

## International Journal of Research in Indian Medicine

### “Ayurveda Rasayana & its correlation with Modern aspect-A Review.”

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#### ABSTRACT:

*Rasayana* is an *Ayurvedic* rejuvenation therapy which helps in maintenance & promotion of health. It is an unique branch of *Ashtanga Ayurveda*, and its importance in therapy is reflected in its name. It is human nature to desire long life, and this desire is shared by almost all peoples on the planet. As a result, if longevity is sought, a system of rejuvenation for those who want to stay young must exist (1-2).

*Rasayana Chikitsa* is reported by several Acharyas in *Ayurvedic* writings to improve immunity (*Vyadhikshamatvabala*) and prevent old age. *Rasayana Chikitsa* is also used for disease prevention, treatment, and promotion. As we get older, we start to lose some of our abilities. At different ages, different rejuvenating medicines are required to replenish these losses. *Rasayana* also entails escalation of the mind's Satva Guna, which can only be accomplished by

combining it with *Acharya Rasayana* (3-4).

It is equally vital in both the treatment and maintenance of health. Different drugs, depending on the condition, are helpful in rectifying *Dhatu Vaishamya* and achieving *Dhatu Samya*. (5).

*Rasayana* has a critical role in problems associated with sedentary lifestyles, work-related stress, poor eating habits, and non-communicable diseases, particularly in this modern era. *Rasayana's* recognition as a nutraceutical, anti-oxidant, and immunomodulator is based on scientific evidence. *Rasayana*, on the whole, is beneficial to one's physical and mental health. (5-6).

**Keywords:** *Rasayana*, *Charaka Samhita*, *Dhatu*, *Ayurveda*, Rejuvenation, Anti-ageing, Antioxidants.

## INTRODUCTION

*Ayurveda* includes several *rejuvenative* therapies that use a particular class of pharmaceutical preparations known as *Rasayana*, which are thought to rebuild the body, mind, prevent degeneration, and delay or even reverse the ageing process. The name '*Rasayana*' literally means 'Rasa's way' ('*Rasa*' signifies plasma; *Ayana* means path). *Ayurveda* views the physical structure to be made up of seven *Dhatus*, beginning with *Rasa* (*Rasadi Dhatus*) and ending with *Rasayana*, which is the instrument used to build premium *Dhatus* (body tissues). In *Ayurveda*, the properties of the '*Rasa-Dhatu*' are said to impact the health of the body's other *Dhatus* (tissues). As a result, any treatment that increases the quality of '*Rasa*' ('*Rasayana*') should also strengthen or promote the health of all body tissues. '*Rasayana*' therapy is a specialized branch of clinical medicine in *Ayurveda*, which mainly deals with the preservation and promotion of health by revitalizing the metabolism and enhancing immunity. The present review intends to evaluate the ancient concepts of *Rasayana* therapy and highlight supporting evidences in light of contemporary studies.

*Rasayana* medications are utilised to keep one's health in good shape. A healthy man, according to *Sushruta*, is one who has balanced *Doshas*, proper *Agni* function, normal condition of seven *Dhatus*, and is glad and cheerful in his sense organs and thoughts (Su. Su.15/15). *Rasayana* is a solution to the problem of healthy lifespan, which includes mental development and disease resistance. *Rasayana* is a sort of treatment that affects the fundamental aspects of the body, such as *Dhatu*, *Agni*, and *Srotasa*. Distinct *Rasayana* medications may have a different

predominant effect at different levels. The various *Pharmacodynamic* characteristics of these medications are responsible for these wide-ranging effects. The *Rasayana* effect is a complex phenomenon that operates through a comprehensive system incorporating fundamental components such as *Rasa-Samvahan*, *Dhatus*, *Agni*, and *Srotsa*. It may ultimately be leading to the achievement of the comprehensive effect as stated by *Charaka* "*labhopayo Hi Shastanam – Rasadinam Rasayanum*" (Ch. Chi. 1/1/7-8)

