

The concept of Rasayana in Ayurveda.

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ABSTRACT :

Ayurveda is the ancient system of medicine in the world. It teaches us how to live and how to maintain a good health. In this aspect Dinacharya, Ritucharya, Ratricharya, Pathya-Apathya , Sadvruta, Rasayana, and Vajikarana play an important role. In modern medicine there is not specific treatment for all the diseases. Most of patients who are recovered from a disease get affected by same disease again or another disease. The patients having alpa vyadhisamatva bala faces such types of problems in their life. To live a better mental and physical healthy life, a specific Aahar ,Vihar and Rasayana Chikitsa has been described in the text of Ayurveda. To boost immunity (Vyadhisamatva bala) Rasayana Chikitsa is described by various Acharyas in Ayurvedic texts, and prevent old age. Rasayana Chikitsa also uses for prevention, curative and promotive aspects of the diseases.

Keywords:

Rasayana, Ayurveda, Sadvruta, Rasayana

INTRODUCTION :

Rasayana is a union of two sanskrit word 'Rasa' and 'Ayana'. The literal meaning of Rasa is the essence of something. We intake anything into the body in the form of food or medicine is first resynthesized into Rasa dhatu. Which is the basic plasma tissue of our body. Like this, Ayana is the method by which Rasa is tissues for further biochemical metamorphosis. That is called Rasakriya. The concept of Rasayana is consist of two main principles – (a) Conservation of energy and (b) Transmutation of energy. In this way, Rasayana therapy improves physical, mental and inner qualities. It prevents aging problems, restores youthfulness, increases body and mind strength and increases immunity of body. Ayurveda is also frequently referred as 'Ashtanga Ayurveda' as it has eight parts. These are following; Kaya chikitsa: Related to whole body, Bala chikitsa: Related to infants, Graha chikitsa: Related to psychological problems, Urdhvanga chikitsa: Related to the Ear, Nose and Throat region, Shalya chikitsa: Related to Surgery, Visha chikitsa:

Related to Toxicology, Rasayana prakarana: Methods to rejuvenate the sapta dhatus, Vajikaran chikitsa: Related to improving health of progeny. The Rasayana medicines are believed to have aphrodisiac qualities as well. The concept of Rasayana may also extend to the next generation of human life through the birth of a healthy offspring immune to diseases as well as with the best genetic constitution or with less genetic aberration, as it nourishes the semen. Amalaki, Chyavanaprasha, Guduchi, are few out of the long list of Rasayana. Sharangadhara has advised that in each group of age, every person should take specific Rasayana for keeping healthy. It should be kept in mind that Rasayana has a more preventive aspect than a curative one. Hence it is done after the treatment of disease to prevent recurrence of that disease or to nourish the tissues that have been damaged by the disease. It can also be done in absence of a disease to prevent the occurrence of diseases.

AIM AND OBJECTIVES :

1. To understand the concept of Rasayana Chikitsa .
2. To understand the type of Rasayanas.

MATERIAL AND METHODS :

- Textual materials have been used from Charaka Samhita, Sushrut Samhita.
- Related websites have also been searched .

Types of Rasayana therapy :

On the basis of Dravya and Adravya :

- (i) **Dravyabhuta Rasayana Therapy** – Dravya means substances. Therefore, the Rasayana therapy where various herbs, minerals foods etc. are used is known as Dravyabhuta Rasayana Therapy.
- (ii) **Adravabhuta Rasayana Therapy**

– Adravya consequently means that where no substance is used hence when modalities like good behavior meditation etc. are used. This is also known as Achar Rasayan.

On the basis of Scope :

1) Kamya Rasayana – That is desire which is used to serve a special purpose in life.

- a) Prana Kamya – Promote vitality and longevity. e.g. – Amalaki, Haritaki, Guduchi
- b) Medha Kamya – Promote intelligence and memory, e.g. Brahmi, Mandukpurni, Sankhpusphi
- c) Srikamya – Promotes complexion. e.g. – Guduchi, Amalaki, Triphala, Ashwagandha

2) Naimittika Rasayana Therapy – The Rasayana used to promote the health of particular system or tissues of body and to prevent their bad effects. Examples –

- a) Vata Vyadhi – Guggulu, Chyawanprash, Shilajit
- b) Skin Diseases – Guduchi, Khadira, Bhoringaraja, Tuvraka
- c) Prameha – Shilajatu, Amalaki, Haridra
- d) Urinary Disorder – Gokshura, Punarnava, Shilajatu etc.

3) Ajasrika Rasayana Therapy – It is the use of food substance on regular basis for body nourishment. E.g. Cows Milk, Ghee, Honey.

On the basis of drug, diet and life style:

- a) **Aushadha Rasayana Therapy** – Based on drugs and herb .
- b) **Ahara Rasayana Therapy** – Based on diet and nutrition.
- c) **Achara Rasayana Therapy** – Based on conduct and behavior and

lifestyle. By avoiding excess of anything, non-violent and clam behavior, avoid use of alcohol and sexual indulgence, by keeping cool mind, patience, sincerity worshipping God and elders, egoless nature are the examples of Achara Rasayana.

