



## RASAYANA

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## ABSTRACT

Rasayana is an Ayurvedic rejuvenation therapy which helps in maintenance & promotion of health. It is a unique branch of Ashtanga Ayurveda, and its importance in therapy is reflected in its name. It is human nature to desire long life, and this desire is shared by almost all peoples on the planet. As a result, if longevity is sought, a system of rejuvenation for those who want to stay young must exist.

**KEYWORDS:** Rasayana is an Ayurvedic rejuvenation therapy which helps in maintenance & promotion of health.

## INTRODUCTION

Rasayana medications are utilised to keep one's health in good shape. A healthy man, according to Sushruta, is one who has balanced Doshas, proper Agni function, normal condition of seven Dhatus, and is glad and cheerful in his sense organs and thoughts (Su. Su.15/15). Rasayana is a solution to the problem of healthy lifespan, which includes mental development and disease resistance. Rasayana is a sort of treatment that affects the fundamental aspects of the body, such as Dhatu, Agni, and Srotasa. Distinct Rasayana medications may have a different predominant effect at different levels. The various Pharmacodynamics characteristics of these medications are responsible for these wide-ranging

effects. The Rasayana effect is a complex phenomenon that operates through a comprehensive system incorporating fundamental components such as Rasa-Samvahan, Dhatus, Agni, and Srotsa.

## Main article

## Definition

Rasayana is the treatment that delays the ageing process, increases life span, memory, strength and is capable of pacifying diseases. [Su.Sa.Sutra Sthana 1/15][2] It is aimed to achieve optimum quality of body constituents (dhatu). [Cha.Sa.Chikitsa Sthana 1/1/8].

Dhatu and Rasayan

## Table 1: Dhatu specific rasayana herbs

## Body tissues (dhatus)

Nourishing fluid (rasa dhatu)  
Blood (rakta dhatu)  
Muscles (mamsa dhatu)  
Adipose tissue (meda dhatu)  
Bones (asthi dhatu)  
Marrow and nerves (majja dhatu)  
Reproductive elements, Sperm, Ovum (shukra dhatu)

Rasayana herbs<sup>[6]</sup>

Tinospora cordifolia  
Piper longum  
Asparagus racemosus  
Terminalia chebula  
Commifora mukul  
Bacopa monnirei  
Withania somnifera.

## Dhatu and rasayan

## Tissue layer: Rasa dhatu - haritaki

Har means "to purify." It clears the malas (wastes) from the tissues and helps cleanse the intestines, thereby acting as a rejuvenator.

- ✓ Promotes abdominal comfort, a healthy digestive environment, and healthy elimination.
- ✓ Supports the healthy function of the liver

## Tissue layer: Rakta dhatu

Guduchi means "protector of the body." It also goes by the name Amrita, meaning "the herb for immortality." Good for all three doshas, it has a bitter taste, hence it is called tikta rasayani.

- ✓ One of the best restorative, immune-boosting herbs.
- ✓ Reduces ama (toxins) and removes impurities from the body.
- ✓ Helps support a normal body temperature and reduce excess pitta in the system.

- ✓ Promotes a healthy inflammatory response and comfortable joints.
- ✓ Supports liver purification by cleansing the blood and promotes a healthy, clear complexion.
- ✓ Restores and kindles the dhatu agni.

#### Tissue layer: Asthi dhatu

guggul, means “helping all kinds of imbalances.” Guggulu is a resinous substance with a powerful scraping action that balances all three doshas.

- ✓ Useful in promoting joint comfort and reducing cracking in the joints.
- ✓ Helps maintain bone health and balanced porosity in old age.

#### Tissue layer: Majja dhatu

Brahmi means “that which gives us knowledge and makes us intelligent.”

- ✓ An incredibly valuable plant for the brain and entire nervous system.
- ✓ As a brain tonic, it enhances intelligence, cognition, and memory.
- ✓ Helps build focus, concentration, and mental acuity.
- ✓ Promotes awareness and relaxes the mind and nervous system.
- ✓ Supports a good night's sleep, especially for those with racing minds

#### Tissue layer: Shukra dhatu

ashwagandha is well-known for its building, strengthening, and rejuvenating properties.

- ✓ ashwagandha is best for vata dosha.
- ✓ Supports healthy adrenal function and helps reduce stress and fatigue.
- ✓ Improves energy and promotes a general sense of well-being.
- ✓ Promotes a healthy, robust immune system

#### Modern view

The person became healthy and strong. Some of Benefits of rejuvenation therapy are as follows: -Long life, increase in memory power, good health, young looks, glowing skin, modulated voice, calmness and resistance to disease etc.

The possible mechanisms of action, by which Rasayana can be correlated in terms of modern scenario, are follow.

##### Antioxidant action

- Immunomodulatory action
- Haemopoietic effect
- Adaptogenic action
- Anti-aging action
- Anabolic action
- Nutritive function
- Neuroprotective action

#### Level 1: Suppression of radical formation

Cassia occidentalis, Emblica officinalis, Hemidesmus indicus, Tinospora cordifolia, Vinca rosea, Withania somnifera & Zingiber officinale.

#### Level 2: Scavenging of primary radicals

Acacia catechu, Curcuma longa, Ocimum sanctum, Plumbago zeylanica,

#### Level 3: Scavenging of secondary radicals

Asparagus racemosus, Azadirachta indica, Curcuma longa, Emblica officinalis, Glycyrrhiza glabra, Hemidesmus indicus Terminalia bellarica, Tinospora cordifolia, Withania somnifera & Zingiber officinale.

#### Level 4: Reconstitution of membranes

Curcuma longa, Cassia occidentalis, Emblica officinalis, Ocimum sanctum, Tinospora cordifolia, Vinca rosea, Withania somnifera & Zingiber officinale.

#### Level 5: Repair of damage

Ocimum sanctum & Hibiscus sabdariffa.

#### DISCUSSION AND CONCLUSION

At last it can be concluded that Rasayana therapy is a wonderful treatment procedure of Ayurveda. By its proper use, a person can live healthy and happy long life. Rasayana therapy is not a simple drug therapy but is a specialized therapeutic procedure implicating the fundamental concept of Ayurveda.

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