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ROLE OF RASAYAN AS A REJUVENATOR IN MODERN DAY LIFE STYLE DISORDER

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ABSTRACT

Ayurveda is the ancient system of medicine in the world. This science of life deals with every aspect of life. Ayurveda has two aims i.e., Promotion of Health and Cure from disease. Rasayan may be employed for ful-filling both of them. Rasayan are the ways of attaining excellent Ras i.e., Attains longevity, memory, intelligence, freedom from disorders, youthful age, excellence of luster, complexion and voice, ultimate strength of physique and sense organs, wisdom and successful words and brilliance. Rasayan also called a Rejuvination therapy is one considered under Ashtang Ayurveda. Rasayan drugs are those which are capable of importing superior Rasas and Dhatus to the body and toning up the system of healthy persons. Rasayan aids in increasing natural immunity enhancing general wellbeing, improving the functioning of all the fundamentals organs of the body and keep the signs of early ageing at bay. Moreover, it involves two opposite processes that simultaneously come into operation i.e., growth and atrophy. Ageing represents structural and functional changes of an organism over its entire life span. Rasayan is not a drug therapy but it is a specialized procedure practiced in the form of rejuvenate recipes, dietary regimes and special health promoting conduct and behaviour i.e., Achar Rasayan.

KEYWORDS: Rasayan, Ashtang Ayurveda, Rasa, Dhatu, Achar Rasayan, Ayurveda.

INTRODUCTION

A Holistic Approach to Health and Well-being. In the revered text of Charak Samhita, Rasayan and Vajikarana are two essential concepts that form the cornerstone of Ayurvedic medicine. Rasayan, derived from the Sanskrit words "Rasa" (nourishment) and "Ayan" (pathway), refers to the branch of Ayurveda that focuses on rejuvenation and revitalization of the body, mind, and spirit. It encompasses a range of therapies, dietary regimens, and lifestyle practices aimed at promoting longevity, vitality, and cognitive function. Vajikarana, on the other hand, is concerned with the science of aphrodisiacs and sexual health. It deals with the preservation and promotion of reproductive health, addressing issues related to fertility, libido, and sexual dysfunction. According to Charak Samhita, Vajikarana is one of the eight branches of Ayurveda, highlighting its significance in maintaining overall well-being. Both Rasayan and Vajikarana emphasize the importance of holistic health, recognizing the intricate interplay between physical, mental, and spiritual factors. By adopting the principles of Rasayan and Vajikarana, individuals can expect to experience improved vitality, enhanced cognitive function, and a strengthened immune system. Moreover, these practices are believed to promote spiritual growth, self-awareness, and a deeper connection with one's inner self. Through its comprehensive approach to health and wellness, the Charak Samhita provides a rich framework for understanding the intricacies of Rasayan and Vajikarana, offering valuable insights for those seeking a balanced and fulfilling life. By embracing these ancient principles, individuals can embark on a journey towards optimal well-being, radiating vitality, and inner peace.

OBJECTIVE

Here are 2 objectives based on the text.

1. To understand the concepts of Rasayan and Vajikarana: Delve into the principles and practices of Rasayan and Vajikarana as described in Charak Samhita, exploring their roles in promoting holistic health and well-being.
2. To apply Rasayan and Vajikarana principles for overall wellness: Adopt the ancient wisdom of Rasayan and Vajikarana to enhance vitality, cognitive function,

and reproductive health, fostering a balanced and fulfilling life.

Rasayana & Vajikarana

[illegible]

(□. □ □.1.6)

Therapeutics which promotes strength and immunity is categorized in vrishya (aphrodisiac) and Rasayana (promotives), while the therapy of the second category is mostly applied for alleviation of disorders. The word prayah specially denotes only particularity because both the groups perform both the above functions namely, promotion of strength including immunity and alleviation of diseases.

Benefits of Rasayana

[illegible]

By promotive treatment, one attains longevity, memory, intelligence, freedom from illness, youthfulness, excellence of lustre, complexion and voice, optimum strength of physique and sense organs, perfection in deliberation, respectability and brilliance. Rasayana is the means of attaining excellent qualities of rasa etc. Dhatus.

Benefits of Vajikarana

[illegible]

Vajikarana (aphrodisiac treatment) is that which produces lineage of progeny, quick sexual stimulation, enables one to perform sexual act with the women uninterruptedly and vigorously like a horse, makes one charming for the women, promotes corpulence and infallible and indestructible semen even in the old persons, renders one great having a number of off-springs like a sacred tree branched profusely and commanding respect and popularity in the society. By this one attains eternality based on filial tradition here and hereafter along with fame, fortune, strength and corpulence.

Modes of Administration of Kutipraveshika and Vatatapika Rasayana.

The propounders have described two methods of the administration of Rasayana therapy, namely.

