

## **REVITALIZING TREATMENT WITH TRADITIONAL MEDICINES AND RULES OF AYURVEDA**

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### **ABSTRACT**

Ayurveda is the oldest system of Medicine in the world, its antiquity going back to the VEDAS. It adapts unique holistic approach to the entire science of life, health and cure. The areas of special consideration, Nutrition, immunology, genetics and higher consciousness. The Ayurveda texts describe a set of Rejuvenates measures to impart biological sustenance to the bodily tissue. These remedies are called Rayana which are claimed to acts as Micronutrients. Such Rasayanas retard brain aging and help in regeneration of neural tissues besides producing Antistress, Adaptogenic and memory enhancing effects. Some are very useful in Revitalize the body tissues. Day by day body tissues are degenerate and body loose the stamina, energy, capacity. So by the use of

Revitalizing Traditional medicines of Ayurveda we can Rejuvenate the body cells and get proper stamina and potential and we can live healthy and disease free life.

## INTRODUCTION

Revitalization of Ayurveda not only included the process of institutionalization and professionalization of medicine but also reconfigured systemic meanings and boundaries. Ayurveda is indeed among humanity's oldest and most thorough health care systems. It is really a life-science that informs us how the quality of human life can be improved. In Ayurveda revitalize treatment by Rasayan therapy. The summer time is suitable period for rejuvenation and revitalization of the body. Rasayan is an Ayurvedic rejuvenation method for body and mind which is applicable after the purifying detoxification to strengthen energy, vitality and life-force Ojas. It enhances the assimilation of nutrients from digested food, optimal nutrition from digested food, optimal nutrition and healthy functioning of all seven bodily tissues (Dhatus). It focuses on the rejuvenation and longevity, the improvement of brain activity including the eyesight, psychological balance and the boosting of immunity.

### Revitalizing by Ayurveda

In Ayurveda Texts, Rejuvenation has been termed as 'Rasayan'. Rasayan Chikitsa also known as Rejuvenation Therapy. Everyone wants to give the impression of being young forever and increase life span by staying healthy. The definition of Rasayan in Ayurveda is described as – "That which destroys the old age and disease" The Revitalizing treatment aims at keeping the enzymes in the tissue cells in their normal functioning condition. The tranquility of the mind is promoted and the nerves as well bones are kept soft and soothing. This prevents the process of aging and makes the individual free from any diseases even during advanced age.

The legendary "Rasayan chikitsa" or Rejuvenation Therapy, is often considered synonymous with rebirth, for it completely revitalizes the body, The word Rasayan means the way for attaining excellent "Rasadi Dhatus". eliminating the ill-effects of all previous disorders. its cleansing effect gives a second lease of life by completely decontaminating the body, mind and spirit. Rasayan is derived from two separate Sanskrit words: Rasa meaning the basic essence that nourishes the body, and Ayana meaning path. Hence, Rasayan stands for a nourishing pathway. Rasayan chikitsa is a holistic revitalization therapy aimed at treating nutrients deficiencies, with a focus in the constituents elements of the body. Rasayan acts at the level of cellular metabolism and hence improves the metabolic activities of the body, Rasayan therapy consists of certain drugs which aim at-

- Preserve and promote the health of healthy individual.

- Improves the status of Dhatus.
- Management of diseases.
- Prevents ageing and provides longevity.
- Boost immunity.
- Rejuvenate the systems.

Rasayan drugs are those medicines which are capable of imparting superior Rasas and Dhatus to the body and toning up the system of healthy persons.

### Rasayan in Ayurveda literature

दीर्घमायुः स्मृतिं मेधामारोग्यं तरुणं वयः।

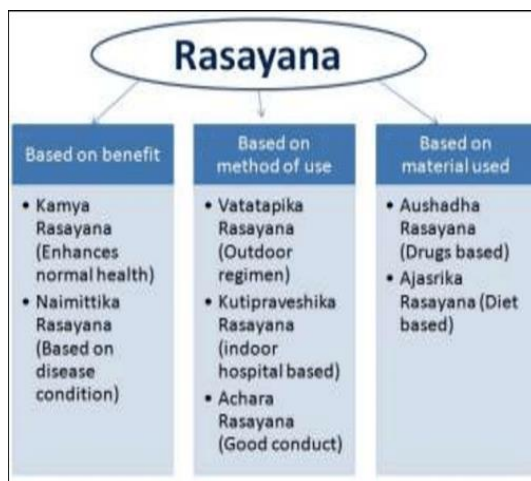
प्रभावर्णस्वरौदार्यं देहेन्द्रियबलं परम्॥

वाक्सिद्धिं प्रणतिं कान्तिं लभते ना रसायनात्।

लाभोपायो हि शस्तानां रसादीनां रसायनम्॥ {च.चि.१/७-८}

### Classification of Rasayan

1. **Naimittikrasayan-** Used for a particular cause, which causes a disease.eg. Pippali rasayan for Rajyakshma. Mandukparni rasayan for medha.
2. **Ajastrikrasayan-** It is used to maintain good health and improve the quality of life through a healthy life style, diet or exercise daily routine, like Milk, ghee, honey, adopting the principles of Achar rasayan.
3. **Kamyarasayan-** It is used to fulfil a desire or to serve a special purpose.



