

CONCEPT OF RASAYANA WITH SPECIAL REFERENCE TO AMALAKI RASAYANA –
REVIEW ARTICLE*¹Vd. Seema Ingole and ²Vd. Sumedha Pande¹Associate Professor Samhita Department Ram Rao Patil Ayurveda College Purna Dist Hingoli.²Professor Strirog Department Ramrao Patil Ayurveda College Purna Dist Hingoli.

*Corresponding Author: Vd. Seema Ingole

Associate Professor Samhita Department Ram Rao Patil Ayurveda College Purna Dist Hingoli.

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ABSTRACT

Healthy and long life is the desire of everyone since the ancient period of time. *Ayurveda* is an ancient science of life which deals with the to maintain the health of healthy individual and cure the diseases of diseased one. *Ayurveda* is divided into eight principal branches known as *Ashtang Ayurveda*. Among the eight branches of *Ashtang Ayurveda*, *Rasayana* is the most important one. As *Rasayana* deals with the promotive treatment, intelligence, prevention from diseases, excellence of lustre, complexion and voice, strength of physique and sense organs and longevity of life. 'Rasa' means fluid or plasma & 'Ayan' means pathway. Hence the literal meaning of *rasayana* is 'fluid pathway'. Various types of *Rasayana dravyas* acts at the cellular level metabolism i.e. *dosha*, *dhatu*, *agni*, *srotas*, etc. Among the various types of *Rasayana dravyas* explained by *Acharya*, *Amalaki* is one of the important and effective *rasayana* which is not only widely used in various forms but also in various kinds of diseases. This study is planned to assess the efficacy of the *ayurvedic* formulation *Amalakayas Rasayana* is especially suggested in *charaksamhita*. **Material and Methods:** The classical texts of *Ayurveda* and modern medicine, Journals and Research articles from Google Scholar, Pubmed, etc were selected for the study. **Conclusion:** *Amalaki* is a significant *rasayanadravya* and a widely used *Ayurvedic* medicine. *Amalaki's* pharmacodynamics includes *all rasa except Lavana rasa*, *Laghu*, *ruksha gunas*, *Madhura vipaka*, and *Sheeta virya*. *Amalaki* has a wide range of therapeutic properties and is used by doctors to treat a different kind of diseases. It is frequently utilized in the treatment of anaemia, diabetes, jaundice, immunosuppressive diseases, bleeding disorders.

KEYWORDS: *Rasayana*, *Amalaki*, Immunity, *Ayurveda*.

INTRODUCTION

"*Swasthasya swastha rakshanama aturasyavikarprasamanamech*" is the main aim of *Ayurveda*.^[1] To achieve this goal for healthy and longer life *Rasayana* is the only and best way of treatment therapy. 'Rasa' means fluid or plasma & 'Ayan' means pathway. Hence the literal meaning of *rasayana* is 'fluid pathway'. After the digestion of food, it produces *Rasa*, which provides nutrition, enhances the immunity, and sustains life. *Rasayana* is the method of treatment through which the *rasadi dhatus* are maintained in the body. Various types of *Rasayana dravyas* acts at the cellular level metabolism i.e. *dosha*, *dhatu*, *agni*, *srotas*, etc.

AIM AND OBJECTIVES

1. To explore the concept of *Rasayana* Therapy and its benefits.
2. To explore the concept of *Amalaki Rasayana*.

MATERIALS AND METHODS

1. Concept of *Rasayana* Therapy and its benefits

Rasayana is the unique concept explained in various classical texts of *Ayurveda*.

Charak Samhita – *Rasayana* concept is explained in *Chikitsasthana* of *Charak Samhita*. *Acharya* explained *Rasayana* as the one of the types of *Swasthyaurjaskara Bhesaja*,^[2] i.e. which promotion of strength including immunity and alleviation of disorders. *Rasayana* for longevity of life, youthful age, memory, immunity, intelligence, strength of body organs, excellence of luster and the way for attaining excellent *rasa* etc. *dhatus*.^[3] *Rasayana* deals with the promotive treatment, intelligence, prevention from diseases, excellence of lustre, complexion and voice, strength of physique and sense organs and longevity of life.

