



AN OBSERVATIONAL STUDY ON CONCEPT OF RASAYANA IN RASA SHASTRA

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ABSTRACT

The science of life known as Ayurveda can help people live longer, happier, and healthier lives. This ancient holistic science's primary goal is to preserve a person's health and treat the diseases of the ill. Rasayana is a unique branch of Ayurveda that may fulfill the double goals of the system. Rasayana Chikitsa is significant for both the disease's prevention and treatment. There are several varieties of Rasayana outlined in Ayurveda that can help one live a healthy and long life. A number of conditions must be met before beginning the Rasayana therapy, including Vaya (age), Prakriti (constitution), Satamya (adaptability), and the condition of the Doshas, Dhatus, Agni, Ojas, and Strotas. In all Rasa Shastra literature, the word "Rasayana" has been used in two senses: one for medicine as a whole, as in "Kupipakva Rasayana," and the other for an entire class of medications including mercury or other minerals. Others have used this term to mean "rejuvenation" when discussing a substance's characteristics or in certain Rasayana chapters. As a result, we discover a thorough explanation of Rasayana with superior herbo-mineral combinations in our rasa Shastra scriptures. The notion of Rasayana must be examined in the context of modernity during the Rasa Chikitsa age of development since it is more relevant now than ever before because the prevalence rates of illnesses like AIDS, TB, and diabetes mellitus are still out of control.

KEYWORDS: Rasayana, Rasa Shastra, Rasa Chikitsa, Rejuvenation etc.

INTRODUCTION

The Ayurvedic branch of Rasayana is concerned with the preservation of health and lifespan. Rasa and Ayana are the two words that make up the term "Rasayana." The better quality of Rasa Dhatu and other Dhatus can be attained, metabolized, and channeled down to the smallest unit of the body with the aid of Rasayana, according to the literary meaning of Rasa and Ayana. By doing this, one can live a long, healthy life free of illnesses, develop physical and mental power, slow down the aging process, and live longer. The phrase Rasayana is created by

combining the words "Ayana" (circulation and promotion) and "Rasa" (rasa dhatu = nourishment). The superior quality of rasa and other dhatus can thus be attained, metabolized, and channeled to the tiniest unit of the body with the aid of rasayana, which can be inferred from the literary meanings of rasa and ayana. Rasayana discusses geriatric, nutrition, and rejuvenation science. It refers to a rejuvenative regimen that, of course, uses rejuvenative remedies, dietetics, and other complementary therapies rather than a specific drug or medication.¹

Rasayana is the medication that, in accordance with Sharngadhara and Acharya Gopal Krishna Bhatta, promotes "Ojas" in healthy persons, treats illnesses in those who are ill, and also slows the aging process.²

The Rasa Shastra is thought to have originated during the sixth and seventh centuries. The Buddhist sage Nagarjuna is credited with developing the use of metals and minerals in medicine and is said to be one of the first to employ mercury in such large quantities. Rasatarangini, Rasa Ratna Samucchaya, Ayurveda Sara Samgraha, and other texts of rasa shastra have primarily dealt with the pharmacological aspects of drugs; others have been written in two different formats.³

They have included a description of each medicine, including its primary characteristics as well as its categories, origin, and pharmacological preparation. Other books, such as Rasendra Sar Sangrah and Bhaishajya Ratnavali, include disease-by-disease descriptions of rasayana in chapters with the headings Jvaradhikar, Rajayakshama, and Rasayana, among others. They discuss several rasayana yogas in one chapter. All of these books about the rasa Shastra The word rasayana has been used in two senses: one for medicine as a whole, as in "kupipakva rasayana," and another for a set of medicines that contain minerals like mercury. On the other side, this word is used to refer to "rejuvenation" when discussing a substance's qualities or in particular "Rasayana" chapters.⁴

DEFINITION OF RASAYANA

- Rasayana is the process through which one obtains the superiority of Rasa Dhatu (the nourishing fluid created just after digestion) and other Dhatus.⁵
- Rasayana Tantra is the branch that focuses on postponing the aging process, boosting intelligence and fortitude, extending life, and treating diseases.⁶

AIM & OBJECTIVES

- To evaluate the effect of Rasayana on Human body
- To evaluate the role of Rasayana in Rasa Shastra

METHDOLOGY

The material of Rasayana was collected from different authentic tikka's, literature, articles, manuscripts, and authentic websites like PubMed etc.

