



## CONCEPT OF RASAYAN IN AYURVEDA

**Dr. Rishikant Vashistha**

Assistant Professor

Department of Swasthavritta

Sks Ayurvedic medical college & Hospital. Chaumuhan. Mathura (UP)

**Abstract:** In Ayurveda aiming at maintaining and promotes the positives health of healthy individuals and cures the disease ones. Rasayana is an Ayurvedic rejuvenation therapy which helps in maintenance & promotion of health of individuals by promoting their body resistance i.e. immunity and psycho emotional resiliency by boosting the Ojus. Rasayana therapy prevents effect of ageing and provides longevity, improves mental and intellectual competence, preservation of youthfulness, increased luster, body complexion and glow of the skin, healthy condition of voice, excellent potentiality of the body and the sense-organs. In Ayurveda samhita Rasayan chikitsa was described for to boost immunity and keep away from disease. Also reverse the disease process and prevent re-occurrence.

**Index:** Rasayan, Ojus, immunity, ageing etc.

### INTRODUCTION :

In Ayurveda aiming at maintaining and promotes the positives health of healthy individuals and cures the disease ones. Rasayana is an Ayurvedic rejuvenation therapy which helps in maintenance & promotion of health of individuals by promoting their body resistance i.e. immunity and psycho emotional resiliency by boosting the Ojus.

Rasayana therapy prevents effect of ageing and provides longevity, improves mental and intellectual competence, preservation of youthfulness, increased luster, body complexion and glow of the skin, healthy condition of voice, excellent potentiality of the body and the sense-organs. Eight branches of Ayurveda - Kayachikitsa, Baal tantra, Graha chikitsa, Urdhvanga chikitsa, Shalya chikitsa, Visha chikitsa, Rsayana chikitsa, and Vajikaran .[1] These eight branches are described in Ayurveda briefly.

### DEFINITION OF RASAYAN :

लाभोपायो हि शस्तानां रसादिनां रसायनम् ।

- च. चि. १/१/८

The term Rasayan is consists of two words – Rasa and Ayana. Rasa means the best or finest part of constituent fluid or essential juice of body. It is also the product formed after primary metabolism of food. Ayan means going, circulating etc. Ayana refers to circulation with constant upgradation of body constituents by extracting waste and produce the qualitatively best essence vital fluid called Ojas.[2]

In Ayurveda Bsheshaja are classified into 2 groups-

- 1) Swasthya Oorjaskar means which promotes strength and immunity in the healthy person
- 2) Roganashak chikitsa which means cures the disease.

### CLASSIFICATION OF RASAYAN :

Rasayan therapy has been classified by charak in 2 groups-

- 1) Kutipravesnik rasayan (indoor regimen)
- 2) Vataatpika (outdoor regimen)

### Kutipravesnik rasayan (indoor regimen) :

In this method the patient is to be placed in specially built **Trigarbhakuti** ,it should be long,wide,high and surrounded by three walls. The wall should have small holes at the top, the holes in the inner wall should not face the holes in the outer wall.This

allows the air to circulate but not much outside light is enter in kuti.It should be comfortable for all season.It should be impermeable for undesirable sound, equipped with necessary accessories and attended by Vaidya, Brahmanas and medicine.[3]

#### Vataatpika (outdoor regimen):[4]

This therapy is recommrned to those who cannot afford the time. In this procedure person remains in his natural surroundings and continuous to perform his daily normal schrdule while under the therapy.

#### Other types of Rasayan:

- 1) Ajasrika rasayan – which should taken regularly as food e.g. milk, ghee etc.
- 2) Naimittika rasayan – rasayan which should be taken for specific time or disease e.g. Kushta – Bhallataka rasayan, Unmad-Medhya rasayan etc.
- 3) Kamyra rasayan – it is used in healthy person for good health e.g. Medhya rasayan for promote the mental function.

#### BENEFITS OF RASAYAN THERAPY:

दीर्घमायुः स्मृति मेधारोग्यं तरुणं वयः ।  
 प्रभावर्णस्वरोदार्यं देहेन्द्रियबलं परम् ॥  
 वाक्सिद्धिं प्रणतिं कान्तिं लभते ना रसायनात् ।  
 लाभोपायो हि शस्तानां रसादिनां रसायनम् ।

- च. चि. १/१/७/८

Rasayan therapy provides longevity, good memory,intellect, proper health and youthfulness. It also provides excellent luster, complexion and voice. The strength of body and sense organ is increased. Perfection in deliberation, respectability and brilliance are achieved by Rasayan therapy.[5]

#### INDICATION OF RASAYAN THERAPY:

- Rasayana therapy is aimed at the preservation and promotion of health. Hence, a healthy person can follow rasayana therapy. It should be started from young or middle age to preserve optimum quality of body tissues.
- The disease-specific rasayana, tissue-specific rasayana and organ-specific rasayana are administered to improve health based on underlying disease pathogenesis.
- Rasayana treatment is indicated in the management of various diseases to strengthen the defense mechanism and prevent disease recurrence.

