



**A REVIEW ON NEED OF RASAYANA THERAPY IN TODAYS LIFE**

**Dr. Akash P. Narwade\*<sup>1</sup> and Dr. Anupama J. Shimpi<sup>2</sup>**

<sup>1</sup>M.D. Scholar, Final Year, Kayachikitsa Department, Tilak Ayurveda Mahavidyalaya, Pune.

<sup>2</sup>M.D.( Kayachikitsa), Asso. Prof. Kayachikitsa Department, Tilak Ayurveda Mahavidyalaya, Pune.

**\*Corresponding Author: Dr. Akash P. Narwade**

M.D. Scholar, Final Year, Kayachikitsa Department, Tilak Ayurveda Mahavidyalaya, Pune.

Article Received on 18/05/2021

Article Revised on 08/06/2021

Article Accepted on 28/06/2021

**ABSTRACT**

In today's life, due to newly emerging metabolic, genetic or infectious diseases, the physical and psychological health of people is affecting globally such as, currently the COVID19 pandemic. Hence we need immunity boosters to fight against infection. In ayurveda, therapeutics is of two types – 1. that which promotes strength and immunity in healthy and 2. That which alleviates disorder. That which promotes strength and immunity is included in Rasayana and vrishya (Aphrodisiac) treatment.<sup>[1]</sup> Rasayana is one of the eight clinical regimen. It not only helps attaining excellent dhatus right from Rasa to Shukra but also enhances satva guna. Rasayana is explained in all Samhitas. Different types of Rasayana, their properties, indications and contraindications of rasayana are explained in detail. Classification of Rasayana in different ways help us to understand its use in different indications. Acharya Charak explained that the person using Rasayana treatment, live for thousands of years unaffected by old age, debility, illness and death; that means it is equally important in treatment of disease as well as in maintaining health.

**KEYWORDS:** Rasayana (Rejuvenation), vyadhikshamatva (immunity), Satva guna, Dhatu.

**INTRODUCTION**

In today's era, human life has been affected by drastic changes in atmosphere, diet and lifestyle and thus, the biggest challenge for humanity is to survive in this changed environment. Further, newly emerging infections and metabolic disorders has posed challenges to health-care systems.

Irrespective of advancement in medical science, there had been no significant control over diseases such as in current condition, covid 19 epidemic. These disorders are either metabolic, genetic or infectious in origin. Being a part of health-care system, the time has come to reanalyze the system of health management and concentrate on prevention and preservation as the first step to the treatment. In Ayurveda, treating a disease is always secondary rather, maintaining and preserving health which is the first objective of health-care plans.

To achieve this goal, daily regimen (Dincharya) and seasonal regimen (Rutucharya), proper diet and social behavior (Pthya ahara and vihara) are mentioned in Ayurveda along with implication of Rasayana. Rasayana is one of the comprehensive disciplines of Ayurveda, which comprises a specialized use of herbs, formulations(kalpa), food articles, and lifestyle along with self-discipline so that excellent dhatus are made starting from rasa to shukra. Also, Satva

guna is improved by Rasayana therapy. In healthy condition, Rasayana can be understood as nutritional dynamics for rejuvenation of body and mind.

Description in samhita:

Charaka Samhita - Chikitsa sthana, Adhyaya 1 (four padas)

Sushruta Samhita - Chapters 27-30 in Chikitsa Sthana

Ashtang Hridaya - 39th chapter in Uttartantra

**AIM AND OBJECTIVE**

**Aim:** To review on the importance and potential of Rasayana therapy in current times.

**Objective:** Comprehending review of literature on Rasayana from ayurvedic classics and other samhitas.

**Concept of Rasayana**

Rasayana is means of obtaining the best quality body cells and tissues and is able to defeat aging and diseases.

**DEFINITIONS (VYAKHYAS)**

1. Shabdakalpdrum: The therapy which destroys ageing, senility and disorders. Also, it is beneficial for eyes, increases body weight and also possesses aphrodisiac or stimulative property is termed as Rasayana.

2. Shushrutsamhita: Rasayan tantra is the branch which provides VayaSthapan property – age sustainer, imparts

longevity, intellect and also able to cure diseases by enriching immune system.

3. Charak Samhita: Rasayana (promotive treatment) means the way for attaining excellent rasa etc dhatus.

4. Ashtang Hridaya: Rasayana is a mode through which excellent Dhatus starting from Rasa to shukra can be achieved.

5. Sharangdhara: Rasayana destroys senility and ailments. Eg. Guduchi, Rudanti, Guggulu, Haritaki.

### Rasayana and Vyadhikshamatva

Ayurveda conceives a unique concept of Ojas, which is the essence of all the Dhatus.<sup>[2]</sup> and is responsible for vital strength of the body and resistance against the disease. Rasayana is believed to promote the process of Dhatuposhana and enrich Ojas leading to Vyadhikshamatva (immunity). The defense mechanism present in the body allows us to survive in the potentially hostile world of infectious agents.

### Benefits of Rasayana<sup>[3]</sup>

- Dirgha ayu - Promotes longevity of life.
- Smruti - Improve memory.
- Medha - Improve mental and intellectual competence.
- Aarogya – Freedom from disorders resulting in positive health.
- Tarunam vaya - Sustains age and youthfulness.
- Prabha, varna - Improvement in complexion and luster of the skin.
- Swara - Enrichment of voice
- Audarya - Excellence of body glow
- Deha indriya bala – Optimum strength of physique and sense organs
- Vaksiddhi - Command over speech.
- Physical and mental strength improvement.
- Pranati – Respectability and brilliance
- Proper, accurate balanced and premium production of all the Sharir Dhatus (Right from Rasa Dhatu to the Shurka dhatu).
- Satva guna vrudhhi.

