AN INSIGHT IN TO RASAYANA THERAPY: A CONCEPTUAL REVIEW

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INTRODUCTION
Ayurveda deals with the prevention and cure of various diseases, while it gives more emphasis on preventive aspects. Further this preventive aspect is divided into two therapeutic branches i.e Rasayana and Vajeekarana. Rasayana mainly deals with promotion of physical and mental health. The properly and timely use of rasayana drugs promotes youthfullness, provides longevity, memory, intelligence, complexion, body glow and best physical strength as well as of senses. Rasayana drugs helps to prevent or cure health problems and promote good health in humans.

Key words: Rasayana, Immunity, Longevity, Rejuvenate, Vyadhikshamatwa, Nutrition

ABSTRACT
Ayurveda does not merely believe in adding the number of years to life but it advocate to add life to the each year. This may be one of the reasons that the first aim of Ayurveda is to preserve and promote the health of healthy persons. To fulfil this aim Ayurveda maintains two separate branches viz Rasayana and Vajeekarana. Rasayana mainly deals with promotion of physical and mental health. The properly and timely use of rasayana drugs promotes youthfullness, provides longevity, memory, intelligence, complexion, body glow and best physical strength as well as of senses. Rasayana drugs helps to prevent or cure health problems and promote good health in humans.

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which does the vayasthapana, medhya and balakara and also which is capable of curing the diseases
The use of rasayana measures and remedies produces best qualities of dhatus i.e. body tissues by acting through one or all of the following three principal levels of biological system with net result of improved nutritional status leading, in turn, to better qualities of tissues, longevity, immunity, resistance against diseases and improved mental faculties. The Primary levels/modes of Rasayana effect are
1. At the level of Rasa (promoting nutrient value of plasma)
2. At the level of Agni (promoting bio fire system responsible for digestion and metabolism)
3. At the level of Srotas (promoting microcirculation and tissue perfusion). Besides the above mentioned three generic modes of action of Rasayana, some rasayanas are organ and tissue specific and are used for specific indications like Medhyarasyanaas brain tonics, Hridhya rasayana as cardiotonics, Twachya rasayana as skin tonics and so on.
Some rasayanas are also age-specific and can be prescribed for particular age groups. As Ayurveda describes the qualities of each decade of the 100 years of estimated life-span. During the process of aging an individual goes on losing these age related qualities and if this loss is compensated by age-specific Rasayana in specific age groups the rate of aging can be retarded to some extent and one can promote longevity.

Classification of Rasayana

As per the method of use
1) Vatatapika rasayana – Out door regimen
2) Kutipravesika rasayana- Indoor regimen
As part of lifestyle-
1) Ajasrika rasayana (Nitya rasayana) - As content of daily diet.
2) Naimittika rasayana (Vyadi nimitta rasayana) –Promotes the vitality in specific diseases.
3) Kamya rasayana- Promoter of normal health
a) **Pranakamya**- Promoter of vitality and longevity of life.
b) **Medha kamya** – Promoter of intelligence.
c) **Srikamya**- Promoter of complication.

As per content of rasayana
a) **Aushadha rasayana**- Drug rasayana
b) **Ahara rasayana**- Dietary rasayana
c) **Achara rasayana**- Conduct of rasayana.

According to Sushruta7
a) **Shodhana** (Does dosha shodhana)
b) **Shamana** (Does dosha shamana like nagabaladi)

**Probable mode of action**8: Rasayana therapy acts at the sub cellular level and having neutriceutical action along with regenerative action and immune-modulatory action. Other actions like

A) **Nootropic perspective** (Medhya karma)Rasayana therapy incorporates Medhya rasayana as its specific branch. Various psychotropic rasayanas are enlisted which have their clinical effect at neurotransmitter and psychotropic synaptic level to modulate mind and neuropsychiatric imbalances.

Eg- Jyothismati, Brahmi, Shankapushpi, Mandukaparni etc.

B) **Curative perspective** (Rogaprashama-nam) Rasayana is also classically indicated in the management of so mant of age and organspecific disorders. Rasayana is choice of treatment in Geriatrics. Acharya Sushruta has categorized it as Naimittika rasayana which is intended to cure the pathogenic state along with promotive and prophylactic effects. Dhatu, srotas organ and disease specific rasayanas are explained in various samhitas. Premature ageing due to stress and age related degenerative disorders are also treated with rasayana.

Eg- Bhringaraja- Khalitya, Shilajitu- Sthoulya/ Madhumeha, Tuvaraka- Kusta etc.

C) **Immunological perspective** (Vyadhiksamatwa and Balakaram): Prevention, cure and prophylaxis of the diseases are also practise in rasayana therapy. Genetic material disorders and those diseases which are not responding to general line of treatment are again treated with rasayana. Eg- Amalaki, Ashwagandha etc.

D) **Psychobehavioural perspective**: Rasayana chikitsa is incomplete without adopting Achara rasayana. Observing Achara rasayana it brings many biomolecular level rasayana effects. The complete positive and promotive health care is achieved through Achara rasayana augmented with Kamya rasayana or any other suitable rasayana.

E) **Anabolic effect**: Rasayana drug shows its effect of rejuvenation by its ability to build up the worn out tissue and replenish the nutritional deficient states. An apparent weight gain improved quality of life after using such drugs proves this hypothesis.

F) **Antiageing effect**: - Rasayana tantra consists both the geriatrics and gerontological aspects. Rasayana drugs acts on the process and problems associated with ageing.

**Purpose of rasayana therapy**:-

1) Bringing back to balance one or more of the pancha mahabhutas which get put out of balance from improper diet and digestion.

2) Promotes equilibrium in the physical, mental and subtle levels of our existence.

3) Not aimed to kill pathogens but to increase the body’s resistance to infection. (Immunomodulatory action).

4) Assisting the body’s own healing energies with proper rasayana preparations and ideal individual diet.

5) To activate the immune system to work the way nature intended to do.

6) Can be used regularly as food supplement for maintaining balanced mental and physical health.

7) Can be given as tonic after prolong illness, after surgery, after radiation therapy etc.

**DISCUSSION**
Rasayana drugs act as scavengers helping to prevent cell and tissue damage. The nutrition’s present in rasayana drugs acts as anti oxidants and does the prevention of cellular damage. Regular usage of ajasrik rasayana helps in preventing the formation of free radicals in the body. They enhance defence of the immune system, nourish the cells, tissues and extend early aging. The anti-oxidant property of rasayana drugs helps in preventing cardiac diseases, cancers and many other diseases.

CONCLUSION

Rasayana is the integral part of Kaya chikitsa. It has a definite targeted effect of healthy tissue generation. The rasayana remedies described in Ayurveda are claimed to possess special nutritional supplement effect. Most of the rasayanas are micro molecular nutrients and act through nutrition dynamics. Modern pharmacology introduced new terminologies like adaptogenics, immunomodulators, and antistress etc are the outcome of certain herbal remedies. But the majority of these plants falling under rasayana drugs mentioned in the Ayurveda classics. The whole concept of rasayana therapy is oriented to enhance quality of health in an individual which is the prime motto of Ayurveda. The anti oxidant property of the commonly used rasayana drugs contributes to its action against pathological lesions. Many rasayana aushadhis are agni deepaka hence useful. They also act at the level of dhatus and are the treatment of choice in ageing process and degeneration. At the end the net effect of all the properties of rasayana drugs attributes is the anti ageing effect.

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