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ROLE OF RASAYANA THERAPY IN THE MAINTENANCE OF SWASTHA

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Abstract

In the current busy world, most people find it difficult to live a healthy life because of ignorance of healthy lifestyle and dietary habits. These are responsible for premature aging and lifestyle disorders. Ayurveda play crucial role in managing normal health status through the concept of *Dinacharya*, *Rutucharya*, *Sadvritta* and *Rasayana* therapy. *Rasayana*, being a specialized division of Ayurveda, is concerned with longevity and rejuvenation, etc. *Rasayana* tackles aging and illness while maintaining health in general. Particular *Rasayana* preparations are indicated for various tissues of the body. Some of them boost *Rakta Dhatu*, nourish *Mamsa Dhatu* and provide strength. *Rasayana* increases immunity, maintaining endocrine as well as exocrine functions. *Achara Rasayana* is behavioral based therapy which boosts mental and moral health while *Ajasrika Rasayana* involves utilization of rejuvenator agents such as milk and *ghee*. This article explain role of *Rasayana* therapy in the maintenance of *Swastha* and treatment of diseases.

Key-Words: *Ayurveda, Swastha, Rasayana, Achara Rasayana, Immunity*

Introduction

Rasayana is a system of therapeutic practices for improving the quality of body tissues and balancing synchronization of *Dosha*. *Rasayana* therapies induce vigor, longevity, intelligence and prevent premature aging. *Rasayana* can be divided into two types based on their utilization as mentioned in **Figure 1**.

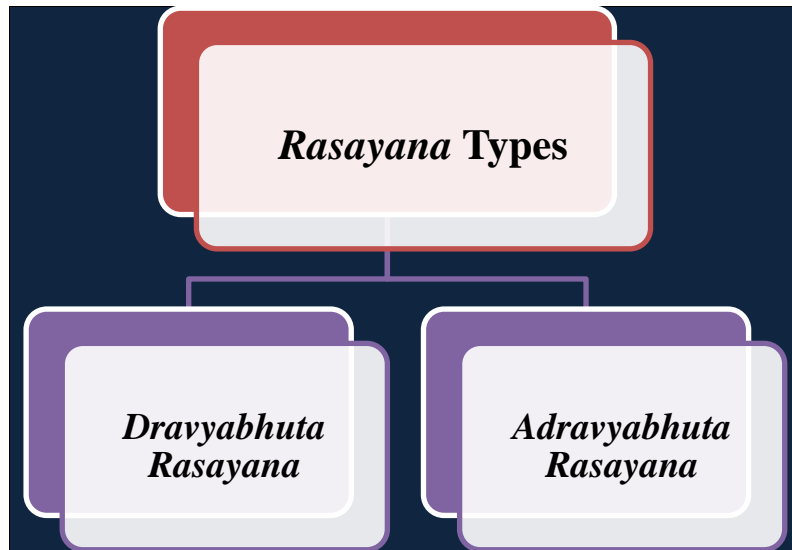


Figure 1: *Rasayana* Categories based on their Utilization

As mentioned above *Dravyabhuta Rasayana* is substance based therapy and *Adravyabhuta Rasayana* is behavioral based therapy of *Acharya Rasayana*. According to administration, it is classified as *Kutipravesika Rasayana* and *Vatatapika Rasayana*. Functional categories include *Kamyas Rasayana*, *Naimittika Rasayana* and *Ajasrika Rasayana* [1-4].

Role of Different **Rasayana** in the Maintenance of Swastha:

Vatatapika Rasayana can be administered while being subjected to natural factors such as sun and air. *Naimittika Rasayana* is utilized to treat individual diseases and eradicate their causes. These *Rasayanas* are effective in disease management and prevent their recurrences. *Acharya Sharangadhara* speaks of some *Rasayana* treatments for individual *Dhatu*; *Kharjura* and *Draksha* are to be used for boosting *Rasa Dhatu*. *Bhringaraja*, *Lauha* and *Amalaki* are considered helpful in *Rakta Dhatu*. *Ashwagandha* and *Bala* support *Mamsa Dhatu*, *Shilajatu*, *Haritaki* and *Guggulu* support *Meda Dhatu*. *Asthi Dhatu* is reinforced by *Shukti*, *Shankha* and *Laksha* while *Majja Dhatu* is strengthened by *Vasa*. *Shatavari* and *Musli* are considered good for *Shukra Dhatu* [4-6].

