

## APPROACH OF RASAYANA IN DIFFERENT DEHA PRAKRITI - A REVIEW

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### ABSTRACT

The science of life, Ayurveda, promotes the well-being of the healthy and heals the sick. One of the main concept of Prakriti is the promotion of health and the prevention of sickness. Prakriti is important since it is fundamental to identifying the unique constitution and health requirements of every individual. A combination of the Vata, Pitta, and Kapha Doshas shapes an individual's innate physical and psychological characteristics, which are predetermined at birth. Rasayana is an ancient Indian Ayurvedic method for longevity and regeneration. In Rasayana, tailoring rejuvenation treatments to the patient's Prakriti is

very important. By assessing Prakriti, one can design individualized diet, lifestyle, and herbal regimens that promote longevity and harmony. This individualized method helps to prevent imbalances and illnesses and enhances the effectiveness of Rasayana practices by meeting each person's unique needs. Here we shed some light on Rasayana w.s.r Prakriti in this post because it guides the customization of rejuvenation treatments and promotes wellbeing.

**KEYWORDS:** Rasayana, Prakriti, Ayurveda, Vata, Pitta, Kapha, Ahara.

### INTRODUCTION

Ayurveda is a life science that addresses every aspect of existence. Tridosha is a key idea in the better understanding of the human body and mind. Based on the preponderance of Doshas, Vata, Pitta, and Kapha is vital to the anatomy and physiology of the body constitution (Prakriti). Prakriti is a symbol for specific mental and physical inclinations that influence how the body reacts to external stimuli and how susceptible it is to illness.<sup>[1]</sup> In addition to the physical traits, Prakriti also determines the psychological composition. Prakriti thus places a strong emphasis on individuality and is crucial to both therapy and prevention.

Treatments and prevention based on Prakriti can alter the state of the health system. For both illness management and self-preservation, Ausadha, Vihara, and Ahara are essential. The discovery and development of herbs may result from the Ayurvedic texts. Maintaining one's health is influenced by one's diet, way of life, psychological state, and surroundings. The physiology of the body is influenced by lifestyle choices as well as food quality and quantity. Food of poor quality, mental stress, environmental stress, and microbial burden all contribute to the steady deterioration of organ functions, the immune system's delay in responding, and early ageing. The best defense against diseases or diseases that are prone to them is preferred to ingest enough anti-oxidant herbs. Rasayana Chikitsa is a special branch that uses formulas based on herbs to regulate immunity, revitalise the metabolism, and revitalise the human body.<sup>[2]</sup> Ayurveda can offer preventive and promotive health through the Prakriti-wise exploration of Rasayana.

### ***Prakriti***

#### **Attributes of different *doshaj deha prakriti***

<b>Feature</b>	<b>Vata</b>	<b>Pitta</b>	<b>Kapha</b>
Body frame	Thin	Medium	Broad
Body weight	Low	Moderate	Over weight
Skin	Dry, thin	Soft, acne prone	Thick, oily, clear
Food habits	Frequent	Excessive food	Stable
Thirst	Variable	Excessive	Scanty
Bowel	Dry, hard	Soft, loose	Thick, oil
Physical activity	Very active	Moderate	Lethargic
Emotional	Fearful, moody	Aggressive	Calm, attached
Memory	Quick grasp, poor retention	moderate Understanding	Slow grasping, good retention

Physical and psychological evaluations can be conducted using these traits of the various Doshaj Prakriti. Treatment and prevention should be suggested in accordance with Prakriti assessment personalized prevention.<sup>[3]</sup>

### ***Rasayana***

Rasayana is one of the complete branches of Ayurveda that covers the specific application of foods, herbs, and herbo-mineral formulations along with self-control, lifestyle modifications, and social graces to bring the body's tissues and systems to their ideal state while minimizing the influence of etiological factors. Achieving homeostasis through Rasayana slows down the ageing process and wards off sickness. Rasayana can be thought of as nutritional dynamics for healthy physical and mental rejuvenation. Ageing healthily and preventing premature

ageing are important because, according to Ayurveda, ageing is the result of the body's natural degradation process.<sup>[4]</sup>

### **Classification of *rasayana***

#### **1. *Dravyabhuta-Rasayana***

When the effects of *Rasayana* are attained with the help of *Dravyas* such as herbs, minerals, herbo-mineral medications, food, milk, etc.

