

Rasayana : A Nectar For Human Being

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Abstract:

Rasayana (Immunomodulator) have been mentioned in the treatment of various diseases. In today's era, due to lifestyle change many newly emerging infections and metabolic disorders are emerged. To prevent these disorders Rasayana can use as prophylactic measure. Rasayana act at the level of agni, rasa & srotasa. Rasayana increases Oja, Vyadhikshmatava, Bala etc. In this paper an effort has been made to know about Rasayana mentioned in ayurvedic literature.

Keywords: Rasayana, Vayadhikshamatav, Immunity, Quality of Life

Introduction:

Ayurveda is the science of life deals mainly with all the aspects of life in relation of health and prevention of disease.

Acharya Shushruta defines *Rasayana Tantra* is one which deals with the delaying of aging process, increasing intellect and strength, prolongation of life and caring of disorders. *Rasayana tantra* is branch comes under the branch of *Ashtang Ayurveda* which overall used to enhance longevity, intelligence and immunity. *Rasayana* is the process by which there will be stability of body, all types of sensory and motor organs. *Rasayana* are non toxic ayurvedic herbo- mineral preparations, used to rejuvenate or attain the complete potential of an individual in order to prevent disease, degenerative changes that leads to diseases. *Rasayana* boost functioning of Dhatu, Agni, Srotas & Oja & therefore act as rejuvenator. *Rasayana* promotes longevity by retarding aging process and preventing diseases.

Rasayana Chikitsa: *Rasayana* therapy was basically used for maintenance of health of healthy person but it can also used to do treat different conditions.

Rasayana provides nourishment to all *Dhatu*s.

The word *Rasayana* is composed of two words-

1. Rasa- fluid or juice

2. Ayan- path

so *rasayana* means a path to acquire *rasa* or proper nutrition for the body.

Rasayana in Diseased: The objective of Ayurveda is to maintain the health of a healthy individual and cure of disease of patients.

Ayurveda maintains health in healthy person and alleviates disorders in diseased.

The aim of *rasayana* is *vayasthapan* and *vyadhinash*.

Rasayana drugs prevents free radicals which induce damage of tissue therefore prevent further consequences such as cancer, inflammatory diseases, tissue necrosis and aging.

Effect of Rasayana on Doshas:

Rasayana drug balances *Vata* thus control circulatory process, maintain process related to movement and suppress pain sensation.

The action of *rasayana* drugs on *Kapha* balance is it thus boosts process of regeneration, empowered internal lining of body, normalize mental disturbance and prevent seasonal infections.

Rasayana drugs control digestive and metabolic activities by balancing *Pitta*. This action enhances nutritional supply to the tissue.

Effect of Rasayana on Dhi (Intellect):

Rasayana chikitsa improves *samriti, dhriti, Vivekshakti* etc so boost mental strength. Rasayana pacifies mental stress, suppress anxiety and control depression. So Rasayana therapy has beneficial effects in various mental health disorders.

Effect of Rasayana on Dhatu:

Rasayana drugs nourish *rasa* dhatu thus maintain fluid volume and circulatory process of body.

Rasayana drugs purifies *rakta* dhatu and maintain normal state of *mamsa* dhatu. Thus provides good skin rigidity, inhibit de-pigmentation of hairs, maintain elasticity and boost muscular strength.

Rasayana drugs also nourish *meda, asthi shukra* dhatu.

Method of administration:

As per Ayurveda healthy nutritious food have been considered as a *Ajasrika Rasayana* (rasayan in the form of food). Milk, ghee honey etc are few examples of such *Ajasrika Rasayana*.

It is which acts to get rid of specific diseases and is accompanied by other benefits of rasayana. Thus this is also called *Vyadhihara Rasayana*.

According to the disease condition specific rasayana drugs will be selected for the administration.

One can get ample references regarding curative effects of rasayana in the classics along with their health promoting effects such as *Pipli rasayana and Bhallatak rasayana in Kushth, Tuvarak rasayana in madhumeha, Guggul kalpa, Shilajit kalpa and vriddhadaru kalpa in Kshatsheena, Yograj kalpa in Pandu etc.*

Classification of Rasayana: There are various types of *rasayana-*

A.

1. *Kamyas Rasayana*: used to fulfill desire. It is also used to promote physical and mental health.
2. *Pran Kamyas rasayana*: used for achieving the best quality of Pran (life).
3. *Medha Kamyas rasayana*: used for enhancing the memory and intellect.
4. *SriKamyas Rasayana*: Used for promotion of complexion.
5. *Naimittika Rasayana*: this rasayana specific to a disease which will improve the vitality of individual towards the specific disease.

