

**RASAYANA AND ITS IMPORTANCE IN VYADHIKSHAMATVA: A REVIEW**Vd. Bhaskar Perke<sup>1\*</sup> and Vd. Sharmili S. Patil<sup>2</sup><sup>1</sup>Assistant Professor, Department of Swasthivritta and Yoga, Government Ayurved College, Nanded.<sup>2</sup>PG Scholar, Department of Swasthivritta and Yoga, Government Ayurved College, Nanded.**\*Corresponding Author: Vd. Bhaskar Perke**

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**ABSTRACT**

Ayurveda is a science of life and it has two main aims first is prevention and promotion of health and second is cure from disease. It is human nature to desire for longevity and this desire is found practically among all the peoples of the world. Accordingly, if longevity is desired, there must be a system of rejuvenation for one who keeps on remaining young. Rasayanas are health promoting and rejuvenating agents which by their empirical effects produce resistance against disease. Rasayana therapy means rejuvenation therapy. Taking rasayana is helpful to increase the immunity of the person to keep him away from the disease. Acharyas promoted the use of rasayana to enhance the Oja (bala) and immunity. Hence the Rasayana therapy has been reviewed in the classical literature of Ayurveda.

**KEYWORDS:** Rasayana, Vyadhikshmatva, Immunity, Oja.**INTRODUCTION**

Rasayana is a beautiful term of ayurveda. This term ras + ayan means (rasa which is first dhatu of seven dhatus + ayan means marga). The Rasayan therapy enhance the qualities of Rasa, enriches it with nutrients so one can attain longevity, freedom from disorder, youthfulness, memory intelligence, excellence of luster Complexion and voice, mastery over phonetics and brilliance, optimum of physique and sense organs. The rasayana are rejuvenators nutritional supplements and possess strong antioxidant which give rise to the formation of different free radicals. Rasayana is the tool to create premium dhatus so when the quality of dhatus enhances results are longevity, strong immune system to fight against diseases, development of body and youthfulness. Rasayana therapy has been described for this purpose in Ayurveda as a systematic and scientific medical discipline and great results were claimed by this therapy. Taking rasayana is helpful to increase the immunity of the person to keep him away from the disease also reverse the disease process & prevents the re-occurrence. By proper use of Rasayana person can get happy healthy long life.

**MATERIAL AND METHODS**

Rasayana= Ras + Ayana

Ras means first dhatu (Nutrition) and ayana means Marga. So rasayana means Transportation of Ras (Nutrition) in the whole body.

Vyadhikshamatava= Vyadhi + Kshamatava

So, it means opposes the Vyadhibala & prevents the Vyadhi.

**Review of rasayana**

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**Classification of rasayana**

Rasayana is classified into various types accordingly

As per method of use:

1. **Kutipraveshik rasayana** – Kuti means ‘cottage’ and praveshik means ‘To enter’ In this rasayana process individual is kept inside a special cottage. Before starting the rejuvenation the person goes through shodhan kriya i.e panchakarma. In this method person resides in that specially prepared cottage for long period receiving various herbs, he strictly follows the prescribed diet and instructions given by the physician.
2. **Vatatapika rasayana** – Vata means “Air” and atap means “Sun” or “Heat”. So In this method person can go though rasayana therapy while working and doing your normal routine work. In todays lifestyle we can administer this rasayana without disturbing our daily routine. Shodhan is very essential for a person who wishes to undergo rasayana therapy as a preparatory procedure. Rasayana is more effective when it is given after panchakarma therapy. The shodhan process detoxifies both body & mind. This

helps in the initial detoxification of the body and prepares it for the rasayana regime

Following are some of examples of rasayanas used for specific purpose.

1	Chyawanprash	Useful in shwas & kasa.
2	Pipalli Rasayana	Used for anti-aging purpose & used in treating respiratory conditions.
3	Bhalattaka Rasayana	Used for skin diseases.
4	Amalaki Rasayana	beneficial for brain, eyes, skin & hair.
5	Haritaki Rasayana	Improves strength and gives healthy life and longevity.
6	Triphala Rasayana	It nourishes both body & mind, there by promoting longevity of life it also useful in skin, eye diseases.
7	Medhya Rasayana	Improve the intellect and memory.
8	Brahmi & vacha Rasayana	Improves our memory, gives sharpness and intelligence.
9	Shatavari and Ashwagandha Rasayana	Increases strength of the body
10	Shilajit Rasayana	It is useful in diabetes and impotency.

