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Utility Of *Rasayana* In Present Era

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ABSTRACT: -

Science has made incredible progress in the twenty-first century. At the same time, the world has come a long way in the field of technical knowledge and new methods of medicine are also developing in the health system, but it is also a bitter truth that health related services are getting costlier day by day. Human life has become very dynamic in today's race. Currently human has everything but due to scarcity of time we are not able to pay attention to our health. As a result human is suffering from various types of mental and physical diseases like anxiety, depression, blood pressure, diabetes etc.

In such a circumstances, *Rasayana* therapy described in Ayurvedic literature can prove to be very beneficial for the human society. *Rasayana* is one of the eight branches of Ayurveda and also known as Rejuvenation therapy.

The principal aim of the *Rasayana* is to provide accelerated and appropriated nutrition leading to improved biological competence of the body that leads to series of secondary attributes like prevention of aging, longevity and promotion of mental and physical health.

Keywords: *Rasayana*, therapy, diseases, Ayurveda, health.



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INTRODUCTION

Since Vedic period, there is use of *Rasayana* therapy for longevity, prevention and treatment of diseases. *Rasayana* is not a drug therapy but a special use of medicinal- dietary regimen and health promoting conduct and behaviour [1]. Therefore, all such diet-routine, medicines and practices, which are used for the attainment of good health are called *Rasayana*. In fact, *Rasayana* is directly related to circulation of nutrient and nourishment of body tissues. *Rasayana* leads to the formation of desired tissue in the body, due to which longevity, memory, virility, intelligence and youth are attained. According to Acharya Charaka "*Labhopayo hi Shastanam Rasadinam Rasayanam.*" [2] (*Charka Samhita, Chikitsa sthana 1/1/8*), the method of obtaining desired tissues i.e. *Rasa-Rakta* etc. is called *Rasayana*. He also stated that *Rasayana* procedure provide *Dheergha Ayu* (Longevity), *Smriti* (Retention and recollection capacity), *Medha* (intellect), *Arogya* (health), *Taruna Vayas* (youthfulness), *Prabha* (Lustre of skin), *Varna* (Complexion), *Svara* (Voice), *Dheha Bala* (optimum physical strength and immunity), *Indriya Balam* (Greater receptivity of sensory organ) *Vaksiddhi* (stability of speech), *Kanti* (glow) in the human body [2].

MATERIAL AND METHODS-

Different Ayurvedic literature Such *Charaka Samhita, Sushruta Samhita* and *Astanga Hridaya* and Published Scientific work was thoroughly reviewed for this article.

Classification Of *Rasayana*-

In Ayurvedic literature various classification of the *Rasayana* are given some of them are given below.

1. According to mode of action-

A) *Vatatapika or Surya Maurtika* [3]- In-door therapy

B) *Kuti Praveshika* [3]- Out-door therapy

2. According to Utility-

A) *Kamya Rasayan* [4]- *Rasayana* used for promotion of health, it is again classified in three categories as per the effect on the body

I) *Prana Kamya*- It promotes longevity.

II) *Medha Kamya*- It improves mental health.

III) *Shree Kamya*- It improves lustre of the body.

B) *Namittika Ramayana* [4]- *Rasayana* used in the management of specific diseases. For example, *Arjuna in Hridrog, Shalparni, Pippali, Nagbala* in tuberculosis.

3. As per contents of *Rasayana*-

I) *Ausadha Rasayana*- (*Drug Rasayana*)

II) *Ajasrika Rasayana* [4] (*Dietary Rasayana*)-It includes consumption of nutritious diet such as milk, ghrith etc

III) *Achara Rasayana* [5] (*Conduct Ramayana*) - The effect of *Rasayana* can also archives by following the rules of *sadvrita* (rules of conduct) and *Svasthya Vrit* (*Dinacharya And Ritucharya*).

4. **Specific *Medhya Rasayana***- Although all types of *Rasayana* are known to increase intelligence. Nevertheless, Acharya Charak has considered *Mandukapurni, Madhuyasthi, Guduchi and Shankhpushpi* as specially intelligence enhancing *Rasayana* drugs [6].

Mode Of Action Of *Rasayana* Drugs -

Rasayana work in our body at three levels (1) At the nutritional level, *rasayana* drugs keep nutrition level of the body optimum by enriching the nutritional value of the circulating nutrient, such as *Draksha, Date, Amalaki* etc. (2) At the level of micro-circulating channels - These types of *Rasayana* keep our body's micro- circulation and tissue diffusion at equilibrium, for example, *Pippali, Rason, Guggul* etc. (3) At Agni level -

These types of *Rasayana* keep digestion and metabolic activities right, like *Chitrak*, *Haritaki*, *Amalaki*, *Amrita* etc. As a result of the above effects, *Rasayana* keep our body and mind healthy by increasing longevity, virulence and intelligence.

