



GENERAL CONSIDERATIONS RELATED TO VARIOUS ASPECTS OF RASA SHASHTRA: AN AYURVEDA REVIEW

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ABSTRACT

The *Rasa Shashtra* is one of the important aspects of ayurveda science that offers several health benefits and help to keep away from diseased conditions. The *Rasa Shashtra* mainly utilizes uses of *Rasayana* drugs to maintain normal physiological functioning of various organs of body. *Rasa Shashtra* gives correct way of healthy life since *Rasayana* drugs boosts *Agni*, establishes equilibrium of *Doshas*, empowered *Dhatus* and detoxification body. The adaptogenic, antioxidant, immunomodulator, rejuvenating and nootropic effect of *Rasayana* drugs stimulates many biochemical responses inside the body. Present article mentioned general considerations related to the various aspects of *Rasa Shashtra* and *Rasayana* drugs.

KEYWORDS: Ayurveda, Rasa Shashtra, Rasayana, Adaptogenic.

INTRODUCTION

Rasa Shashtra is one of the vital approaches of ayurveda that involves uses of *Rasayana* drugs to potentiating *Dhatus*, *Agni* and *Ojus* etc. *Rasayana* drugs impart longevity, alter immune system, delay ageing, prevent infections, enhance sexual functioning, luster and complexion, etc. This therapy helps in the management

of various health problems like; fatigue, anemia, learning impairment, depression, impotency, constipation, indigestion and loss of sense, etc. **Figure 1** depicted some specific utility towards the health restoration of *Rasa Shashtra*. **Table 1** depicted some specific uses of particular class of *Rasayana* drugs.

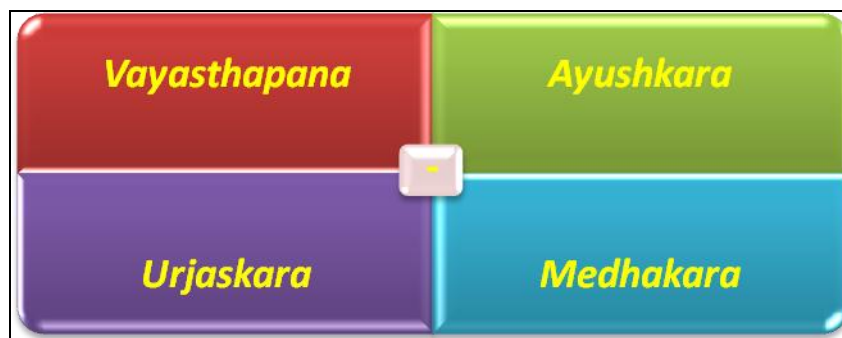


Figure 1: Specific health benefits of *Rasa Shashtra*.

Ayurveda properties and effects of *Rasayana*

❖ *Medha Rasayana* possesses *Tikta-Madhura Rasa*, *Satva Guna*, *Deepana-Paachana* and *Laghu*

property thus boosts digestion, empowers function of sense organs and enhances mental activities.

❖ *Ushana Veerya* restore *Saadhak Pitta* thus empower *Samriti*.

- ❖ *Madhura Vipaka* nourishes *Medha* thus contributes towards intellect.
- ❖ *Snigdha, Guru* and *Sheeta* properties of some *Rasayana* drugs contribute towards the nutritional values therefore potentiating *Dhatu*s.
- ❖ *Ushana, Ruksha* and *Kashaya* properties stimulate metabolic activities thus imparts good quality in *Dhatu*s.
- ❖ *Katu & Tikta Rasayana* offers *Srotoshodhana* effects, detoxify body and remove accumulated toxins.
- ❖ *Bala* effects of some *Rasayana* gives *Ojas* thus resist disease prevalence.

Pharmacological properties and effects of *Rasayana*

- ❖ The antioxidant effects of *Rasayana* prevent oxidative damage and impart anti-ageing effects.
- ❖ Immunomodulator effects of *Rasayana* drugs alter immune system therefore resist prevalence of common infections.
- ❖ Anti-aging effect of *Rasayana* drugs improves muscle tone, anabolic activities, physical strength and reduces degenerative process.

Table 1: Some specific uses of particular classes of *Rasayana* drugs.

S. No.	Types of <i>Rasayana</i>	Effects
1	<i>Sanshodhana Rasayana</i>	Eliminate vitiated <i>Doshas</i>
2	<i>Medha Rasayana</i>	Boosts learning ability Stimulate <i>Agni</i> Improves mental functioning
3	<i>Sanshamana Rasayana</i>	<i>Shaman</i> effect which pacifies abnormalities
4	<i>Acharya Rasayana</i>	Control anxiety, ego and functions of sense organs

SOME COMMON RASAYANA DRUGS

Amla (Emblica officinalis)

- ❖ It is a rich source of Vitamin C thus offers antioxidants actions.
- ❖ Enhances natural healing and immune response
- ❖ Gives nutritional supplements to the body.
- ❖ *Amla* provides beneficial effects in disease like; diabetes, cancer, heart problems, liver diseases and indigestion.
- ❖ *Amla* provides anti-aging effects, prevents collagen to break down and maintain skin health.

Yastimadhu (Glycyrrhiza glabra)

- ❖ *Yastimadhu* gives significant antioxidant activities due to the presence of flavonones and phenolic compounds.
- ❖ *Yashtimadhu* provides cytotoxic activity and free radical scavenging capacity.
- ❖ *Yashtimadhu* helps to maintain circulation and balances of sugar levels.

Guduchi (Tinospora cordifolia)

- ❖ *Guduchi* empower immune system and enhance resistance against common infections.
- ❖ It gives antioxidant potential due to the presence of alkaloid and polyphenols.
- ❖ *Guduchi* restore *Agni* thus maintain digestion and metabolic activities of body.
- ❖ It clears channels of body thus maintain normal circulatory process of body.
- ❖ It gives nutritional supplements including mineral and trace elements.

Ashwagandha: (Withnia somnifera)

- ❖ *Ashwagandha* imparts rejuvenating effect thus promote vitality and longevity.
- ❖ It gives anti-aging effect due to the presence of chief phyto-constituents.

- ❖ *Ashwagandha* maintain *Tridoshaic* balances thus prevent disease prevalence.
- ❖ *Ashwagandha* boosts mental and normal circulatory process of body.

CONCLUSION

The use of *Rasayana* comes under *Rasa Shashtra* and this therapy enhances physical and mental health status by altering *Dhatu, Dosha, Srotasa* and *Agni*. The drugs come under this heading mainly offers adaptogenic, immunomodulator, antioxidant, nootropic and rejuvenating effects. *Ashwagandha, Haridra, Tulsi, Amalaki, Shatavari, Yastimadhu* and *Guduchi* are some common herbs under category. The therapy utilizes for the management of various health ailments like; weakness, anemia, mental impairment, infertility, constipation, indigestion and lack of sexual potency, etc. These drugs also helps to combat against oxidative radical induce damage of biological tissue thus prevent symptoms of early ageing. Article concluded that *Rasa Shashtra* is vital therapeutic modality that offers several health benefits to maintain health of healthy person and also prevent pathogenesis of disease in susceptible person.

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