Sushrut Samhita – *Acharya* explained *Rasayana tantra* in *Chikitsasthana*. *Rasayantantra* is the branch which bestows *Vayahasthapan* property – age sustainer, imparts longevity, intellect and above that which is also able in curing diseases by enriching immune system. *Acharya*

Sushruta has given the adjective for *Rasayana* is *Rogapaharansamarth*.^[4] *Rasayana* acts as rejuvenator and general restorative treatment.

Astanga Hridya -*Rasayana* is the mode through which excellent *Rasadi Dhatus* can be attained. *Arundatta* while commenting on the chronological order of eight specialties of ayurveda says that as *Rasayana* is capable of treating poisons and their severe ill effects, it is listed after *Visha Tantra Ashtanga Hrudaya*.^[5] *Acharya Vagbhata* explained the benefits of *Rasayana* as same as *Charakacharya*.

Harit samhita – *Rasayana* is the therapy which provides strength to all body organs, as well as which cures aging, graying of hair, hair fall. *Harit* also says that the disorders which are associated with complications can be dealt successfully by *rasayanas*.^[6]

Sharangdhar Samhita -*Rasayana* destroys senility and diseases. Eg. *Guduchi, Rudanti, Guggul, Haritaki*.^[7]

Bhavaprakash—According to *acharya Rasayana* is the medicine which destroys ageing and diseases, sustains age and is body stoutening, beneficial for eyes and also is aphrodisiac.^[8]

2. Concept of Amalaki Rasayana

According to *Acharya Amalaki* is the best drug for rejuvenation (*vayasthapana*).^[9] *Amalaki* has the same properties and actions as *haritaki*, only the *virya* is contrary that as *Amalaki* has *sheetavirya*.^[10]

- **Synonyms** – *Vayasya, Vaystha, Vrushya, Jatiphalarasa, Shivam, Dhatriphalam, Shreephalam, Amrutphalam, Dhatri, Tishyaphala, Amruta*.^[11]
- **Latin name** – *Embllica officinalis*
- **Family** – Euphorbiaceae
- **Rasa** – contains all *rasa* except *Lavana rasa*.^[12]
- **Virya** – *Sheet*
- **Vipaka** – *Madhur*

Amalaki is similar in properties to *Haritaki*, but still especially useful in bleeding disorders, diabetes, as *vrushya* and *rasayana*. It pacifies *vata dosha* by its sour taste, *pitta dosha* by its sweet taste and cold potency, and *kapha dosha* by dryness and astringent taste. Thus, the *Dhatri* fruit pacifies all the three *doshas*.^[13]

It is useful for longevity. Prevents ageing and keeps young. Promotes virility. It improves complexion and nourishes and maintains body tissues. Its fruit has properties of divine elixir.

Amalaki is used in different forms as a *Rasayana*. *Acharya* explained *Amalaki Rasayana* has follows

1. **Dwitiya Bramharasayana**^[14] This is made by taking 1000 fruit of *Amalaki* having the above qualities and are steamed on the vapour of milk. After the various processes fortnight if over, this should be taken out

and added with the powder (*bhasma*) of gold, silver, copper, coal and iron in one-eighth quantity.

