

SPECIFIC USES AND OTHER PERSPECTIVES OF RASAYANA DRUGS: AYURVEDA
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ABSTRACT

Rejuvenation is one of the important aspects of medical science that aims to acquire ideal progeny, strength and rejuvenation using drugs. Traditional system utilizes *Rasayan chikitsa* & *Vajikaran* effect as tool of rejuvenation. The *Rasayan chikitsa* practicing anciently in India which offers many health benefits such as; longevity, boost memory & intelligence, improve luster, complexion, immunity, strength and voice. *Rasayana* therapy not only prevents diseases pathogenesis but also restrict symptoms of early ageing. Additionally *Rasayana* enhance enzymatic functioning thus help in biochemical processes that take place inside the body. As per Ayurveda *Rasayana* boosts *Rasa* and *Dhatu*s thus improves physical and mental health. Ayurveda described use of different *Rasayana* for specific purposes like; *Ashwagandha Rasayana* can be used to pacify *Vata Dosha*, while for *Pitta Dosha Shatavari* & *Amalaki* can be recommended similarly *Guggul* can be used to pacify *Kapha Dosha*. Considering importance of *Rasayana* present article summarizes various aspect of *Rasayan chikitsa* in a view to enhance knowledge about field for upcoming researchers.

KEYWORDS: Ayurveda, Samhita, Rasayana, Rejuvenation, Vajikaran, Longevity.

INTRODUCTION

Ayurveda is traditional Indian system of healthcare management and it encompasses various concepts related to diseases and their management. Ayurveda not only described importance of physical and mental health but also emphasized on spiritual health. Ayurveda mentioned various concepts for health management and *Rasa Shastra* is one of them. *Rasa Shastra* deals with plants,

Rasa, minerals, aquatic origin substances and metals. *Rasa Shastra* involves uses of *Rasayana* drugs that offer some specific health benefits.^[1-4] *Rasayana* therapy provides nutrition, increases *Agni*, removes the *Kleda* & *Ama*, offers anti oxidant action, help to clear *Srotasas*, enhances *Ojas*, balances *Doshas* and acts as rejuvenator. Table 1 described some correlation between biological response and health benefits of *Rasayana* drugs.^[3-8]

Table 1: Correlation between biological response and health benefits of *Rasayana* drugs.

S. No.	Biological response of <i>Rasayana</i> drugs	Related health benefits
1	Potentiating <i>Rasa Dhatu</i>	Skin rigidity & hair pigmentation
2	Potentiating <i>Rakta Dhatu</i>	Beauty, circulation & elasticity
3	Potentiating <i>Mamsa Dhatu</i>	Physical strength and compact body tone.
4	Control <i>Medha Dhatu</i>	Numbness reduces & enhanced alertness

There are various herbs that offers *Rasayana* effects like; *Amalaki*, *Shatavari*, *Shilajatu*, *Madooka parni*, *Vacha*, *Lashuna*, *Pippali*, *Haritaki*, *Bhallataka*, *Guduchi*, *Ashvagandha* and *Bhibitaki*. **Figure 1** described common health benefits of *Rasayana*.

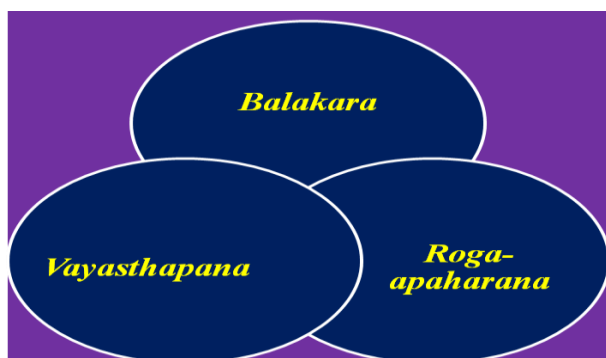


Figure 1: Common health benefits of Rasayana

The specific health benefits of *Rasayana* drugs are as follows.^[4-9]

- ❖ *Shilajatu* enhance strength and restrict ageing
- ❖ *Amalaki* offers antioxidants effects
- ❖ *Bala* also offers radical scavenging properties
- ❖ *Acharya Rasayana* possesses immune modulator response
- ❖ *Ashvagandha* reduces stress and boost metal power
- ❖ *Draksha & Shatavari* pacify vitiated *Rasa*.
- ❖ *Guggulu* help to clear body channels and thus improves nutritional supply
- ❖ *Gambhari* improves nitrogen balance and control growth mechanism.
- ❖ *Amalki* and *Suvarnamakshik Bhasma* recommended for maintaining circulatory system.
- ❖ *Suvarnamakshik Bhasma* helps to purify *Dushya Rakta*.
- ❖ *Kukkutandatwak bhasma* can be used to improve strength of *Asthi*.
- ❖ *Kapikacchu*, *Shatavari* and *Gold bhasma* boosts *Shukra* and enhance reproductive power.
- ❖ *Agastya rasayanam* offers beneficial effects in heart diseases
- ❖ *Loha bhasma* recommended for anemia.
- ❖ *Punarnava* and *Vidanga* normalize urinary excretory system.
- ❖ *Medhya rasayanans* can be used for hypercholestermia, diabetes and obesity.
- ❖ *Gandhak Rasayan* can be recommended for skin diseases.
- ❖ *Shankhapushpi* improves functioning of nervous system.