#### CONTRAINDICATION OF RASAYAN :

- Anatmavana – person who don't have proper knowledge
- Alasi – person who does not follow the rule
- Daridra – person who can not afford the costly medicines
- Vyasani – person who addicted to alcohol etc
- Papi – person who don't follow the religious and their duties properly

#### Rasayan drugs for specific channel systems:



Fig no. 1 Amalaki Rasayan

- 1) Circulatory system -Amalaki( *Embelica officinalis* ), Dhatri louha , suvarnmakshik bhasma
- 2) Digestive system - Pippali (*Piper longum*), Haritaki (*Terminalia chebulla*), Bhallataka (*Semicarpus anacardium*)
- 3) Excretory system -Triphala , Kutaj ( *Holarrhena antidyseritrica*), Vidanag (*Embelica ribs*)
- 4) Lactation system - Shatavari (*Asparagus racemosus*), Milk
- 5) Menstrual system -Ashoka (*Saraca asoca*), Lodhra (*Symplocos racemosa*)
- 6) Nervous system -Ashvagandha (*Withania somnifera*), Swarna bhasma, Shankhapushpi ( *Convolvulus pluricaulis*)
- 7) Reproductive system - Ashvagandha (*Withania somnifera*), Shweta Mushli (*Asparagus adsendens*)
- 8) Respiratory system - Vardhaman pippali, Chyavanaprasha
- 9) Skeletal system - Vanshalochan (*Bambusa arundinacea*), Shukti bhasma, Kukkutandatwak
- 10) Sweat system - Kupilu (*Nux vomica*)

### Modern aspect of Rasayan therapy :

#### 1) Immunomodulator :

Rasayana drugs act as Immunomodulator strengthening of immun is done in various ways-by promoting bodily defense Mechanisms like increasing WBC count, improving immune function. Bodily defense mechanism is promoted. Certain Rasayana drugs also increase number of immune cells known as T cells & B cells help to fight infections.

#### 2) Antioxidant Action:

Rasayana drugs acts as Antioxidants, Antioxidants are useful for protection of heart disease. Many Rasayana drugs like Amla Ashvagandha acts are Antioxidants. Main constitue of Amlaare vitamin C. carotene, and riboflavin. It is having a role in cellular oxidati reduction. They have also a role in collagen fibrin synthesis, helps in formation at fibrin Absorption of iron.

#### 3) Adaptogen :

Increases the ability of an organism to adapt to environmental factors e.g. Ashwagandha, Tulsi, Haridra, Pippali, Amalaki, Guduchi, Shatavari.

#### 4) Nootropic:

Promote intelligence and functions of brain e.g.. Medhya Rasayana drugs (namely-Mandookparni, Guduchi, ashtimadhu and Shankpushpi).

#### 5) Antiaging Action-

Certain Rasayana drugs likes Ashwagandha inhibits copper induced lipid peroxidation and also inhibits oxidative protein modification. Rasayana also acts as Antioxidants so they help in delaying Aging.

### DISCUSSION:

Rasayan therapy has significant potential in increasing quality of life of humans.Rasayan therapy have various beneficial effect on our body like jara vyadhi Nashana, promotes body tissue , immunity and alleviation of disorder.During Rasayan therapy a person must follow the Ahar, Vihar, Pathya, Apathya, Dinacharya and Rutuchraya.

### CONCLUSION:

The important part of this Rsayana therapy is to impede the aging process and prevents the degenerative process in the body by rejuvenating the body tissue.Rasayan is very helpful to maintain healthy body and mind in enviornmental condition and life style. Rsayana therapy is not only a simple treatment therapy but is a specialized therapeutic procedure of Ayurveda.

### REFERENCES

- 1] Ashtanga Hridayam of Vagbhata by Kaviraj Atridev Gupta, Chaukhmbha Prakashna Varanasi, Reprint edition 2007, Sutra Sthana, 1/5:3
- 2) Charak Samhita by Vaidya Joshi, Vol 2, Vaidyamitra Prakashan, edition 2005, chikitsa Sthan 1/8, pg no. 4.
- 3) Charak Samhita by Vaidya Joshi, Vol 2, Vaidyamitra Prakashan, edition 2005, chikitsa Sthan adhyay 1, pg no. 8.
- 4) Charak Samhita by Vaidya Joshi, Vol 2, Vaidyamitra Prakashan, edition 2005, chikitsa Sthan adhyay 1, pg no. 9,10
- 5) Charak Samhita by Vaidya Joshi, Vol 2, Vaidyamitra Prakashan, edition 2005, chikitsa Sthan adhyay 1, pg no. 4