

APPROPRIATE DEFINITION OF RASAYAN AND IT'S USE**Dr. Sarat Kumar Panigrahi^{*1} and Dr. N. C. Dash²**¹M.D (RS & BK).²M.D (Ayu.), Ph.D.Article Received on
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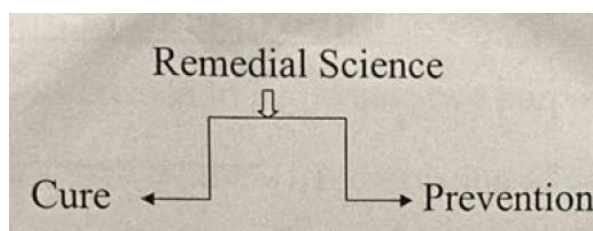
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INTRODUCTION

The present communication will discuss the literary profile of Rasayan highlighting the benefits and its modern contemplate along with its use. Any remedial science in-corporates two aims.



But Ayurved is a contrast Apart from the above two there is another avenue called Rasayan. Ayurvedic School of medicine probably the first to describe human life and how to protect it from disease and ageing.

To keep Health intact, ample advices and good conducts are prescribed. An unhealthy state as well as disease condition are considered a great concern and need necessary management. These two affairs are Swasthavritta and Chikitsa respectively.

Another aspect that nourishes both healthy life as well as the treatment is called Rasayan. It is a combination of drugs, diet and personal routine. It should not be mistaken as a therapy related to old age alone, rather it is for pediatrics to geriatrics.

रसायनं तत्त्रेयं यत् जरा व्याधि विध्वंसी ।

Mode of Rasayan renovates the tissue at cellular level also facilitate adequate conducive atmosphere to accept nutrition. It works at the level of the organ and system. With this preamble shall now concentrate on certain aspects of Rasayan.

Philosophical Background

Ayurveda was created to perpetuate two purposes.

स्वस्थस्य स्वास्थ्यरक्षणम्। (Preservation of good health)

आतुरस्य विकार प्रशमनम्। (Management of disease)

This is facilitated through Dhatu Samya

प्रवृत्तिर्धातु साम्यार्था चिकित्सा इति अभिधीयते ।

Consequence of Dhatu Samya leads to cure because Vata, Pitta, Kapha and Rasa Raktadi dhatu initiate an illness in a dis-equilibrium condition.

Thus important Is "An equilibrium among Dhatus" Is necessary for a accomplishment of good health and get rid from a disease, which is possible by Rasayan alone.

In consideration of Swasthasya Swasthya Rakshanam" swastha vritta is implemented through relevant AHAR, VIHAR, RITUCHARYA, DINACHARYA etc., which requires proper planning for mass acceptance.

Branches of Ayurveda are eight folded.

❖ काय वाल ग्रह उर्ध्वाङ्गः शल्य द्रष्टा जरा वृषेः (अ.सं. सू. १)

Acharya Sushrut extends an appropriate definition on the context of Rasayan.

रसायन तन्त्रं नाम वयः स्थापन आयुर्मेधा बलकर रोगापरणार्थं च ।

Rasayan Stands for What

Rasayan Stands for:

❖ लाभोपायो हि शस्तानां रसादीनां रसायनम्। (च. चि. १/१)

This is attainment of conducive nutritional substances.

- ❖ श्रेष्ठानां रसरैधीरादिनां यो लाभोपायः रसायनमुच्यते। (अ. ह)
- ❖ रसायनं तत्त्रेयं यत् जरा व्याधि विध्वंसी।
- ❖ यत् जरा व्याधि विध्वंसि वयसः स्तम्भकं तथा।
चक्षुस्यं वृहणं वृष्यं भेषजं तत् रसायनम् ॥ (योग रत्नाकर)
- ❖ देहेन्द्रिय दन्तानां दृढीकरणमेव च ।
वलि पलित खालित्य वर्दनेऽपि च या क्रिया ॥
पूर्व वैद्य प्रणितं हि तत् रसायनं उच्यते। (हारित)

To maintain the biological process of aging which is up course a deep thought considered in ancient school of medicine.

What is its need?

Availability of different modalities of treatment and knowledge of Swastia- vritta could not serve the purpose to maintain the human life and its expectancy, for which there was an urge to find out some other means. A disease free long life is the main purpose, which needs an urge to consider for a further source.

- ❖ धर्मार्थ काम मोक्षाणां आरोग्यं मुलमुत्तमम्। (च.सू.१)
न च सर्वशरीराणि व्याधिक्षमत्वे समर्थानि भवन्ति। (च)
- ❖ मानवो येन विधिना स्वस्थस्तिष्ठन्ति सर्वदा।
तमेव कारयेत् वैधौयतः स्वास्थ्यं तदेपसितम् ॥ (भा.प्र)
- ❖ शरीरमाद्यं खलुधर्म साधनम् ।
- ❖ सर्वधर्मान परित्यज्य शरीरमनुपालयेत्।
तद् भावे हि भावानां सर्वाभावः शरीरिणाम् ॥ (च.नि)

The common aspiration of human life is.