*Rasayana* medications operating at the level of *Rasa* by enhancing certain nutritional values of *Poshak Rasa* create the *Rasayana* effects indicated in terms of *Vayasthapana* and *Ayushkara*, *Medhakara*, and *Urjaskara*. *Rasayana* medicines with *Madhura*, *Guru*, *Snigdha*, and *Sheeta* properties work as *Rasayana* at the *Rasa* level by enhancing the *Rasa*'s nutritional content, which in turn aids in attaining the greatest attributes of *Dhatus*. *Shatawari*, *Madhuyashti*, *Bala*, *Dugdha*, *Ghrta*, and other similar medications are examples. *Rasayana* medicines have a major impact on *Agni*, or digestion and metabolism. The *Rasayana* drugs possessing the *Ushana*, *Laghu*, *Ruksha* and *Katu*, *Tikta*, *Kashaya Rasa* may be acting at level of *Agni*, Vitalizing the organic metabolism leading to an improved structural and function pattern of *Dhatus* and Production of the *Rasayana* effects. Drugs such as *Pippali*, *Guggulu*, *Rasona*, *Bhallataka*, *Rudanti* mainly acts at level of *Agni* so improve the digestion and create excellence of *Sapt Dhatu*. The *Rasayana* Drugs like *Vidang*, *Chitraka*, and *Haritaki* are experienced to enhance *Agni* at level of *Jaathragni*. Similarly *Amalaki*, *Amrita*, *Pippali*, *Kumari* are supposed to act at level of *Dhatu*, *Agni* also causing excellence of all *Dhatus*.

*Srotoshodhana* may be caused by *Rasayana* medications containing *Katu*, *Tikta*, *Kashaya Rasa*, *Vishada*, *Ruksha*, *Laghu Guna*, *UshanaVeerya*, and *KatuVipaka*, and may aid in the evaluation of the *Rasayana* effect in the body. *Rasayana* medicines that affect oja are thought to bring about *Bala* and *Vyadhiksamatava* (immunity). *JivaniyaGana* medicines, *Swarna*, and *Pippali* were used. *Rasayana* Therapy also has the effect of improving mental faculties (*Medhakara* effect).

*RasayanaChikitsa* is the Sanskrit word for rejuvenation therapy. Rejuvenation literally means "returning to one's youth" or "returning to one's normal state after a period of illness." Rejuvenation therapy aids in the promotion and preservation of health, as well as the cure of disease in the sick. The therapy boosts one's energy levels and has even been known to cure the ill. It also improves a person's mental and physical capacities when they are in good health. It has been shown to improve skin complexion and texture, modulate voice, and increase sense organ sensing capability. They replace our body's critical fluids, keeping us healthy and free of sickness. Taking *Rasayana* can assist to boost a person's immunity and keep them safe from infections. The person became healthy and strong. Some of Benefits of rejuvenation therapy are as follows:

- Long life
- Increase in memory power
- Good health
- Young looks
- Glowing skin
- Modulated voice
- Calmness
- Resistance to disease

The possible mechanisms by which action of *Rasayana* can be interpreted with modern aspects is follow :

1. Antioxidant action- e. g. Amla fruit, Haritaki fruit
2. Immunomodulatory action- e. g. Guduchi
3. Hemopiotic effect.
4. Adaptogenic action- e. g. Ashwagandha
5. Antiaging action- egChyawanprash, Ashwagandha, Turmeric
6. Anabolic action
7. Nutritive function
8. Neuroprotective action

#### ***Rasayana* :Types with example:**

(a)In accordance with the scope of use

1. *Kamya* - for a specific reason  
*Vayasthapana*-promotes longevity by minimising cell harm caused by free radicals.

*Medhaya* -is used to improve memory and mental competency by lowering catecholamine levels and promoting mental tranquillity.

For example, *Mandukparni* (*Centella asiatica*) juice, *Licorice* powder with milk (*Glycyrrhiza glabra*), *Guduchi* (*Tinospora cordifolia*) juice, *Shankhapushpi* root and fruit paste (*Convolvuluspluricaulis*).

2. *Naimittika*- Used in patients with certain disorders, such as *prameha*, e.g;

\* *Shilajatu* (*AsphaltumPanjabinum*) - for *prameha*

\* *Gugul* (*Commiphoramukul*) - for *obsesity/Sthaulya*.

\* *Loh* (Iron preparation) - for Anemia./Pandu

\* *Arjuna* (*Terminalia arjuna*) - for cardiac diseases/ *hradroga*.

