



## A REVIEW ON RASAYANA THERAPY

Divi pavan chakarapani<sup>1</sup>, Chandrsekharaddi s karamudi<sup>2</sup>, Prabhu c nagalapur<sup>3</sup>

<sup>1</sup>MD Scholar, Post Graduate Department of Swasthavritta Shree Jagadguru Gavisiddeswara Ayurveda Medical College and Hospital, Gavimath Campus, Koppal, Karnataka, India.

<sup>2</sup>Associate Professor, Post Graduate Department of Swsathavritta, Shree Jagadguru Gavisiddeshwara Ayurveda Medical College & Hospital, Gavimath Campus, Koppal, Karnataka, India.

<sup>3</sup>Professor and HOD, Post Graduate Department of Swasthavritta, Shree Jagadguru Gavisiddeshwara Ayurveda Medical College & Hospital, Gavimath Campus, Koppal, Karnataka, India.

Corresponding Author: [divipavan143@gmail.com](mailto:divipavan143@gmail.com)

<https://doi.org/10.46607/iamj2210092022>

(Published Online: September 2022)

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Article Received: 02/08/2022 - Peer Reviewed: 24/08/2022 - Accepted for Publication: 29/08/2022



## ABSTRACT

Ayurvedic medicine has many rejuvenating herbs, traditionally known as Rasayana, which improve health, immunity, vigour, vitality, and longevity, as well as protect against stress and help in developing immunity power. The word "Rasayana" means the way to attaining excellent Rasadi Dhatus. In Ayurveda, one of the major methods of presentation of positive health has been described i.e., Rasayana. The ultimate aim of Rasayan therapy is to correct Dosha and improve Agni and Dhatu function which overall improves strength, and immunity. The consuming of Rasayana therapy helps in the control of premature ageing and diseases. Rasayana has an important role in disorders belongs as sedentary lifestyle, work-related stress, environmental pollution, and improper food habits. Prevalence of lifestyle diseases was 37.03%<sup>1</sup> so Adapting to New changes in lifestyle in a population facing new diseases. Rasayanas acts for preventive, curative, and health promotive purpose.

**Keywords:** *Ayurveda, Rasayana, Dhatu.*

## INTRODUCTION

Ayurveda is the science of life that deals with every aspect of the health of the individual. It has two main goals i.e., to protect the health of the healthy individual and to cure the diseased condition<sup>2</sup>. Rasayana chikitsa is one of the eight branches of Ayurveda. Rasayana brings about proper nourishment, growth, and enhanced function of all the seven dhatus and thus improves ojas Rasayana provides healthy life, intellect, and quality in lustre, complexion, and voice, optimal improvement of physical strength and sense organs, and longevity of human being. Due to stress full life and using of modern medications diseases are curing as simple and fast and re- occurring people are affecting a lot. The Rasayana helps affects the body, and mind at the same time helps to increase natural immunity, improve general well-being, improve the functioning of all of the body, and also helps to enhance the proper nourishment to each and every cell in the body it normalizes the cell functions and plays a vital role in preservice of health and equally important in treating diseases.

### Definition of Rasayana

The word 'Rasayana' is composed of two words i.e., Rasa and Ayana. 'Rasa' means Dhatu and 'Ayana' means Nourishment. Hence the word 'Rasayana' means 'Nutritional transport of the body'. It also means by which one gets the excellence of Rasa is known as Rasayana<sup>3</sup> Rasayana therapy is one which delays the Jara and helps in curing the disease.<sup>4</sup>

In Ayurveda Bhesaja (medicines) are classified into two groups.

1. Swasthasya Oorjaskar The one which promotes strength and immunity in a healthy person.
2. The second types of Bhesaja are that which cures the disease. Hence Rasayana is used for both purposes for promotes strength in healthy and to cure the disease.

