

CONCEPT OF RASAYANA & AYURVEDIC DRUGS – A REVIEW**Yadu Vinay Kumar***

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ABSTRACT

Ayurveda is the Science of Life, which is based on experiences of Acharyas. Ayurveda has 2 main Objectives- 1. To protect the health of healthy individuals, 2. To cure the disease of Patient. Rasayana Therapy is an important division of Ashtanga Ayurveda, which is called Jara. Rasayana drugs brings about fundamental biological changes in the body, Physical and mental development. The Presented article explains the fundamental concept of Rasayana contained in the Samhita texts of Ayurveda & how Rasayana helps in Reducing the natural process of aging of the body & Prevent against Diseases. The literary meaning of 'Rasayana' is obtaining the optimum nourishment to the Dhatus. Rasayana therapy may be administered after admitting the patient in the hospital (Kutipravesika) or as out door patient

(Vatatapika), but former is considered better. For the best results it is necessary to undertake Shodhana therapy (Panchkarma) before giving the Rasayana drugs.

KEYWORDS:- Rasayana, Jara, Kutipravesika, Vatatapika, Shodhana.

INTRODUCTION

Every person wants to stay young & increase in their age, but with time the changes in the body start happening, so in such a state, Rasayana therapy which is also called Rejuvenation Therapy, it comes under the Ashtanga branch of Ayurveda, which is called Jara,^[1] with the help of long and healthy life can be found, Rasayana increases the Oja^[2] & slows down the ageing process of a person.

Defination

The words Rasayana are made up to two words, “Rasa” and “Ayan”, where “Rasa” means fluid in the body^[3] and “Ayan” means, Pathway.^[4]

- Acharya Charak has called Rasayana to get solution of Expensive Rasa-Raktadi Dhatus.^[5]
- Acharya Shushruta has said that the Rasayana is a Vayahsthapanam, Ayushkara, Medhakara, Balakara, Capable to Rogapaharan.^[6]
- Acharya Sharangdhara has called Rasayana to delay the Jara (Natural Aeging process) & destroy diseases.^[7]

Classification of rasayana

Acharya Charak – on the basic of benefit

1. **Kutipravesika rasayana**^[8] – It can say Indoor Management System also.it requires building a hut.

Method of entering the hut^[9]

The Place where king, Vaidya, Brahmins & Sadhu resides. The hut should be constructed in the best land in the East & North of the city. The huts are built in a triangular shape, first a room, then a second room, then a third room is made inside it. The toilet & bathroom facilities of the person should be in this room. The hut should have sufficient length, width & height & must have adequate ventilation. Female entry into the hut is prohibited. Before entering the hut, the person is required Shodhana. It benefits more and superior in both.

2. **Vatatapika rasayana**^[10] – it can say outdoor Management System also. There is no need to admit the person, the person can consume Vayu & Sunrays.

Some special preparations used as a vatatapika rasayana are as follows

- Brahma Rasayana^[11] – Pratham
- Chyavanaprasha^[12]
- Nagbala Rasayana^[13]
- Kewalamalaka Rasayana^[14]
- Lauhadi Rasayana^[15]
- Endra Rasayana^[16]
- Pippali Rasayan^[17]

Criteria for kutipraveshika Rasayana & Vatatapika rasayana sewana^[18]

Rich, healthy, Intellect & Ajitendriya Person who has enough time & serving people, must Consume Kutipraveshika Rasayana & person who does not have such a facilities, must consume Vatatapika Rasayana Sewana.

Acharya shushruta – On the basic of patient purpose or diseases

3 Types of rasayana^[19]

1. **Kamya rasayana** - Kamya Rasayana is done to fulfill the special aspirations of a person. such as wish of bala & virya.
2. **Naimittika rasayana** - Naimittika Rasayana is given for the prevention of a particular disease.

Ex.– Shilajatu, Bhallataka, Tugaraka, Brahma Rasayana, Nagbala Rasayana and Triphala Rasayana.