2. This should be taken regularly in the dose of 5gms. Gradually increasing with the same by the said method in every morning taking into consideration the power of digestion. By the use of this one becomes disease-free, long-lived and with great strength, even poison is reduced to non-poison.
3. **Chyavanpraasha**^[15] It is made by *Amalaki and mahapanchamula, trunapanchamula, kshudrapachmula, jivaniyapanchamula* etc. in each quantity of 40gms. It alleviates cough and dyspnoea, useful for the wasted, injured and old people and promotes development of children. By using this *rasayana* the extremely old *Chyavanarushi* regained youthful age.
4. **Chaturtha amakalarasayana**^[16] By the use, the sages regained youthfulness and attained disease free life for many years, and endowed with the strength of physique, intellect and senses practiced penance with utmost devotion.
5. **Amalaki Ghruta**^[17] If a person uses this formulation properly, he attains big body with great strength and compactness like the essence of mountains, firm and strong sense organs.
6. **Amalakavaleha**^[18]—It should take only in fore moon according to power of digestion. By its use, one attains the stable life-span of hundred years without being old.
7. **Amalaki churna**^[19] This provides a stable life span of hundred years devoid of old age.
8. **Amalakayasa Brahmarasayana**^[20] It provides a life span of one thousand years, alleviates senility and diseases and promotes strength of intellect and sense organs.
9. **Kevalamalaka rasayana**^[21] By proper use of this person regained youthfulness, becomes like God and Sri (goddess of wealth), *vedas* and personified knowledge attend to him themselves.

These are the *rasayanakalpa's* which main content is *Amalaki*. There are so many *rasayanakalpa* which contains *amalaki* as one of the ingredient like, *triphalarasayana, abhayamalakirasayana* etc.

DISCUSSION

In today's present era everyone wants to live healthy long life. *Rasayana* is the unique concept of healthy long life explained in *Ayurveda*. In *Ayurveda* so many *rasayana dravyas* are explained among which *Amalaki* is the best *vaysthapana* and *rasayana dravya*.^[22] The drug *amalakirasayana* is used as traditional medicine since time immemorial for their unique properties like antioxidant, anticyto-toxic effect, anti-ageing etc.^[23] *Amalaki* is having highly medicinal value and economically cheaper than other drugs one of the research studies on the trial drug *amalakirasayana* along with milk has shown highly significant result in treating symptoms like insomnia, constipation, digestive weakness and haemoglobin percentage. Hence

amalakirasayana along with milk is very effective in treating ageing ailments.^[24]

There are so many research articles are presented on *Rasayana*.^[25,26] One animal research study evaluated the effect of *Amalakirasayana* in ameliorating cardiac dysfunction associated with aging and pressure overload left ventricular hypertrophy indicate that regular intake of *Amalakirasayana* improves left ventricular dimension, exercise tolerance capacity and left ventricular function. *Amalakirasayana* is not toxic to myocardial cells as observed in our cytotoxicity assay. We have identified metabolites such as gallic acid, ellagic acid, vitamin A, 1alpha 24R,25-trihydroxyvitamin D3, 13'-carboxy-alpha-tocotrienol (Vitamin E), sulfate derivative of nor epinephrine and putative arachidonic acid derived anti-inflammatory metabolites, in AR. Previous studies have reported that these metabolites play central roles in the regulation of myocardial bioenergetics, contractile, myocardial inefficiency and dysfunctional excitation-contraction coupling and hemodynamic function.^[27]

Also, extract of leaves of *Amalaki* is found to exert rapid protective effects against lipid per oxidation by scavenging of free radicals and reducing the risk of diabetic complications.^[28] *Amalaki* is told to be the best medicine as *Vayasthapana*. *Triphala* another abundantly used medicine for various purposes also possesses *Rasayana* effects. *Triphala* was found to alleviate the nephrotoxic effects of bromobenzene by increasing the activities of antioxidant enzymes and reducing the levels of lipid peroxidation and kidney functional markers.^[29] and also exhibited anti-inflammatory effects in animal model.^[30]

CONCLUSION

Rasayana is the novel and very important concept explained in the classical *Ayurveda* treatise. From ancient time to till today's pandemic time it is proved that *Amalaki* is the best *rasayanadravya* used in different types of disease. *Amalaki* is proven very effective in not only immune system but also in all systems of the body. *Amalaki* have less cost, easily available and easy to prepare. From ancient time so many research has been done on *Amalaki*. *Chyavanprash* is proven as one of the best *rasayanakalpa*. All *kalpa* made by *Amalaki* are easy to made and cost-effective also. From above discussion it is clear that *Amalaki* is one of the best *rasayanadravya* widely used in the treatment.

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