

Role of Rasayan in Healthy Life- A Review

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Abstract- The world's oldest medical system is Ayurveda. All facets of life are covered by this science of life. The two goals of Ayurveda are to promote health and treat illness. *Rasayan* could be used to accomplish both of these. *Rasayana* therapy is one of them improves process of rejuvenation, delay ageing, boost immunity, imparts vitality, longevity, memory, intelligence, excellence in lustre, complexion, clear and effective voice, ultimate strength of body, sense organs, brilliance and treat many diseases including physical and mental problems. One branch that falls within *Ashtang Ayurveda* is *Rasayan*, often known as a rejuvenation therapy. *Rasayan* medications are those that can strengthen a healthy person's system and bring superior *Ras* and *Dhatu*s into the body. *Rasayan* helps to improve overall health, boost natural immunity, improve the way all of the body's essential organs work, and prevent the early indications of ageing. Additionally, it combines development and atrophy, two opposing processes that occur simultaneously. An organism's structural and functional changes over the course of its lifetime are represented by ageing. *Rasayan*, also known as *Achar Rasayan*, is a specialised method that is not a pharmacological therapy. It is conducted through rejuvenating recipes, dietary regimens, and unique conduct and behaviour that promotes health.

Keywords: *Rasayan*, *Achar Rasayan*, health, *Ayurveda*

INTRODUCTION

Ayurveda has eight components, called '*Ashtanga Ayurveda*'. These are as follows: *Kaya Chikitsa*: Associated with the entire body, *Bala Chikitsa*: Associated with babies, *Graha Chikitsa*: It can be correlated with microorganism and other deficiency associated with mental disorders., *Urdvanga Chikitsa*: Associated with the region of the ears, nose, and throat, *Chikitsa Salya*: Associated with surgery, In relation to toxicology, *Visha Chikitsa* Techniques for rejuvenating the *Sapta dhatus*, or *Rasayana Prakarana Vajikaranchikitsa*: Associated with enhancing offspring health. Among the eight specialties of *Ayurveda*, *Rasayana Tantra* is a branch

exclusively devoted to nutrition, immunology, rejuvenation and geriatrics. It is also thought that the *Rasayana* medications have aphrodisiac properties. Word *Rasayana* is derived from "*Rasasya Ayanam Rasayanam*" which means the way of obtaining a good *Rasa* is *Rasayana*. *Acharya Dalhana* has explained that the methods which improve youth and enhance longevity by attaining best quality body tissues are termed as *Rasayana*. As it nourishes the semen, *Rasayana* may also extend to the next generation of human life by producing a healthy child that is disease-resistant, has the best genetic constitution, or has fewer genetic abnormalities. Among the many *Rasayanas* are *Amalaki*, *Haritakydi*, *Triphala*, and *Chyavanaprasa*. According to *Sharangadhara*, each age group should follow a particular *Rasayana* to stay fit and healthy. *Rasayana* is more of a preventive than a cure approach. Therefore, it can also be done after the disease has been treated in order to either prevent the disease from returning or to repair the tissues that the disease has destroyed. It can also be done to stop diseases from developing. According to *Ayurveda*, there are seven essential *Dhatu*s that give the body structure, growth, and nourishment. Diseases are brought on by disturbances or imbalances in their *Dhatu*s homeostasis.

REVIEW OF LITERATURE

Types of *Rasayana*

Acharya Charaka mentioned various type of *Rasayana* in *Chikitsya Sthana*, while *Acharya Sushruta* described *Rasayana* in *Sutra Sthan*

- *Kamya*-These are promoters of normal health. They boost body energy levels, immunity and general health. They can be further divided in following types: *Pranakamya*-Promoter of vitality and longevity, *Medhakamya*-Promoter of intelligence, and *Srikamya* - Promoter of complexion.

