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## CLASSIFICATION AND INDICATION OF *RASAYANA THERAPY*:

### AN AYURVEDA REVIEW

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#### Abstract

Ayurveda helps to achieve happy and healthy life through its various approaches. The Ayurveda aimed to maintain health by alleviating disorders and keeps harmony of biological elements. Ayurveda suggested several approaches for health restoration and *Rasayana Chikitsa* is one of them which offer preventive as well curative benefits. Ayurveda philosopher advocated various types of *Rasayana* to achieve health and longevity in life. The applications of *Rasayana* therapy merely depends upon the various factors such as; *Vaya* and *Prakriti* person. Status of *Doshas*, *Agni*, *Dhatu*s, *Strotas* and *Ojas*, etc., also affects selection criteria of *Rasayana* therapy. *Rasayana* therapy promotes rejuvenation, retards ageing, enhances resistance against microorganism, regulates metabolic activities and improves physical as well as mental strength. *Rasayana* therapy also provides longevity, good memory, excellent luster, complexion and youthfulness, etc. Present article summarizes some Ayurveda aspect of *Rasayana* therapy with special reference to their classification and indications.

**Keywords:** *Ayurveda, Rasayana, Rejuvenation, Dhātu, Longevity*

## Introduction

Ayurveda is a systematic science of medicine, evolved anciently and provides happy and healthy life. It helps to remove sufferings and health ailments through its logical theories and practices. Ayurveda prolongs life span, cures diseases and maintains positive health. Ayurveda described various approaches for achieving goal of optimum health and *Rasayana* therapy is one such approach which helps to maintain health and also provides therapeutic benefits in many pathological conditions. *Rasayana Chikitsa* offers preventive and curative approaches, provides rejuvenating effect and imparts longevity. The word *Rasayana* itself meant for composition of two words; *Rasa* and *Ayana* which means utilization of substances and regimen that helps to achieve optimum quality of *Rasa* and other *Dhatus*. The utilization of *Rasayana* therapy helps to live long and healthy life; helps to acquire physical and mental strength, delay process of early ageing and improves sexual strength, etc [1-4].

*Rasayana* is related with *Dhatus* or potency of *Dhatus*, medicinal property of *Parada* and rejuvenation effect. *Rasayana* drugs nourishes microcellular channels of body thus provides nourishment to whole body and improves potency of *Dhatus*. *Rasayana Tantra* aimed to deals ageing process, promoting intellect and strength, curing of disorders and prolongation of healthy life [4-6].

### General benefits of *Rasayana* therapy:

- ✓ It provides voice, complexion and luster.
- ✓ Strengthen body and sense organs.
- ✓ Intelligence and brilliance are also achieved by *Rasayana*.
- ✓ Relieves excessive drowsiness, exertion and exhaustion.
- ✓ Restores *Dosha* balance and natural harmony of biological system.
- ✓ Alleviates laxity of muscles and strengthen physical stamina.
- ✓ Kindles internal digestion and regulates metabolic activities.

### Classification of *Rasayana*:

*Kutipraveshika Rasayana* and *Vatatapika* are two types of *Rasayana* which categorizes on the basis of mode of administration.

***Kutipraveshika Rasayana*** is administrated when person is staying within predefined regimen in a particular room under the expert supervision. *Panchkarma* therapy recommended before the administration of *Kutipraveshika Rasayana*.

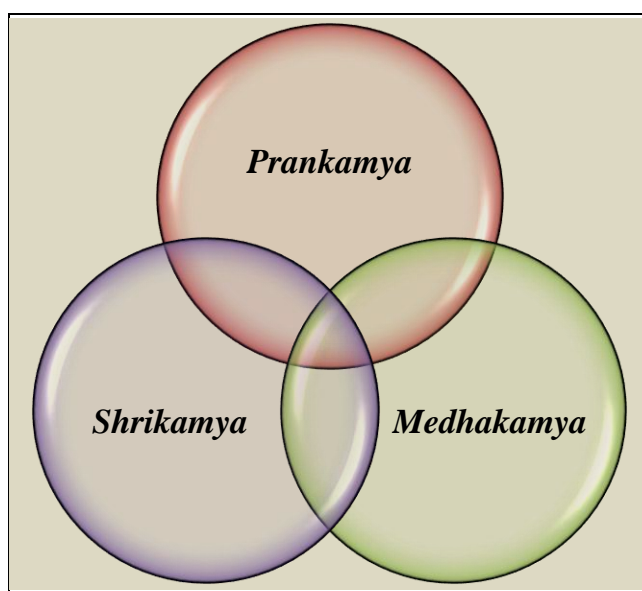
- ❖ ***Vatatapika Rasayana*** administrated without following specific regimen or when person is exposed to external environment. This treatment is considered good when there is no requirement of some specific procedures.