Though Rasayana Therapy is primarily a positive health discipline, but in Ayurvedic literature, great emphasis has been laid over the scope of Rasayana Therapy in the management of specific diseases. These are known as Naimittika Rasayana & are of great importance. It must be clear that Naimittika Rasayana is not the specific medical treatment for a particular disease, but it is an adjuvant to the specific therapy. Following are some of the Naimittika Rasayanas in Specific Diseases.^[20]

S. N.	Diseases	Suitable rasayana drugs
1.	Drshti Mandya	Jyotishmati, Triphala, yashti
2.	Kushtha	Tugaraka, Bhallataka, Vidanga
3.	Rajayakshma	Pippali, Rasana, Nagbala, Shilajatu
4.	Shwasa	Agastya Rasayana, Bhallataka
5.	Prameha	Shilajatu, Haridra, Amalaki
6.	Hradroga	Shalaparni
7.	Grahani & Gulma Roga	Pippali, Bhallataka
8.	Pandu	Lauha Bhasma, Amalaki
9.	Vata Vyadhi	Rasana, Guggulu, Bala, Nagbala
10.	Medo Roga	Guggulu, Haritaki
11.	Hypertension	Medhya Drugs, Rasna, Bala
12.	Allergic Disorders	Haridra
13.	Hypotension	Kasturi, Kupilu

3. **Ajastrika rasayana** – Ajastrika Rasayana is given to get the Rasayana Property for daily consume.

Ex. – Milk, Ghee.

Importance of shodhana before rasayana sevana^[21]

Acharya Shushruta has said that it is inappropriate to consume Rasayana for a Person whose body has not been Purified by Shodhana. Just like the colour does not beautify the dirty clothes, Similarly the person with impure body does not have the effect of consuming Rasayana.

At what age should the person consume rasayana^[22]

Acharya Shushruta has said that when a person is in a young age or in middle age has taken snigdha & proper shodhana should always Consume Rasayana.

Rasayanokt samsodhana vidhi – Haritkyadi churna^[23]

Acharya Chakrapani has explained in the Ayurveda Dipika Commentary that until the person's perfect shodhana from Haritakyadi churna, he should keep using it. To make Haritakyadi Churna content of Haritakyadi Churna is - Haritaki, Saindhava Salt, Amalaki, Jaggery, Vacha, Vidanga, Turmeric, Pippali & Shunthi make this powders with equal amount & mix it. Use this powder with hot water after Samyaka Snehana & Samyaka Swedana. It should be consumed for Person's Samyaka Shodhana & proper Sansarjana Karma Purpose according to Agnibala in 3 days (Avar Shuddhi), 5 days (Madhyama Shuddhi) & 7 days (Pravar Shuddhi) mix with yava yavagu with rich quantity of Ghrit till person's old stool pass.

Medhya rasayana

Acharya Charaka has mentioned 4 medhya rasayana^[24], they are –

1. Mandukaparni Swarasa
2. Mulethi Churna with milk
3. Guduchi Swarasa
4. Shankhapushpi Panchang in form of Kalka Shankhapushpi is Specially medhya in all 4 medhya rasayana.

Effect of medhya rasayana in human body^[25]

Effect of Medhya Rasayana in human body are

- Ayurvardhak
- Vyadhinashaka
- Bala Vardhaka
- Agni Vardhaka

- Varna Vardhaka &
- Swarvardhaka.

Rasayana therapy is contraindicated in following persons^[26]

- Ajitendriya
- Aalsi (lazy)
- Daridra (Poor)
- Pramadi
- Vyasni
- Bhesajapmani

Rasayana therapy consuming does not get the benefit due to 7 reasons^[27]

- Agyana
- Anarambhata
- Asthinchitta
- Daridra
- Paradhina
- Adharma
- Ausadha Anupalabdhi

Acharya rasayana^[28]

Acharya Charak has said that a person who consumes Acharya Rasayana, he gets the Rasayana property without Consuming Rasayana.

