

# Rasayana Therapy: A Part Of Daily Regimen For Healthy Living

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**Abstract:** Ayurveda is perceived as one of the most ancient and well documented system of medicine. Its holistic approach whether for healthy individual or for diseased ones remains unparalleled. The main aim of Ayurveda is prevention of disease and promotion of health for which there are many herbs for daily use. As per Ayurveda the tissues of the body undergo a continuous process, process of decay created by the interaction of Agni (enzymes). If the process is allowed to continue, uninterrupted, the aging comes in early. In young age decay is slow and much less but in old age, normally the destructive activities are enhanced leading to disease and ultimately death. If this decay of cells is somehow slowed down the person leads a better quality of life, free from diseases. To achieve this, individual should adapt to a good quality of diet and regime along with which certain drugs can be taken which will further decrease the decay and enhance the quality of Saptas dhatu (tissues). This can be achieved by including Rasayana as a part daily regimen. Rasayana therapy can be administered to individual either through selected diet, drugs or regime. Apart from healthy individuals, even patients who are suffering from disease can be benefited from this therapy. Here an attempt has been made to throw some light on the role of Rasayana therapy in daily life for healthy living.

**Keywords:** Daily Regimen, Healthy life, Nourishment, Rejuvenation.

## 1. Introduction

Drugs, diet and regimens which promote longevity by preventing ageing and disease, are called Rasayana. The term Rasayana is made from two words 'Ras+ Ayana'. The term 'rasa' has different connotations. It may mean the sap or juice, best and finest, or prime part of anything, essence, marrow, nectar, a constant fluid or essential juice of the body, serum, especially the primary juice called chyle, mercury, minerals and metals, taste or flavor, the feeling or sensation and the deposition of heart and the mind etc. In Ayurvedic aspect, rasa is the body fluid which is responsible for the nourishment of the entire physique. Impairment of the circulation of this body-fluid results in diseases and decay. This body fluid of good quantity should not only be present in adequate quantity, but also it should be able to permeate throughout the various cells of the body to provide the type of nourishment they need. The means by which one gets the excellence of rasa is known as Rasayana. As per Acharya Charak, those medicines which invigorate a healthy person are mostly Rasayana. It helps in regeneration, revival and revitalization of all body tissue. [1] Other than medicinal Rasayana there is one more Rasayana which is Achar Rasayana (behavioral medicine).

## 2. Effect of Rasayana Therapy

A person undergoing Rasayana therapy attains longevity, memory, intellect, freedom from diseases, youth, excellence of lusture, complexion, and voice, excellent potentiality of the body and the sense-organs, vak siddhi (i.e. what he says comes true), respect and brilliance.[2] Following are the

probable mediums by which Rasayana effects at the level of dhatu (tissue): [3]

- At the level of poshak rasa (nutrition)
- At the level of agni (digestion and metabolism)
- At the level of srotasa (microcirculation)

**Rasavardhak Rasayana-** Shatavri, Kharjur, Dugha, Ghrita etc. provides nutrition to the tissues. These after digestion and absorption mixes with rasa dhatu and helps in process of nutrition.

**Agnivardhak Rasayana-** Pippali etc various Rasayana which works at the level of agni are helpful in increasing jathragni and dhatvagni and helps in proper digestion and metabolism which helps in formation of good quality of tissues.

**Srotoshodhak Rasayana-** like Guggulu few Rasayana which works for srotoshodhan (cleaning the channels in body) and helps in proper microcirculation leading to production of good quality of tissues.

## 3. Types of Rasayana Therapy [4]

### 3.1 As per mode of administration of Rasayana

- Kutipraveshik Rasayana
- Vatatapika Rasayana
- Droni praveshika Rasayana

### 3.2 As per the purpose of administration

- Kama (promotor of normal health) Rasayana – prana(longevity) kama, Medha(intellect) kama, Sri kama (complexion and lusture) Rasayana
- Naimittika (promotor of specific vitality in specific disease) Rasayana
- Ajasrika (dietary) Rasayana

### 3.3 As per the mode of action

- Samshodhan Rasayana
- Samshamana Rasayana

### 3.4 Achara Rasayana (Conduct Rasayan)

- Ahara(dietary) Rasayana
- Achara(behavioural) Rasayana
- Dravya (drug based) Rasayana

### 3.5 As per age

Table 1: As per age

Age group	Desired effects	Rasayana Drugs
1-10	Balya	Vacha, Kasmari, Suvarna
11-20	Vridhhi	Kasmari, Ashwagandha, Bala
21-30	Chavi	Lauha, Amalaki
31-40	Medha	Sankhpushpi, Brahmi, Jyotishmati
41-50	Twaka	Jyotishmati, priyala, Somraji, Bhringraja
51-60	Drsti	Jyotishmati, Triphala, Lauha, shatavari, Amalaki
61-70	Sukra	Atmagupta, vajikarna drugs
71-80	Vikrama	Drugs may not be effective
81-90	Buddhi	Drugs may not be effective
91-100	Karmendriya	Drugs may not be effective

### 3.6 As per Ritu

Table 2: As per Ritu

Ritu/Kala	Rasayana Drugs
Adana kala (February- July)	Sita virya and Laghu Guna Dravya (amalaka)
Visrga kala (August- January)	Ushna virya and Guru Guna Dravya (bhallataka)

### 3.7 As per Deha Prakriti

Vata – Bala, Nagbala, Ghrita

Pitta – Amalaki, Shatawri

Kapha- Bhallataka, Rasna, Guggulu, Pipalli

## 4. Biological effects of Rasayana Drugs

- Anabolic Effects
- Anti-Stress and Apoptogenic Effects
- Immuno-Modulatory Effects
- Nootropic Effects
- Anti-Oxidant Effect
- Anti-Aging Effects

## 5. Conclusion

Rasayana works at level of tissues penetrating each and every cell after mixing with rasa dhatu (plasma) and improves the quality of tissues. It helps in increasing physical as well as mental strength. In present era where we are surrounded by various air pollutants and we breathe toxic air, and the type and quality of food we eat; regular intake of Rasayana helps us protect and prevent us from its toxic effects. Similarly, due to immuno-modulatory effect it is very helpful in children and prevent them from various infection and regular intake of Rasayana for long term shows anti-oxidant effect and anti-ageing effects. Few specific Rasayana (medhya rasayana) have seen to show amazing nootropic effects and anti-stress effects. Following Achara Rasayana (behavioral medicine) also one gets all the effects described above. Therefore, it is very much essential for every individual to have knowledge about the Rasayana and its effects and one should adopt to practice it in daily life for the promotion of health and leading a healthy life.

## References

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## Author Profile



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