- *Nimitta* - This is used for treating diseases, done only for a specific period.
- *Ajasrika* - It is using food substances on regular basis for nourishment of body e.g. daily usage of cow milk, ghee etc.
- *Medhya Rasayana*- *Acharya Charaka* has mentioned specific *Rasayana* for increasing *Medha* or intelligence and memory, such like *Brahmi*, *Mandukaparni*, *Jyotishmati*, *Shankhapushpi*.
- *Achara Rasayana*-This refers to how an individual ought to act when navigating society. The following should be followed: being calm and nonviolent; abstaining from alcohol and sex abuse; speaking and acting gently; being patient and sincere; being kind and reasonable; being well-mannered and egoless; maintaining cleanliness; worshipping teachers and gods; favouring religious ideas; getting equal sleep and work; being spiritual; and helping the elderly.¹
- *Kutipravesika* (Indoor therapy) & *Vatatapika* (Outdoor therapy): *Kuti*, which meaning chamber, is a type in which the individual is administered *Rasayana* preparations and forced to remain in a specifically created chamber for a predetermined amount of time. Following *Panchakarma's* purification of his body, *Rasayana* is applied.²
- In the *Vatatapika* form the person can carry out his normal work and still undergo *Rasayana*.³

Criteria for *Rasayana*:

To gain the most effect, it is advised to cleanse the body using light purification techniques or appropriate *Panchakarma* techniques, if needed. The individual should possess intelligence, mental stability, and self-control over his desires. He ought to have faith in the medications and treatments that will be administered. The patient should refrain from drinking alcohol, smoking, and engaging in other unhealthy behaviours while receiving *Rasayana* treatment.⁴

Purpose of *Rasayana*:

Rasayana should be used for three purposes mainly-

- Maintaining health⁵
- Prevention of diseases and old age⁶
- To avoid the recurrence of diseases.

Effects of *Rasayana*:

According to Ayurvedic physiology, *Rasayana* can improve nutrition in three ways: directly by improving the nutritional quality of *Rasa* (nutritional plasma) using *Satavari*⁷, milk, ghee, etc.)⁸; improving *Agni* (digestion & metabolism) by using *Bhallataka*⁸, *Pippali*⁹, etc. or indirectly by enhancing the function of *Srotas* (the body's micro and macro circulatory channels) by using *Guggulu*, *Tulsi*, so forth etc. The second kind entails a complete body remodelling and is a more intricate procedure. Under the supervision of an ayurvedic physician, the patient is sequestered from his or her everyday life and housed in a *Kuti* (hut) that has been specially prepared for *Rasayana-chikitsa*.

Benefits of *Rasayana* Therapy¹⁰

- By nourishing blood, lymph, flesh, adipose tissue, and semen, it is said to prevent degenerative changes and illness, hence providing relief from chronic degenerative disorders such as senile diseases and arthritis.
- The goal of "*Rasayana*" is to preserve the body's youth, energy, and vigour while preventing ageing, senility, and debility in order to promote a long, healthy, and disease-free life as well as intelligence, a radiant complexion, generosity, and physical and sensory strength.
- *Rasayana* works in a variety of methods to enhance microcirculation, which results in the production of the body's highest-quality tissues. Additionally, it eliminates waste from the body and strengthens *Agni*. It also has anti-stress, anti-anxiety, and antioxidant properties.
- Need for Rejuvenation – We now have a very busy lifestyle. This is brought on by excessive physical and mental effort, which raises stress levels. Due to changes in responsibilities, meal times have become erratic. The availability of numerous devices in the kitchen, together with the usage of computers, televisions, and cell phones, has led to a lack of exercise. Many people are developing addictions to narcotics, alcohol, smoking, excessive sex, sleep, and stale, preservative-containing foods. All of this results in low *Dhatu Bala*, low *Ojas*, and vitiation of all *Doshas*, which causes depression, repeated disease, weariness, debility, and premature ageing.

