



**RASAYANA DRUGS; THEIR ROLE IN DISEASE MANAGEMENT AND GUIDELINE  
RELATED TO THEIR USES: AN AYURVEDA REVIEW**

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**ABSTRACT**

The therapy which mainly imparts rejuvenation & *Vajikaran* effect considered as *Rasayana* therapy and the basic principles of *Rasayana* therapy described in classical literary of *Rasa Shashtra*. The drugs and approaches of *Rasa Shashtra* offer several health benefit including; good memory, intelligence, longevity, improve immunity, complexion, luster and strength. This therapy not only destroy pathogenesis of physical disorders but also help in the management of mental disorders such as; impaired mental functions, loss of memory, cognitive impairment, depression and anxiety etc. The specific properties (*Guna*) of *Rasayana* drugs attributed to their therapeutic potency, considering this aspect present article elaborated concept of *Rasa Shashtra* and *Rasayana* drugs in a view to explore this science for upcoming researchers.

**KEYWORDS:** Ayurveda, Rasayana, Longevity, Rasa Shashtra and Rejuvenation.

**INTRODUCTION**

*Rasa Shashtra* is one of the important therapeutic modality of Ayurveda which involves uses of *Rasayana* drugs for various health benefits. These drugs increases *Jataragni*, empower *Dhatu*, removes *Ama*, provide anti-oxidant action, strengthen *Srotasas*, boost *Ojas*, normalizes *Doshas* and restore overall physiological functioning of body. The herbs such as; *Madooka parni*, *Amalaki*, *Shilajatu*, *Shatavari*, *Vacha*, *Haritaki*, *Guduchi*, *Ashvagandha* and *Shatavari*, etc. considered as *Rasayana* herbs. **Table 1** mentioned specific types of *Rasayana* and their health benefits. Common beneficial health effects of *Rasayana* depicted in **Figure 1**.

The classical text which encompasses descriptions on *Rasa Shastra* is as follow:

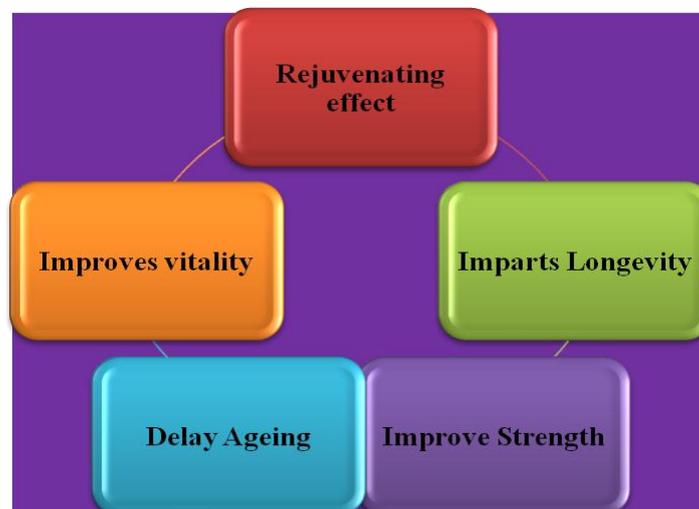
- ✚ *Rasendra Mangala*
- ✚ *Rasa Hridaya Tantra*
- ✚ *Rasendra Chudamani*
- ✚ *Rasa Ratna Samuccaya*
- ✚ *Rasarnava*
- ✚ *Rasa Prakasha Sudhakara*

**Metal containing formulation comes under category of *Rasa Dravyas***

- ❖ Sulphur (*Gandhaka*) containing *Rasa Dravyas*: *Muktaadya Churna*
- ❖ Gold (*Suvarna*) containing *Rasa Dravyas*: *Dwitiya Braahma Rasaayana*
- ❖ Copper (*Maakshika*) containing *Rasa Dravyas*: *Mandura Vataka*
- ❖ Silver (*Rajata*) containing *Rasa Dravyas*: *Dwitiya Braahma Rasaayana*
- ❖ Iron (*Loha*) containing *Rasa Dravyas*: *Navaayas Curna*

**Table 1: Described types of Rasayana and their specific health benefits.**

S. No.	Types of Rasayana	Health benefits	Examples
1	<i>Pranakamya</i>	Improves vitality and imparts longevity	<i>Amalaki</i>
2	<i>Medhakamya</i>	Enhances intelligence and memory	<i>Mandukaparni</i>
3	<i>Srikamya</i>	Improve complexion	<i>Triphala &amp; Guduchi</i>
4	<i>Naimittika Rasayana</i>	Maintain strength of adipose & muscular system	<i>Guggulu &amp; Shilajit</i>

**Figure 1: Common health benefits of Rasayana therapy.****Health benefits of some Rasayana herbs/plants**

- ❖ *Ashvagandha*  
Reduces stress and empower mental functioning
- ❖ *Gambhari*  
Promote tissue building
- ❖ *Guggulu*  
Clears *Shrotas* and restore metabolic activities
- ❖ *Amalaki*  
Offer antioxidants properties
- ❖ *Mandukaparni*  
Improves behavior, neuro-protective action and improves memory.
- ❖ *Yastimadhu*  
Boosts CNS circulation and relief depression
- ❖ *Shankhapushpi*  
*Shankhapushpi* pacify anxiety, control stress and increases motor activity.
- ❖ *Vacha (Acorus calamus)*  
*Vacha* used as nervine tonic, it improves intellect and corrects behavioral activities
- ❖ *Punarnava & Vidanga*  
Maintain excretory function
- ❖ *Bala*  
*Bala* provide radical scavenging properties

**Biological effects as per Ayurveda**

- ✚ *Rasayana* potentiating *Dhatu*s especially *Rasa* & *Mamsa Dhatu*
- ✚ Pacify *Rakta Dhatu*
- ✚ Maintain balances of *Doshas*
- ✚ Clears *Srotasas*
- ✚ Improves *Ojas* & *Bala*

**Guideline or considerations related to use of Rasayana therapies**

- ❖ *Rasayana* therapies should be used as per *Prakriti* (internal constitution of an individual).
- ❖ *Vatatapika rasayana* can be used in daily routine.
- ❖ *Kutipraveshika rasayana* should be used for stipulated time.
- ❖ Sometimes it is prerequisite to perform detoxification process before taking *Rasayana* therapy.
- ❖ *Rasa* drugs made from metals and mineral should be used with great care especially in children.
- ❖ *Bhasma rasayana* should be used carefully in renal patient, elderly and children.
- ❖ *Rasayana* need to be used under guidance of expert.
- ❖ The *Rasayana* drugs especially metallic preparation should be used only whenever required.

**CONCLUSION**

*Rasayana* is therapy of rejuvenation & *Vajikaran* imparts enormous health benefits. These drugs affect *Agni*, *Dhatu* and *Doshas*, detoxify body, open minute channels of body, restore *Ojas*, potentiate *Bala* and improve mental activities. *Amalaki*, *Madooka parni*, *Shatavari*, *Haritaki*, *Guduchi*, *Shatavari* and *Ashvagandha* etc. are herbs offers *Rasayana* effects. The *Rasayana* therapy not only possess curative approach to curb diseases but also imparts prophylactic care to prevent prevalence of common diseases which may occur due to the lack of strength or immunity. Therefore it can be stated that *Rasayana* therapy is one of the important aspect amongst the many other modalities of Ayurveda which encompasses secret of healthy living.

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