

Literature review of concept of *Rasayana* therapy in shalakyatantra.

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ABSTRACT:

Rasayana therapy is crucial in the current era as mankind suffers from various diseases. It improves the normal functioning of the human body and enhances the standard of life. In Shalakyatantra, *Rasayana* therapy provides clarity to sense organs, making them stronger and preventing diseases. Eyes, the seat of alochaka pita and tarpakakapha which regulate physiological functions. As aging increases, tarpakakapha decreases, causing vatavruddhi and pitta dushti, leading to visual impairment. As Netra that is eyes other sense organ ear and nose are regulated by various dosha and Dhatu. *Rasayana* nourishes all seven dhatus, attaining rogharatva and vyadhikshmatva. This study discusses the effects of *Rasayana* in aushadha, ahara, and vihara, preventing degenerative changes in eyes and reducing visual impairment.

KEYWORD: *Rasayana*, Shalakyatanyta, Neraroga, Karnaroga, Nasaroga, Rasashatra.

INTRODUCTION:

Rasayana is one hand of Ashtanga of Ayurveda. Its aiming to achieve homeostasis, prevent premature aging, and promote healthy aging. Aging in Ayurveda is viewed as a natural process of degeneration, and *Rasayana* helps maintain a healthy individual and alleviate diseases. It is described in Charaka Samhita, Chikitsa Sthana, and Sushruta Samhita, and is emphasized in Astanga Hridaya.

AIM AND OBJECTIVES:

- 1) To study the concept of *Rasayana* therapy in shalakyatantra.
- 2) To study *Rasayana* therapy in shalakyatantra as modern and Ayurved

MATERIAL-METHODE:

- 1) Related ayurvedic textbooks also referred articles for ayurvedic references.
- 2) Related modern textbooks also referred for modern references.

REVIEW OF LITERATURE

Rasayana:

Ayurveda, an ancient holistic science, aims to maintain healthy individuals and alleviate diseased disorders.¹ Its special branch, *Rasayana*, provides a two-fold solution to this goal. As one of the eight branches, *Rasayana Chikitsa* is crucial in both preventive and curative aspects of disease, ensuring mankind's desire for a disease-free life.

Origin of Rasayana:

The word “*Rasayana*” is formed by two words these are “Rasa” & “Ayana”, The word ‘Rasa’ is made from ‘Rasa Gatuo’ Dhatu, its meaning that “one who moves day and night”²

Integrated approach of Rasayana:

Rasayana is a nutrition science that provides nourishment to all seven Dhatus and is not just a drug therapy but a specialized procedure for rejuvenation, dietary regimen, and health promotion. Its primary objective is to promote rejuvenation, retard aging, defend against diseases, regulate metabolism, and provide physical and mental strength. We can consider integrated approach of *Rasayana's* mechanisms as follows,

1. Antioxidant
2. Cyto-protective
3. Immuno-modulator
4. Anabolic effects
5. Anti-stress.

Antioxidant

Rasayana are well-known in Ayurvedic medicine for their antioxidant qualities, which support general health and wellbeing. They serve as rejuvenators, extending life and shielding the organism from oxidative damage. According to Pharmacognosy Reviews, numerous *Rasayana* herbs, including *Embolica officinalis*, *Tinospora cordifolia*, and *Ocimum sanctum*, have demonstrated potent antioxidant potential.³

Immunomodulator

An immunomodulator is a chemical that alters the immune system to help the body's defense against illness. suppresses mast cells, increases the synthesis of antibodies. increases monocyte phagocytic activity, boosts lymphocyte proliferation, and lowers blood levels of allergen-specific IgE.

Cyto-protective

"Cyto-protective" describes the capacity of specific herbs and formulations to protect cells from harm and illness in the context of Ayurvedic *Rasayana*. *Rasayana* Known for its anti-aging and renewing qualities, *Rasayana* herbs are also thought to improve general health by preserving and enhancing cell integrity. This involves shielding cells from damaging agents like radiation and oxidative stress.⁴

Anabolic effects

Rasayana medicines may therefore enhance the anabolic metabolism and promote the development of tissues in the body (Dhatuvardhaka).