DISCUSSION

The concept of health is complicated. Many interconnected physiological, biochemical, and hormonal processes must work in perfect harmony with one another at all times to preserve mental and physical well-being. The delicate anatomy and physiology of the human body have been explained in a highly comprehensive manner by the ancient *Ayurvedic* doctors. They viewed the living thing as the culmination of the senses, the body, the mind, and the soul. A person who is in a state of sensory, mental, and spiritual well-being and whose anatomy and physiology in terms of *Dosha*, *Dhatu*, and *Mala* are in balance is considered healthy according to *Ayurveda*.¹¹ *Ayurveda* outlines its goals in two general ways: first, to maintain health, and second, to treat illness. There is a thorough explanation of health preservation techniques such as *Dincharya*, *Ratricharya*, *Rittucharva*, *Sadvritta*, and seasonal *Panch-Karma*. There have been descriptions of lifestyle, food, exercise, and social and personal hygiene. Similarly, *Rasayana-Chikitsa*, a distinct specialised branch of *Ayurveda*, is focused on boosting immunity and reviving the metabolism in order to preserve and promote health. It may be used therapeutically to treat a number of today's terrible illnesses, including cancer, diabetes, atherosclerosis, dyslipidaemia, stroke, Alzheimer's, and tuberculosis.¹² There has been a lot of research done on the *Rasayana* in attempt to reason them in the present perspective; however this holistic science cannot be fully validated on the parameters of today's science, which has a reductionist approach. Numerous investigations on *Rasayana* medications have demonstrated their effectiveness in treating psycho-somatic stress, convulsive diseases, and epilepsy. Additionally, *Rasayana* has demonstrated benefits in reducing nervousness and anxiety as well as maintaining mental clarity and composure.¹³ The majority of research on *Rasayana* has focused on its immune-modulating and antioxidant qualities. Research has shown that *Rasayana* regulates the endocrine and immune systems without impairing the organisms' auto-regulatory processes. It has been claimed that *Rasayana* medications can prevent leucopenia caused by cyclophosphamide and alleviate generalised weakness.¹⁴ The immune system, squelching free radicals, improving cellular detoxification systems, repairing damaged non-proliferating cells, stimulating cell proliferation and self-renewal of damaged proliferating tissues, and replacing damaged or mutated cells with new cells

are all potential protective mechanisms of *Rasayana*.¹⁵

Mode of action of *Rasayana*-The combination of *Dosha*, *Dhatu*, and *Mala* makes up our body. Everybody in this universe values living a healthy life, and maintaining the balance of these three components is crucial to that. The quality of a person's diet and the level of *Agni*, which aids in the digestion, absorption, and assimilation of the food consumed, are also factors that affect his health. The first *Dhatu* created after food digestion, the *Ahara-Rasa*, provides nutrition to the body's components.^{16, 17} *Rasa* keeps the body and mind in optimal condition, strengthens immunity, and nourishes the body. Therefore, it is crucial for a living being's health that the *Ahara-Rasa* that is created after food digestion be of the highest calibre and that it circulates freely throughout the body to support the tissues. *Rasayanas* aid in accomplishing the aforementioned goal. Thus, we can conclude that *Rasayana* improves the nutritional quality of *Ahara-Rasa* and aids in improved cellular nutrient circulation and assimilation by acting at the level of *Agni*. The *Rasayana* promotes longevity, memory, intelligence, health, youthfulness, and excellence in lustre, complexion, and voice, optimal development of the body and sense organs, mastery of phonetics, respectability, and brilliance by improving digestion and increasing the bioavailability of *Ahara-Rasa* nutrients.¹⁸

CONCLUSION

Rasayana is a specific area of *Ayurveda* that is treated through medication, nutrition, and unique behaviours that promote health. Research has demonstrated the effectiveness of *Rasayana* medications, which are referenced in *Ayurvedic* scriptures, in the treatment of a number of illnesses, including atherosclerosis, diabetes, cancer, inflammation, infections, and neurodegenerative diseases. *Rasayana* medications are thought to have a variety of effects, including immune-modulation, adaptogen, scavenging of free radicals, anabolic, nutritional, and anti-aging properties. The *Rasayana* therapy commonly employed for the physical and mental health to prevent health problems.

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