#### ***Adravyabhuta-Rasayana***

Also known as *Achara-Rasayana*, this type of *Rasayana* is one in which result is attained via moral behavior, meditation, etc.

### **2. Based on use**

#### **1. *Kamya-Rasayana***

These are used to healthy individuals in order to enhance their health. It is split down even more into -

***Pranakamya***- promotes life span.

***Srikamya***- Fosters a lustrous body.

***Medhakamya***- Enhances mind and recalling power.<sup>[5]</sup>

#### **2. *Naimittika-Rasayana***

This is a reference to *Rasavanas* that are specifically used to treat or prevent a particular condition using herbs and their preparations.<sup>[6]</sup>

E.g. *Prameha* - *Haridra*, *Shilajatu*, *Amalaki*.<sup>[7]</sup>

*Kushtha*- *Khadira*, *Tuvaraka*, *Triphala*, *Bhallatak*.<sup>[8]</sup>

### **Administration of *rasyana* as per *prakriti***

#### ***Vataja prakriti***

Addressing the *Rasayana* is imperative for *Vata Prakriti* residing in *Vata*-dominant regions. *Vata* is linked to characteristics like dryness, coldness, lightness, and mobility. It is symbolized by the elements of air and space. *Vata*-constitutional people typically exhibit these characteristics more strongly. Disturbances in *Vata* can result in symptoms such as restlessness, anxiety, dry skin, and digestive problems.

**Hydration and Moisturization:** Vata personalities frequently have dry skin, hair, and mucous membranes. Use of nourishing oils or herbs that hydrate and moisturize the body, like sesame oil for self-massage (Abhyanga), can be part of Rasayana therapies.

**Warming and Nourishing foods:** Foods that are warming and nutritious and that give stability and grounding are beneficial for Vata individuals. To balance Vata, ghee (clarified butter), milk, and cooked grains are frequently advised.

**Calming and Grounding practices:** Ayurveda encourages practices that calm the nervous system and ground Vata's excessive mobility. Meditation, yoga, and slow, rhythmic activities can be particularly useful.

**Herbal support:** Specific herbs, such as Ashwagandha and Shatavari, are often used in Rasayana formulations for Vata individuals. These herbs can help nourish and support the body and mind.

**Adequate rest:** Vata types may be prone to insomnia or restless sleep. A consistent sleep schedule and practices to promote restful sleep are important in Vata-balancing Rasayana therapies.

**Balanced lifestyle:** People with a Vata constitution need to follow a balanced lifestyle and stick to a regular routine. Vata is inherently mobile and changeable, but it can be stabilized with a regular daily schedule.

Rasayana therapies for Vata-dominant people work to restore equilibrium by combating Vata's tendency towards extreme dryness, coldness, and mobility. They offer support and sustenance.

Herbs	Action
Ashwagandha	Vitality, Immunity booster, Calms mind.
Brahmi	Memory booster, Rejuvenation, improves sleep.
Maduka	Stimulates immunity, Antiviral, Anti-Bacterial.

### Pitta prakriti

Fire and water are the elements that define Pitta, and those with a dominant Pitta Prakriti are often fiery, intense, sharp, and have strong digestion. On the other hand, symptoms such as acidity, irritability, inflammation, and overheating can result from an imbalance in Pitta.

Rasayana therapies for individuals with a Pitta constitution are designed to:

**Cool and Soothe:** Pitta types often have excess heat in their bodies. Rasayana therapies can include herbs and practices that cool and soothe the system.

**Detoxify:** To balance Pitta, it's essential to eliminate excess heat and toxins from the body. Rasayana therapies may incorporate detoxification methods like Panchakarma to remove accumulated impurities.

**Nourish and Rejuvenate:** Rasayana therapies also involve the consumption of specific rejuvenating herbs and foods.

**Balanced Lifestyle:** Maintaining a regular routine and adhering to a balanced lifestyle is crucial for individuals with a Pitta constitution. This includes following a suitable diet, getting adequate sleep, and managing stress.

Herbs	Action
<i>Amlaki</i>	Antioxidant, Immunomodulatory, Cytoprotective
<i>Cow Ghee</i>	Anti-ageing, Improves immunity, Transporter
<i>Triphala</i>	Anti-microbial, Laxative, Nurturing

### Kapha prakriti

Qualities like heaviness, coldness, stability, and moisture are associated with the element of Kapha, which is represented by the elements of earth and water. These traits are often more prominent in those with a Kapha constitution. Symptoms of an imbalanced Kapha include lethargy, weight gain, congestion, and motivational decline.

