

IMPORTANCE OF RASAYANA FOR HEALTHY LIFE**Dnyaneshwari Vinayakrao Ghule* and Digvijay Zarekar**

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Corresponding Author*Dr. Dnyaneshwari****Vinayakrao Ghule**PG Scholar PMT Ayurved
College Shevgaon.**ABSTRACT**

Rasayana is one of the eight clinical specialties of classical Ayurveda. Replenish the vital fluids of our body, thus keeping us away from diseases. The *Rasayana* therapy enhances the qualities of *rasa*, enriches it with nutrients so one can attain longevity, memory, intelligence, freedom from disorder, youthfulness, excellence of luster, complexion and voice, optimum development of physique and sense organs, mastery over phonetics and brilliance.^[1] Various types of plant-based *Rasayana* recipes are mentioned in Ayurveda. *Rasayana* is not just a drug therapy but is a specialized procedure practiced in the form of rejuvenative recipes, dietary regimen, and special health-promoting

conduct and behaviour.^[2] Scientific studies have proven the efficacious role of *Rasayana* drugs in preventive medicine and in the management of chronic degenerative diseases. Unlike modern drugs, they may not possess sharp pharmaceutical activity. In the present scenario, one of the greatest problems that the world is facing today is that people are not able to follow the rules of healthy and happy living due to unawareness or due to their personal, social or professional obligations like intake of substandard diet, *viruddha*, *vidahi*, *abhishyandi* diets and abandoning the rules of dietetics as described in texts. Due to these factors nourishing fluid (*Rasa dhatu*) of good quality is not produced, *Strotoavrodha* is manifested, therefore nutrition of further *dhatu*s is also impaired and imbalance in *doshas* occurs, which makes the person susceptible for illness. *Rasayana* are the means and methods of bringing qualitative improvements at cellular levels, and this can either be drug-based, food-based, or non-drug-based. Many herbs and dietary material can act as *Rasayana* and work as immune stimulant, antioxidant, adaptogenic and antistress agent etc.^[3]

KEYWORDS: *Rasayana*, Agni, *Dhatu*, Immunity, Healthy, Long life.

INTRODUCTION

Labhopyayo Hi Shastanam Rasadinam Rasayanam ||^[4]

Rasayana is a union of two Sanskrit words 'Rasa' and 'Ayana'. The literal meaning of Rasa is the essence of something. Anything that we take into the body in the form of food or medicine is first resynthesized into Rasa dhatu, which is the basic plasma tissue of our body.^[5]

Rasayana is defined as a therapeutic measure which promotes the longevity, prevents aging, provides positive health and mental faculties, increases memory, and impart resistance and immunity against diseases. By proper use of *Rasayana* a person can get a long and healthy life.

Classification of rasayana

Rasayana is divided in two types on the basis of needs. First is *KAMYA Rasayana* which is promoters of normal health. These are boost body energy levels, immunity and general health *PRANKAMYA*, *MEDHYAKAMYA*, and *SHRIKAMYA* are the examples of *KAMYA Rasayana*, which are promoters of vitality and longevity, intelligence and complexion respectively. Second type of *RASAYANA* is *NAIMAITTIK Rasayana*, which help to fight against a specific disease. *KUTI PRAVESHNIK Rasayana* and *VATATPIKA Rasayana* are the two types of *RASAYANA* on the basis of place of therapy. Indoor *Rasayana* therapy is including in *KUTI PRAVESHNIK Rasayana* where *VATATPIKA Rasayana* is outdoor *Rasayana* therapy. *Rasayana* can also classified three types on the basis of diet and life styles. These are *AUSHADH Rasayana* which includes drug based *Rasayana*, *ACHAR RASAYANA* are based on lifestyle and dietary based *Rasayana* are included in *AHAR Rasayana*.^[6]

Table 1: Naimittika rasayana specific diseases.^[7]

Netra roga (Eye diseases)	Jyotishmati, Triphala, Shatavari, Yashtimadhu
Hrudya roga (heart diseases)	Shalaparni, Arjuna, Guggulu, Pushkaramula
Twak roga (skin diseases)	Tuvaraka, Bhallataka, Vidanga, Somaraji, Gandhaka
Rajyakshma (tuberculosis)	Rasona, Nagabala, Shilajatu, Pippali
Pandu (anaemias)	Lauha, Makshika, Mandura.
Shwasa (asthma)	Agastya RASAYANA, Bhallataka, Shirisha, Haridra.
Amavata (Rheumatoid Arthritis)	Bhallataka, Kupilu, Rasona.
Vata Vyadhi (neuropathies)	Rasona, Guggulu, Bala, Nagabala.