As per scope of use:

1. **Kamya rasayana** - Kamya rasayana is used to serve a special purpose. It is also used to promote general physical & mental health. It is of three types.
  - a) **Prana kamya rasayana** – It is used for achieving or maintaining the best quality of prana in the body. E.g. Amalaki, Haritaki, Guduchi etc. are used for this purpose.
  - b) **Medha kamya rasayana**- e.g. Brahmi, vacha, Mandukparni, shankhapushapi etc. are used for enhancing memory & intellect.
  - c) **Sri Kamya rasayan** –Promoter of complexion. e. g. Guduchi, Amalaki, Triphala, Ashwagandha etc.
2. **Naimittika rasayana** - To be used in person suffering from specific disease Naimittika rasayana is not the specific medical treatment for particular diseases, but it is used as adjuvant along with the specific management of disease. Naimittika rasayana for some of specific diseases.

Hridya roga – Arjuna, Pushkarmula, Shaliparni.  
 Twak roga – Somaraji, Tuvaraka, Bhalattaka.  
 Netra roga – Jyotishmati, Triphala, Yashtimadhu.  
 Shwas– Pippali, Chyavanprash, Agastya rasayana.  
 Madhumeha – Shilajit, Amalaki.  
 Pandu – Lauha, Mandura.  
 Vata vyadhi –Bala, Nagbala, Guggula.  
 Medo roga- Guggula, Triphala.

As per contents of rasayana

1. **Aushadha rasayana** –This is based on drugs and herbs.
2. **Ajastrika rasayana**- In this method food is used as rasayana for nourishment of body.e.g. Cow's milk, ghee, honey.

3. **Achara rasayana** – This method is based on conduct and behavior. It implies moral, ethical, and benevolent conduct: truth, nonviolence, personal and public cleanliness, mental and personal hygiene, devotion, compassion. Achar rasayana changes our behaviour and brings positive changes in our thoughts. Achara rasayana gives us tools to find balance in our daily life & improves the mental health.

#### Importance of rasayana

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The person taking rasayana gets long life, sharp memory, healthy life, longevity of life, good skin lustre, sweetness of voice, control over sense organs, etc. It helps to attain optimal physical strength & sharpness of the sense organs.

#### Review of vyadhikshamatva

Vyadhikshamatva is categorised into two types one is vyadhibalaprati-bandhatavam and second is vyadhyutapadapratibandhakatvam. When the etiological factors come in contact with our body they try to produce disease but our body tries to resist the disease at the same time. Body prevents the development of disease or resists a developed disease, is called Vyadhikshamatava.

#### What is immunity?

Immunity is the ability of the body to protect against all types of foreign bodies like bacteria, virus, and toxic substances etc. which enter the body.

There are two major types of immunity:

1. **Innate immunity** – Inborn Capacity to resist any invader in general. Innate immunity is inherited by the organisms from the parents and protects it from birth throughout life.
2. **Acquired immunity** – This is resistance developed in the body against any specific foreign body. Usually developed by lymphocytes. The immunity that an individual acquires after the birth is called acquired immunity.

According to ayurveda there is relation between sharir bala & vyadhikshamatva.

There are 3 types of bala

1. **Sahaja** – Sahaja bala comes from the parents and is inherited.
2. **Kalaja** – Inclusive of the time of day, day of the week, season, age and place of birth are important factors for enhancing immunity.
3. **Yuktikruta** – It represents acquired immunity.

#### Mode of action of rasayana

Rasayana stands as an answer to solve the problem of healthful longevity including mental development and resistance against the disease. Rasayana is a specialized type of treatment influencing the fundamental aspect of the body i.e. Dhatu, Agni, Strotasa. Rasayanas are those that bring about proper uptake, growth, and improvement of essential seven vital tissues, which is ultimately increases oja. Thus there is regeneration of cells and body tissues leading to increased immunity. Rasayana drugs are digested by jatharagni followed by bhutagni. During this phase vata, pitta & kapha produced along with pure saara part i.e. Ahaara rasa during sara-kitta vibhajana. This qualitative ahaara rasa produces pure Rasa dhatu, which then continues the chain of production of other raktadi dhatus with the help of respective dhatavagni upto ojas formation. This well formed dhatus nourishes the body till they are taken. Some rasayana drugs act at the level of Agni & strotas by improving digestion and metabolism. Rasayana also acts as antioxidants which can prevent many diseases such as diabetes mellitus, heart diseases, cancer. Many rasayana drugs like Amla, ashwagandha acts are antioxidants. Vyadhikshamatava is depends on the presence of bala in the body. Rasayana drugs also influence oja which increases sharir bala. This provides the capacity to resist the external disease-causing agents. Thus, Rasayana can act as immunomodulator by improving the immunity.

#### CONCLUSION

So, here we can conclude that rasayana has important role in immunity enhancement. It prevents diseases and promotes health. It also useful for longevity and healthy life of people.

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