3. *Ajasrika* - eaten as a food on a daily basis.

e.g., milk, bee honey: Antioxidant property

(b) Depending on the manner of application (as per classical texts)

1. *Vatatapita Rasayana* - ambulatory or outdoor routine, for example, milk

2. *Kutipravesika Rasayana* - An indoor or non-ambulatory regimen, such as *chaywanprash*.

(c) According to contents of *Rasayana*

1. *Aushadha Rasayana* (Drug *Rasayana*), e. g., *Amlaki Rasayana*

2. *Ajasrika Rasayana* (Dietary *Rasayana*), e. g., Milk, Honey etc.

3. *Achara Rasayana* (Conduct *Rasayana*), e. g., Do not speak lies.

(d) Specific *Rasayana* drugs and measures

• *Medhya Rasayana*

• *Achara Rasayana*

1. *Buddhi Medha Vardhaka*

2. *Ayu Vardhaka*

(e) According to *Prabhava* (Effect)

• *Samshodhana Rasayana*

• *Samshamana Rasayana*

(f) According to *Satmya* :-

• *Ritu Satmya*

1. *Aadana kala*

2. *Visarga Kala*

• *Desh Satmya*

1. *Sadharana Desha*

2. *Jangala Desha*

3. *Anupa Desha*

(g) According to *Sapta Dhatus*

• *Rasa*

• *Rakta*

• *Mamsa*

• *Meda*

• *Asthi*

• *Majja*

• *Shukra*

(h) Classification According to Modern Medical Science :-

• To Promote Immunity

• To improve metabolism

• To improve endocrine and exocrine secretions

## METHODOLOGY:

Information was culled from a variety of *Ayurvedic* texts and journals, with a few review articles and cross references thrown in for good measure. The review looked at published resources on recent research findings on *Rasayana*, including

original publications in *Pubmed*, *Scopemed*, *Pubmed Central Databases*, *Dhara* online database, and other allied databases. The search was conducted using keywords such as *Rasayana*, *Dhatu*, *Ayurveda*, Rejuvenation, Anti-ageing, Antioxidants, Herbal tonics, Herbal supplements, Nootropic, *Immunomodulatory* herbs, *Adaptogenic* herbs, and so on, in combination with their equivalent Mesh phrases such as OR, AND. Using this strategy, we were able to find over 100 published publications. The articles and Ayurvedic information that did not meet the search criteria were eliminated from the final analysis.

## RESULTS AND DISCUSSION

*Rasayana* refers to all of the strategies that aid in the preservation of healthy *SaptaDhatus*-based body tissues [8]. The term *Rasayana* refers to a method for achieving outstanding *Rasadi Dhatus* (body tissues). *Rasayana*'s increased nutritional condition and improved *Dhatus* properties result in a range of secondary traits that provide lifespan, vigour, vitality, and other benefits. *Rasayanas* are one of the most widely prescribed medicines in India, and they are now known for their antioxidant properties[9] as well as their potential to activate the immune system[10].

*Rasayana* is not simply a medication therapy, but also a specific technique involving rejuvenation recipes, dietary regimens, and special health-promoting correct conduct and behaviour, referred to as '*Achara Rasayana*.' *Rasayana* therapy, according to Sushruta (an ancient *Ayurvedic* surgeon), slows down the ageing process (*Vayasthapam*), extends life (*Ayushkaram*), improves intelligence (*Medha*), and strengthens the

body (*Bala*), allowing one to avoid sickness [11].*Rasayana* improves the overall operation of the bodily system. When *Rasayana* is preceded by appropriate *panchakarma* (purification therapy), it becomes more successful and effective [12]. *Rasayana* medications modulate the *neuro-endocrino-immune* systems inside the human body and have been discovered to be a rich source of antioxidants. These *Rasayana* herbs are supposed to have the following properties: they prevent ageing, restore youth, strengthen life, cognitive power, and prevent diseases[11-13], all of which imply that they boost the body's resilience to infection or degeneration.

