

**RASAYANA TREATMENT IN AYURVEDA: ENHANCING HUMAN HEALTH THROUGH HOLISTIC APPROACHES AND IMMUNOMODULATION"****¹Dr. Nikesh Gajanan Mante and ²Dr. Nitesh R. Joshi**¹PG Scholar, Department of Swasthavritta and Yoga Sumatibhai Shah Ayurved Mahavidyalaya, Hadapsar, Pune 411028.²Asso. Professor, Department of Swasthavritta and Yoga Sumatibhai Shah Ayurved Mahavidyalaya, Hadapsar, Pune 411028.***Corresponding Author: Dr. Nikesh Gajanan Mante**

PG Scholar, Department of Swasthavritta and Yoga Sumatibhai Shah Ayurved Mahavidyalaya, Hadapsar, Pune 411028.

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ABSTRACT

Rasayana, Vajikarana, Pathya-Apathya Aahara-Vihara, Ritucharya, and Sadvritta are all significant figures in Ayurveda. Many diseases in today's modern world lack a precise treatment according to current scientific understanding. The majority of individuals who recover from one illness relapse with the same illness or another. It is said that Ayurveda slows down the ageing process and boosts the body's resistance to illness. Rasayanas can help the body fend off the effects of ageing by strengthening its defences against infections through non-specific activation of immunity, according to scientific studies on plants and Ayurvedic remedies. Antioxidants found in several Rasayana plants shield the body from harm caused by free radicals. According to Ayurveda, Rasayanas achieve a holistic approach to human health care by balancing all of the body's physical, mental, and spiritual activities. They are also the best at promoting the growth and correct sustenance of all seven tissues (Dhatus). It denotes the significance of this particular branch of Ashtanga Ayurveda in treatment. Ayurveda's goals are to treat the Aatura (diseased person) and maintain Swasthya (health). Rasayana's practical application at both levels aids in achieving the goal. The Ayurvedic book describes a certain Aahar Vihar and Rasayana Chikitsa to sustain overall wellness. Rasayan chikitsa is described in Ayurveda as a way to prevent ageing and strengthen immunity (Vyadhishamaatva bala). Rasayana Chikitsa is also utilised for the disease's prophylactic, curative, and promotional elements.

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

Ayurveda Has eight fundamental Branches as follows

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 medha).
8. Vajikarana- Promotes sexual capacity.

Out of all these eight branches, Jara, or Rasayana, is the one that is most frequently utilised to promote strength, including Ojabala and immunity. Rasayana Chikitsa is a special branch of Ayurveda that promotes superior Dhatus characteristics and nutritional health, all of which contribute to a number of secondary benefits of Rasayana, including longer life spans. It is advised for

the elderly, expectant mothers, new mothers, youngsters, weaklings, malnourished individuals, recovering patients, anaemia, nervous weariness, and other Vata disorders. It should not be taken when suffering from ama (indigestion-related toxins release), obesity, colds, flu, fevers, infectious disorders or allergies. Therefore, it must be applied in the community to acquire the full span of life without sickness, which can only be possible with adhering to rejuvenation therapy, in order to make the body and mind healthy and capable of fighting against any disease.

AIM AND OBJECTIVE

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

Detailed Review on Rasayana Therapy**Etymology (Nirukti)**

The word Rasayana (Rasa+Ayana) refers to nutrition and its transportation in the body. Rasa means nutrition and Ayana means microcellular channels for transportation,

and hence Rasayana essentially means nutrition at the microcellular level. Also, the word Rasa stands for all the Dhatus, and Ayana (Vardhan) means nutrition or nourishment.

Defination of Rasayana according to various Samhitas

1. Charaka Samhita

Rasayana is that promotive treatment which is meant for attaining premium or quality Rasa and other Dhatus. Thus, it can be considered as an accelerated and appropriated nutrition leading to improved biological competence of the body.

2. Sushruta Samhita

Rasayan tantra is the branch that contains VayaSthapan property age sustainer, imparts longevity, intellect and also able in curing diseases by enhancing the immune system.

