RASAYANA THERAPY: A BOON TO AYURVEDA

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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 Rasa1. 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 chikitsa2 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 Rasayna* 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. *Kamya Rasayana* – That is desire which is used to serve a special purpose in life. It is of three types –

   e.g. – *Amalki, Haritaki, Guduchi*.

b. *Medhakamya* – Promote intelligence and memory.
   e.g. – *Brahmi, Vacha, Mandukpurni, Sankhpuspi*.

c. *Srikamya* – Promote 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, Tuvaraka*.
   - *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.
- **Acharya 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 *Acharya 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”. 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*.

II. **Vatatapika Rasayana Therapy** – It is also consist of two words, ‘vata’ means ‘Air’ and *Atapa* means ‘Heat’ or ‘Sun’. 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 therapy. This therapy takes generally 21 days to 60 days.

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

- **Ashwagandha** – Cures and corrects nervous disorders.
- **Amalki** – Stopes 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**\(^\text{14}\) – Improves Strength and gives healthy life and longevity.
- **Chyawanprash**\(^\text{15}\) – 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.

**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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