

## A REVIEW ARTICLE ON RASAYANA AS REJUNATION THERAPY

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## INTRODUCTION

Rasayana chikitsa (Rejuvenation therapy) is one among the eight branches of Ayurveda.<sup>[1]</sup> Rasayana chikitsa (Rejuvenation therapy) deals with healthy life and longevity of human being. It plays vital role in preservice of health and equally important in treating diseases. In last few decades the medical science has developed in various directions. The plenty of techniques have been incorporated and many diseases are being invented. Along with its classical importance and utility this therapy is useful in different medical problem of present era. This rejuvenation therapy is very essential to human being for both healthy and diseased. There are many dimensions of this therapy in which it is boon to mankind.

In Ayurveda, on the basis of their therapeutic effects Bhesajya (medicine) is described to be of two types

1. Svathasyorjaskara- That Bhesajya which promotes strength and immunity in the healthy individuals
2. Roganuta or Rogaghna- That Bhesajya which alleviates various disorders.

Eight branches of Ayurveda are-

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.

## MATERIALS AND METHODS

- This article is based on a review of Ayurvedic texts. Materials related to Rasayana concept, and other

relevant topics have been collected. The main Ayurvedic texts used in this study are Charaka Samhita, Sushruta Samhita, and available commentaries on these. We have also referred to the modern texts and searched various websites & reports to collect information on the relevant topics

## Types of Rasayana

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 inhabited 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.

## Mode of Action of Rasayana Drugs

The word „Rasayana“ addresses the “optimization of circulating the nourishing foods through tissues & cells.”

so getting adequate quantity & quality of Ahara Rasa with its proper circulation through channels is the main concept of Rasayana therapy. The concept of Rasayana therapy is not a single drug treatment but it is a comprehensive and specialized regimen capable of producing healthful longevity and improved mental faculties by acting at the level of Rasa (nutrition), Agni (digestion & metabolism) and the Srotamsi (microcirculation), thus enabling the organism to procure the best qualities of different Dhatus.

**Biological Effects of Rasayana Drugs:-** Various studies are done on different aspects of Rasayana drugs can some contemporary terminologies are found which have actions similar to Rasayana like-

- Immunomodulator
- Adaptogenic
- Antioxidant
- Nootropic
- Antistress

These terms can be understood as follows-

**Immunomodulator-** A substance that alters the immune response by augmenting or reducing the ability of the immune system to produce antibodies or sensitized cells that recognize and react with the antigen that initiated their production.

**Adaptogen-** An adaptogen is a metabolic regulator which increases the ability of an organism to adapt to environmental factors, and to avoid damage from such factors. Environmental factors can be either physiological (external), such as injury or aging, or psychological (internal), such as anxiety.

**Antioxidant-** Antioxidants are defined as 'substances whose presence in relatively low concentrations significantly inhibits the rate of oxidation of targets' being present in serum, these antioxidants circumvent the damage caused by oxygen free radical.

**Nootropic-** These are substances which promote intelligence and functions of brain. These drugs can be categorized as Medhya Rasayana drugs.

Traditionally, „Rasayana“ drugs are used against a plethora of seemingly diverse disorders with no pathophysiological connections according to modern medicine. Looking at these diverse applications, adaptogenic agents from this group of „Rasayana“ were identified. It has been reported that the „Rasayanas“ are rejuvenators, nutritional supplements and possess strong antioxidant activity. They also have antagonistic actions on the oxidative stressors which giving rise to the formation of different free radicals. Therefore, the therapeutic indication of these drugs can include the diseases relating to all the above systems. Their antistress/adaptogenic actions have made them therapeutically far more important.

### Mode of action of some Rasayana drugs

Majority of Rasayana drugs works on multiple areas and helps in achievement of Vyadhikshamatva through its Dipana, Pachana, Medhya, and non specific immune buster properties.

### Various Rasayana for Various disease

1. Aamalaki, Haritaki- Kustha, Udarrogas, Hridayaroga, Pandu, Premeha, etc.
2. Brahma Rasayana- For attains long and excellent age.
3. Cyavanprasa- Kasa, Svasaroga, Jaranasak, Hridayaroga, 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.

### 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. When the etiology of communicable diseases is discussed carefully, it is observed that, these diseases are caused due to the Agantuka Karana and coming under the Adhibhautika or Sanghatabalapravruttha Vyadhi, which is an Aupasargika Roga. Sushruta has clearly mentioned regarding Aupasargika roga.

### 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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