

## A REVIEW ARTICLE ON RASAYANA THERAPY IN AYURVEDA

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**ABSTRACT**

Ayurveda is an ancient science of life. It teaches us how to live a healthy and long life. In this regard Dinacharya, Ritucharya, Sadvruta, Pathya- Apathya Aahara- Vihara, Rasayana, and Vajikarana play an important role. In today's modern era there are many diseases which have not specific treatment in the modern science. 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 maintain the total health, a specific Aahar Vihar and Rasayana Chikitsa has been described in the text of Ayurveda. Ayurveda describes Rasayan Chikitsa to boost immunity (Vyadhisamaatva bala) and prevent old age Rasayana Chikitsa also uses for prevention curative and promotive aspects of the disease.

**KEYWORDS:** Ayurveda, Rasayana.**INTRODUCTION**

Ayurveda the science of life deals with the every aspect of life. Ayurveda is divided into eight branches which are carefully help to meet specific needs in the process of maintain and health and preventing disease.

**Eight branches of Ayurveda are-<sup>[1]</sup>**

1. Kaya Chikitsa- Internal and external treatment for the body.
2. Baal Tantra- Related to infants.
3. Graha Chikitsa-For psychological problems.
4. Urdhvanga Chikitsa-For treatment the ear, nose and throat related disease.
5. Shalya Chikitsa-Surgeries.
6. Visha Chikitsa-Toxicology.
7. Rasayana Chikitsa-To increase life span and (age and meedha).
8. Vajikarana-Promotes sexual capacity.

Rasayana is the therapy which is mostly used for promotion of strength including immunity and alleviation of disorders.<sup>[2]</sup> In this article we will discussed how Rasayana is useful for us.

**Aim and objective**

To know about the Rasyana therapy and its benefits in human life.

**Defination of Rasayana**

Rasayana means the way for attaining excellent Rasaadi seven Dhatus.<sup>[3]</sup>

The Dravays which promotes the body tissues (Dhatus) are known as Rasayana.<sup>[4]</sup>

Rasayana therapy is one which delays the Jara (old age) and helps in cure the disease.<sup>[5]</sup>

In Ayurveda Bhesaja (medicines) are classified into two groups.<sup>[6]</sup>

1. Swasthasya Oorjaskar

The one which promotes strength and immunity in the healthy person.

2. The second types of Bhesaja is that which cures the disease.

Hence Rasayana is used for both purpose for promotes strength in the healthy and as well as for cure the disease.

**Types of Rasayana<sup>[7]</sup>**

There are two types of Rasayana therapy

1. Kutipravesika.
2. Vatatapika.

**Kutipravesika**

For this a cottage should be built in an auspicious ground, facing eastward or northward and in a locality which is in habited by king, physician and Brahmins, holy saints, is free from dangers, auspicious and with easy availability of necessary accessories. It should have

sufficient space area and height, three interior chambers one after the other, a small opening, thick walls and should be comfortable for the seasons, well clean and favourable, It should be impermeable for undesirable sound etc, free from women, equipped with necessary accessories and attended by physician with medicaments and brahmanas.

### **Vatatapik Rasayana**

It is the second type of Rasayana which can be taken even if the individual is exposed to the sun and air.

### **Other types of Rasayana**

#### **Aachar (behavioural Rasayana)<sup>[8]</sup>**

The Person who is truthful, free from anger, abstaining from wine and women, non violent, non exerting, calm, sweet spoken, engaged in japa (repeating incantations) and cleanliness, perseverant, observing charity, penance, worshipping gods, cow, brahmanas, teacher, preceptor and elders, devoted to love and compassion, observing vigil and sleep in balance, using regularly ghee extracted from milk, knowing the measure of place and time with propriety, unconceited, well behaved, simple, having senses concentrated to spiritualism, keeping company of elders, positivist, self controlled and devoted to holy scriptures should be regarded as using the Rasayana for ever.

#### **Benefits of Rasayana<sup>[9]</sup>**

From promotive treatment, one attains longevity, memory, intelligence, freedom from disorders, youthful age, excellence of lustre, complexion and voice, optimum strength of physique and sense organs, successful words, respectability and brilliance. Rasayana (promotive treatment) means the way for attaining excellent rasa (dhatu).

The person using Rasayana in early ages lived for thousands of years unaffected by old ages, debility, illness. and death.<sup>[10]</sup>

#### **Who Can Consume Rasayana<sup>[11]</sup>**

One can consume Rasayana at the age of Yuvavastha (16-30) and Madhyavastha (30-60). Rasayana therapy cannot be beneficial without proper Sanshodhan (Vaman etc) of the body.