B. Rasayana according to Prakriti:

1. Vataj Prakriti - Bala, Ashwagandha
2. Pittaj Prakriti - Amalki, Guduchi
3. Kaphaj Prakriti - Bhallatak, Guggul, Pippli

C. Rasayana for specific Dhatu:

1. Rasa Dhatu - Draksha, Shatavari
2. Rakta Dhatu - Amalki, Bhringraj, Loha Bhasma
3. Mamsa Dhatu - Ashwagandha, Bala, Rajat Bhasma
4. Meda Dhatu - Guggul, Guduchi, Haritaki, Shilajit
5. Asthi Dhatu - Laksha, Vanshlochan, Shukti Bhasma
6. Majja Dhatu - Vasa, Swaran Bhasma
7. Shukra Dhatu - Ashwagandha, Kapikachu, Shatavari, Ghee, Swaran Bhasma

D. Age wise Rasayana:

Age	Abhishta Phala	Useful Rasayana
1-10	Balyam	Vacha, Swaran Bhasma
11-20	Vridhhi	Bala, Ashwagandha
21-30	Chhavi	Amalki, Loha Bhasma
31-40	Medha	Shankhpushpi, Jyotishmati, Brahmi
41-50	Twak(Skin)	Bhringraj, Jyotishmati, Somraji
51-60	Drishti	Triphla, Shatavari, Amalki, Jyotishmati
61-70	Shukra	Ashwagandha, Kapikachu
71-80	Vikrama	Amalki, Bala
81-90	Buddhi	Brahmi
91-100	Kramindriya	Bala, Ashwagandha

E. Rasayana for specific Systems:

1. Respiratory system - Chavanprash, Vardhman Pippli Rasayana
2. Digestive system - Haritaki, Pippli, Bhallatak
3. Circulatory system - Amalki, Dhatri Loha
4. Muscular system - Ashwagandha, Bala, Rajat Bhasma
5. Skeletal system - Asthishrankhala, Shukti Bhasma, Vanshlochan
6. Nervous system - Ashwagandha, Shankhpushpi, Swaran Bhasma
7. Reproductive system - Ashwagandha, Amalki, Musli, Gokshur, Swaran Bhasma

8. Excretory system - Triphala, Vidanga

F. Rasayana in Various Diseases:

1. Netragata Roga - Triphala, Shatavari, Yashtimadhu
2. Twachagata Roga - Bakuchi, Bhallatak, Tuvrak
3. Hridayagata Roga - Arjuna, Shalparni, Guggul
4. Sandhigata Roga - Shallaki, Rasna
5. Prameha Roga - Shilajeet, Amalki, Haridra
6. Pandu - Lauha
7. Raktagatavata - Rasona, Sarpagandha, Bala
8. Shawas Roga - Haridra, Shirisha, Agustya
9. Mansik Vikar - Brahmi, Jyotishmati

Mode of action of Rasayana:

This is not mentioned in Samhitas but it may presumed that *rasayana* acts as any of the following three levels-

1. Rasa (Plasma)
2. Strotas (Microchannels)
3. Agni (Digestive fire)

1. Rasa:

Rasayana must enrich the nutritional quality of *Poshak Rasa* as most of them contain high quality of nutrients in their bulk. These nutrients helps in improving in *Dhatu Poshan* i.e. dhatu with optimum quality. eg. Shatavari, Draksha

2. Strotas:

Rasayana promote the competence of strotas leading to better bioavailability of nutrients to the tissue and improves tissue perfusion. Also can say these *rasayana* improves microcirculation which may help in promotion of nutritional status i.e. Dhatu with optimum quality. eg. Guggul, Rasna

3. Agni:

Rasayana improves the Agni and thus promotes *Dhatu Poshan*. Many *rasayana* drugs are known to have *Deepen* and *Paachan* properties, thereby promote the function of Agni for the digestion of food and the dhatu agni to vitalize the metabolic resulting in turn to improve nutritional status at the level of dhatu i.e. Dhatu with optimum quality. eg. Pippli, Bhallatak

Conclusion:

Rasayana therapy is one of the best therapy of Ayurveda that provides several health benefits. *Rasayana* act as rejuvenator, enhances longevity,

delay symptoms of early aging, enhances immunity, prevents common infections, enhance sexual strength and balances digestive power. So it is necessary that *rasayana* should be started as early as possible. So as to obtain Rasadi dhatu of paramount of excellence, enabling the person to enjoy the full span of life along with a symptomless old age.

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