### How Rasayana acts on body

Rasayan Chikitsa is supposed to nourish the blood, lymph, flesh, adipose tissues and semen and thus prevent freedom from chronic degenerative disorders. Rasayan drugs invigorate the body in general by sustaining the required balance between Anabolism and Catabolism.

Rasayana is thought to improve metabolic processes, which results in the best possible Biotransformation and produce the best quality bodily tissues and eradicates senility and other diseases of old age.

### Anti-aging Effects of Rasayan

Administration of Rasayan drugs appears to be associated with prevention of aging also. There have been only few investigations in this direction and they are too inadequate to prove or disprove ancient thoughts. Available evidences faintly indicate that Rasayan drugs could influence the secretion of a hormones DHEA, the deficiency of which is implicated in the process of aging. Neurotransmitter substance such as Norepinehrine, Acetyl Cholin or Dopamine (Dopamine is also named as DHEA-Dihydrxy phenyl alanine) are released in stress conditions. Repeated stress on every cell cause aging process. Rasayan therapy is thus, associated with multidimensional effects on the physiology.

### Ayurveda Drugs which acts as Revitalizer

Skin aging is a multifactorial process resulted from intrinsic and extrinsic factors. Intrinsic factors are associated with the influences of genetic, hormones, and metabolic slowdown, whereas extrinsic factors include the exposure to solar radiation, pollutants and life style behaviors. Both factors have influenced the changes in skin dryness, laxity, dynamic and static wrinkles and irregular pigmentation.

1. **Punarnavaa (*Boerhavia diffusa*):** Punarnava, a potent Ayurvedic drug has immense health benefits and has been in use since ancient times in treating a host of health Anomalies. Punarnava which literally translates into ‘something that renews or replenishes the body’ i.e. a reviver.



*Boerhavia diffusa*

**2. Amala (*Emblica officinalis*)** – When comes to natural skincare ingredients, the Amla berry is an all-around superstar. Indian goose berry is often taken as a supplement thanks to its high vitamin Content and unique ability to enhance food absorption. Amazingly. It's also been found to be incredibly beneficial when allied topically in skin care. Vitamin C brightens your complexion, helps fade hyperpigmentation, and even protects your skin from the damaging effects of age and pollution. Amla fruit's incredibly high antioxidant abilities make it an anti-aging hero. It is an anti-aging powerhouse. In 2008, a Japanese study found that Amla fruit extract heled stimulate pro-collagen (a precursor to collagen in the skin) when allied of the skin.



*Emblica officinalis*

**3. Ghritkumari (*Aloe vera*)** – Aloe vera extract helps in naturally increasing the production of collagen in the body, which further helps in reducing the visible signs of aging such as fine lines and wrinkles. Collagen helps in decreasing the wrinkles and helps skin tightening. It also improves the elasticity of skin.



*Aloe vera*

**4. Ashwagandha (*Withania somnifera*)** – Because of its rejuvenating characteristics Ashwagandha is reputed to have the power of ten. And it is also referred to as the “Indian ginseng”. It is extremely beneficial for sleep and relaxation support. Ashwagandha is an Adaptogenic herb that helps your body deal with environmental and inner mood modifications. Support the good functioning of the Adrenal system and helps decrease fatigue and stress. It improves sexual potency among both males and females. Sitoindosides and acylsterylglucosides in Ashwagandha are Anti-stress agents.



*Withania somnifera*

**5. Turmeric (*Curcuma longa*)** - Curcumin, found in Turmeric scavenges and neutralizes the different forms of free radicals, reduce oxidative stress and also boosts the body's own Antioxidant capacity with routine dietary intake. Curcumin effectively improves the level of BDNF in the brain. Their by it can positively affect depression, anxiety, brain aging and other brain related disorders.



*Curcuma longa*



**6. Brahmi (*Bacopa monnieri*)** - considered an adaptogenic herb, it can alleviate stress and anxiety. Most importantly, it also increases the body's resistance to stress. By uplifting your mood and alleviating cortisol levels, it can reduce mood swing. Brahmi can protect you against cell damage due to harmful molecules. It regenerates the body cells.



*Bacopa monnieri*

### **Best Rules to Rejuvenate your body**

**1. Eat balance diet** – Your body may acquire the nutrients it needs to function effectively by eating a balanced diet that contains a range of fruits, vegetables, whole grains, lean proteins and healthy fats, which can result in more energy levels, better digestion, better weight control, better mental health and lower chance of chronic diseases are just a few of the many advantages it can offer to revitalize your body.