Acharya Charak has described the following practices under Acharya Rasayana – who always says the truth, those who do not Anger, those who abstain from Alcohol & Sex, who is nonviolent, those who do not physical work, people who stay calm & who speak well, who always chanting & do not hold back stool & urine, who sleep on time & wake up time to time, Consumed of Regular milk & Ghee, serving elders and who ready to theology studies such men achieve daily Rasayana Property.

Benefits of rasayana therapy^[29]

- It is age enhancer, keep diseases away & prevents youth.
- Remove Sleep, drowsiness, exertion, exhaustion without labour, laziness & weakness

- Gets Vata, Pitta & Kapha in equitable state, to produce stability in body, Cures Slothness of the muscles.
- Stimulates the enzymes responsible for digestion & metabolism.
- Optimizer Prabha, Varna & Swara.
- Chyavan Rishi becomes young again using Rasayana.

List of ayurvedic drugs, which has a rasayana effect

Acharya Sharangdhar has described a person loses his Balya, Vridhhi, Chhabi, Medha, Drishti, Shukra, Twaka, Vikram, Buddhi & Karmendriya in the 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, 9th & 10th decades of life respectively.^[30] Thus Specific Rasayana Drugs will have to be selected & administered in respective age groups, which is as follows.^[31]

Table 1: List of suitable ayurvedic rasayana drugs in loss of desired effect in every decade of life.

Age Group	Desired Effect	Suitable Rasayana Drugs
01-10	Balyam (Childhood)	Vacha, Swarna bhasma, Kashmari
11-20	Vridhhi (Growth & Development)	Kashmari, Ashwagandha, Bala
21-30	Chhabi (Luster/Complexion)	Lauha bhasma, Amalaki
31-40	Medha (Sharpness In Perception)	Shankhapushpi, Jyotishmati
41-50	Twak (Skin)	Jyotishmati, Priyal, Bala, Somaraji, Bhringraja
51-60	Drishti (Visual Acuity)	Jyotishmati, Triphala, Lauha bhasma, Shatavari
61-70	Shukra (Potency & Fertility)	Atmagupta & Other Vajikarana drugs
71-80	Vikram	Drugs may not be effective
81-90	Buddhi (Memory)	
91-100	Karmindriya (Physical Capacities)	

According to the Pharmacodynamic properties & Pancha-Mahabhautika constitution of different Dhatus & different rasayana drugs, one has to select specific Rasayana Drugs for the benefits to different specific Dhatus. The following Rasayana drugs are considered to be specific for respective Dhatus.

Table 2: List of suitable ayurvedic rasayana drugs in specific for respective dhatus.^[32]

Sr. no.	Dhatus	Rasayana drugs
1.	Rasa	Draksha, Kashmari etc
2.	Rakta	Lauhadi Rasayana, Amalaki, Palandu
3.	Mansa	Bala, Nagbala, Mansa, Rudanti, Shalparni
4.	Meda	Guggulu, Shilajatu, Amrita, Haritaki
5.	Asthi	Vansa lochana, Prishnaparni, Laksha, Shukti Shankha
6.	Majja	Lauha, Vasa, Majja
7.	Shukra	Atmagupta & Other Vajikarana Drugs

Table 3: List of suitable ayurvedic rasayana drugs in specific for respective srotas.^[33]

Sr. no.	Srotas	Rasayana drugs
1.	Pranavaha Srotas	Pippali, Bhallataka, Aamalaki, Maricha, Kasturi
2.	Udakavaha Srotas	All Water Substances
3.	Annavaha Srotas	Panchakola especially – maricha, Kapardika Bhasma, Shankha Bhasma, Parpati Kalpa, Hinga, Nagkeshar
4.	Rasavaha Srotas	Kharjurmanth, Lajamanda, Guduchi
5.	Raktavaha Srotas	Lauha Bhasma, Ghrit, Gorochana, Guduchi, Bhringaraja, Manjishtha, Bilvaphalamajja
6.	Mansavaha Srotas	Swarna Bhasma, Shuddha Kupilu
7.	Medovaha Srotas	Guggulu, Shilajatu, Kumha
8.	Asthivaha Srotas	Aabha
9.	Majjavaha Srotas	Raupya Bhasma, Vacha, Bhringaraja, Bilvaphalamajja
10.	Shukravaha Srotas	Milk, Vang Bhasma
11.	Mutravaha Srotas	Shilajatu, Gokchhur, Punarnava, Palash Pushpadi
12.	Purishvaha Srotas	Kutaja, Bilva, Haritaki
13.	Swedovaha Srotas	Vang Bhasma