Types of *Rasayana* according to their functions

- ❖ *Kamya Rasayana*: *Amalaki & Haritaki*.
- ❖ *Medhakamya*: *Mandukaparni & Jivanti*.
- ❖ *Srikamya*: *Triphala, Guduchi & Ashvagandha*.
- ❖ *Naimittika Rasayana*: *Ashvagandha, Guggulu, Shilajit*.

Specific importance of some common *Rasayana* herbs

Ashvagandha

- ❖ *Ashvagandha* provides rejuvenating effects
- ❖ Promote growth and repair mechanism
- ❖ Possesses anti-aging and antioxidant effect
- ❖ *Ashvagandha* pacify vitiated *Dosha*.

Yastimadhu

- ❖ *Yastimadhu* possesses antioxidant potential
- ❖ Offers cytotoxic effect
- ❖ *Yastimadhu* was found to have anti-hypoxic activity
- ❖ Maintains circulatory process
- ❖ *Yastimadhu* balances sugar levels in the blood.

Guduchi

- ❖ *Guduchi* improves immune system thus prevent from infectious diseases.
- ❖ It offers antioxidant potential and improves *Agni*
- ❖ *Guduchi* clears body channels thus restore circulation

Shilajeet

- ❖ *Shilajeet* has *Ojovardhaka* and *Pramehaghna* qualities
- ❖ *Shilajeet* stabilizes vitiated *Doshas*
- ❖ *Shilajeet* imparts good quality in *Ojas, Rasa, Majja, Mamsa* and *Meda*
- ❖ Provides longevity and strength, acts as rejuvenator and possesses anti ageing effects.

Triphala guggul

- ❖ *Triphala guggul* helps to control obesity
- ❖ It offers beneficial effects for cardiovascular system
- ❖ *Triphala guggul* empowered inherent immune system of body
- ❖ Improves metabolic transformation and nutrients supply

Bhasma as *Rasayana*

Bhasma is herbo-metallic preparation offers *Rasayana* effects due to the presence of specific components. *Bhasma* can be prepared by processing herbs and metals together in specific manner. These preparation offers some qualities like; *Tikta rasa, Ushna Virya, Ruksha Guna & Katu Vipaka* therefore possess beneficial effects in many health problems. *Vanga bhasma, Loha Bhasma, Mandur Bhasma* and *Tamra Bhasma* are some examples of such herbo-metallic preparation which offers *Rasayana* effects. *Bhasma* pacify vitiated *Rakta Dhatu* and balances *Dosha*, improves metabolic process and *Agni* thus enhance internal strength. *Bhasma* potentiate *Dhatu*s, offers rejuvenator effect, provides longevity, enhance sexual ability and improves immune power. The *Rasayana* effects of *Bhasma* help to combat against many diseases including obesity, diabetes, anemia, infertility, muscular fatigue and sexual debility, etc.

General consideration need to take care while using *Rasayana* therapies

The use of *Rasayana* therapies requires consideration of some rules to avoid any harmful events. It is believed that one should use *Rasayana* therapies as per his/her requirements or *Prakriti*. The same *Rasayana* can offer different biological response in different individuals depending upon their constitutional characteristics. Ayurveda recommended use of *Vatatapika rasayana* in routine day to day life. *Kutipravesika rasayana* should

be used as per prescribed protocol for defined period of time. The *Rasayana* therapy prescribed for *Anchkarma* requires detoxification before performing therapeutic protocol. *Bhasma rasayana* need to be avoided in children and use of *Bhasma rasayana* in renal patients require special care. Ayurveda recommended that *Rasayana* should be used under expert guidance, whenever require, only for predefined time period and should be stopped immediately as adverse reaction observed.^[5-11]

CONCLUSION

Rasayana therapy play important role as rejuvenators, it enhances longevity, delay early aging, boost immune system thus prevents disease, enhances muscular and sexual strength, pacify nervous system and improves digestive power or metabolic activities. Ayurveda described uses of various *Rasayana* drugs like; *Ashwagandha*, *Amla*, *Guduchi*, *Shilajatu*, *Guggulu*, *Shatavari* and *Shankhapushpi* etc. for enormous health benefits. These herbs contain phyto-constituents like; tanins, vitamin C, carotene, withanolide, riboflavin, gallic acid, polyphenols and other essential components therefore offers therapeutic response in many health problems. However ayurveda recommended use of *Rasayana* therapy under expert guidance to avoid any chances of adverse effects.

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