### **Various Rasayana for Various disease**

1. Aamalaki, Haritaki- Kustha, Udarrogas, Hridyaroga, Pandu, Premeha, etc.
2. Brahma Rasayana- For attains long and excellent age.
3. Cyavanprasa- Kasa, Svasaroga, Jaranasak, Hridyaroga, Mutravikara.
4. Pippali Rasayana- Kasa, Svasa, Hikka, Gulma, Pandu, etc.
5. Triphala Rasayana- For long life span.
6. Nagabala Rasayana- For long life span.
7. Aindri Rasayana- Kustha, Gulma, Udarroga, for increase memory.

### **8. Bhalataka Rasayana- Kapha Roga.**

#### **Amalaki<sup>[12]</sup>**

Amalaki is the drug of choice of Vayasthapan, promotion of longevity. Amalaki has the same properties and actions as Haritaki, only the virya is contrary (Haritaki being hot) Amalaki is cold (sheeta).

#### **Haritaki<sup>[13]</sup>**

Haritaki is all rasa Laghu, Deepan, Pachan guna. Haritaki possesses five Rasa devoid of only saline taste is hot, beneficial, carminative, light (laghu), digestive (Pachan), appetiser (Deepan), life promoting, tonic, excellent sustainer of youthful age, alleviates all disease and provides strength to all the sense organs. It alleviates leprosy, gulma, udavarta, anaemia, piles, disorders of Grahani, chronic intermittent fever, heart disease (Seera Roga), diarrhoea, anorexia, cough, premeha, hardness of bowels, spleen enlargement, acute abdominal disorders, jaundice, bronchial asthma, and impairment of memory.

#### **Cyavanaprasa<sup>[14]</sup>**

By using this Rasayana the extremely old Cyavana regained youthful age. If this Rasayana used by the indoor method, even the old attains intellect, memory, lustre, freedom from diseases, longevity, strength of sense, sexual vigour, increased agni, and fairness of complexion.

#### **Brahma Rasayana<sup>[15]</sup>**

One desirous of longevity should use the Brahma Rasayana by which he attains long life, excellent (youthful) age and favourite pleasures.

#### **Nagabala Rasayana<sup>[16]</sup>**

If one should use it regularly for a year, it makes the life span stable for one hundred years without senility.

#### **Bhallataka Rasayana<sup>[17]</sup>**

There is no disorder of kapha and obstruction (Sarotsa Avroda) condition which is not ameliorated by Bhallataka quickly. Moreover it promotes intellect and Agni.

#### **Aindri Rasayana<sup>[18]</sup>**

Aindri Rasayana alleviates old age and disease, promotes memory and intellect, enhances life span, provides nourishment, excellence, clarity of voice, complexion and ojas.

#### **Triphala Rasayana<sup>[19]</sup>**

Triphala along with six things Gold (Suvarna), Vacha, or with Vidanga and Pippali or with Lavana yaken with honey and ghee for a year provides intellect memory and strength, promotes life span and excellence and alleviates senility and disease.

#### **Pippali Rasayana<sup>[20]</sup>**

This should be taken with honey by those who want Rasayana especially in order to alleviate cough,

wasting, dyspnoea, hikka, throat disorder, piles, grahami disorder, Gulma, Vatabalasaka etc.

### Medhya Rasayana<sup>[21]</sup>

The use of the juice of mandukaparni, the powder of yastimadhu with milk, the juice of guduci (stem) alongwith is root and flowers and the paste of sankhapuspi-these Rasayana drugs are life promoting, disease alleviating, promoters of strength, agni, complexion, voice and intellect promoting. Of them, sankhapuspi is specifically intellect promoting.

### DISCUSSION

Each and every person wants to live healthy and desire of long life. Seven dhatus are present in the body. The seven dhatus are responsible for the development of our body. In the text of Ayurveda, the concept of Rasayana is described which offers a healthy life. Rasayana therapy have various beneficial effect on our body like Jara Vyadhi Nashana, promotes body tissue, promotion of strength including immunity and alleviation of disorders. During Rasayana therapy a person must follows the Aahar, Vihar, Pathya, Apathya, Dinacharya and Ritucharya as mentioned in the text of Ayurveda. In the text of Ayurveda various types of Rasayana are mentioned which have different and beneficial effect on our body.

### CONCLUSION

It can be concluded that Rasayana therapy is a beneficial therapy in Ayurveda. If one can uses Rasayana according to Ayurveda, a person can live healthy and happy long life. Rasayana therapy is not only a simple treatment therapy but is a spicilized therapeutic procedure of Ayurveda. Rasayana therapy have various beneficial effect on our body like Jara Vyadhi Nashana, promotes body tissues (Dhatues), promotion of strength including immunity and alleviation of disorders. In adding during Rasayana therapy a person who want more beneficial effects should follow Pathya-Apathya, Aahar, Vihar, Dinacharya, Ritucharya according to Ayurveda.

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