



Rasayan Chikitsa an Overview

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Abstract-

Ayurveda means Science of Life. It deals with each and every aspect of life. Health in Ayurveda is conceived as union of sound body, mind, senses & soul. Maintenance and promotion of health and happiness is the first objective while next is to prevention of disease and cure of sickness. Ayurveda offers wonderful tools for better lifestyle. The knowledge of *Dinacharya*, *Rutucharya*, *Swasthavritta*, *Rasayana* gives us a guideline for promotion of health. Trayouppasthambha i.e. Aahar (Diet), Nidra (Sleep), Bramhacharya (Sexual behavior) influences on health.

Rasayanchikitsa is one of the specialized branches of Ayurveda which deals with maintenance of health. According to Modalities three types of Rasayana- Achar, Draya, Aahar rasayana plays effective and safe solution for various health problems like life style disorders, degenerative conditions etc. There are many other medicines as well as body purifications has rejuvenator

properties. Acharya Charaka widely narrated the effect of specific thoughts-behavior-life style pattern (Achara rasayana) on health which helps to boost the immunity for prevention of various infection.

The aim of this study to review the importance of Rasayana in promotion of health and prevention of disease. All the relevant material was compiled from various books. Research articles are also searched from various websites. All references were collected and finally conclusion was drawn.

Key word-Rasayana, Dinacharya, Rutucharya, swasthavritta, Achar rasayana

Introduction

Ayurveda does not merely believe in adding the no. of years to life but it advocate adding quality of life to each year. To fulfill this aim Ayurveda maintains two separate branches in Ashtang Ayurveda Rasayan and Vajikarna. Due to unbalanced life style it is necessary to provide optimum



nourishment to the Dhatus by Rasayan chikishta. Because of which people are able to live life longer and healthier. The word Rasayan is made by two words-“Rasa” & “Ayan”. Rasa means fluid or juice & Ayan means pathway. Hence the meaning of Rasayan is path of juice .i.e. obtaining augmentation of Rasa. This is method through which the rasa is maintained in the body. The properly and timely use of Rasayan drugs promotes youthfulness, provide longevity, memory, intelligence, complexion, body glow and best physical strength, health sense etc.

According to Ayurveda the substance which decreases ageing process, increase the longevity and mental as well as physical strength and which also destroys the disease process is called as Rasayan. For Vyadhiksamatva purpose Rasayan drugs are particularly used. Other measures are Shodhana and practicing the rules of Dinacharya, Sadvritta and Rasayan.

Need of study

Today with changing lifestyle people are suffering from different disorders hence to treat these disorders we not only need to give medication but we need to follow the healthy lifestyle. For that we need to know the ill habits which cause the various disease and solution for that through healthy lifestyle.

Aim and objectives

- To review Rasayan mentioned in different Ayurvedic classical text.
- To study role of Rasayan in promotion of health and prevention of disease.

Material and Method

For the process of rejuvenation Ayurveda has described a unique therapy-Rasayan Therapy. Drugs described under Rasayan act on Agni, Dhatu and stoats level and help in formation of prashashta Dhatus maintaining a perfect equilibrium of all the Dosha and Dhatus.

Types of Rasayan-

1) According to mode of Action or procedure-

1. Kutipravesika-It is indoor management. In this therapy person lives in specially formed Kuti for a longer period while taking various Rasayan herbs.
2. Vatatapik- It is outdoor management. In this therapy person does not bear stringent rules and can practiced in routine life.

2) According to Modalities-

1. Achar Rasayan-This type does not require internal administration of rejuvenating formula. 'Achara' means discipline OR specific thoughts -behavior-life style pattern.
2. Ahar Rasayan-following the rules relating to eating i.e. Ashta Aharvidhivisheshaytana creates rejuvenation in peoples. Also following the Sattvika diet and life style, speaking the truth, following social ethics and conducts are included under Rasayan.
3. Dravya Rasayan-It includes some herbs and food that are indeed beneficial for better functioning of body as well as brain.



3) According to site of effect-

- Sharir Rasayan-This has specific effect of body .e.g. Guduchi, Shatavari.
- Manas Rasayan-This has effect on Mana. All medhya Rasayan are included in this category.

