

THE PREVENTIVE AND PROMOTIVE ROLE OF RASAYANA CHIKITSA IN AYURVEDIC MEDICINE: A COMPREHENSIVE REVIEW

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Article Received on 13 Jan. 2026,
Article Revised on 03 Feb. 2026,
Article Published on 16 Feb. 2026,

<https://doi.org/10.5281/zenodo.18657181>

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How To Cite This Article: Dr. Nidhi Jha^{*1}, Dr. Indumati Sharma². (2026). The Preventive And Promotive Role of Rasayana Chikitsa In Ayurvedic Medicine: A Comprehensive Review. "World Journal of Pharmaceutical Research, 15(4), 65-70.

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ABSTRACT

Ayurveda is recognized globally as a holistic medical paradigm that integrates the body, mind, and spirit to foster a life of balance and longevity. Central to its preventive healthcare strategy is *Rasayana Chikitsa* (Rejuvenation Therapy), one of the eight specialized branches of *Ashtanga Ayurveda*. This review explores the multifaceted role of *Rasayana* in maintaining health and preventing the onset of diseases. By revitalizing the seven fundamental *Dhatus* (tissues)—*Rasa*, *Rakta*, *Mamsa*, *Meda*, *Asthi*, *Majja*, and *Shukra*—*Rasayana* therapy restores internal equilibrium and enhances the body's innate immunity. This article discusses the classification of *Rasayana* (*Kamya*, *Nimitta*, *Ajasrika*), the modes of administration (*Kutipraveshika* and *Vatatapika*), and the physiological impact of these therapies on metabolism and microcirculation. Ultimately, *Rasayana* is presented not merely as a clinical treatment but as a comprehensive lifestyle approach to achieving optimal physical and mental potential.

INTRODUCTION

Ayurveda, the "Science of Life," is traditionally divided into eight branches known as *Ashtanga Ayurveda*. These include.

1. **Kaya Chikitsa:** Internal medicine for the whole body.
2. **Bala Chikitsa:** Pediatrics and neonatal care.
3. **Graha Chikitsa:** Psychiatry and psychological disorders.
4. **Urdvanga Chikitsa:** Otorhinolaryngology (ENT) and Ophthalmology.
5. **Salya Chikitsa:** Surgery and surgical management.
6. **Visha Chikitsa:** Toxicology and management of poisons.
7. **Rasayana Prakarana:** Rejuvenation and geriatrics.
8. **Vajikaran Chikitsa:** Aphrodisiac therapy and reproductive health.

Among these, *Rasayana* holds a unique position as it focuses on *Svasthasya Svasthya Rakshanam*—protecting the health of the healthy. The term "*Rasayana*" is derived from two words: *Rasa* (nutrient fluid/plasma) and *Ayana* (pathway or transport). Thus, *Rasayana* refers to the method by which one attains the optimum quality of tissues.

In the modern era, health is often compromised by stress, environmental toxins, and poor dietary habits. *Rasayana* offers a systemic solution by nourishing the semen and genetic material, potentially benefiting future generations through healthy offspring. Famous formulations like *Chyavanaprasha*, *Amalaki*, and *Triphala* serve as cornerstones for this therapy. According to the sage *Sharangadhara*, specific *Rasayanas* should be administered at different stages of life to maintain fitness and prevent the cellular decay associated with aging.

AIMS AND OBJECTIVES

The primary objectives of this study are

- To define and categorize the various types of *Rasayana Chikitsa* as described in classical Ayurvedic texts.
- To evaluate the role of *Rasayana* in the nourishment of the *Sapta Dhatus* (seven tissues) and the maintenance of their equilibrium.
- To differentiate between the various modes of administration, specifically *Kutipraveshika* and *Vatatapik* therapies.
- To highlight the importance of *Achara Rasayana* (behavioral rejuvenation) in modern psychological health.
- To explain the physiological mechanisms of *Rasayana* agents, focusing on their antioxidant, anti-stress, and immunomodulatory properties.

MATERIAL AND METHODS

This review is based on a qualitative analysis of classical *Ayurvedic* literature and contemporary research journals. The primary "materials" utilized include the foundational texts of *Ayurveda* (the *Brihat-Trayi*).