**2. Practice of Meditation** – We may calm our brains and concentrate on the here and now when we meditate, which can help to ease physical stress and tension. In addition, Meditation can improve sleep quality and energy levels by lowering stress and tension in the body feeling renewed and invigorated.

**3. Take a Yoga session regularly** – Yoga session emphasizes holding and extending positions that increase the body's flexibility and balance. This can help lower the chance of injury and enhance general physical performance. Consistent yoga practice improves depression and can lead to significant increases in Serotonin levels coupled with decreases in the levels of monoamine oxidase, an enzyme that breaks down Neurotransmitters and cortisol.

**4. Get Enough sleep** – Your body undergoes a number of significant processes when you sleep that aid in the Rejuvenation and repair of your cells, tissues and organs. Your body creates immune cells as you sleep, which aid in warding off disease and infections.

### **5. Follow Dincharya and Ritucharya**

**Dincharya** – Dincharya is the name given to daily routine. In our modern high-tech world, it's become more challenging to follow a consistent self-care routine. From an Ayurvedic perspective, following DINCHARYA (ideal daily routine), aligns us with nature's rhythms

each day. There is new evidence that demonstrates our genes may have, over time, lost their ability to hear the natural circadian rhythms. So for this reason we should follow Dincharya rules.

- Arise early in the morning, preferably 30 minutes before sunrise.
- If easy and natural, evacuate bowels and bladder.
- Clean and brush the teeth.
- Clean or scrape the tongue with tongue scraper.
- Clean the eyes by sprinkling them with cold water.
- Drink a cup of hot water, or a glass of warm water with a tsp of honey or drink a glass of fruit juice at room Temperature
- Perform Abhyang, a warm oil massage.
- Brief warm exercise, Yoga postures
- Bath or shower, preferably with warm water, regardless of prakriti, this is something that helps to reset the nervous system first thing in the morning and enliven prana.
- Wear clean and comfortable clothes, suitable to season and activity.
- Enjoy a well-cooked, light breakfast such as stewed apples or poached pears.

**Ritucharya** – An Ayurvedic adage states, “As is the macrocosm, so is the microcosm”. This means, what happens in the environment also affects our internal milieu. Changes in seasons are represented by variations in lengths of daylight, levels of humidity and temperature shifts. If our bodies adjust properly by desiring different types of food, altering our sleep/wake cycle according to sunrise and sunset and changing our energy levels, we maintain homeostasis and all is well. The first step in shifting to the next season is expelling accumulated Doshas from the previous seasons. Excess Doshas is one factor that leads to disbalance and eventually disease. A very simple and effective way to do an at-home cleanse is to follow an Aam reducing diet for as little as a week. Doing so is usually enough to restore Doshas balance without the need for panchakarma, and you feel great to boot.

## 6. Changing your Approach to social media

There's no doubt that social media can be both a blessing and a curse, but the way that it affects you is completely within your hands. If you feel that you're having communication overload due to social media, take a break for a day or two. If you are spending any significant amount of time like checking Facebook status, responding to tweets and liking photos on Instagram, it may be dragging you down mentally-and this can have a direct impact



on how you feel physically. if we spend most of our time with social media, brain cells are degenerated day by day.

### 7. Drink plenty of water

A refreshing glass of water can really Revitalize you and help you to feel more positive about the prepared for the day ahead. Water has the amazing power to revitalize, detoxify and oxygenate the skin. Water therapy cure dry skin and makes the skin look youthful and toned. Drink 4-7 glasses of water the first thing in the morning on an empty stomach. Drinking plenty of water helps the kidneys to clear out toxins from the system and supply the organs with pure and oxygenated blood. The skin receives vital nutrients and oxygen via blood which makes the skin look radiant and supple.

### 8. Use Panchakarma therapy

Panchakarma is a rejuvenation therapy in Ayurveda. The Pancha (Five) Karma (Action) approach to disease prevention is a combination of five tried-and-tested treatment techniques that revitalizes patients by restoring their physical and mental equilibrium.



Panchkarma therapy offers an intensive approach to detoxification, rejuvenation and restoration of balance in the body and mind. One of key benefits of Panchakarma therapies are their ability to Rejuvenate and revitalize the body and mind. These therapies nourish the tissues, enhance cellular regeneration and promote the flow of vital energy (Prana). As a result, you experience increased vitality, improved energy levels and a radiant sense of well-being.

### CONCLUSION

In present Era there is enough time for self care, In this fast forward life we can't focus on our body and because of busy schedule we are not able to follow the healthy life rules. Every

body wants to going fast for earning money but day by day we have lost our precious health which is not reversable. Every day our body cells degenerate, now a extreme need for self care. Luckily, we have a great science which is called Ayurveda, by this we can find and manage our mental, physical and spiritual health. Ayurveda rules and Ayurveda drugs have amazing property to restore and regenerate our health.

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