

A REVIEW ON RASAYANA; THEIR PHYSIOLOGICAL EFFECTS ON BIOLOGICAL SYSTEM AND THERAPEUTIC IMPORTANCE**Dr. Tushar Kakar¹, Dr. Shailendra K. Pund*² and Dr. Ganesh Belorkar³**¹Assistant Professor, Rasa Shastra & BK Department, Dr. VJD Gramin Ayurved Mahavidyalaya, Patur, Maharashtra, India.²Associate Professor, Ras Shastra & BK Department, Dr. VJD Gramin Ayurved Mahavidyalaya, Patur, Maharashtra, India.³Assistant Professor, Shalya Tantra Vibhag, Dr. VJD Gramin Ayurved Mahavidyalaya, Patur, Maharashtra, India.***Corresponding Author: Dr. Shailendra K. Pund**

Associate Professor, Ras Shastra & BK Department, Dr. VJD Gramin Ayurved Mahavidyalaya, Patur, Maharashtra, India.

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ABSTRACT

Rasayan chikitsa is one of the important therapeutic modality of Ayurveda which provides good memory, intelligence, immunity, longevity, complexion and strength, etc. Rasayana not only suppresses pathogenesis of diseases but it also helps to health of healthy person. Physiologically Rasayana drugs pacify Doshas, boost Dhatus, purify blood, eliminates Ama & Mala and improves circulatory process therefore imparts many health benefits. Rasayana therapy helps in physical as well as mental problems and helps to treat mental ailments like; memory loss, mental functioning impairment, depression, stress and anxiety, etc. Mandukparni, Shankhapushpi, Yashtimadhu, Amalaki, Guggul and Guduchi, etc. are some Rasayana drugs used for various therapeutic purposes. Considering importance of Rasayana therapy present article described Ayurveda properties of some common Rasayana drugs in view to explore this area for upcoming researchers.

KEYWORDS: Ayurveda, Rasayana, Longevity, Rejuvenation, Antioxidant.**INTRODUCTION**

Ayurveda is one of the prime science amongst the various medical sciences that deals with diseases and their management. In this regards Ayurveda described various therapeutic approaches for health management and *Rasayana* therapy is one of them. *Rasayana* therapy helps in the management of various diseases such as; obesity, diabetes, skin problems, gastric ulcer, sexual dysfunction, anemia, anorexia and mental problems, etc. Various herbs and classical Ayurveda formulations comes under *Rasayana* drugs, moreover specific Ayurveda formulations such as; *Bhasma*, *Parpatii* and *Kupipakva Rasayanas*, etc. also possess properties of *Rasayana* drugs. *Guduchi*, *Triphala guggul*, *Mandukaparni*, *Shankhapushpi*, *Shilajeet* and *Vacha*, etc. are some *Rasayana* drugs used commonly for various health benefits.

Physiological action of *Rasayana*:

- *Rasayana* boosts enzymatic activities of body
- *Rasayana* empowered *Dhatus*
- Improves circulation of *Rasa*
- Balances *Doshas*
- Detoxify body and eliminate waste
- Maintain metabolic and digestive activities

- Restore thermostat of body thus maintain normal temperature of body
- Enhances level of bio-energy by balancing catabolic and anabolic activities.

Antioxidant behaviors of Rasayana

Rasayana prevent tissue damage induced by free radicals thus exerted antioxidant properties as depicted in **Figure 1**.

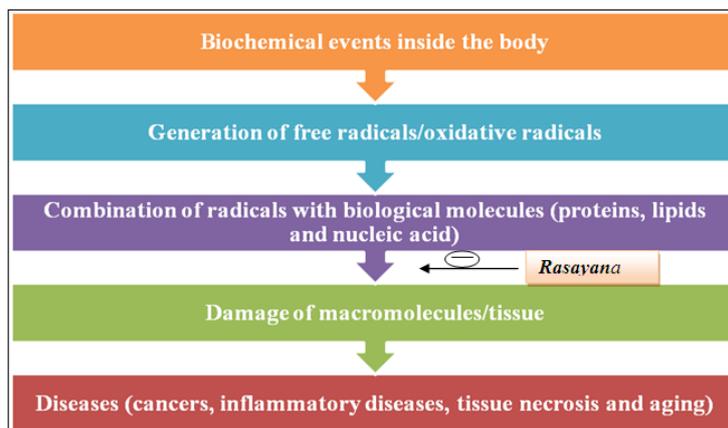


Figure 1: Biochemical cascade related to antioxidant action of *Rasayana*.