Effects Of *Rasayana* In Modern Prospective.

Rasayana affects our body and mind in the following ways. (1) *Rasayana* drugs calm the mind as they slow down the release of catecholamines and remove harmful substances from the body due to anti-oxidant effect and prevent geriatric symptoms such as wrinkles and arterial sclerosis thus prevent premature aging. (2) By modifying the metabolic process of the body, keeps the digestive system healthy. (3) Maintains a balance between the extracellular fluid and the internal cellular fluid in the body, due to which there is no loss of cellular fluid, thus delay the aging process. (4) *Rasayana* increases the immunity of the body by increasing the amount of immunoglobins and protect the body from infectious diseases. (5) *Rasayana*, especially *Achara Rasayan* and *Medhya Rasayana*, provide peace to the mind and are helpful in increasing intelligence.

UTILITY OF RASAYANA IN PRESENT ERA-

The utility of *Rasayana* in present era are following

1. **Promotion of Mental health-** The study on *Medhya Rasayana* shows that, they have Anxiolytic, Nootropic, and antiepileptic, psychotropic, tranquilizing and hypotensive effect. For example *Mandukparni* (*Centella asiatica* (Linn.) Urbn.) are reported to have tranquilizing, sedative and anti-anxiety effects^[7]; *Guduchi* (*Tinospora cardifolia* (Willd) Miers ex Hook & Thems) shows anti-stress effects^[8].

2. **Promotion of Physical health-** Many *Rasayana* drugs have positive effect on physical strength. For example-*Amalaki* (*Emblca officinalis* Gaertn.) promotes longevity^[9] and prevent senility^[10], *Ashwagandha* (*Withania somnifera* Dunal.) promote development of body^[11].
3. **Prevention of health-** *Rasayana* drugs possess Anti-microbial^[12,16], Adaptogenic^[13], Immunomodulator^[15], Anti-oxidant, Cytoprotective^[14], Genoprotective and other related activity which provide protection against various diseases. For example- *Amalki* (*Emblca officinalis* Gaertn Syn. *Phyllanthus embelica* Linn.) have bacteriocidal^[12], adaptogenic^[13] and cytoprotective^[14] activity; *Guduchi* (*Tinospora cardifolia* (Willd) Miers ex Hook & Thems) possess anti-oxidant, and immune-stimulating activity^[15]; *Haritaki* (*Terminalia chebula* Retz.) have anti-microbial^[16], anti-fungal activity^[17] and it also prevent DNA break^[18].
4. **In management of diseases-** *Namiittika* *Rasayana* used in the management of specific diseases such as *Yastimadhu* (*Glycyrriza glabra* Linn.) in eye diseases^[19], *Haridra* (*Curcuma longa* Linn.); *Amalki* (*Emblca officinalis* Gaertn.) in Diabetes ^[20,21,22] *Bhallataka* (*Semecarpus anacardium* Linn.) in skin diseases^[19].

DISCUSSION

Rasayana therapy is one of the eight branches of Ayurveda. According to Ayurveda, that which prevent the aging process and diseases is called *Rasayana*. The word *Rasayana* is derived from rasa+ ayan. It simply means the path of attainment of rasa. *Rasayana* is very useful in maintain the equilibrium of dhatus. According to Ayurveda, the essence of the seven *dhatus* is called 'ojas'. Therefore, the *Rasayana* is also called that which increases the energy. *Ojas* is

related to our immunity, so rasayana is not only curative but also health protector.

Rasayana affects our body and mind in the following ways. (1) *Rasayana* drugs calm the mind as they slow down the release of catecholamines and remove harmful substances from the body due to anti-oxidant effect and prevent geriatric symptoms such as wrinkles and arterial sclerosis thus prevent premature aging⁷. (2) By modifying the metabolic process of the body, keeps the digestive system healthy. (3) Maintains a balance between the extracellular fluid and the internal cellular fluid in the body, due to which there is no loss of cellular fluid, thus delay the aging process. (4) *Rasayana* increases the immunity of the body by increasing the amount of immunoglobins and protect the body from infectious diseases^[15]. (5) *Rasayana*, especially *Achara Rasayan* and *Medhya Rasayana*, provide peace to the mind and are helpful in increasing intelligence^[7].

CONCLUSION-

Rasayana a special therapy, described in the Ayurvedic literature have multidimensional effect on both healthy and diseased individuals. By use of *Rasayana*, we not only get freedom from physical and mental diseases, but also get spiritual happiness, peace and joy. It is clear from above description that use of *Rasayana dravya* (*Ahara, Aushadhi, Achar*) is mandatory for every person especially in present era. Only then will we be truly successful in preventing *Jara* (old age) and *Vyadhi* (diseases).

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