

A review article on the concept of Rasayan in Ayurveda

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Abstract—Ayurveda is the ancient system of medicine in the world. This science of life deals with every aspect of life. Ayurveda has two aims i.e., Promotion of Health and Cure from disease. Rasayan may be employed for fulfilling both of them. Rasayan are the ways of attaining excellent Ras i.e., Attains longevity, memory, intelligence, freedom from disorders, youthful age, excellence of luster, complexion and voice, ultimate strength of physique and sense organs, wisdom and successful words and brilliance. Rasayan also called a Rejuvenation therapy is one considered under Ashtang Ayurveda. Rasayan drugs are those which are capable of importing superior Rasas and Dhatus to the body and toning up the system of healthy persons. Rasayan aids in increasing natural immunity enhancing general wellbeing, improving the functioning of all the fundamentals organs of the body and keep the signs of early ageing at bay. Moreover, it involves two opposite processes that simultaneously come into operation i.e., growth and atrophy. Ageing represents structural and functional changes of an organism over its entire life span. Rasayan is not a drug therapy but it is a specialized procedure practiced in the form of rejuvenate recipes, dietary regimes and special health promoting conduct and behaviour i.e., Achar Rasayan.

Index Terms—Rasayan, Ashtang Ayurveda, Rasa, Dhatu, Achar Rasayan, Ayurveda

I. INTRODUCTION

Rasayana means the way for attaining excellent Rasaadi seven Dhatus.[1] The Dravays which promotes the body tissues (Dhatues) are known as Rasayana.[2] Rasayana therapy is one which delays the Jara (old age) and helps in cure the disease.[3] In Ayurveda Bhesajya (medicines) are classified into two groups.[4] 1. Swasthasya Oorjaskar the one which promotes strength and immunity in the healthy person. 2. The second types of Bhesajya is that which cures the disease. Hence Rasayana is used for both purpose for promotes strength in the healthy and as well as for cure the disease.

II. TYPES OF RASAYANA [5]

There are two types of Rasayana therapy 1. Kutipravesika. 2. Vatatapika.

A. Kutipravesika

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 tiered 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.

B. Vatatapik Rasayana-

It is the second type of Rasayana which can be taken even if the individual is exposed to the sun and air.

C. Other types of Rasayana

1 Achar (behavioural Rasayana)[6]

The Person who is truthful, free from anger, abstaining from wine and women, nonviolent, 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, unconceited, well behaved, simple, having senses concentrated to spiritualism, keeping company of elders, positivist, self controlled and devoted to holy scriptures should be regarded as using the Rasayana for ever.

III. BENIFITS OF RASAYANA [7]

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. [8]

A. Who Can Consume Rasayana[9]

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

B. Various Rasayana for Various disease

1. Aamalaki, Haritaki- Kustha, Udarroga, Hridayaroga, Pandu, Premeha, etc. 2. Brahma Rasayana- For attains long and excellent age. 3. Cyavanprasa- 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 increase memory. 8. Bhalataka Rasayana- Kapha Roga[10].

a. Amalaki

Amalaki is the drug of choice of vayasthapan, promotion of longevity. Amalaki has the same properties and actions as Haritaki, only the virya is contrary (Haritaki being hot) Amalaki is cold (sheeta).

b. Haritaki[11]

Haritaki is all rasa Laghu, Deepan, Pachan guna. Haritaki possesses five Rasa devoid of only saline test is hot, beneficial, carminative, light (laghu), digestive (Pachan), appetiser (Deepan), life promoting, tonic, excellent sustainer of youthful age, alleviates all disease and provides strength to all the sense organs. It alleviates leprosy, gulma, udavarta, anaemia, piles, disorders of Grahani, chronic intermittent fever, heart disease (Seera Roga), diarrhoea, anorexia, cough, premeha, hardness of bowels, spleen enlargement,

acute abdominal disorders, jaundice, bronchial asthma, and impairment of memory.

c. Chyavanaprasa

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, bngevity, strength of sense, sexual vigour, increased agni, and fairness of complexion.

d. Brahma Rasayana

One desirous of longevity should use the Brahma Rasayana by which he attains long life, excellent (youthful) age and favourite pleasures.

e. Nagabala Rasayana

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

f. Bhallataka Rasayana

There is no disorders of kapha and obstruction (Sarotsa Avroda) condition which is not ameliorated by Bhallataka quickly. Moreover it promotes intellect and Agni.

g. Aindri Rasayana

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

h. Triphala Rasayana

Triphala along with six thing Gold (Suvarna), Vacha, or with Vidanga and Pippali or with Lavana yaken with honey and ghee for a year provides intellect memory and strength, promotes life span and excellence and alleviates senility and disease.

i. Pippali Rasayana

This should be taken with honey by those who want Rasayana e particularly in order to alleviate cough, wasting, dyspnoea, hikka, throat disorder, piles, grahani disorder, Gulma, Vatabalasaka etc.

j. Medhya Rasayana

The use of the juice of mandukaparni, the powder of yastimadhu with milk, the juice of guduci (stem) alongwith is root and flowers and the paste of sankhapuspi-these Rasayana drugs are life promoting,

disease alleviating, promoters of strength, agni, complexion, voice and intellect promoting. Of them, sankhapuspi is specifically intellect promoting.

IV. DISCUSSION

A. Rasayana In Current Period

Details of description are available about Rasayana in classical Ayurvedic treatises. In light of newer techniques of researches some of very well-known Rasayana medicines are explored. Ashwagandha is well known medicinal herb used as Rasayana. It has shown to reduce reduced levels of dopamine (DA), 3,4-dihydroxy-phenylacetic acid (DOPAC) and homovanillic acid (HVA); antioxidants: glutathione (GSH) and glutathione peroxidase (GPx); and lipid peroxidation marker (TBARS) and GPx and induced thiobarbituric acid reactive substance (TBARS) level, proving it potential drug in treating catecholamines, oxidative damage and physiological abnormalities. Root extract of Ashwagandha has also shown good effect in relieving pain disability caused in patients of osteoarthritis of knee. Also, extract of leaves of Amalaki (*Emblica officinalis*) is found to exert rapid protective effects against lipid peroxidation by scavenging of free radicals and reducing the risk of diabetic complications. 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. Triphal has also exhibited anti-inflammatory effects in animal model. Another famous Rasayanamedicine Bilva has also shown strong antitumor and antioxidant activities. Also, Bilva has shown to possess gastro-duodenal protective and anti-ulcerogenic properties through its antioxidant mechanism. Some of classical Ayurvedic formulations such as Laxmivilas Ras, Agnitundi Vati, Ajmodadi Churna, Tribhuvankirti Rasa and Sitopladi Churna, were tested for their antioxidant effect, they were found to possess efficient scavenger of superoxide radical and all medicines were found to possess scavenging activity and inhibitory concentration 50% (IC50). Many other formulations are also tested on various parameters and are found to possess antioxidant, immune booster properties.

V. CONCLUSION

Rasayana is a specialized branch of Ayurveda practiced in the form of drug, diet and special health promoting conduct and behaviour. Studies have proven the efficacy of Rasayana drugs mentioned in Ayurvedic texts in management of various disorders like infections, diabetes, cancers, inflammations, neuro-degenerative conditions and atherosclerosis etc. Rasayana drugs are believed to act as immune-modulators, adaptogens, free radical scavengers, anabolic, nutritive and anti-ageing agents etc. But still there is lacuna in existing knowledge and lot of work is required to generate scientific evidence in support. It can be concluded that if worked out in a systematic way, Rasayana drugs will be future medicine in combating dreadful diseases of current times and future.

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