3. Ashtanga Hridaya

Rasayana is the mode through which excellent Dhatus, starting from Rasa can be attained. Arundatta a commentator said that, Rasayana is capable of treating poisons and their severe ill effects, it is listed after Visha Tantra.

4. Haritsamhita

The therapy which provides firmness/ strength to Sharir (body), Indriya (sensory and motor organs), as well as which cures wrinkling of skin, greying of hair, hair fall.

5. Bhavaprakash

The medicine which destroys ageing and diseases, sustains age and is body stoutening, beneficial for eyes and also is aphrodisiac is termed as Rasayan.

6. Sharangdhar Samhita

Rasayan destroys senility and aliments Eg. Guduchi, Guggul, Haritaki and described the Rasayana therapy according to decades of age group.

Types of Rasayana Rejuvenation Therapy

A] Depending upon Modes of Administration:

There are two types of Rasayana therapy.

1. Kutipravesika.
2. Vatatapika.

Kutipraveshika

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 in terroir 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.

B] Depending on the achievable outcome

1. Naimittika Rasayana- the curative Rasayana-is used to combat a specific cause responsible for disease in the body.

2. Ajasrika Rasayana- It is used to maintain good health and improve the quality of life through a healthy lifestyle, diet or exercise. It is also called Vayasthapan Rasayan.

3. Kamyia Rasayana- is rejuvenation intended to serve a special purpose. There are four types of it:

- Prana Kamyia-for maintainingthe best quality of prana (life energy) in the body.
- Medhya Kamyia-for enhancing the memory and intellect.
- Ayush Kamyia-for increasing longevity.
- Chakshu Kamyia-for maintaining healthy eyes.

C] Other types of Rasayana

Aachar (behaviourial Rasayana)

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, well-behaved, simple, having senses concentrated on spiritualism, keeping company with elders, positivist, self-controlled, and devoted to holy scriptures should be regarded as using the Rasayana forever.

Benefits of Rasayana

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 (Dhatus). The person using Rasayana in early ages lived for thousands of years unaffected by old ages, debility, illness, and death.

Who Can Consume Rasayana

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

Modern Aspect of Rasayana Therapy

Rasayana Chikitsa means rejuvenation therapy. It means to return to youthful conditions or to the normal from a diseased state. Rejuvenation therapy helps to promote and preserve health and to cure disease in the sick. Rasa looks a lot like what modern physiology calls lymph and plasma Rasayana / Rejuvenation is the way to restore and maintain the fluids, the juiciness in our bodies. It also increases a healthy person's mental and physical capability. It is known to have improved skin complexion and texture, modulates the voice, and increases the sensing capacity of sense organs. They replenish the vital fluids of our body thus keeping us away from diseases. The possible mechanism of action by which Rasayana can be correlated in terms of the modern scenario is as follows

1. Antioxidant action
2. Immunomodulatory action
3. Haemopoietic effect
4. Adaptogenic action
5. Anti-aging action
6. Anabolic action
7. Nutritive function
8. Neuroprotective action

Various Rasayana for Various disease

1. Aamalaki, Haritaki- Kustha, Udarroga, Hridayaroga, Pandu, Premeha, etc.
2. Brahma Rasayana- For attains long and excellent age.
3. Chavanprash - 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 increasing memory.
8. Bhalataka Rasayana- Kapha Roga.

Amalaki

Amalaki is the drug of choice for Vayasthapan, promoting longevity. Amalaki has the same properties and actions as Haritaki, only the Virya is contrary Haritaki being Ushna.

Haritaki

Haritaki possesses five Rasa is Laghu, Deepan, Pachan guna. Haritaki possesses five Rasa is Laghu, Pachak, Deepan, life-promoting, tonic, excellent sustainer of youthful age, alleviates all diseases, and provides strength to all the sense organs. It alleviates leprosy, Gulma, Udavarta, anaemia, piles, disorders of Grahani, chronic intermittent fever, heart disease diarrhoea, anorexia, cough, Prameha, hardness of bowels, spleen enlargement, acute abdominal disorders, jaundice, bronchial asthma, and impairment of memory.

Chavanprash

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

One desirous of longevity should use Brahma Rasayana by which he attains long life, youthful age, and favorite pleasures.

