In the texts of Ayurveda, the concept of Rasayana is described which offers a healthy life. Rasayana therapy have various beneficial effects on our body like Jara Vyadhi Nashana, promotion of body strength including immunity, promotes body tissues and alleviation of disorders. During Rasayana therapy a person must follows the Aahar, Vihar, Pathya, Apathya, Dinacharya and Ritucharya rules as mentioned in the texts of Ayurveda. In the texts of Ayurveda various types of Rasayana are mentioned, which have many beneficial effects on our body.

CONCLUSION

It can be concluded that Rasayana therapy is a beneficial therapy in Ayurveda. If one can uses Rasayana according to Ayurveda, a person can live healthy and happy long life. Rasayana therapy is not only a simple treatment therapy but is a specialised therapeutic procedure of Ayurveda. Rasayana therapy have various beneficial

effect on our body like Jara Vyadhi Nashana, promotes body tissues (Dhatues), promotion of body strength including immunity and alleviation of disorders. In Rasayana therapy a person who want more beneficial effects should follow Pathya-Apathya, Aahar, Vihar, Dinacharya, Ritucharya rules according to Ayurveda.

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