*Samshodhana Rasayana* and *Samshamana Rasayana* are another two varieties of *Rasayana* which categorizes on the basis of mode of action of *Rasayana*.

- ❖ ***Samshodhana Rasayana*** rejuvenates body and helps in the expulsion of accumulated *Doshas*.
- ❖ ***Samshamana Rasayana*** rejuvenates body since these drugs pacify aggravated *Doshas*.

*Kamya Rasayana*, *Naimittika Rasayana* and *Aajasrik Rasayana* are various types of *Rasayana* drugs categorize on the basis of utility.

- ❖ ***Kamya Rasayana*** used to for special purpose for the fulfillment of desire. They are further sub-divided into three categories as depicted in **Figure 1**. *Prankamya*, *Medhakamya* and *Shrikamya* are three categories of *Kamya Rasayana*. *Prankamya Rasayana* used to promotes vitality, *Medhakamya Rasayana* promotes mental strength; intelligence and memory while *Shrikamya Rasayana* helps to promotes complexion and luster [6-9].



**Figure 1: Various types of *Kamya Rasayana***

- ❖ ***Naimittika Rasayana*** helps to treat various types of disorders, *Naimittika Rasayana* meant for specific purpose to combat against the particular types of disease. Some *Naimittika Rasayana* and their indications are as follows:

- ✓ *Rasona, Vacha* and *Gugglu* are recommended in *Vata Vyadhi*
- ✓ *Shilajatu, Haridra* and *Amalaki* are indicated in *Prameha*
- ✓ *Gokshura, Shilajatu* and *Punarnava* are used in urinary disorders

- ❖ ***Aajasrik Rasayana*** resembles dietary substance or food materials for the purpose of nourishment. These *Rasayana* promotes immunity and maintain nutritional supply.

*Dravyabhuta Rasayana* and *Adravyabhuta Rasayana* are another categories of *Rasayana* based on the *Dravya* nature of *Rasayana*.

- ❖ ***Dravyabhuta Rasayana*** includes substances like herbs, minerals and foods. These substances used as *Rasayana* therapy for various health purposes.
- ❖ ***Adravyabhuta Rasayana*** means therapy which does not includes uses of substances, here good behavior, moral conducts, meditation and other disciplinary routine are recommended for therapeutic purpose. This therapy can also be considered as *Achara Rasayana*.

#### **General Indications of *Rasayana* drugs:**

- To promotes longevity of life
- To improve intellectual competence
- To boost up immunity against diseases
- To delaying ageing process
- To preserving youthfulness, improvement in complexion and luster
- To improves strength of *Indriyas* (sense organs)
- To optimizes production and quality of *Rasa Dhatu* and *Shukra Dhatu*
- To prevent and treat diseases of digestive system, respiratory system, reproductive system and skin, etc [9-11].

#### ***Rasayana* for specific *Dhatus*:**

- *Tinospora cordifolia* nourishes *Rakta dhatu*

- *Piper longum* strengthen *Mamsa dhatu*
- *Asparagus racemosus* improves quality of *Meda dhatu*
- *Terminalia chebula* boost strength of *Asthi dhatu*
- *Commifora mukul* helps to potentiate *Majja dhatu*
- *Withania somnifera* considered good for *Shukra dhatu*

## Conclusion

*Rasayana* pertains to a regimen or substances utilized to achieve highest quality of *Dhatu* and to facilitate nourishment at the cellular level. This practice fostering longevity, restore health, maintain freedom from ailments, imparts physical and mental vigor, decelerated aging process and extended life expectancy. The full benefits of *Rasayana* therapy are attained when adhering to the prescribed principles of *Aahara*, *Vihara*, *Pathya*, *Apathya*, *Dinacharya* and *Ritucharya*, etc. *Rasayana* therapy is recommended either during the youthful phase or middle age. The period of *Balyavastha* is avoided for *Rasayana* therapy due to the body's natural growth process, and *Vriddhavastha* might not yield significant benefits if irreversible aging changes have already taken place. *Rasayana* offers therapeutic advantages in many pathological conditions i.e.; *Rasona*, *Vacha* and *Gugglu* are recommended in *Vata Vyadhi*, similarly *Shilajatu*, *Haridra* and *Amalaki* are indicated in *Prameha* while *Gokshura*, *Shilajatu* and *Punarnava* are used in urinary disorders. *Rasayana* therapy gives preventive as well as therapeutic benefits thus helps to mental overall well being of society.

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