### Here's how rasayana therapies can be used for individuals with a kapha prakriti

**Stimulation and Activation:** *Kapha* individuals benefit from therapies and practices that stimulate and activate their energy. This can include invigorating herbs and exercises that help increase circulation and metabolism.

**Warming and Drying foods:** Eating warming, dry food is often advised to maintain a balance of Kapha. Foods that are lightly cooked or steamed, along with spices like ginger, garlic, and mustard, can help lessen the natural coldness and dampness of Kapha.

**Physical activity:** Regular physical activity is important for Kapha individuals to prevent stagnation and excess weight gain. Engaging in activities that are vigorous and energetic can help balance Kapha.

**Herbal support:** Specific herbs, such as Trikatu (a blend of ginger, black pepper, and long pepper) or Punarnava, are often used in Rasayana formulations for Kapha individuals. These herbs can help stimulate digestion, reduce water retention, and increase energy.

**Mental stimulation:** Kapha individuals may benefit from mental stimulation and motivation. Engaging in intellectual and creative activities can help counteract the heaviness and lethargy associated with Kapha.

**Balanced lifestyle:** Maintaining a regular routine and adhering to a balanced lifestyle is crucial for individuals with a Kapha constitution. It's important to establish a routine that includes regular physical activity and dietary choices that reduce Kapha's inherent cold and heavy qualities.

Rasayana therapies for Kapha individuals aim to bring balance by countering the excessive heaviness, coldness, and dampness associated with Kapha. They provide stimulation, activation, and motivation.

Herbs	Action
Pippali	Improves metabolism, Anti- Inflammmtory
Bhallatak	Anti-cancerous, Anti-bacterial, Anti-inflammatory.
Chitrak	Immunity booster, Anti-inflammatory, Hepato-protective.

**Dwandaja prakriti:** You can use these herbs for Dwandaja Prakriti by combining them for best results. The biggest challenge facing humanity today is adapting to this new environment and maintaining the fast pace of life, since substantial changes in diet, lifestyle, and climate all have an effect on how long people can survive. Furthermore, metabolic diseases and newly identified pathogens are posing challenges to the healthcare systems. Public education on the preventative use of Rasayana can be used to address this problem.

## DISCUSSION

This article explores the core ideas of Ayurveda, an age-old, holistic medical system that originated in India and is sometimes called the "science of life." It clarifies two essential Ayurvedic principles: Rasayana and Prakriti, both of which are necessary for obtaining and preserving good health. Individual innate constitution, known as Prakriti, is based on the equilibrium of the three Doshas: Pitta, Kapha, and Vata. These Doshas affect not only your physical characteristics but also your emotional inclinations and your body's reaction to different stimuli. Knowing your Prakriti enables you to maintain equilibrium and wellbeing.

Ayurveda's Rasayana approach, which aim to promote balance, slow down ageing, and optimize body's functioning, are an essential component of the system. These treatments can be divided into two groups: Adravyabhuta-Rasayana, which emphasizes moral behavior and

mental practices, and Dravyabhuta-Rasayana, which uses materials like herbs and minerals. Rasayana treatments are important for general health and can lessen the effects of illness and ageing.

One notable feature of the article is the customized application of Rasayana therapies according to Prakriti. It acknowledges that different Prakriti types call for different Rasayana therapies. Vata-dominant people, for example, benefit from herbs that balance dryness and encourage stability, whereas Pitta-dominant people need herbs that calm and cool the body. Herbs that activate and stimulate the energy are beneficial to individuals who are Kapha-dominant, on the other hand. This customized method of Rasayana demonstrates the accuracy and breadth of Ayurveda in its pursuit of individual well-being.

The article concludes by highlighting how Ayurveda offers a comprehensive approach to health and longevity through the integration of Prakriti and Rasayana therapies. It demonstrates the profound understanding of human well-being that Ayurveda has of the body-mind connection and the personalized approach to rejuvenation. These tenets highlight Ayurveda's ageless value as a manual for living a balanced and healthful life, providing individualized pathways to wellbeing and a longer, healthier life.

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