How does rasayana dravya work^[34]

It has been observed that Rasayana Drugs is Saptadhatuvardhana, it has to be considered how this work of Rasayana is done. For Saptadhatuvardhana at least 4 things are required.

1. Correct Nutritional Value Availability in Rasayana Drugs, whose needs Body.
2. Correct Physiological functions of all Srotas in body.
3. The Physiological Gati of Apana Vayu must be Downward, so that the nutrient fraction reaches to all Srotas Properly & Regularly.
4. The Proper Physiological Function of Agni is Normal, so that the nutrient fraction reaches to all Srotas Properly & Regularly.

Without the Presence of these Constituents, Saptadhatuwardhan is not Possible. so we can say that simply taking Rasayana Drugs in Correct dose according to Age, Rasayana Drugs Poshaka, Agnivardhak, Srotoshodhan & Anuloman Property, by which Rasayana Drugs Performs Saptadhatuwardhan.

But Very few Rasayana Drugs have the ability to do these 4 Properties, which Rasayana Drugs has all 4 properties, get more importance from the point of view of Rasayana, ex – Amalaki.

Possible attributes of rasayana^[35]

- Subtle Nutrition
- Anti- Oxidant Effect
- Anti- Aging Effect
- Immuno Enhancer
- Psychoneuro Stability
- Anti- Stress Effect
- Adaptogenic Effect
- Anti- Cancer Effect
- All the Rasayana drugs are having anti oxidant property.
- Rasayanas acting as Free Radical scavengers help removal of these free radicals from the body there by protecting body tissue from any possible damage.
- In addition Rasayana drugs provide specific tissue nutrient which helps preserve the health of specific tissue like brain, skin, etc.
- Rasayana therapy which includes ideal dietetics is supposed to provide best required nourishing fluid to body tissue.
- Rasayana has potential to reverse degenerative processes in cells by their restorative and free radical scavenging properties Rasayana like Amalaki, Ashwagandha, Shilajeet has this potential.
- Rasayana have immunomodulatory potential. Studies have shown that use of Rasayana modulates immune phenomenon which help in having appropriate immunological response to a situation. This helps not only in providing adequate immune response what also avoids autoimmunity.
- Rasayanas help maintain the balance between mind and body.

CONCLUSION

In this way, we have seen that the Rasayana Drugs have Multiple Pharmacological action in the body, which has immunomodulator Property, so that we can use Rasayana Drugs in Autoimmune Disorders such as – Rheumatoid Arthritis, Systemic Lupus Erythematosus, Cancer, AIDS. Rasayana drugs have Antioxidant Property, so we can use in Age Related disorders (Geriatric Disorders), Degenerative disorder like – Osteo-arthritis, Osteopathy, Osteoporosis, Arthropathy, Diabetes & its Complication.

Rasayana Drugs have Adaptogenic property, so we can use in Psychosomatic Disorders & Stress related problems like – Anxiety, Depression. in this way Rasayana Therapy is Effective in Physical Disorders along with Mental Disorders. Rasayana Drugs have Poshaka, Agnivardhak, Srotoshodhan & Anuloman Property, by which Rasayana Drugs Performs Saptadhatuvardhan. Rasayana Drugs stay away from the diseases & keep it healthy. It Serves both the Purpose of Ayurveda^[36] To protect the health of healthy individuals & To cure the disease of diseased persons.

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