

**A KEY ASPECT OF AYURVEDA IS RASAYAN CHIKITSA****Dr. Khushboo Vishnoi\*, Dr. Mahendra Kumar Jain**

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**ABSTRACT**

One of the oldest conventional medical systems recognised on a global scale is Ayurveda. Preserving people's health is the organization's primary goal and motto. Hence a very lovely concept of rasayan was given in order to fulfil its initial slogan. The only method for achieving a long and healthy life is unquestionably rasayan. The classical treatises provide in-depth explanations of Rasayan. Astang Ayurveda has a special branch for it, which highlights the significance of the treatment. Rasayanas are described in detail and given their own chapters in the Samhitas, Laghutrayis, and Bhrahtrayis. Our bodies gradually degenerate as we age; to make up for these losses, various rejuvenation medications are employed at various ages and in various medical circumstances. Rasayana is essential for both preserving health and curing illnesses. All elements, including adhering to a code of behaviour that is Achar rasayan compliant and maintaining a healthy dincharya and ritucharya, have an impact on our body and mind as described in our extensive Ayurveda.

**KEYWORDS:** Ayurveda, rasayan, achar rasayan, rejuvenation.**INTRODUCTION**

Ayurveda is a complete science that deals and heals both healthy individuals as well as those who are ill.<sup>[1]</sup> The essential principles of nature should be followed in life, according to Ayurveda, if we want to live long, healthy lives. Follow Dincharya, Ritucharya, Sadvritta, Pathya-Apathya, and Ahara-Vihara. We can accomplish the aforementioned goals by taking Rasayana and Vajikarana, as recommended in Ayurveda. The entire human life cycle, from conception to death, is covered by ayurveda. It has eight branches<sup>[2]</sup>, each of which deals with a different part of life and aids in maintaining our health and avoiding sickness.

The following branches are included.

1. Kaya Chikitsa - Internal and exterior body therapy
2. Bala Tantra
3. Grah Chikitsa: Manages manasika dosha and psychological problems
4. Urdhava Chikitsa, which treats the ear, nose, throat, and eyes.
5. Shalya Chikitsa-all surgical issues
6. Visha Chikitsa-Agad, Toxicology
7. Rasayan Chikitsa - To sustain health
8. Vajikaran: Used to cure sexual maladies

**THE IMPORTANCE OF STUDY**

In today's lifestyle, Rasayan and Vajikaran are quite significant. Humans have weakened immune systems and frequently get illnesses. Even after they have

recovered, people continue to experience its aftereffects or become infected once again. In order to handle such circumstances and preserve people's overall health. Rasayan Chikitsa is crucial. Rasayan chikitsa, one of Ayurveda's eight branches, enhances immunity, delays ageing, and is essential for both therapeutic and preventative purposes in our lives.<sup>[3]</sup>

**GOALS AND IMPLICATIONS**

\*to determine Rasayan Chikitsa's contemporary relevance.

**VARIOUS DEFINITIONS OF RASAYAN**

All of our samhitas have detailed explanations on rasayan. This highlights how important it is. Ayurveda has a distinct branch known as Rasayan Chikitsa. "RASAYANA" is a Sanskrit term that indicates the path to great dhatus. The greater dhatus characteristics and improved nutritional condition resulted in a number of secondary qualities in rasayanas, including longer lifespans, increased strength, and ojabala. In order to live a long, healthy life, Rasayan Chikitsa focuses on geriatric care, immune enhancement, intellectual development, and mental stability. Rasayan Chikitsa has a very high success rate in managing and curing a wide range of health disorders brought on by degenerative changes, stress, ageing, memory loss, a weakened immune system, and other factors. It promotes young, healthy ageing and avoids the early deterioration of our bodily tissues.

Two sorts of therapeutics are described in Charak Samhit a.<sup>[4]</sup>

### (1) SWASTHASYA URJASKAR

It denotes the "best strength" via the use of the Rasayana and Vajikaraand modalities of therapy.

