

# A Perspective Study of Rasayana and its Classification and Ayurvedic Drugs Present Scenario

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## ABSTRACT

In today's era, human life has been affected by drastic changes in atmosphere, diet and lifestyle, and thus the biggest challenge for humanity is to survive in this changed environment and compete with the pace of life. Further, newly emerging infections and metabolic disorders have posed a challenge to the health care system. Ayurveda is the life science and an ancient system of medicine. The main purpose of it is to maintain the health of healthy individuals and cure the disease of a diseased one. To fulfill both these purposes, Bhashajya is mainly divided into two types. To maintain the health of a healthy person, Swasthasyorjaskara Bhashajya is given, which includes Rasayana and Vajikarana. Chikistha is given to cure the disease of a sick person. Artasya roganuta Bhashajya is given, which includes the other disease and its treatment. A disease produced due to a specific infectious agent or its toxic products, capable of being directly or indirectly spread from man to man, animal to animal or environment to man or animals. Ayurveda has described a larger number of Rasayana, which can provide protection against toxic substances and diseases. They promote physical health, improve the status of the Dhatu (tissue), confer immunity and rejuvenate the system. Concept of Naimittika rasayana is a unique concept in Ayurveda, proved for its beneficial role in the patients suffering from communicable disease in promoting vitality, and ability to withstand the devastating effects of these diseases. This concept brings a new dimension into the health-care, and promotes an integrated approach between different modalities in the field of public health. The paper will discuss about the approach in the management of communicable disease through rasayana therapy with appropriate examples.

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**KEYWORDS:** Rasayana, Classification of Rasayana, Ayurveda drugs, present scenario

## INTRODUCTION

Ayurveda, an ancient science, gives vast descriptions of Adjunct therapy in the name of (Rasayana/ Ghrita/ lehyas). Rasayana or rejuvenation therapy is one of the eight main branches of Ayurveda and is recommended to increase Ojas (life/ essences of saptadhatus) after detoxification programmes.

The <sup>[1]</sup>Rasayana drugs and formulations provide longevity, memory, intellectual power, freedom from diseases, youthful age, excellence of luster, complexion and voice, optimum strength of physique and sense organs, respectability and brilliance. It is good for all the age groups like elderly, pregnant women, children and old ages. Rasayana therapy

prevents the effects of early ageing, develops resistance and immunity in the body to counteract the diseases and also helps in alleviating the prakupita doshas in the body.

Looking at the multifactor approach of Rasayana, it can be said that a deep, unless health parameters, its assessment and its maintenance was the first approach of Ayurveda and thus, treatment in Ayurveda is defined as all such activities in the form of diet, lifestyle or medicines, which target at Dhatu samya, (achieving the status of homeostasis), and not merely treating the disease.

**CLASSIFICATIONS** <sup>[2]</sup>**BASIS OF UTILITY**

- Naimittika Rasayana** (used for particular disease) Ex. Pippali (piper longum) rasayana for rajayakshma.
- Kamya Rasayana** (used to fulfill a desire or to serve a special purpose. It is of four types:
  - Prana kamya- Achieves or maintains the best quality of prana in the body.
  - Medha kamya- Enhance the memory and intellect.
  - Ayush kamya- increase longevity
  - Chaksu kamya- maintains the healthy eyes.
- Ajasrik Rasayana** It is used to maintain good health and improve the quality of life through a healthy life style, diet or exercise in daily routine. eg: milk, Ghee, Honey, adopting the principles of Acharya rasayana.

**BASED ON CONSUMPTION** <sup>[3]</sup>

- kuti praveshika Rasayana (Indoor)- method of consuming Rasayana by entering into an isolated and specially constructed cabin and staying therein until the completion of therapy. (minimum 4 weeks).
- Vatatapika Rasayana (outdoor)- there will be isolation, no special constructions or instructions and restrictions to be followed. The person can lead a normal day-to-day life and yet take the Rasayana.

