

**ANTI AGING EFFECT OF RASAYANA W.S.R. *DEHEINDRIYABALAM*
*PARAM***

**Dr. Salil Kumar Jain¹*, Dr. Swati Jain², Dr. Yogesh Wane³, Dr. Nitin Ujjaliya⁴, Dr.
O. P. Diwadi⁵ and Dr. Pravanjan Acharya⁶**

¹Lecturer, Dept. of Samhita Siddhant, Pt. KLS. Govt. Ayurved College & Institute, Bhopal.

²Reader, Dept. of Shalya Tantra, Mansarovar Ayurved College, Bhopal MP.

³Reader & Head, Dept. of Rachna Sharira, Govt. Ayurvedic College, Ujjain MP.

⁴Lecturer, Dept of Dravyaguna, Pt. KLS. Govt. Ayurved College & Institute, Bhopal.

⁵Professor, Dept. of Rachana Sharira, Govt. Ayurved College, Rewa MP.

⁶Professor, Dept. of Samhita Siddhant, Govt. Ayurved College, Rewa MP.

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***Corresponding Author**

Dr. Salil Kumar Jain

Lecturer, Dept. of Samhita
Siddhant, Pt. KLS. Govt.
Ayurved College & Institute,
Bhopal MP.

ABSTRACTS

'Ayurveda' the 'science of human life, deals with physical, psychological as well as spiritual well being of an individual. Ayurveda has two aims i.e. prevention & promotion of health and secondly cure from disease, use of Rasayana, Dincharya, Ritucharya etc in which Rasayana is most employed for fulfilling both of them, i.e. maintenance & promotion of health. According to Acharya Sarangdhar – drug, diet & regimens which maintain the youthfulness and cure the diseases is called Rasayana. By the use of Rasayana increases production of the best quality of Ras dhatu & other dhatus which slower the aging process, increase the longevity and prevent from

diseases. According to Acharya Chakrapani which one gets the excellence of Rasa is known as Rasayana. In this present era, life style has been completely changed and is full of competition. For the survival, man has lead to use extra energy in every kind physically and mentally. In old age there are many symptoms are found like as Pain in body, fatigue, sleep disturbance, weight loss, heart disease, respiratory disease & depression. The common symptoms in which Pain, fatigue, sleep disturbance, weight loss & depression most commonly seen. Acharya Charak said that use of Rasayana strengthen gayandriya, Karmendriya, nourished ras, raktadi dhatu & also experienced to enhance agni. The importance of Rasayana in present days can not be neglected. Now a days due to fast life

style, body and parts of body are becoming over exhausted. To maintain the Deha and Indriya, it is necessary to use Rasayana. So the use of Rasyana prevented the geriatric symptoms.

KEYWORDS: Rasayana, Indriyabala, longevity.

INTRODUCTION

Indian civilization and culture have been called a source of great knowledge in the whole world. Ayurveda is relieving human diseases from ancient times and from eternity. Purpose of Ayurveda is “Swasthasya swasthya rakshanam aaturasya vicar prashmanam ch”. To protect the health of a healthy man by adopting the principle of Ayurveda, there is a mention of Dinacharya, Ratricharya, Ritucharya and Rasayana in Ayurveda. According to Acharya Charak, the use of Rasayana affirms Prabha, body and senses. The qualities of longevity, memory (remembrance of prejudices) Medha (holding power) health, youthfulness, piety, character, generosity of voice, excellent strength in body and senses are the qualities of the Rasayana. Following the guidelines Rasayana can be taken at any age but as childhood is considered as quality years of life while old age as worst period due to various challenges before them. Aging is a continuous process which cannot be stopped or reversed but it can be delayed. Various types of rasayanas have been described in classics as per age and requirements. Present paper reveals about aging process and rasayanas according to their need.

AGEING

It is a progressive and generalized impairment of body function resulting in loss of adaptive responses to stress and increasing the risk of age related disease. People more than 60yrs are considered elderly. Old age is not a disease but a normal and inevitable biological phenomenon.

Theories of Ageing

Genetic theory

- Somatic mutation of genes.
- Genetically determined life span.
- Cross linkage/loss of important cellular components.

Random damage theory

- Accumulation of toxic metabolites and free oxygen radicals.
- Reduced physiological capacity and wear-n-tear of cells of vital organs.
- Non-enzymatic glycosylation of proteins.

Health problems of the aged

- Physical problem
- Psychological problems
- Social problem
- Economical

Ageing effect in human body**A. Physical Changes**

- Changes, which may occur in different systems, are as follows:
- Decrease in elasticity of skin and dryness appears
- Wrinkles appear
- Age spot appear
- Hair of head, Axilla or Pubic region become scanty grey/white
- Hair growth on women's face
- Increase in number of nasal hair and hair on pinna.