### TYPES OF RASAYANA

A comprehensive classification of Rasayana is available in Sushruta Samhita which was further improved by the commentator Dalhana

Classification of Rasayana according to the classical description

A) According to mode of administration

- 1) Kutipravesika Rasayana 2) Vatatapika Rasayana

B) According to objective

- 1) Kamyia Rasayana
  - a) Pranakamyia b) Medhakamyia c) Shrikamyia
- 2) Naimittika Rasayana
- 3) Ajasrika Rasayana

C) Special Rasayana drugs

- 1) Medhya Rasayana 2) Achara Rasayana

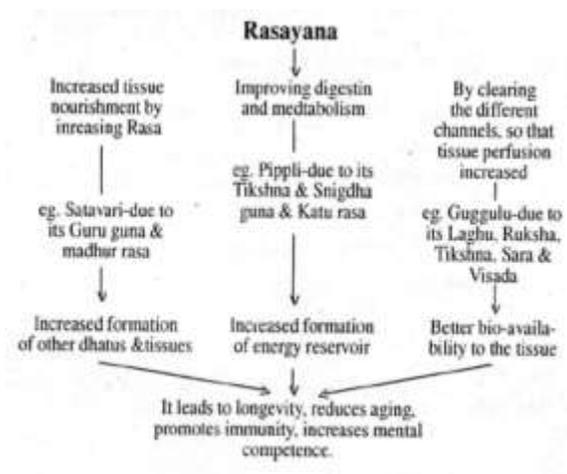
D) Rasayana based on drug, diet and lifestyle.

1. Aushadha Rasayana

2. Ahara Rasayana

3. Acharya rasayana

According to the mode of administration



### KUTIPRAVESHKA RASAYANA

It is a type where Samshodhana karma is essential. After Samshodhan's patient into a specially construed therapy chamber called Trigarthakuti, He has to follow a specific code and conduct of life with strict diet control. It is said that if Kutpraveshika Rasayans is carried out as per the norms and down it led the complete bio-physical transformation of man Ex- Chyawanprasha

### VATATAPIKA RASAYANA

It is indicated in those patients who do not have enough resources and who cannot afford intensive rejuvenative care. This therapy is used while leading a normal life. Samshodhana karma is not essential in such cases

According to the objective Kamya

Kamya means a definite Aim. These are promoters of normal health. Pranakamya– Promotes vitality and longevity Medhakamya - Promotes intelligence.

Srikamya - Promotes the complexion

Naimittika: means things used for a short and precise period. This type is used for treating diseases also. Hence Rasayana done for only a specific period (e.g., Use of Guduci after curing of fever) is called Naimittika Rasayana.

Ajasrika Rasayana: is using food, and medicine on regular basis for the nourishment of the body e.g., daily usage of Go ksheera, Ghee, etc

Special Rasayana drugs

Medhya Rasayana: Charaka has mentioned specific Rasayana for increasing medha or intelligence and memory. A special branch of Rasayana that deals with the rejuvenation of the nervous system and the brain is called medhya Rasayana. Medhya literally means “intelligence enhancement,” Ashwagandha, kapikachu, Shankhapuspi, Guduci, Mandukparmi, and Yastimadhu are considered nerve and brain tonics.

Achara Rasayana: It mainly deals with good behaviour, self- control, and social manners. Such behaviour will give Rasayana-like qualities in our bodies. For example – respect for elders, avoiding anger and violence, the study of religious literature, kindness to a living being, caring for weather and climates, etc. Probably refers to Achara Rasayana

Action of Rasayana

Rasayana drugs

It is clearly stated in Ayurveda classics that Rasayana drugs should be chosen according to the suitability or Satmya of the person. A large number of herbs and minerals are described as Chyawanprasha Rasayana<sup>5</sup> This Rasayana helps to improve immunity and physical strength. also helps to remove toxins from the body and improves health. It is good for improving vigor, and vitality, and delays the aging process due

to its antioxidant properties. Chyawanprasha is also useful in improving brain functions including memory by acting as a brain tonic. Vardhamana Pippali Rasayan<sup>6</sup> Pippali is taken along with milk by gradually increasing the Pippali's to 10 per day. After 10 days, this gradually decreased. Thus, in total the person should take 100 Pippali fruits for the purpose of rejuvenation. After the digestion of the recipe, the person should take Shashtika type of rice along with milk and ghee.