### 2. ARTAYA ROGNUT

It is for the medication used to treat people's varied ailments and uncomfortable circumstances. According to Chakrapani, the swasthasya urjaskar group, which consists of Rasayan and Vajikaran, not only has revitalising and erotic powers, but also may be utilised to treat illnesses and the opposite is also true for Artasya Rognut dravyas.

### NIRUKTI (Etymology)

Ras+Ayana, or nourishment at the microcellular level, are the two parts of the term rasayan. Rasayan therefore keeps everything in its proper place and condition, preserving equilibrium, and it also promotes longevity and increases one's capacity for illness resistance.

### RASAYAN TYPES

There are two Rasayans: Dravya and Adravya.

#### 1. DRAVYA RASYAN

\* Kama Rasayan

Some rasayana are used for a specific purpose (kamna) to support normal health, such as: Pranakamya (vigour and longevity).

Medakamya[intelligence]

Srikamya[complexion]

\* Greiatric Rasayan—Rasayan for the elderly to maintain their health difficulties

\* Illness Specific - For a specific ailment or disease

\* Nimitta Rasayan- A short-term and disease-treating kind of rasayan

\* Vardhaman Rasayan: Vardhaman is a form of rasayan that is utilised over a set period of time to achieve a particular state of health.

\* Ajasrika Rasayan: A type of rasayan that may be regularly practised, such as ghr̥it or ks̥heer.

\* Kutipravesika Rasayan<sup>5</sup> This requires the individual to sit in a specifically made kuti for a set amount of time and eat the rasayan.

\*Vatatapic- Rasayan ingested in vaat [vayu] and atap [dhoop]

#### 2. ADRAVYA RASAYAN<sup>[6]</sup>

##### Achaar Rasayan

This kind of adravya rasayan, which addresses how a person should manage his behaviour in society, is extremely significant. He should be truthful, refrain from drinking alcohol, be without rage, placid, unobtrusive, sweet-spoken, engaged in japa, preserved, cleanliness, observe charity, penance, worship cows, god, Brahmins, teachers, and elders, be devoted to love and compassion, rise early, consume ghr̥it and ks̥heer regularly, be well-behaved, spend time with elders, have a positive outlook,

and be committed to to holy scriptures so, by following the above mentioned a person will automatically get the fruits of consuming rasayan.

The benefits of eating rasayan have all been praised by Acharya Charak, Shushrut, Vagbatta, and Sharangdhar.

\*Enhanced physical and mental power

\*Prabha and kanti

\*Vakshidhi

\*Balanced body's dhatus and doshas

\*Sustains youth

\*Boosts Immunity

\*Rejuvenating Effects

\*Delays Ageing and its effects

\*Increased intellectual strength and memory

\*Cures all diseases and disorders

\*Pranati (humble and generous)

According to Sharangdhar, different rasayans are employed for various age groups, such as.

\*In Balyavastha-swarna prashan.

\*bala for proper growth.

\*Amalaki for Chavi (lustre).

\*Ashwagandha for bravery and motor system.

\*for twak and dristi jyotishmati.

\*for reproductive power Ashwagandha.

\*Ashwagandha for bravery and motor system.

Similarly, different rasayana are mentioned for different diseases, for example.

\*Chyavanprash for kasa, swas, jwar, and haridya rog

\*Pippali rasayan for kasa, swas, hikka, and pandu.

\*Nagbala for long lige.

\*Aindri rasayan for kustha, gulma, and udarrog.

### How to effectively use rasayan therapy

To reap the full advantages of a rasayan, it must be ingested after good deepan pachan and shodhan.

### CONTRAINDICATIONS

\* Amavasta \* Ajirna \* Daridrata \* Prathi \* Vyavasayi \* Papakrut \* Sinful \* Bhesajapranī \* Vyavasayi [addicted] \*

### CONCLUSION

The results of all these research show that rasayana definitely has a part to play in the preservation and maintenance of health, and proper usage of rasayana can assist to lower the prevalence of various diseases, thus decreasing health care costs. eventually lowering the burden of health care. The time has come to place more emphasis on illness prevention measures and raise public knowledge of the benefits of rasayana.

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