As depicted in figure 1 biochemical events generates free radicals/oxidative radicals inside the body, these radicals combine with bio-molecules and alter them or damage them. *Rasayana* dugs prevent free radicals induce damages of tissue therefore prevent further consequences such as; cancers, inflammatory diseases, tissue necrosis and aging.

Effects of *Rasayana* on *Doshas*

- *Rasayana* dugs balances *Vata* thus control circulatory process, maintain process related to movement and suppress pain sensation.
- The action of *Rasayana* dugs on *Kapha* balances it thus boosts process of regeneration, empowered internal lining (mucus) of body, normalizes mental disturbances and prevent seasonal infections.
- *Rasayana* dugs control digestive and metabolic activities by balancing *Pitta*, this action enhances nutritional supply to the tissues. *Rasayana* dugs stimulates *Pitta* thus enhances appetite, physical strength and sexual stamina.

Effects of *Rasayana* on *Dhi* (intellect)

Rasayan chikitsa improves *Smriti*, *Dhriti*, *Vivekshakti* and *Grahanshakti*, etc. therefore boost mental strength. These drugs pacify mental stress, suppress anxiety and control depression therefore offers beneficial effects in various mental health issues.

Effects of *Rasayana* on *Dhatus*

- *Rasayana* drugs nourish *Rasa Dhatu* thus maintain fluid volume and circulatory process of body.
- *Rasayana* drugs purify *Rakta Dhatu* and maintain normal state of *Mamsa Dhatu* thus provides good skin rigidity, inhibit de-pigmentation of hair, contribute towards beauty, maintain elasticity and boost muscular strength.
- *Rasayana* potentiate *Medha Dhatu* thus pacify numbness, heaviness and imparts compactness to the body.

Specific role of some particular *Rasayana* *Guduchi* (*Tinospora cordifolia*)

- *Guduchi* improves immune system and prevent infections.
- *Guduchi* improves digestion and metabolism.
- It boosts circulatory process.
- *Guduchi* imparts antioxidants potential.

Triphala guggul

- Control obesity
- Beneficial for cardiovascular system
- Boosts immune power
- Enhances internal strength

Mandukaparni (*Centella asiatica*)

- *Kapha-Pitta Shamak* effects
- Neuro-protective actions
- Promote brain growth
- Prevent impairment of memory

Shankhapushpi (*Convolvulus pleuricaulis*)

- Treat anxiety and depression
- Pacify mental disturbances and hallucination
- Improves motor coordination
- Boost memory and grasping power

Shilajeet

- *Shilajeet* improves digestion and metabolic activities
- *Shilajeet* provides immunity and prevent common infections
- Rejuvenator effect and delay symptoms of early ageing
- *Shilajeet* boost sexual stamina

Vacha

- Nervine tonics
- *Kapha-Vata shamak* effect
- Helps in and speech ability of children and behavioral activities.
- Improves intellect and grasping power

CONCLUSION

Rasayana therapy is one of the prime therapeutic approaches of Ayurveda that provides several health benefits. *Rasayana* acts as rejuvenators, enhances longevity, delay symptoms of early aging, improves immunity, prevents common infections, enhances sexual strength and balances digestive power. *Rasayana* drugs such as; *Amla*, *Guduchi*, *Ashwagandha*, *Shilajatu*, *Shatavari*, *Shankhapushpi* and *Guggulu*, etc. employed commonly for various health benefits. The phyto-constituents present in these drugs such as; vitamin, carotene, tanins, riboflavin, polyphenols and gallic acid, etc. contributes towards health benefits of these herbs. Ayurveda suggested use of *Rasayana* therapy only if required under expert supervision especially for pedantic and elderly patients. Ayurveda described that *Rasayana* drugs along with good conduction of *Ahaar-Vihaar* helps to achieve state of well-being therefore *Rasayana* therapy play vital role in the therapeutic avenue of Ayurveda.

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