Dose: 10 Pippali - excellent, 6 Pippali are moderate and 3 Pippali are smallest is given to very weak persons. It enhances the Nourishing dhatus, swara bheda nashaka, and Vayasthapana and promotes medhya.

Triphala Rasayana<sup>7</sup> One haritaki after digestion, two Vibhitaka after meals, and four amalaki after meals should be taken with honey and ghee for a year. This triphala rasayana makes a person live for one hundred years devoid of old age and diseases. Ashwagandha Rasayana<sup>8</sup> One should consume Ashwagandha choorna for 15 days with milk ghee, oil, or warm water, every day. This will enhance the body with potency and make it strong in the same way as the rain-water nourishes and enriches the crops of grains. provides delay ageing, aphrodisiac stoutening, and destroys diseases. Ritu Haritaki<sup>9</sup> Bhavaprakasha treatise has also explained the use of Haritaki in different seasons with the change of vehicles in the form of Rasayana. Powder of Haritaki should be consumed with the below-mentioned Anupana in the seasons

In Varsha - Saindhava Lavana, Sharad Rut - Sarkara, Hemanta -Shunti, Sishira - Pippali, Vasanta - Madhu and Grishma - Guda.

As per Acharya Sharangadhara, an individual loses one of the ten stages of life processes every decade. Hence, in a respective decade, one should select such Rasayana which may supplement the specific loss as follows

**Table 1:** Decade Wise Ageing Explained by Sharangdhara <sup>10</sup>

Dosha	Rasayanas
Vata	Bala, Nagabala with ghrita, Ashwagandha, Shankhapuspi.
Pitta	Amalaki, Shatavari
Kapha	Bhallataka, Rasna, Guggulu, Pippali.

**Table 2:** Rasayana Drugs According to Prakriti of An Individual <sup>11</sup>

Age	Stages	Rasayanas
1-10 Years	Balya	Vacha, Swarna
11-20 Years	Vridhi	Kasmari, Bala
21-30 Years	Chavi	Amalaki, Lauha
31-40 Years	Medha	Shankhapuspi
41-50 Years	Tvak	Jyotismati
51-60 Years	Drishti	Jyotismati
61-70 Years	Sukra	Atmagupta, Ashwagandha
71-80 Years	Vikrama	Amalaki, Bala
81-90 Years	Buddhi	Brahmi
91-100 Years	Karmendriya	Bala, Ashwagandha.

**Table 3:** Rasayana Drugs Are Also Enumerated on The Basis of Their Special Action on Different Dhatu <sup>12</sup>

Dhatu	Rasyanas
Rasa	Kharjura, Draksha, Kasmari
Rakta	Lauha, Amalaki, Palandu, Bhringraja
Mamsa	Bala, Nagabala, Rudanti, Aswagandha, Shalaparni
Meda	Guggulu, Shilajeet, Amrita, Haritaki
Asthi	Laksha, V a n s l o c h a n a , Prisiniparni, Shukti
Majja	Lauha, Vasa, Majja.
Shukra	Atmagupta and Vajikara preparations

The possible mechanisms of action, by which Rasayana can be correlated in terms of modern scenario, are Antioxidant, Immuno modulatory, Haemopoietic Effect Adaptogenic Action Anti-Ageing, Anabolic, Nutritive Function, Neuroprotective, and Detoxification Action.

