

RASAYANA THERAPY: A BOON TO AYURVEDA

Sukhpreet Kaur

Assistant Prof., J.I.A.R, Jammu, India

Email: koursukhpreet581@gmail.com

ABSTRACT

Rasayana or rejuvenation therapy is one of the eight main branches of *Ayurveda*, which means bioavailability of nutrition. The *Rasayana* drugs and formulations provides longevity, memory, intelligence, freedom from diseases, youthful age, excellence of luster, complexion and voice, optimum strength of physique and sense organs, respectability and brilliance. It is good for all age groups for the elderly, pregnant women, children. The problems of health due to modernization can be solved by increasing resistance against diseases and psychological improvement by implementing *Rasayan* Therapy. As this important branch of acquaintance is not much in practice, comprehensive efforts are needed to revive this useful discipline of *Ayurveda* for the welfare of humanity.

Keywords: *Rasayana*, *oja*, long-life, *Ayurveda*.

INTRODUCTION

Ayurveda is one of the ancient sciences of healing, originated in India 5000 years ago.

Definition: The term “*Rasayana*” used in *Ayurveda*, denotes a specific meaning. It consists of two words: *Rasa* and *Ayana*, *Rasa* means Fluid and Juice and *Ayana* means Pathway. Therefore, *Rasayana* means the way of attaining good quality of *Rasa*¹. State of this *Rasa* in the body directly governs the state of health of an individual. So the means of obtaining optimum standard of *Rasa* is known as *Rasayana*. “*Labhopayo hi shastanam rasadi naam rasayanam.*”¹ These *Rasa* nourishes our body and stimulates the immunity of the body and keeps us healthy. This is one of the most effective rejuvenation therapies of *Ayurveda* that keeps the body young and helps to promote the health and longevity in the body in addition to the treatment of various ailments. Apart from

the excellence of *Rasa*, the individual is endowed with psychic excellence like sharp memory, by virtue of rejuvenation therapy².

Rasayana therapy boosts the *Ojus* (vital force of life) and immune system. It helps a person to maintain good health or to establish impaired or lost physical or mental health. *Ojaswi* is used to describe those people who keep good health in all seasons and all stages of life. It is like obtaining high rank in a physical or mental fitness. *Ojus* gives a bright look, sharp memory, high performance and every expected pleasure. *Rasayana chikitsa* is supposed to nourish blood, lymph, flesh, adipose tissue and semen, and thus prevent freedom from chronic degenerative disorders like arthritis and disease of senility. *Rasayana* is to improve metabolic processes which results in best possible biotransformation and produce the best quality

bodily tissue and delay senility and prevent other diseases of old age.

MATERIAL & METHODS

To achieve healthy and longevity in life, these are various types of *Rasayana* therapy described in *Ayurveda*. As on the basis of *Dravya* and *Adravya* –

(i) *Dravyabhuta Rasayana* Therapy – *Dravya* means substances. Therefore, the *rasayana* therapy where various herbs, minerals foods etc. are used is known as *Dravyabhuta Rasayana* Therapy.

(ii) *Adravyabhuta Rasayana* Therapy – *Adravya* consequently means that where no substance is used hence when modalities like good behavior meditation etc. are used. This is also known as *Achara Rasayan*.

On the basis of Scope

I. ***Kamyas Rasayana***⁶ – That is desire which is used to serve a special purpose in life. It is of three types –

a. ***PranaKamyas*** – Promote vitality and longevity.

e.g. – *Amalki, Haritaki, Guduchi*.

b. ***MedhaKamyas*** – Promote intelligence and memory.

e.g. – *Brahmi, Vacha, Mandukpurni, Sankhpushpi*.

c. ***Srikamyas*** – Promotes completion.

e.g. – *Guduchi, Amalaki, Triphala, Ashwagandha*.

II. ***Naimittika Rasayana*** Therapy – The *Rasayana* used to promote the health of particular system or tissues of body and to prevent their bad effects. Examples –

Vata Vyadhi – *Guggulu, Chyawanprash, Shilajit*.

Skin Diseases – *Guduchi, Khadira, Bhringaraja, Tuvraka*.

Prameha – *Shilajatu, Amalki, Haridra*

Urinary Disorder – *Gokshura, Punarnava, Shilajatu* etc.

