

Conceptual Study of Rasayana

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Guide

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Introduction:

Ayurveda is essentially philosophy of life. Rasayana Tantra is one of the clinical specialties of Ayurveda. Rasayana therapy is one of the most prominent components of Ayurvedic medicine. The term Rasayana essentially refers to nourishment or nutrition. Rasayana remedies act essentially on nutrition dynamics and rejuvenate the body and psyche. The problems of health due to modernization can be solved by increasing resistance against diseases and psychological improvement by implementing Rasayana Therapy. The answer to prevent premature ageing also lies in Rasayana Therapy. As this important branch of acquaintance is not much in practice, comprehensive efforts are needed to revive this useful discipline of Ayurveda for the welfare of humanity. The article encompasses, general introduction, historical review, exhaustive description of Rasayana Tantra in various ancient texts, biological effects of Rasayana along with an attempt to evaluate the relevance and validity of the same in modern times. As Dhatus are strong there is no more 'Khavaigynya for Sthansamshraya & Vyakti to take place. In other words Rasayana enhances the 'Prohost Resistance' against diseases.

Aims and Objectives:

To explore the classical Ayurveda and allied literature for understanding the fundamental concept of Rasayana Therapy and its benefits.

Review of Literature:

Detail information will be collected from various Ayurvedic Samhitas, journal, Research papers and scientific network (literary research)

References of Rasayana in other Samhitas.

- 1) Charaka Samhita (Chakrapani commentary)
- 2) Astanga Hridayam

- 3) Sushrut Samhita
- 4) Madhav Nidan
- 5) Sharangdhar Samhita
- 6) Bhaishajya Ratnavali etc

Materials & Methods

Ayurveda texts, modern literature and journals pertaining to Rasayana Therapy were analyzed for comprehensive understanding of concept of Rasayana Therapy, its historical review, types, mode of action, benefits and uses.

Definition of Rasayana

One can find many different definitions of Rasayana in different texts but they all indicate same connotation. Thus Rasayana is a therapy which bestows excellent Rasa, which maintains youth prevents premature ageing, delays normal ageing process, makes the person free from diseases and thus enhances life span, intellect and strength are fare

Aims of Rasayana

There are two fold aims of Rasayana therapy:

- 1) Jara Nashana or Vayasthapana
- 2) Vyadhi Nashana

Observation

When Rasayana drugs of different Rasas are taken, they are digested by Jathragni followed by Bhutagni. During this phase normal Vata, Pitta and Kapha are produced along with pure Saara part i.e. Ahaara Rasa. Rasa produces pure Rasa Dhatu, which then continues the chain of production of other Raktadi Dhatus with the help of respective Dhatwagni upto Ojas formation. Thus Rasayana therapy works at the level of Rasa (nutrition), Agni (Digestion & metabolism), Strotamsi (microcirculation) enabling the organism to procure the best qualities of different Dhatus.

Prabhava of Rasayana drugs results in achievement of certain divine effects.

Discussion

Rasayana therapy is very important for us to keep fit and healthy. Without this, we will not be able to live health. The various type of rasayana therapy are also useful to specific diseases and ailment as well as general use.

Conclusion

Rasayana is one of the eight clinical specialties of Ayurveda a well developed science. Rasayana Chikitsa is beneficial to increase the excellent quality of Dhatu. Rasayana therapy essentially refers to the process of tissue nourishment & rejuvenation. Rasayana has also the property to cure the diseases. Prabhava of Rasayan Drugs results in achievement of certain divine effects as well. Various types of Rasayana therapy have been

described in texts on the basis of contents, usage and scope. Therefore, it is necessary that it should be started as early as possible so as to obtain h Rasadi Dhatus of paramount excellence, thus enabling the person to enjoy the full span of life along with a symptom less old age.

References:

- 1) Shushruta Smhita, Ambika data Shastri, Chaukhamba Publication, Varanasi.
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- 3) Yadav Trivikramji Acharya editor, Chakrapani, Charaka samhita of agnivesha with Ayurveda Dipika commentary, Sutra sthan, Varansi. Chaukhamba Surbharati Prakashan, 2005
- 4) Sharangadhara samhita by Sharagdhara translated by Prof K.R. Srikantha Murthy, Prathaama khanda, Chaukhambha orien-talia Varanasi six edition 2006