- a. To live for a long time.
- b. To retain ones faculties

- c. Preserving ones waning strength
- d. Ability to relax from the burdens of the day. To have a timely and dignified death.

What are the benefits?

❖ दीर्घमायुः स्मृति मेधामारोग्यं तरुणं वयः
 प्रभावपूर्णं स्वरोदा देहेन्द्रियं वले परम्
 वाक्सिहिं प्रणति कान्तिं लभते ना रायनात्।
 लाभोपायो हि शस्तानां रसादीनां रसायनम् (च.चि.१/१/७)
 ❖ न जरां न च दौर्बल्यं नातुर्यं निधनं न च ।
 जग्मुर्वर्षसहस्राणि रसायन पराः पुरा ॥ (च.चि.१ / १/७९)

The benefits of Rasayan pinpoints to acquire a long life having very low incidence of disease. Ayurveda discovered the diseases being the great enemy of human life, which is at danger either due to a physiological process or pathological changes.

Bhava Mishra - a great scholar says:

रोगाः काश्यकराः चलक्षयकराः देहस्यचेष्टाहराः।
 दृष्ट्वा इन्द्रियशक्ति संक्षयकराः सर्वाङ्गपीडाकरा ।
 धर्मार्थं अखिल काम मुक्तिषु महाविघ्ना स्वरूपा वलात् ।
 प्राणनाशु हरन्ति सन्ति यदितेषां कृतः प्राणीनाम् (भा.प्र)

This modern era of computer age is devoid of regular work, cut throat competitions, stress in respective field and a rat race towards material gain has made life miserable to lead an average life in society. By the time he reaches his middle life, he seems to grow old with the onset of age related changes. This leads to an unsatisfied and decreased quality of life prior to the usual time of aging.

In view of a parallel picture available in western medicine let us have a discussion, regarding geriatrics.

Before we proceed further ancient validation of Biological deterioration of different physiological faculties deemed to be considered.

वाल्ग्यं वृद्धिं छविं मेधां त्वग्दृष्टिं शुक्रं विक्रमी ।
बुधिः कर्मेन्द्रियं चेतो जिवितं दशतो हसेत् ॥ (भा. प्र. ४/५)

Application of Rasayan

शुद्धकोष्ठं तु तं ज्ञात्वा रसायनमुपाचरेत् ॥ (च. चि. १)

Rasayan is prescribed followed by purification of the body. For this purpose Snehan, Swedan and Panchakarma treatments can be considered. However this is a procedure and needs an expert Vaidya. Acharya Charak has discovered a procedure to purify the body through oral medications.

It is essential to declare the person fit for rasayan sevan.

* हरीतकीनां चूर्णानि सैन्धवामलके गुडम् ।
वच विरजनों पिप्पली विश्वभेषजम् ॥
पिवेत् उष्णाम्बुना जन्तुः स्नेहस्वेदोपपादितः ।
तेन शुद्धशरीराय कृत संसर्जनाय च ॥
त्रिरात्रं यावत् दद्यात् पञ्चाहं वापिसर्पिषा ।
सप्ताहं वा पुराणस्य यावत् शुद्धेस्तु वर्चसः ।
शुद्धकोष्ठं तु तं ज्ञात्वा रसायनमुपाचरेत् ॥ (च. चि. १ / १)

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स्रोतो विशुद्धि इन्द्रिय संप्रसादो लघुत्वमूर्जोऽग्निरनामयत्वम् ।
प्राप्तिश्च विट् पित्त कफानिलानां सम्यक् विरक्तस्य भवेत् क्रमेण ॥

Period of Rasayan Sevan

PRESCRIBED	NOT PRESCRIBED
मन्द शीतोष्णवर्षत्वात्	अत्यर्थ शीतोष्णवर्षत्वात्
Sarat (Oct-Nov)	Grisma (June-July)
Pravrit (in between Grisma & Varsa)	Varsa (Aug-Sep)
Vasanta (April-May)	Hemanta (Dec-Jan)

An Example of Rasavan

Water, Milk, Honey and Ghee together taken before food enforces long life (V.U.39). Also Haritaki Yoga, Jivaniya Haritaki Yoga, Dhatri Rasayana are some examples under application of Rasayana.

At what age

Age of application of rasayan is Purva and Madhya Ayu considered to be up to 30 and 30-60 respectively.

पूर्व वयसि महे वा मनुष्यस्य रसायनम् ।
प्रयुजीत भिषक प्राशः स्निग्धशुहस्तनो सदा (सू. चि. २७/३)

CONCLUSION

Our contention is how to keep a man fit till a very late age. The present aspect must have impressed everybody regarding ancient thought on the subject. However I appeal the stalwarts of Ayurved to go parallel with the subjects of geriatric for better compliance of Ayurvedic Rasayan and Vajikaran.

Let...

सर्वे भवन्तु सुखीनः सर्वे सन्तु निरामया ।
सर्वे भद्राणी पश्यन्तु मा कश्चित् दुःखमाभवेत् ॥