Ajasrika Rasayana emphasizes the overall health and quality of life *via* a balanced way of living, diet, and exercise. They also impart anti-aging property by virtue of their *Vayasthapana* effects. *Ajasrika Rasayana* addresses everyday dietary and lifestyle habits that maintain health and forestall premature aging. Proper food materials are suggested according to one's *Prakriti*. In *Vata Prakriti*, *Ghrita* is advisable, whereas in *Pitta Prakriti*, *Ksheera* is to be taken. In *Kapha Prakriti*, *Madhu* is to be taken. In *Sannipataja Prakriti*, *Sheeta Jala* is suitable, whereas in *Samsrushta Prakriti*, a combination of *Ksheera* and *Ghrita* is advisable.

Achara Rasayana includes moral and behavior conduct to improve ethical, moral and mental well being. An individual practicing tolerance, truth, non-violence, compassion, self-restraint and religious discipline is said to be reaping the benefits of *Rasayana* treatment in all aspect. *Achara Rasayana* is a non-material type of *Rasayana* that deals with ethical behavior and mental training, such as self-restraint, service to the elderly, truthfulness and spiritual practices, etc. It contributes significantly to mental health, anxiety, psychosomatic illnesses and decreasing stress by controlling neurotransmitters such as serotonin and norepinephrine.

***Kamya Rasayana* gives rejuvenation effect and improves vigor**

Kamya Rasayana is consumed to meet certain wishes and enhance overall vitality. *Shree Kamya Rasayana* improves beauty and glow, whereas *Prana Kamya Rasayana* aids longevity.

***Medhya Kamya* strengthens memory and intellectual functions**

Rasayana includes *Mandukaparni Swarasa*, *Yashtimadhu Churna*, *Guduchi Swarasa* and *Shankhapushpi Kalka*. *Ashtanga Sangraha* also adds *Brahmi* as a *Medhya Rasayana* [5-7].

Mode of Action of *Rasayana* Therapy for Attaining *Swastha*:

Rasayana therapy functions on three basic levels to gain its therapeutic benefits; they give *Poshaka* effect, boost *Agni* and improve functioning of *Srotas*. All these levels are important to maintain *Dhatu Poshana*, *Vyadhikshamatva* and *Ayu Vriddhi*. *Rasayana* herbs enrich the *Rasa Dhatu* directly, making nutrients more readily available to all body tissues. The direct nourishment results in increased vigor, cell rejuvenation and vitality.

Rasayana enhances *Agni*, thereby effectively break down, absorb and assimilates nutrients. This eventually results in better tissue repair and regeneration. *Pippali*, *Haritaki* and *Chitraka*

are some herbs which have been found to improve digestive and metabolic processes and increase the bioavailability of nutrients.

Rasayana open and stimulate the microcirculatory channels of the body (*Srotas*). It facilitates easy transportation of nutrients to tissues while assisting in toxin elimination. *Rasna* and *Guggulu* are herbs that are said to influence *Srotas* by enhancing circulation and cell oxygenation, which are essential for tissue repair and detox.

Through these three levels of activity, *Rasayana* treatments maximize nutrient assimilation, gut function, and circulatory well-being, thereby leading to improved vitality, resistance and long life. It is these actions that make *Rasayana* not only a rejuvenation therapy but also a fundamental approach to prevention of disease and maintenance of overall health. The specific role of some *Rasayana* herbs is depicted in **Table 1** [6-8].