- **Charaka Samhita:** Specifically the *Chikitsa Sthana*, Chapter 1 (four padas), where *Rasayana* is described in detail.
- **Sushruta Samhita:** Chapters 27–29 of *Chikitsa Sthana*.
- **Ashtanga Hridaya:** The *Uttaratanastra* section by *Vaghbata*.

The methodology involved a thematic review of these texts to extract information regarding the indications, contraindications, and procedures of rejuvenation therapy. Additionally, modern pharmacological perspectives on *Ayurvedic* herbs (such as *Brahmi*, *Guggulu*, and *Ashwagandha*) were cross-referenced to explain the "Modes of Action" regarding microcirculation (*Srotas*) and digestive fire (*Agni*).

MANAGEMENT AND CLASSIFICATION

A. Classification of *Rasayana*

Rasayana is categorized based on the goal of treatment and the method of application

1. **Kamya Rasayana:** Used by healthy individuals to promote vitality.
 - *Pranakamya:* For longevity and life energy.
 - *Medhakamya:* For enhancing intellect and memory.
 - *Srikamya:* For improving complexion and physical luster.
2. **Nimitta Rasayana:** Targeted rejuvenation used for a specific period to help recover from a particular disease.
3. **Ajasrika Rasayana:** Rejuvenation through daily diet, such as the regular consumption of milk, ghee, and honey.
4. **Medhya Rasayana:** Specific herbs like *Mandukaparni*, *Guduchi*, and *Shankhapushpi* that target cognitive functions.

B. Modes of Administration

The texts describe two primary clinical settings for therapy

- **Kutipraveshika (Indoor Therapy):** The patient resides in a specially constructed "*Kuti*" (chamber) for a set duration. This is an intensive process involving prior purification (*Panchakarma*).

- **Vatatapik (Outdoor Therapy):** A more flexible approach where the person can continue their daily routine while taking *Rasayana* preparations. This is suitable for those who cannot commit to total isolation.

C. Achara Rasayana (Behavioral Rejuvenation)

This is a non-pharmacological rejuvenation method. It emphasizes ethical conduct, including.

- Adopting non-violence and calm speech.
- Practicing cleanliness and sincerity.
- Avoiding the misuse of alcohol and sensory overindulgence.
- Maintaining a balanced schedule of sleep and work.

Ayurveda posits that such behavior prevents psychological "wear and tear" and maintains the stability of the mind.

D. Selection Criteria

Therapy is generally recommended for the age group of 16 to 90 years. Before administration, it is crucial to undergo *Panchakarma* (detoxification) so that the body's channels (*Srotas*) are clear, allowing the *Rasayana* drugs to be absorbed effectively.

DISCUSSION

The discussion focuses on how *Rasayana* facilitates a "total reformation" of the biological system. In *Ayurvedic* physiology, disease is the result of an imbalance in the seven *Dhatus*.

Mechanism of Action

Rasayana agents work through three distinct modes

1. **Direct Enrichment:** Herbs like *Shatavari* and milk directly improve the nutritional quality of the *Rasa* (plasma).
2. **Improving Digestion (Agni):** Agents like *Pippali* and *Bhallataka* enhance metabolic fire, ensuring that nutrients are properly converted into tissues rather than becoming waste (*Mala*).
3. **Cleaning Channels (Srotas):** Drugs like *Guggulu* and *Tulsi* improve microcirculation, ensuring that nourishment reaches the deepest cellular levels.

Modern Relevance

Our current lifestyle—characterized by "hectic" schedules, reliance on gadgets, and consumption of preserved foods—leads to a state of *low Ojas* (diminished vital essence) and premature aging. *Rasayana* therapy acts as an antioxidant and anti-stress shield. It doesn't just treat symptoms; it improves the "bio-transformation" process, converting food into high-quality tissues. By nourishing the *Shukra Dhatus* (reproductive fluid), it also ensures the health of future generations, fulfilling a preventive role that modern medicine is only beginning to explore through epigenetics.

CONCLUSION

Literally translated as "the path of juice/essence," *Rasayana* is the cornerstone of *Ayurvedic* preventive medicine. It is a specialized procedure involving dietary regimens, herbal recipes, and ethical conduct. By restoring the equilibrium of the *Dhatus* and enhancing the strength of *Agni*, it provides a life that is not only long but also vigorous and free from the chronic degenerative disorders (like arthritis and senility) that plague modern society. This review concludes that *Rasayana Chikitsa* is an essential tool for bringing the human body back to its maximum potential in an increasingly stressful world.

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