RASAYANA IN RASA SHASTRA

The term "rasayana" refers to a wide variety of powerful medications that are mentioned in the rasa shastra. Aside from the different combinations outlined in "Rasayanadhikara," there are many more chemicals that function primarily as rasayana but are more appropriately used in that particular condition. They primarily comprise a

variety of chemicals with rasayana properties, such as ras sindoor, swarna bhasma, components of the maharasa group, and numerous ratnas, among others.⁷

Mercury (Parad) is regarded as a highly potent remedy. Mercury has a calming impact on the body, balances the three doshas, and delays aging when metabolized properly. It strengthens the eyes and nourishes the body's other essential organs.⁸

It functions as an aphrodisiac (vrishya), tonic (balya), rejuvenator (snigdha), vrana shodhana and ropana (wound cleanser and healer), antimicrobial (krimighna), and yogvahi. Its therapeutic benefits are increased when it is blended with certain plants. According to legend, mercury promotes a solid body, a steady intellect, and is the most effective disease-destroyer. There are several minerals and metals with rasayana characteristics in addition to mercury. Minerals have their own rasa, much like plants do. Swarna, for instance, is sheeta (cold) in virya, snigdha (oily) and kashaya (astringent) in guna, madhura (sweet) in vipaka, and kashaya in rasa. Vishaghana, Varnya, Rasayana are few of its acts.⁹

Aphrodisiac, brimhana, ruchikara, deepana, medhya, and smriti vardhana. It prevents the bodily tissues from fading away, enhances skin texture, and functions as an antibacterial and antipyretic.¹⁰

Astringent and sour rasas are present in Rajat (silver). It fortifies the heart, stomach, and brain. It is recommended for palpitations, early ejaculation, bhrama (vertigo), unmada (insanity), and mada. Therefore, rasa Shastra scriptures provide a thorough account of rasayana dravyas along with superior herbo-mineral combinations.¹¹

PRACTICE OF RASAYANA THERAPY

A number of conditions must be met before beginning the Rasayana therapy, including Vaya (age), Prakriti (constitution), Satamya (adaptability), and the condition of the doshas, dhatus, agni, ojas, and srotas, among others. A person's Bala, Satva, kind of sickness, and other factors should be considered in addition to their economic situation. Samshodhana Karma has been promoted as a crucial pre-treatment step before Rasayana therapy is administered. Rasayana therapy is unsuitable/unbeneficial for someone who has not completed purificatory therapies prior to Rasayana, much as dyeing a dirty fabric does not make the color shine brightly. It aids in Dosha removal, which leads to healthy cellular cleaning of the body i.e. as a way to increase health and vitality in healthy people (Kamya Rasayana) or as a supplement to a specific medical treatment for a specific ailment (Naimittika Rasayana). The latter is a distinct Rasayana appropriate for a particular afflicted individual and is not a specific cure for a disease. The pharmacological characteristics of the Rasayana, such as Rasa, Guna, Virya, Vipaka, and Prabhava, should also be taken into account because they all affect how a substance acts in the body. It is crucial to take these factors into account while giving Rasayana.¹²

INDICATION OF RASAYANA

There are two techniques to administer rasayana medications: the kutipravesika method and the vatatapika approach. Although Kutipravesika Rasayana has special indications, everyone can administer Rasayana using the Vatatapika technique. The following traits should be present in a user before deciding whether to use Kutipravesika Rasayana.¹³

- Able to pay for the entire cost of treatment
- Disease-free
- Determined mind
- Good self-control
- Enough free time to properly complete the therapy.