Table 1: Therapeutic Role of Some *Rasayana*

<i>Rasayana</i>	Indications & Benefits
<i>Amalaki & Haritaki</i>	Beneficial in <i>Kustha, Udarroga, Hridayaroga, Pandu</i> and <i>Prameha</i> .
<i>Brahma Rasayana</i>	Enhances longevity and overall well-being.
<i>Chyavanprash</i>	Helps in <i>Kasa, Svasa, Jaranashaka, Hridayaroga</i> and <i>Mutravikara</i> .
<i>Pippali Rasayana</i>	Effective in <i>Kasa, Svasa, Hikka, Gulma</i> and <i>Pandu</i> .
<i>Triphala Rasayana</i>	Promotes longevity and overall health benefits.
<i>Nagabala Rasayana</i>	Improves strength and enhances longevity.
<i>Aindri Rasayana</i>	Useful for <i>Kustha, Gulmaa</i> and <i>Udarroga</i> .
<i>Bhallataka Rasayana</i>	Effective in managing disorders caused by <i>Kapha Dosha</i> aggravation.

Modern Correlation of *Rasayana* Effects: [9, 10]

✚ *Rasayana* mitigates oxidative stress and averts cellular damage.

- ✚ Alters immune function and boosts disease resistance.
- ✚ Stimulates the formation of normal blood cells.
- ✚ Enhances the body's capacity to withstand stress.
- ✚ Delays degenerative processes and enhances longevity.
- ✚ Facilitates tissue regeneration and boosts strength.
- ✚ Enhances digestion, nutrient assimilation and absorption.
- ✚ Maintains brain function, memory, and cognitive well-being.

Rasayana & Nutraceutical:

Both *Rasayana* and nutraceuticals have a common goal of ensuring longevity, preventing health ailments related to aging and improving immunity, etc. As *Rasayana* treatment improves *Ojas*, contemporary nutraceuticals highlight the importance of antioxidants like curcumin, polyphenols and resveratrol in ensuring cell health and countering oxidative stress. Different categories of *Rasayana* treatments in Ayurveda have contemporary counterparts in the nutraceutical domain. *Jivaniya Rasayana*, which increases vitality and general strength, has equivalents in adaptogens such as Ginseng and *Ashwagandha*. *Vayasthapana Rasayana*, which retards aging, has equivalents in compounds such as resveratrol which induce longevity and skin elasticity. For mental well-being, *Medhya Rasayana* that contains herbs such as *Brahmi* is comparable to nootropics such as Omega-3 fatty acids that are known to enhance brain power. *Hridaya Rasayana* that caters to the heart finds its equivalents in polyphenols and garlic extract that are all known for their cardiac protective effects. *Varnya Rasayana*, which promotes skin health and glow, is similar to contemporary nutraceuticals like astaxanthin and biotin, which are responsible for skin hydration, complexion and elasticity, etc [11, 12].

Conclusion

Rasayana treatment, being an advanced and special field of Ayurveda, is extremely helpful in strengthening health, reducing mental tensions and averting illness. The main function of *Rasayana* therapy is to rejuvenate, nourish and balance the functions of the body to the optimal level. This therapy develops strength, cheerfulness and longevity by strengthening *Ojas* and *Bala*. Their potential actions include *Vaya Sthapana*, *Ayushkara*, *Medhakara*, *Balakara* and *Jara Vyadhi Nashana*. For best results, *Rasayana* therapy should be individualized to a person's *Prakriti*, *Vaya*, *Satmya*, *Dhatus*, *Srotas*, *Agni* and *Ojas*. In addition, the person receiving *Rasayana* therapy should also adhere to an appropriate dietary regime

and lifestyle habits in order to gain maximum benefits. Some *Rasayana* promotes longevity with an even way of life, nutritious diet and exercise. It has *Vayasthapana* effect and maintains wellness through the use of suitable food selections according to the *Prakriti* of the individual. Additionally *Achara Rasayana* emphasizes moral and ethical behavior in order to elevate mental and emotional health. Adoption of virtues such as truth, compassion, non-violence, spiritual penance and self-control helps to acquire physical, mental, moral and spiritual well being. Thus *Rasayana* therapy helps to attain all aspects of *Swastha*.

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