Anti-stress^{9,10,11.}

In Ayurveda, *Rasayana* herbs are known for their adaptogenic and antistress qualities. They assist the body withstand biological, chemical, and physical stressors by regulating oxidative stress pathways and immunological function.

Important *Rasayanas* such as *Withania somnifera* (Ashwagandha), *Tinospora cordifolia*, *Asparagus racemosus*, and *Embolica officinalis* have shown immune-stimulation in animal models, regulation of physiological processes under stress, and protection against stress-induced damage by lowering cortisol levels, enhancing cognitive function, and demonstrating anxiolytic and anti-inflammatory properties, ashwagandha in particular has notable antistress effects. Clinical data supports its safety and effectiveness in stress-related diseases.

By modifying neurotransmitters and the hypothalamic-pituitary-adrenal axis, Medhya

Rasayana formulations—which include herbs like Brahmi and Shankhapushpi—offer neuroprotection and cognitive improvement.

Guduchyadi *Rasayana* is renowned for its ability to lessen mental and academic stress by combining several herbs that have nootropic, anxiolytic, and antioxidant properties. In general, Ayurvedic *Rasayanas* balance neuro-endocrine-immune processes and foster resilience against a range of stressors, acting as natural adaptogens that help holistic stress management.

Some effective *Rasayana* experienced during practice:^{5,6,7,8}

Rasayana therapies in ENT disorders have demonstrated significant therapeutic benefits, particularly in conditions involving inflammation, infection, and chronic symptoms.

- Gandhak *Rasayana* showed notable antibacterial, antifungal, and anti-inflammatory effects in treating otitis externa (Karnasrava), leading to reduced ear discharge, pain, and negative post-treatment cultures [1](#).
- In allergic rhinitis (Vataja Pratishyaya), combined use of Rasanjanadi Taila Nasya and Gudardraka internally resulted in a 53.3% cure rate with marked symptom relief, highlighting the efficacy of *Rasayana*-based nasal and oral treatments .
- For chronic suppurative otitis media (Karnasrava), Bala Taila Nasya along with Rasnadi Guggulu significantly reduced earache and discharge, though hearing loss improvement was limited .
- *Rasayana* preparations like Dashmoola *Rasayana* also contributed to symptomatic relief in respiratory-related ENT conditions by improving airway function and preventing

recurrence after detoxification procedures .

- Overall, these findings support the role of *Rasayana* as effective adjuncts in managing ENT diseases by reducing inflammation, infection, and promoting tissue rejuvenation

Importance of *Rasayana* in Shalakyatantra:

Rasayana prevents congenital abnormalities like badhirya, mooka, and andhatva. It restores normal functioning and prevents pathologies in dyanendriyas, ensuring rasa and other dhatus are in excellent condition. *Rasayana* helps achieve long life, better recollection, increased intellect, healthy body and mind, youth fullness, good complexion, good voice, abundance of body sense organ strength, and increased lustre

DISCUSSION

A key component of Ayurveda is *Rasayana* treatment, which is particularly pertinent today as it treats a variety of illnesses and enhances general health. By strengthening sense organs, especially the eyes, which are connected to physiological processes controlled by particular doshas, it improves the body's regular functioning and quality of life. *Rasayana* therapy, which nourishes the seven dhatus, is essential in preventing such degenerative changes and supporting optimal health because the decline in the tarpakakapha dosha with age might result in vision problems.

Rasayana, which embodies fundamental Ayurvedic principles, uses an integrated strategy that incorporates rejuvenation treatments and dietary regimen to promote healthy aging, avoid premature aging, and preserve equilibrium. Several *Rasayana* plants, such as *Emblica officinalis* and *Ashwagandha*, demonstrate its mechanisms, which include antioxidant qualities, cytoprotection, immunomodulation, anabolic benefits, and anti-stress capabilities.

CONCLUSION

Rasayana has shown therapeutic efficacy in treating ENT diseases, resulting in less

symptoms and better overall health results. *Rasayana* therapy is essential for promoting youth, intelligence, and physical health as well as preventing congenital abnormalities because it restores the normal functioning of sense organs and ensures the well-being of dhatus. In general, Shalakyatantra views the therapy as a crucial practice that promotes a healthy, disease-free lifestyle.

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