Nagabala Rasayana

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

Bhallataka Rasayana

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

Aindri Rasayana

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

Triphala Rasayana

Triphala, along with six things Suvarna, Vacha, or with Vidanga and Pippali or with Lavana with honey and ghee for a year, provides intellect memory and strength, promotes lifespan, and alleviates disease.

Pippali Rasayana

This should be taken with honey by those who want Rasayana, particularly in order to alleviate cough, wasting, dyspnea, Hikka, throat disorder, piles, Grahani disorder, Gulma, etc.

Medhya Rasayana

The use of the juice of Mandukaparni, the powder of estimate with milk, the juice of Guduchi (stem) along with its root and flowers and the paste of Shankhapushpi-these Rasayana drugs are life-promoting, promoters of strength, agni, complexion, voice, and intellect promoting. Of them, Shankhapushpi is specifically intellect promoting.

DISCUSSION

Rasayana, as a therapeutic approach in Ayurveda, plays a pivotal role in rejuvenating and revitalizing the body's structural elements. According to Ayurvedic principles, the Rasadhātu's vitality influences the overall health of other Dhatus or tissues in the body. The concept of Rasayana encompasses a diverse range of medicinal plants with specific effects on the body, each falling into various categories within Ayurvedic health pharmacology.

These Rasayanas serve multifaceted purposes, addressing different aspects of health and well-being. Some are tailored to balance the nervous system, while others focus on rejuvenation, immunity enhancement, strength promotion, energy boosting, or reproductive system fortification. The holistic approach of Rasayana therapy aligns with Ayurveda's fundamental goal of maintaining equilibrium in the physical, mental, and spiritual dimensions of human health.

The significance of Rasayana therapy becomes more apparent when considering its impact on specific bodily functions. By strengthening the Dhatus, Rasayana not only promotes immunity but also aids in relieving various illnesses. This comprehensive approach is deeply rooted in the traditional knowledge of Ayurveda, acknowledging the interconnectedness of the body's components. Moreover, the extensive array of traditional Rasayanas reflects the richness of Ayurvedic pharmacopoeia. From Brahma Rasayana for longevity to Nagabala Rasayana stabilizing lifespan and Bhallataka Rasayana addressing Kapha disorders swiftly, each formulation caters to distinct health concerns.

In the modern context, Rasayana Chikitsa, or rejuvenation therapy, aligns with contemporary physiology, reminiscent of lymph and plasma functions. It aims to restore and maintain the vital fluids in the body, enhancing mental and physical capabilities. The observed benefits, including improved skin complexion, voice modulation, and heightened sensory capacities, underscore the holistic impact of Rasayana on overall well-being.

The proposed mechanisms of action, such as antioxidant, immunomodulatory, haemopoietic, adaptogenic, anti-aging, anabolic, nutritive, and neuroprotective effects, provide a bridge between traditional wisdom and modern scientific understanding. These mechanisms highlight the adaptability of Rasayana therapy to address various aspects of human health, making it a versatile and valuable component of Ayurvedic medicine.

In essence, Rasayana therapy extends beyond a mere treatment method. It intertwines with Ayurveda's philosophy of achieving balance and harmony in the individual's physical, mental, and spiritual realms. The emphasis on adhering to Pathya-Apathya, Aahar, Vihar, Dinacharya, and Ritucharya underscores the importance of a holistic lifestyle in maximizing the benefits of Rasayana therapy. As individuals embrace these principles, they pave the way for a prolonged and healthy life, guided by the principles of Ayurveda.

CONCLUSION

It can be therefore, inferred that Rasayana therapy is an effective form of Ayurvedic medicine. An individual can lead a long, healthy life if they follow Ayurveda's recommendations for Rasayana. Ayurvedic specialized therapeutic approach, Rasayana therapy is more than just

a basic treatment method. In addition to strengthening bodily tissues (Dhatus), promoting immunity, and relieving illnesses, Rasayana treatment has several other positive effects on our bodies. Ayurveda suggests that anyone seeking greater benefits from Rasayana therapy should adhere to the teachings of Pathya-Apathya, Aahar, Vihar, Dinacharya, and Ritucharya.

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