On the basis of Administration :

a) Kutipraveshika Rasayana Therapy – Kutipraveshika is made up of two words. That is ‘Kuti’ means “A cottage” and praveshika means “To enter”. Hence, in this Therapy, the person is prepared to stay in a specially designed chamber for a certain period. The duration of treatment range from 6 days to 20 days. The person is given Rasayana preparation inside the cottage. Before taking this form of Rasayana Therapy, the person undergoes Pachakarma Therapy.

b) Vatatapika Rasayana Therapy – It is also consist of two words, ‘vata’ means ‘Air’ and Atapa means ‘Heat’ or ‘Sun’. So, this is a method of taking Rasayana, where a person remains exposed to air and heat and this Rasayana Therapy can be taken while working and doing normal routine work. This is also called open air therapy or outdoor therapy. This therapy takes generally 21 days to 60 days.

Precautions :

Some precautions must be taken during Rasayana Therapy. Like, one should avoid anger, violent nature, liquor, sex, mental, stress etc. during the therapy.

Benefits of Rasayana Therapy:

Ayurveda Rasayana Therapy has many benefits and it is very important in many ways are given below – It Rejuvenates the body tissues. Keep body young and agile. Improves immune system. Increases Resistances to diseases. Increases Physical and Mental Strength.

Improves Memory Power. Preserve Health and Longevity. Makes sense organs strong. Gives happiness to life. Prevents diseases by empowering the immune system.

Criteria for Rasayana: Ideal age group for receiving Rasayana is between 16 yrs to 90 yrs. It is advisable to purify the body with suitable methods of Panchakarma (when necessary) or by mild purification so that the person gets maximum benefit. The person should be of a stable mind, intelligent and should be able to control his desires. He should have belief in the medicines and procedures that are going to be done. While undergoing Rasayana treatment, the person should abstain from smoking, alcohol and other bad habits.

Historical Aspects: Rasayana is described elaborately in the four padas of the 1st chapter in charaka chikisthasthana of charak samitha. In Susruthasamitha it is found in 27-29 chapter of chikistasthana & Astangahridya of Vagbhata of uttaratantra.

Purpose of Rasayana: Rasayana should be used for three purpose mainly- Maintaining health , Prevention of diseases and old age and to avoid the recurrence of diseases.

Effects of Rasayana: Considering the Ayurvedic concepts of physiology Rasayana agent promotes nutrition through one of the following three modes: By direct enrichment of the nutritional quality of rasa (nutritional plasma) – Shatavarai, milk, ghee etc. or By promoting nutrition through improving agni (digestion & metabolism) – Bhallataka, pippali, etc. or By promoting the competence of srotas (microcirculatory channels in the body)- Guggulu, tulsi, and so on. The second type is a more complicated process and involves total reformation of the body. In

such a therapy, the patient is isolated from his/her routine life and is kept in a kuti (hut), which is specially designed for Rasayana-Chikitsa, under the observation of an Ayurvedic specialist.

Benefits of Rasayana Therapy: It is supposed to nourish blood, lymph, flesh, adipose tissue and semen, and thus prevent degenerative changes and illness, thus gives freedom from chronic degenerative disorders like arthritis and senile diseases. 'Rasayana' aim are to maintaining youthfulness, vigour, vitality of the body and keeping away ageing process, senility and debility to impart long, healthy, disease free life, intelligence, glow, complexion, generosity, strength of body and senses.

Rasayana actions:

Rasayana acts through various ways –It improves micro-circulation and thereby produces optimum quality tissues in the body. It also increases the strength of Agni and removes waste products from the body. It works as antioxidant, anti-stress, anti-anxiety also.

Materials – Like Herbs / Medicines used for Rasayana Therapy

1. Ashwagandha – Cures and corrects nervous disorders.
2. Amalaki – Stopes ageing process by decreasing the catabolic activity
3. Haritaki – Eliminates waste products and improves digestions
4. Shatavari – Promotes lactation in lactating mothers, useful in infertility, libido and women's health
5. Pippali – Useful in respiratory and gives strength to tissues
6. Bala – Gives strength to body tissues
7. Brahmi, Shankpushpi, Vacha – Improves our memory power, gives sharpness anintelligence

Guggulu and Punarnava – Promotes waste product digestion in tissue and promotes kidney function

DISCUSSION:

Rasayan Therapy is very important for us to keep fit and healthy. Without this, we will not be able to live healthy. The various types of Rasayana Therapy are also useful for specific diseases and ailments as well as general use. Modern researches are also done and covered various pharmacological screening of most of these Rasayana herbs and medicines. The Rasayana activity of herbs and medicines can be interpreted with modern aspects like Immuno-modulatory action – Which prevents recurrent of infection, eliminates ill cells. Adaptogenis action – Which maintains the balance between mind and body. Anti-aging action – Improves the strength of immune system and promotes growth of cells.

CONCLUSION:

Rasayana Therapy is that which rejuvenates the whole body and makes new and disease free body. The important part of this Rasayana Therapy is to impede the aging process and prevents the degenerative process in the body by rejuvenating the body tissue. In this way, we find that the Rasayana Therapy is a kind of Rejuvenation Therapy as well as preventive therapy.

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