1. Cardiovascular system

- Less blood circulation in heart
- Increased blood pressure
- Flexibility of heart valve diminishes

2. Respiratory system

- The capacity of lungs becomes less
- Ineffective gas exchange
- The changes of cough increases

3. Genito-Urinary system

- The kidney function may be impaired

- Fluid and electrolyte imbalance
- Capacity of urinary bladder decreases
- Enlargement of prostate in males
- Atrophy of reproductive organs in females
- Vaginal secretion decreases

4. Gastro-intestinal system

- Falling of teeth
- Less secretion of saliva and gastric juice
- Complaints of constipation
- Digestion becomes weak

5. Muscular-skeletal system

- Height reduces
- Kyphosis, swelling in joints
- Bones become weak

6. Endocrine system

- Alertness decreases
- More susceptible to cold
- Secretion of testosterone, estrogen, progesterone decreases
- Less secretion of insulin by pancreas.

7. Neurological System

- Sensitivity becomes less/reaction is delayed
- Change in sleeping habits
- Frequent awakening

8. Sensory System

- Eyes become weak
- Hearing capacity decreases

- Complaint of presbyopia
- Ability to smell is reduced
- Ability to taste is reduced
- Tactile sensations are affected

9. Immune system

- Ability to prevent diseases or resistance power decreases.

B. Psychosocial Changes

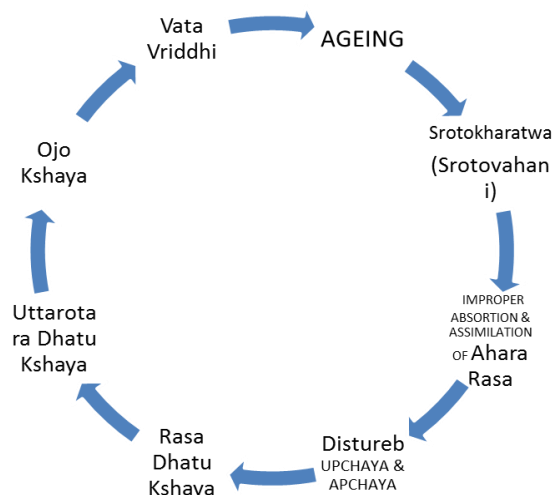
The psychosocial changes occurring in old age cannot be separated from physical changes. Because of decreased activity of sensory organs. Person is not able to work with full efficiency in his environment. Due to this, psychosocial state is affected. Person feels the sense of 'uselessness'. Social and psychological changes of old age are as follows.

a. Personality

Because of the experiences and happenings of life person's personality is affected. But in old age, no remarkable changes occur in the basic personality structure. Changes may occur in the personality due death of life partner, decreased or end of self-dependence, loss of source of income, incapacity, etc.

b. Memory

Memory power may decrease with increasing age. Recalling of less frequently used information is difficult. In some old people, the tendency to repeat facts and information increases. Confused memory also may be found.



Modes of taking Rasayana

Rasayana can be taken by following two methods. One is Kutipravesik method in that the individual seeking rasayana sevana has to live beside a Kuti (specially formed house) and has to follow special guidelines. On another way in Vatatapik Method, the person can take rasayanas at home following few guidelines. The first method has brought all the benefits mentined in ayurveda for rasayana and has considered the best method.

CLASSIFICATION OF RASAYANA**Classification according to Use**

- Kutiprabeshik rasayana
- Vatatapik Rasayana

Classification based on Work

- Sansodhan
- Sansman

Classification according to purpose

- Kamya Rasayana (Prankamya Rasayana, Medha Kamya, Srikamya)
- Naimittika Rasayana
- Ajasrika Rasayana

DESCRIPTION OF RASAYANA**1. Kamya Rasayanam**

As per the need it is specific to improve viz. longevity, Memory, Appetite.

2. Achara Rasayanam

Due to stress we face many problems. yoga, dhyana are vital part of this. Kama-Krodha-Moha-Mada-Matsarya has to be controlled.

3. Naimittika Rasayanam

This procedure is adopted during convalescence after disease. We have to maintain the dhatus that are imbalanced through proper food and lifestyle. It changes from person to person.

4. Ajasrika Rasayanam

This procedure has to be adopted through out life to protect our dhatus. One has to consume milk, curd, ghrita every day. This will maintain dhatus and control Tridoshas. This is excellent in oldage problems.

CLASSIFICATION BASED ON BENEFITS

- Dhirghaaayushkar
- Tarunavasthakar
- Balyakara
- Medhyakara

OTHER CLASSIFICATION

- Materialistic

In which the Dravya is to be taken orally or external application, it is called as Dravyabhoota Rasayan, such as Triphala Rasayan, Yashtamadhu Rasayan etc.

- Non materialistic

In which the Dravya is not been used, it is called Adravyabhoota Rasayan. Such as Achara Rasayana (code of ethics) etc.

CONCLUSION

Rasayana has dual benefits preventive as well as curative. Ayurveda suggested various type of rasayan as suitable at any age. It can be taken as rehabilitation therapy after operative procedures or chronic diseases. To delay the aging process it has to be taken at early stages since it doesn't reverse the ageing. Apart from above specific Ayurvedic remedies are available for many old age problems offering very good relief without any side effects making old age pleasant and enjoyable.