A Nutraceutical action - Nutraceutical, the words “nutrition” and “pharmaceutical”, is a food or food product that provides health and medical benefits, including the prevention and treatment of disease. Rasayana provides adequate nutrition to every cell or tissue of the body. They increase plasma nutrient value thus executing great nutraceutical action

B Adaptogenic action–Natural herb products that supplement the body's ability to deal with stressors such as anxiety, fatigue, or trauma are called Adaptogens <sup>13</sup>. Sida cordifolia(Bala) has significant adaptogenic and anti-stress activity <sup>14</sup>

C Immuno modulatory effect – Our immune systems have connections with a number of other organs and can directly or indirectly influence the action of many other organs, including the brain. Rasayanadrugs like Emblica officinalis (Amla), Tinospora cordifolia (Guduchi), and Withania somnifera (Ashwagandha) have significant immune modulatory action <sup>15</sup>

D Geno-protective action –Mutationis damage to DNA and RNA genomes, and they may also trigger

fatal diseases like cancer. Rasayana when used in its preventive aspect (in early or middle age) may intercept such changes in our genetic pattern by enhancing immunological responses and resistance of DNA to oxidative challenge. Geno- protective action of Chyavanaprasha Rasayana<sup>16</sup>

E Nootropic action – Medhya Rasayana has nootropic action and is useful in degenerative disorders of the brain, like Senile Dementia and Alzheimer's. This Rasayana also corrects cognitive dysfunction and prevents the disease from progression. The Bacosides identified in Brahmi significantly improved the acquisition, consolidation, and retention in the shock-motivated brightness discrimination response in rats. Bacosides also enhanced the protein kinase activity in the hippocampus<sup>17</sup>. An aqueous extract of Glycyrrhiza glabra significantly enhanced dendritic arborization, and dendritic intersection and has dendritic growth stimulating properties<sup>18</sup>

F Psychological wellbeing - Behavioural conduct or mental hygiene is the effective preventive principle for psychological disorders. Achara Rasayana, as described previously includes various conducts, behaviour, Do's, and Don'ts which give better social acceptance to a person. Thus, Achara Rasayana improves the psycho-neuro health of a community.

## DISCUSSION

Today is the age of a sedentary lifestyle and one is not capable to follow the basic Regimens of a healthy and happy life because of professional work. Due to stressful, Alternative shifts, environmental pollution, etc., human beings are worst affected by newly occurring diseases, and they are susceptible to attain premature ageing and various diseases. The Rasayana is proved as effective against the harmful effect of diseases. Most Rasayana medicines have stress relieving dipana, pachana, and Medya as well as Antioxidant, and Adaptogenic properties Rasayana drugs can fulfil this desire of mankind. There are several Rasayana drugs that control the effect of diseases, Ageing, Malnutrition, and disturbed food habit & plays an important role in preventive as well as health promotive aspect

## CONCLUSION

The Aggravation of doshas due to dhatu kshaya and Srotovaigunya. Rasayana has the property to pacify dhatukshaya by producing dhatus of optimum quality which has enough strength to protect the body from disorders. Srotovaigunya pacifies after the improvement of the kshaya of dhatus. Rasayana therapy is a specialized part of treatment in Ayurveda and mainly deals with both preventive and curative medicines also It belongs to the condition of swastha and Atura, in healthy people Rasayana helps in the maintenance of health, and in the diseased, it helps in curing the diseases. If one can use Rasayana according to Ayurveda, a person can live a healthy and happy long life. Rasayana therapy is not only a simple treatment therapy but is a specialized therapeutic procedure & have various beneficial effect on our body Jara Vyadhi Nashana, promotes Dhatus, promotion of strong immunity, and alleviation of disorders. In the present scenario consume of Rasayana a person gets Good effective and also who want more beneficial effects should follow along with The Dinacharya, Ritu-charya, Pathya-Apathya, Aahara, and Vihara, according to Ayurvedic classics.

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**Source of Support: Nil**

**Conflict of Interest: None Declared**

How to cite this URL: Divi. Pavan Chakarapani et al: A Review on Rasayana Therapy. International Ayurvedic Medical Journal {online} 2022 {cited September 2022} Available from: [http://www.iamj.in/posts/images/upload/2460\\_2465.pdf](http://www.iamj.in/posts/images/upload/2460_2465.pdf)