CONTRAINDICATION OF RASAYANA

The following seven groups of persons are not advised.

- Anatmavana
- Alasi
- Daridra
- Pramadi
- Vyasani
- Paapkruta
- Bsheshajapmani

The following seven factors make it difficult to recognize the beneficial effects of Rasayana.

- Lack of information
- failure to start treatment
- mental instability
- poverty
- dependence
- wrong actions
- inability to obtain genuine medication

SCOPE OF RASAYANA

The fundamental goals of Rasayana treatment are to support rejuvenation, slow down the aging process, protect the body from various diseases, control metabolism, and give both physical and mental power. When this item is examined clinically, pharmacologically, and biochemically, several pathways, some of which may differ from compound to compound, may be revealed. The following are some potential ways that the activity of Rasayana might be modelled in contemporary contexts: ¹⁴

- Jara Nivartaka
- Vyadhi Nivartaka
- Prashasta Dhatu

Ageing is a physiological process that is unavoidable. It is regarded as a swabhava of life in Ayurveda. Jara is a thing that is extremely natural to people since swabhava is that which is very natural. The causes of aging are a hot topic in contemporary research. Numerous hypotheses and observations have been made, including the free

radical theory, immunological theory, stress theory, and genetic theory of aging, among others. However, it is still unclear whether aging is the consequence of a single cause or a complex process.¹⁵

DNA damage is a well-known fact of aging, although it is yet unknown how rasayana inhibits DNA damage. However, the majority of the enzymatic oxidative stress-related damage is avoided by rasayana's anti-oxidant activity. Ayurvedic medications are now being studied to determine their antioxidant potential. When working in this subject, it's fascinating to note that occasionally the bhasmas react completely differently from the material they are formed of. Metal ions, such as Fe^{2+}/Fe^{3+} and Cu^{+}/Cu^{2+} , are thought to be catalysts for free radical processes, however the bhasmas utilized in Ayurveda may operate differently. Mineral pitch, also known as shilajatu, is a herbo-mineral mixture with several advantageous medicinal qualities.¹⁶

Since many years ago, all ayurveda experts have employed it widely in all chronic, crippling illnesses. The qualities of this substance include kashaya tikta rasas, sheeta virya, tridosahara, vrishya, balya, mutrala, lekhana, yogavahi, and rasayana. It contains a variety of abundant, bioactive molecules (nutrients, iron, manganese, phenols, etc.) that function as potent adaptogens in the aging process' wear-and-tear phenomenon.¹⁷

VYADHI NIRVARTAKA

In the form of pathya, prasamana, and prakritisthapana, Rasayana offers drug-based treatment (Vyadhihara) and curative measures. Even though the majority of Ayurvedic Rasayana are general immunomodulators, they often work to boost the immune system as a whole, bringing the components' quality and quantity up to the pinnacle of perfection.¹⁸

As immune-stimulants, they aid in the development of robust and healthy immune system components (i.e. cells, immunoglobulin's and other components of immune system). They function as immunosuppressant's and prevent autoimmune reactions as well as several other non-autoimmune inflammatory illnesses. In order to prevent misinterpretation of the self as non-self and useful as harmful, they again assist in the formation of healthy and completely normal cells in all bodily systems, including the immune system (e.g., connective tissues in rheumatoid arthritis). They also check overreaction (hypersensitivity, etc.) to a specific substance and regulate the activities of the CD4+ T cell mediated immune response, which kills the antigen-containing macrophages with widest.¹⁹

The majority of the Rasayana in the rasa chikitsa texts are mentioned in the chapters describing specific diseases, such as Basantakusumakar rasa in Prameha, Mahamriganka rasa in Rajayakshma, and Brihadchintamani rasa in Jvara. However, the Rasayana having minerals or other rasa shastriya dravya in them (as well as some purely herbal Rasayana) are more accepted for specificity in immune Regarding a system, specific organ, tissue, or even a single immune system component, their predicted mechanism of action is more precise.²⁰