Anti-ageing, antioxidant, cognitive enhancers and *nootropics*, *adaptogenic*, *immunomodulators*, and other pharmacological settings are among the medications now being investigated for this aim [14]. *Ayurvedic Rasayana* medicines have also been documented to work as *adjuvant* in radiotherapy and chemotherapy, with considerable efficacy in lowering the side effects of both [15]. Stem cell research has resulted in the formation of a new branch of medicine known as regenerative medicine, which functions similarly to *Rasayana* therapy [16-17]. *Rasayana* therapy can play a critical role in the management of certain lifestyle conditions such as cancer, diabetes, hypertension, osteoarthritis, and obesity.

*How it's corelate with modern aspect?*

Now, if we compare the modern view in relation to cell injury/aging, they use some vitamins and antioxidants to prevent free radicals mediated cellular injury and provides nutrition while *Rasayana* therapy provides nutrition, improving digestive function and



metabolism and clearing the obstruction.

### What is Aging?

It's a process beings at moment of conception, involves the differentiation and maturation of the organ is *mandits* cells, at some variable point in time leads to the progressive loss of functional capacity characteristics of senescence and ends in death. In *Ayurveda*, the same thing has been described by *Sharangadhara* that with each decade of life in individuals loses certain qualities, so in respective decade one should use a specific *Rasayana* to prevent loss/cell injury/aging.

#### How to select suitable Rasayana?

*Rasayana* has to be selected for particular individuals according to its-

- \* Age
- \* State of agni, *Dhatu*s and *Strotas*
- \* Prakriti
- \* Environmental factors like *Desha*, *Kala* etc.
- \* *Satmya*

***Sharangadhara Samhita*** has described that with each decade of life the individuals loses certain qualities, hence in respective decade one should select such a *Rasayana* which may supplement the specific loss as follows:

#### Decade of life (Yr.) Qualities Suitable *Rasayana*

1-10 *Balya*-childhood *Vacha* (*Acoriiscalanltis*),

*Suvarna* (Gold)

11-20 *Vridhhi*-Growth *Bala* (*Sida cordifolia*)

21-30 *Chavi*-Luster *Amalki Etiiblica officinalis*)

31-40 *Medha*-Intelligence *Shankhpashpi* (*Convolvulus pluricaulis*)

41-50 *Tvak*-Complexion *Jyotishmati* (*Celastruspanniculattis*)

51-60 *Drusthi*-Eyesight *Jyotishmati*, (*Celastruspanniculattis*)

*Triphala*

61-70 *Sukra*-Semen *Ashwagandha* (*WithaitiaSomnifera*)

71-80 *Vikram*-Courage *Amalaki* (*Enibelica Oficinalis*)

81-90 *Buddhi*-Knowledge *Brahmi* (*Centella asiatica*)

91-100 *Karmendriya*- Proper *Bala* (*Sida cordifolia*).

### Conclusion:

*Rasayana* therapy prevents all these by:

- \*Due to its *Agni Vardhaka* quality- — Improving digestion and metabolism.
- \*Due to its *Laghu*, *Sara*, *Tikshna* quality — Improves tissue perfusion Bio-availability.
- \*Due to its *Satvagunapradhan* quality — *Anxiolytic* action — *mentaldepression*.

E. g. Use of *Amalaki Rasayana* as it contains Vit. Cand in brain (Neurons) Antioxidant Vit.C.

*Rasayana* has to accelerate the nutrition so as to improved biological competence

of the body. It promotes long life, improve memory and intellect, improves physical and mental health. Hence, we have seen that for a complete health both physical and mental *Rasayana* therapy is must for a person as it improves the life style and quality of life too.

A persons undergoing rejuvenation therapy attains longevity, memory, intellect, freedom from disease, youth, excellence of lustre, complexion, voice, excellent potentialities of the body and sense organs i.e. what he says comes true, respect and brilliance. The means by which one gets the excellence of Rasa is known as *Rasayana* or a Rejuvenation therapy. A part from excellence of Rasa, the individual is endowed with psychic excellence like sharp memory etc. by virtue of rejuvenation therapy.

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Conflict of Interest: Non

Source of funding: Nil

Cite this article:

"Ayurveda Rasayana & its correlation with Modern aspect-A Review."

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Ayurline: International Journal of Research In Indian Medicine 2022; 6(2):01-8