III. ***Ajasrika Rasayana*** Therapy – It is the use of food substance on regular basis for body nourishment.

e.g. Cow's Milk, Ghee, Honey.

On the basis of drug, diet and life style:

- ***Aushadha Rasayana*** Therapy – Based on drugs and herbs.
- ***Ahara Rasayana*** Therapy – Based on diet and nutrition.
- ***Achara Rasayana*** Therapy – Based on conduct and behavior and lifestyle. By avoiding excess of

anything, non-violent and clam behavior, avoid use of alcohol and sexual indulgence, by keeping cool mind, patience, sincerity worshiping God and elders, egoless nature are the examples of *Achara Rasayana*.

On the basis of Administration:

These are two types of *Rasayana* Therapy – They are

I. ***Kutipraveshika Rasayana*** Therapy – *Kutipraveshika* is made up of two words. That is 'Kuti' means "A cottage" and *praveshika* means "To enter"⁸. Hence, in this Therapy, the person is prepared to stay in a specially designed chamber for a certain period. The duration of treatment ranges from 60 days to 20 days. The person is given *Rasayana* preparation inside the cottage. Before taking this form of *Rasayana* Therapy, the person undergoes *Pachakarma* Therapy¹⁰.

II. ***Vatatapika Rasayana*** Therapy – It is also consist of two words, 'vata' means 'Air'¹¹ and *Atapa* means 'Heat' or 'Sun'¹². So, this is a method of taking *Rasayana*, where a person remains exposed to air and heat and this *Rasayana* Therapy can be taken while working and doing normal routine work. This is also called open air therapy or outdoor therapy¹³. This therapy takes generally 21 days to 60 days.

Materials – Like Herbs / Medicines used for *Rasayana* Therapy:

- *Ashwagandha* – Cures and corrects nervous disorders.
- *Amalki* – Stops ageing process by decreasing the catabolic activity.
- *Haritaki* – Eliminates waste products and improves digestions.
- *Satavari* – Promotes lactation in lactating mothers, useful in infertility, libido and women's health.
- *Pippali* – Useful in respiratory and gives strength to tissues.
- *Bala* – Gives strength to body tissues.
- *Brahmi, Shankpushpi, Vacha* – Improves our memory power, gives sharpness and intelligence.
- *Guggulu and Punarnava* – Promotes waste product digestion in tissue and promotes kidney function.

Some Ayurvedic Medicines like:

- *Medhya Rasayan* – Improves intellectual power and memory power.
- *Haritaki Rasayana*¹⁴ – Improves Strength and gives healthy life and longevity.
- *Chyawanprash*¹⁵ – Improves Immune System of body and helpful in respiratory system.

PRECAUTIONS: Some precautions must be taken during *Rasayana* Therapy. Like, one should avoid anger, violent nature, liquor, sex, mental, stress etc. during the therapy.

Benefits of *Rasayana* Therapy – Ayurveda *Rasayana* Therapy has many benefits and it is very important in many ways are given below –

- It rejuvenates the body tissues.
- Keep body young and agile.
- Improves immune system.
- Increases Resistances to diseases.
- Increases Physical and Mental Strength.
- Improves Memory Power.
- Preserve Health and Longevity.
- Makes sense organs strong.
- Gives happiness to life.
- Prevents diseases by empowering the immune system.

DISCUSSION

Rasayana Therapy is very important for us to keep fit and healthy. Without this, we will not be able to live healthy. The various types of *Rasayana* Therapy are also useful for specific diseases and ailments as well as general use. Modern researches are also done and covered various pharmacological screening of most of these *rasayana* herbs and medicines. The *rasayana* activity of herbs and medicines can be interpreted with modern aspects like

- Immuno-modulatory action – Which prevents recurrent of infection, eliminates ill cells.
- Adaptogenesis action – Which maintains the balance between mind and body.
- Anti-aging action – Improves the strength of immune system and promotes growth of cells.

CONCLUSION

Rasayana Therapy is that which rejuvenates the whole body and makes new and disease free body. The important part of this *Rasayana* Therapy is to impede the aging process and prevents the degenerative process in the body by rejuvenating the body tissue. In this way, we find that the *Rasayana* Therapy is a kind of Rejuvenation Therapy as well as preventive therapy.

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