Kutipraveshika (indoor) and

Vatatapika (outdoor).

Firstly, the procedure of indoor treatment will be described. For this a cottage should be built in an auspicious ground, facing eastward or northward and in a locality inhabited by king, physicians and brahmanas, holy saints, is free from dangers, is auspicious and has easy availability of necessary materials. The cottage should have sufficient space and height, three interior chambers one after the other, a small opening, and thick walls and should be comfortable for the seasons, neatly clean and favorable for the treatment. It should be impermeable for undesirable sound etc. (sense objects), free from women, equipped with necessary accessories and attended by physicians with medicines and brahmanas.

Now, in northerly course of the sun, bright fortnight and auspicious date, star, hour and karana, one having clean-shaved, with strong restraint and memory, faith and focused mind, and stress-free state, feeling companionship with all the creatures, having worshipped the gods and brahmanas first and keeping the gods, cow and brahmanas to the right side, one should enter the cottage and be cleansed and thereafter when he feels happy and strong, he should use Rasayana treatment. Further I shall talk about the cleansing procedures.

Chyavanaprasha

[illegible]

40 Gms of each of bilwa, agnimantha, shyonaka, kashmarya, patala, bala, four leaved herbs (shalaparni, prishniparni, mudgaparni, mashaparni), pippali, shvadamshtra, brihati, kantakari, karkatshringi, tamalaki, draksha, jivanti, pushkaramula, aguru, abhaya, amrita,

riddhi, jivaka, rishabhaka, shati, musta, punarnava, meda, ela, chandana, utpala, vidari, vasa (roots), kakoli and kakanasa and 500 fruits of amalaki– all these put together should be boiled in water measuring 100 litres 240 ml. When the drugs are extracted completely the decoction should be brought down. The fruits of amalaki also should be taken out and their seeds are removed. Then the fruit pulp should be fried in tila oil and ghee (mixed) in quantity of 480 gms. Now it should be cooked in the above decoction adding to it 2 kg of clean sugar candy and prepared into a linctus. When it is self cooked, 240 gms of honey should be added to it. At the end, 160 gms twak, ela, patra and nagakeshara (combined together) should be added. This is the famous chyavanaprasha, an excellent Rasayana. Particularly it alleviates cough and dyspnea, is useful for the wasted, injured and old people and promotes development of children. It alleviates hoarseness of voice, chest disease, heart disease, vatarakta, thirst and disorders of urine and semen. It should be taken in the dose which does not interfere with the food intake and digestion. By consuming this Rasayana preparation, the extremely old sage Chyavana regained youthful age. If this Rasayana is used by the indoor method, even the old attains intellect, memory, luster, freedom from disease, longevity, strength of senses, sexual vigor, adequate agni function (digestion and metabolism), fairness of complexion and appropriate discharge of flatus. The consumer of this Rasayana gets rid of senility and enjoys youthfulness.

Medhya Rasayana

Consumption of mandukaparni juice, the powder of yashtimadhu with milk, the juice of guduchi along with its roots and flowers and the paste of shankhapushpi – these Rasayana drugs are life promoting, disease alleviating, promoters of strength, agni, complexion, voice and are intellect promoting. Of them shankhapushpi is specifically intellect promoting.

Properties of Shilajatu rasayana

Shilajatu originates from four metals – gold, silver, copper and black iron and is slightly sour, astringent in taste, katu in vipaka and is moderate in veerya. This is Rasayana in effect and if applied methodically it is aphrodisiac and alleviates diseases. Its potency enhances if it is impregnated with decoction of drugs alleviating vata, pitta and kapha either singly or in combination.

Shilajatu is impregnated by dipping it in lukewarm decoction and then taking it out at the end of the day, repeating the process for a week. Shilajatu mixed with ashed metals should be taken with milk by the prescribed method. This formulation provides happy long life, retards aging and disease, stabilizes the body, and promotes intellect and memory and excellence if taken with milk diet. The method of use is threefold viz. For seven weeks, three weeks and one week regarded as maximum, medium and minimum. The dose also is of three grades – 40 gms, 20 gms and 10 gms.

CONCLUSION

Rasayana is a specialized branch of Ayurveda practiced in the form of drug, diet and special health promoting conduct and behaviour.

Studies have proven the efficacy of Rasayana drugs mentioned in Ayurvedic texts in management of various disorders like infections, diabetes, cancers, inflammations, neuro-degenerative conditions and atherosclerosis etc. Rasayana drugs are believed to act as immune-modulators, adaptogens, tree radical scavangers, anabolic, nutritive and anti-ageing agents etc. But still there is lacuna in existing knowledge and lot of work is required to generate scientific evidence in support. It can be concluded that if worked out in a systematic way, Rasayana drugs will be future medicine in combating dreadful diseases of current times and future.

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