	Madhumeha
Madhumeha (diabetes)	Shilajatu, Amalaki, Haridra, Guduchi, Jambu, Methika
Medo roga (lipid disorders)	Guggulu, Haritaki Puskaramula, Vacha
Raktagata vata (hypertension)	Rasona, Bala, Rasna, Sarpagandha, Ashvagandha
Unmada (psychosis)	Shankhapushpi, Brahmi, Mandukaparni, Yastimadhu

Benefits of rasayana in Brihat-trayi

Rasayana in charak samhita^[8]

- *Rasayana* nourishes the whole body and improves natural resistance against infection by increasing immunity power.
- *Rasayana* Therapy which regulates the circulation of vital fluid and eliminates the waste materials, rejuvenate the nervous system and keep vigour and stamina.
- Prevents wasting of muscles, delays the ageing process, keeps strong bones, tendons etc. Prevents osteoporosis, improves whole body circulation, prevents greying of hair and provides good sleep and appetite.
- *Rasayana* Therapy keeps the body and mind pleasant.
- It enhances the intelligence, memory power, will power, body strength, skin lustre, sweetness of voice and physical strength.
- It nourishes the blood, lymph, flesh, adipose tissue and semen and thus prevents chronic degenerative changes and illness. It gives freedom from chronic degenerative disorders like Arthritis and senile diseases.
- *Rasayana* is thought to improve metabolic processes, which results in the best possible biotransformation and produce the best-quality body tissues and eradicates senility and other diseases of old age.
- Helps to attain optimal physical strength and sharpness of sense organs.
- *Rasayana* which has marked action on reproductive organs and also

Rasayana in sushrut samhita^[9]

Rasayana is the one that nourishes various dhatus of the body and also improves the Rasa, Virya, Vipaka and Prabhava, which affects the age, strength and stability of an individual.

Rasayana in ashtanga hridaya^[10]

A person undergoing rejuvenation therapy gains long life, good memory, intelligence, good health (free from diseases), youth, excellent aura and lusture, good skin complexion, good

voice, physical strength, strong sense organs, good oration skills, have aphrodisiac properties, respect and brilliance. Methods or therapy through which one gets (Prashasta Rasa dhatu) the maximum utilisation of the end product of digestion is known as Rasayana or Anti-ageing/ Rejuvenation therapy. nourishes shukra dhatu.

The possible mechanisms by which action of rasayana can be interpreted with modern aspects:

1. Antioxidant action: Antioxidants are defined as substances whose presence in relatively low concentrations significantly inhibits the rate of oxidation of targets. Being present in serum, these antioxidants circumvent the damage caused by oxygen free radical.
2. Immunomodulatory action: Immunomodulator is a substance that alters the immune response by augmenting or reducing the ability of the immune system to produce antibodies or sensitized cells that recognize and react with the antigen that initiated their production.
3. Adaptogenic action: An adaptogen is a metabolic regulator which increases the ability of an organism to adapt to environmental factors, and to avoid damage from such factors. Environmental factors can be either physiological (external), such as injury or aging, or psychological (internal), such as anxiety. Some adaptogenic herbs are-Ashwagandha, Tulsi, Haridra, Pippali, Amalaki, Guduchi, Shatavari.
4. Nootropic- They are substances which promote intelligence and functions of brain. These drugs can be categorized as Medhya Rasayana drugs. Acharya Charaka has described four important Medhya Rasayana drugs namely- Mandookparni, Guduchi, Yashtimadhu and Shankhpushpi.^[11]

MATERIAL AND METHODS

Information extracted from various Ayurveda texts, modern literature, journals and review articles pertaining to Rasayana was analyzed for comprehensive understanding of concept of Rasayana.

Table 2: Rasayana in different ages.^[12]

Age (years)	Loss of impact	Useful of Rasayana
1-10	Balya (Childhood)	Vacha, Swarna Bhasma
11-20	Vridhhi (growth)	Ashwagandha, Bala
21-30	Chhavi (beauty)	Amalaki, Louha Bhasma
31-40	Medha (intellect)	Shankhpushpi, Jyotismati, Brahmi
41-50	Tvak (health of skin)	Bhringraj, Priyal, Jyotismati

51-60	Dristi (vision)	Triphala, Shatavari, Jyotismati
61-70	Shukra (sex)	Ashwagandha, Kappikacchu
71-80	Vikrama (physical)	Bala, Amalaki
81-90	Buddhi (wisdom)	Brahmi, Shankhapuspi
91-100	Karmendriya (locomotors activity)	Ashwagandha, Bala

Table no. 3: Rasayana drugs for specific dhatu or tissues.^[13]

Dhatu	Suitable rasayana
Rasa (plasma)	Kharjura, draksha, kashmari
Rakta (blood)	Amalaki, bhringraja, palandu, lauha
Mamsa (muscle)	Bala, nagbala, ahwagandha
Meda (adipose)	guggulu, shilajit, amrita, haritaki
Asthi (bone)	Laksha, shukti, shankha
Majja (bone marrow)	Vasa, majja, lauha
Shukra (reproductive tissue)	Atmagupta, shatavari, mushali

CONCLUSION

The findings of all these studies indicate that *Rasayana* has a definite role to play in the maintenance and preservation of health, and appropriate use of *Rasayana* can help to bring down the prevalence of many diseases, ultimately reducing health-care burden. Time has come when more focus shall be done on preventive aspects of diseases, and thus, the present policy of health-care system shall deal with awareness among the mass about *Rasayana* utility. Quality of life is important for an individual, and thus, researches in Ayurveda shall also focus on identifying key areas of application of *Rasayana* and sufficient evidence shall be generated with guidelines so that *Rasayana* therapy can be included in the national health policy and Ayurveda can contribute for the betterment of humanity

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