4) According to preventive and curative aspect-

- 1) Jaranashna Rasayan
- 2) Vyadhinashna Rasayan

5) According to Vardhamana Rasayana-

Vardhamana Rasayana

e.g. Pipali Rasayan ,Bhallataka Rasayan

6) According to achievable outcome-

1) Naimitika Rasayan-is given to balance a specific cause which is causing a disease in the body .It hastens the recovery from prevailing disease .e.g .Triphala Rasayan, Dhatri Rasayan

2)Ajasrika Rasayan-is used to maintain good health and improve the quality of life through a healthy lifestyle ,diet OR exercise e.g. Milk ,ghee, honey, adopting the principles of proper sleep.

3) Kamyas Rasayan-is used to fulfill a wish or desire.

1) Medhya Kamyas-used for enhancing the memory.

2) Prana kamyas-used for achieving best quality of prana.

3) Ayush kamyas-used for increasing longevity.

4)Chakshya kamyas-used for maintaining healthy eyes.

Drugs acts as Rasayan according to Dhatu-

Table no.1

Dhatu	Drugs
Rasa	All types of mantha and manda such as kharjura mantha and lajjamantha
Rakta	Loha,Tambra,Abhraka,Rouypa
Mansa	Bala,Shatvri, Suvarna
Meda	Vasa, Meda
Ashti	Pravala,Abha,Ajjashti,Kukkutandat waka
Majja	Vasa,Majja,Rouypa bhasma
Shukra	Dhudh,Kapikacchu,Bramhi,Mandu kaparni

The main Ayurvedic texts used in this study are Charaka samhita, Shushruta samhita and available commentaries on theses .Material related to Rasayan concept and other relevant topics have been collected .We have also referred to the modern texts and searched various websites and reports to collect information.

Single drugs and Bhasma as Rasayan-

Suvarna, Loha bhasma, Amalki,Haritaki, Gudhuchi, Vacha, Jatamansi ,Bala ,Shilajit, Yashtimadhu

Some preparations used as Rasayan-

Chavanprasha, Bhallataka, Pipali ,Amalki ,Haritaki Rasayan

Pharmacological action of s Rasayan drugs mentioned in charak samhita-

Table no.2



Amalki	Rich in antioxidant, strengthen the defense mechanism against free radicals
Haritaki	In Immune-modulations studies, humoral immunity was enhanced and cell mediated immune response was stimulated
Gudhuchi	Inhabits the lipid per oxidation sans superoxide and hydroxyl radicals in vitro
Vacha	It reduces toxins formations and induce elimination of toxins from body
Shilajit	Significantly increases the level of antioxidants which ultimately maintains optimum health and delay ageing
Suvarna	Produces humeral immune response and evaluate immunomodulatory activities

Mode of action-

To getting adequate quality and quantity of Ahara rasa with its proper circulation through channels is the main concept of Rasayan which helps to improve digestion and metabolism as well as microcirculations, thus enabling the organisms to procure the best qualities of different Dhatus. Rasayan acts on 7 dhatus which further improves the oja i.e. immunity. This oja leads to immune leads to immune the body by nonspecific which are mediated by neutrophils helped by monocytes and by specific which are mediated by B lymphocytes which acts against the virus, bacteria etc. And by humeral which are mediated by B lymphocytes become plasma cells and

produces immunoglobulin which destroys antigens. Majority of Rasayan drugs works on multiple area and helps in achievement of Vyadhikshamatva through its Dipana, Pachana, Medhya and non specific immune booster properties.

Discussion-

Rasayan drugs acts inside the human body by modulating the neuro-endocrino-immune system to keep away from disease, Rasayan therapy enhances the quality of Rasa, enriches it with nutrients so one can attain longevity, memory, intelligence, freedom from disorders, youthfulness, excellence of luster, complexion and voice, optimum development of physique and sense organs, mastery over phonetics and brilliance Oja represent vitality, vigor and capacity to resist decay and disease. Vyadhikshamatva depends on the presence of Oja. The deficiency of Ojas leads to degeneration of body. Rasayan acts as 'Immunomodulator of body' by acting on T-lymphocytes and B-lymphocytes.

Conclusion and Result-

Rasayan therapy means procedure of rejuvenalization and revitalization. Rasayan is used to improve Vyadhikshamatva it may be helpful to promote the health and prevention of disease. There are many drugs as well as body purification have rejuvenator properties. Life style code i.e. Achara, Rasayan, Dinacharya, Rutucharya, Sadhvrita can be used for prevention of disease and improve quality of life. Vast research studies are needed so that can be used as preventive tool in future.

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