### Types of Rasayana

Primarily two types:

- a. Dravyabhuta Rasayana
- b. Adravyabhuta Rasayana (Achar Rasayana)

According to mode of administration:

- a. Kutipraveshika Rasayana (indoor)
- b. Vatapika Rasayana (outdoor/ open air)

Also, Acharya Charak has explained

### Medhya Rasayana: (Intellect promoting)

1. Juice of Mandukparni,
2. The powder of yashtimadhu with milk,
3. The juice of Guduchi stem along with its roots and flowers
4. Paste of Shankhpushpi

These rasayana drugs are life-promoting, disease-alleviating, promoters of strength, agni, complexion, voice and are intellect-promoting.

### Vardhaman pippali Rasayana

#### Shilajatu Rasayana

#### Achar Rasayana (Behavioral Rasayana)

Also, Acharya Dalhana has explained three types:

1. Kamyā Rasayana – Rasayana used for achieving a special desire (kamana). Eg. Strength or intellectual desire
2. Naimittik Rasayana – Disease specific Rasayana. Eg. Shilajatu, Bhallatak, etc.
3. Ajasrika Rasayana – Regularly used rasayana. Eg. Milk, Ghrita.

### Rasayana therapy in current times

The COVID19 pandemic has become a cause of global concern because of its fast rate of transmission and high mortality rates in patients with co-morbid illness. The ministry of AYUSH has released guidelines for use of certain herbs as an immunity booster in order to reduce risk of COVID19 infection. Chyavanprash is very much beneficial for making strong immunity against infection.

Acharya Charaka has explained benefits of chyavanprash such as one can attain intellect, memory, luster, freedom from disease, strength of senses, sexual vigour, increased agni, fair complexion, longevity of life even in old age.<sup>[4]</sup>

Also, other drugs such as Ashwagandha, yashtimadhu, Guduchi, Amalaki, Shatavari, etc are the drugs which helps in boosting our immunity.

Proved pharmacological actions of some of the Rasayana drugs are:

Ashwagandha (*Withania Somnifera*) – It enhances body's strength. Also it improves cell mediated immunity. It possesses potent antioxidant properties that help protect against cellular damage caused by free radicals.<sup>[5]</sup>

Yashtimadhu (*Glycyrrhiza glabra*) – Animal studies demonstrated a reduction of mortality and viral activity in herpes simplex virus encephalitis and Influenza A virus pneumonia. In vitro studies revealed antiviral activity against HIV 1, SARS related Corona Virus, respiratory syncytial virus, arbovirus etc.<sup>[6]</sup>

Guduchi (*Tinospora cordifolia*) – It has many favorable effects such as anti hepatotoxic, immunomodulatory (Atal et al., 1986), antipyretic, anti diabetic and antiulcer activity.

Amalaki (*Emblica officinalis*) – Anti-ageing -It contains low molecular weight hydrolysable Tannins. So it is one of the strongest antioxidant herb in Ayurveda. Extracts of *E. officinalis* fruit have significant immunomodulatory action.<sup>[7]</sup>

Also, some of the classical formulations such as Laxmivilas Ras, Tribhuvankirti Ras, Sitopaladi churna, Ajamodadi churna, etc are found to possess efficient scavenger of superoxide radical. Many other formulations are also tested on various parameters and are found to have antioxidant and immune booster properties.

### CONCLUSION

Rasayanas are rejuvenators, nutritional supplements, possess strong antioxidant activity and also increases satva guna. Proper understanding and application of this concept in practice of Ayurveda would lead to perfect and precise treatment. In current times, our life has become hectic and people are becoming addicted to alcohol, smoking, irregular sleep, drugs, lack of exercise, consuming too much fast foods or foods containing preservatives. This all leads to low immunity (low dhatu bala and ojas), vitiation of all doshas; resulting in premature aging, fatigue, debility, stress, recurrent illness and depression. Hence, there is a need for Rejuvenation. In current pandemic of COVID19, Rasayana therapy is very helpful for boosting our immunity against infection.

### REFERENCES

1. Charaka Samhita, Acharya Vidyadhara Shukla and Prof. Ravi Dutt Tripathi, Chaukhamba Sanskrit Pratishtan, Delhi, Chikitsa Sthana 1/1 5,6. Pg.4.
2. Sushruta Samhita, Kaviraja AmbikaDutt Shastri, Chaukhamba Sanskrit Sansthana, Varanasi, Sutrasthana, 15/24,25. Pg.79.
3. Charaka Samhita, Acharya Vidyadhara Shukla and Prof. Ravi Dutt Tripathi, Chaukhamba Sanskrit Pratishtan, Delhi, Chikitsa Sthana 1/1 7.Pg.5.
4. Charaka Samhita, Acharya Vidyadhara Shukla and Prof. Ravi Dutt Tripathi, Chaukhamba Sanskrit Pratishtan, Delhi, Chikitsa Sthana 1/1 70,71. Pg.13,14.
5. African Journal of Traditional, Complementary and Alternative Medicines, Vol.8 No.5S (2011): Reviews of modern tools in Traditional Medicines, An overview on Ashwagandha: A rasayana (Rejuvenator) of Ayurveda.
6. Pubmed review article on Yashtimadhu (fiore et al., 2008) Fiore C, Eisenhut M, Krausse R, Ragazzi E, Pellati D, Armanini D, Bielenberg J. (2008), Antiviral effects of Glycyrrhiza species. *Phytother Res.*, 22(2): 141–8.
7. Sai Ram M, Neetu D, Yogesh B, Anju B, Dipti P, Pauline T et al. Cyto-protective and immunomodulating properties of Amla (*Emblica officinalis*) on lymphocytes: an in-vitro study. *Journal of Ethnopharmacology*, 2002; 81(1): 5-10.