PRASHASTA DHATU

Rasayana could enhance metabolic function, resulting in the finest potential biotransformation and higher caliber body tissues. By maintaining the necessary balance between anabolic and catabolic processes, it revitalizes the organism as a whole. This may cover all of the procedures from a healthy appetite through adequate digestion and food absorption to assimilation and use at the cellular level. Their hemopoietic and anabolic activities are clearly

indicated by the mention of various Rasayanas of Rasayanadhikar in pandu, rakta-pitta, kshaya, shosha, etc. and by their effects, such as balya, kantikara, vrishya, and jara.²¹

BENEFIT TO SOCIETY FROM RASAYANA

- Longevity is encouraged
- mental and intellectual capacity is enhanced
- immunity to diseases is provided, leading to good health
- the aging process is delayed by preserving youth
- the complexion and lustre of the skin is improved
- Swara is enriched.
- Control over speech
- Attaining modesty and politeness
- Excellence of body glow
- Proper, exact balance and premium creation of all the Sharira Dhatus (From Rasa Dhatu to the Shukra Dhatu)

DISCUSSION

A science of nutrition is rasayana. It nourishes every one of the seven Dhatus. It is not just pharmacological therapy; it is also a highly specialized process that includes rejuvenation recipes, dietary restrictions, and unique conduct and behavior that promotes health. Rasayana's general benefits include preserving lifespan, boosting intelligence and intellectual capacity, enhancing voice quality, and improving the luster-aura of the body. Additionally, it gives the body a great deal of strength and guarantees that the numerous sense organ systems are operating properly. The Vaya (age), Prakriti (constitution), Satamya (adaptability), Dosha, Dhatu, Agni, Ojas, Strota, Satva, type of disease, and Bala of a person are some of the prerequisites that must be met in order to practice Rasayana therapy. Since Samshodhana Karma aids in the removal of Doshas, which results in effective cleansing of the body at the cellular level, it has been recommended as an essential preliminary treatment before Rasayana therapy administration. This amount improves metabolism and absorption, which causes the medications to operate on the body more quickly and effectively.²² One of the following modalities, as described below, can be used by a rasayana agent to increase nutrition:

- By directly enhancing the nutritional quality of rasa (Poshaka rasa), i.e., the nutrient plasma. Shatavari, Dugadha, Ghrita, for instance²³
- Through encouraging nourishment by enhancing Agni, or digestion and metabolism. Consider Bhallataka.²⁴
- By enhancing the body's Srotas, or microcirculatory channels, which improves the bioavailability of nutrients and increases tissue perfusion. Like Gugglu and Pippali.²⁵

Rasayana appears to have been performed as a significant specialty with the goals of mental acuity, geriatric care, immune boosting, and rejuvenation in order to live a long and healthy life. As a result, it is essential for preserving good health and life. To get the most out of Rasayana therapy, one must adhere to the Aahara, Vihara, Pathya, Apathya, Dinacharya, and Ritucharya as described in the traditional Ayurvedic texts.²⁶

CONCLUSION

Rasayana treatment aids in achieving optimum levels of physical stamina, sensory acuity, dhatus characteristics, lifespan, immunity, or bala, and mental acuity. The natural resistance to illness will be greater since it nourishes the entire body and strengthens the immune system. Compensation of essential elements, minerals, and other nutritive substances cannot be disregarded along with its antioxidant, haematogenic, anabolic, and nutritional properties. This was a necessity in the modernizing environment of Rasa Chikitsa's time, and it is even more important now that the prevalence rates of diseases like AIDS, tuberculosis, and diabetes mellitus are still out of control. Better drug analysis methods have recently been developed, which can assist us in authenticating rasayana and their effects on health. Ayurveda will undergo a revolution if such a helpful Rasa Shastra branch and Astang Ayurveda's Rasayan treatment become standardized. This would also bring about exceptional pride in society.

CONFLICT OF INTEREST – NIL

SOURCE OF SUPPORT -NONE

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