**BASED ON MODE OF ACTION:** Samshodhana-Dosasya samsodhanadi samshodhanam, Samsamana-samsanadi nagabaladi prayogadikam

**1. ACCORDING SUSHRUTA MAHARSHI** <sup>[4]</sup> has classified into four types (entirely description about the Rasayana)

- Sarvopagatha samaniya
- Medhayuskamiya
- Svabhavavyadhi Pratisedhaniya
- Nivrtta santapiya

In this, sarvopagata samaniya deals with counteract the disease process. Medhayuskamiya is one of by which an individual can increase his intellect and prolong his life. svabhavavyadhi pratishedhiya is one which delays the onset of svabhavika vyadhis like kshut, pipasa, jara, mrutyu etc. and nivrtta santapiya rasayana rebuilds the physical & mental faculties following their disturbance due to disease process.

**2. BASED ON SPECIAL VARIETIES** <sup>[5]</sup>

- Medhya Rasayana (acharya charaka has been mentioned four medhya rasayana) which are

memory power enhancer and cures mental disorders.

- Acharya Rasayana (Acharya charaka has been explained about the sadvritta).

**3. Classification of Rasayana According to age factors**

Age groups in years	Desired effect	Rasayana drugs
1-10	Balya (Childhood)	Swarna Bhasma, Vacha, Kasmiri
11-20	Vridhhi (Growth)	Bala, Shatavari, Ashwagandha
21-30	Chavi (Beauty)	Amalaki
31-40	Medha (Intellect)	Bramhi, Vacha, Suvarna
41-50	Twak (health of skin)	Jyotishmati, priyala, Bhringaraj
51-60	Dristi (vision)	Triphala, Shatavari
61-70	Sukra (Sex)	Atmagupta, Mushali
71-80	Vikrama (Physical)	Bala, Amalaki
81-90	Buddhi (Wisdom)	Bramhi, Shankhapishpi
91-100	Karmendriya (Locomotors activity)	Ashwagandha, Bala

**MATERIALS AND METHODS:**

The related references have been collected from different Ayurvedic texts and its available commentaries, related websites. The collected references have been critically observed, compiled and discussed thoroughly.

**DISCUSSION** <sup>[6&7]</sup> RASAYANA YOGAS ACCORDING TO DIFFERENT AUTHOURS Cold water, milk, honey and ghee each one separately is beneficial.

These in the combination of any three or all consumed before meals withhold aging.

Rasayana drugs for specific dhatu or tissues <sup>[8]</sup> Rasa (plasma): kharjura, draksha, kasmari Raktha (blood): lauha, amalaki, bhringaraj, palandu Mamsa (muscle): Bala, nagabala, Ashwagandha, salaparni Meda (adipose): guggulu, shilajit, amrita, haritaki Asthi (bone): laksha, vamsalochana, sukta, sankha Majja (marrow): lauha, vasa Shukra (reproductive tissue): kapikacchu, Ashwagandha, shatavari. Ayogya for Rasayana sevana <sup>[9]</sup> Anatmavan – mentally weak Alasi – lethargic Pramadi – carelessness Vyasani – addict

Papakari – troublesome nature Beshajaapamani – dishonour for medicine

## WHO CAN BE USE RASAYANA

- Ideally use of Rasayana should be started before onset of old age. But one can start the practice of same at any age.
- For maximum benefit of same bio purification of body should be achieved.
- Selective Rasayana can be used for selective benefit.
- People desirous of achieving of highest physical and mental health should use rasayana

Rasayana specially suited to specific prakriti (constitutions) Deha prakriti (body constitution)

1. vataprakriti: Bala, nagabala, ghrita
2. Pitta prakriti: Amalaki, Shatavari
3. Kapha prakriti: bhallataka, guggulu, pippali, vacha.

Manasaprakriti (mental constitution) Ashwagandha, Sankhapushpi, bramhi, mandukaparni, other medhya dravyas

## MODE OF ACTION OF RASAYANA<sup>[10]</sup>

**ANTIOXIDANT<sup>[11]</sup>** Anti-oxidants can be defined as substance whose presence in relatively low concentrations significantly inhibits the action of free radicals. All the Rasayana drugs are having anti-oxidant property. Identified anti-oxidants are: Vitamin C Tocopherol Retinol Selenium Lycopene In addition Rasayana drugs provides specific tissue nutrient which helps preserve the health of specific tissue like brain, skin, etc.

**Nutriceutical action<sup>[12]</sup>** Rasayana therapy which includes ideal dietetics is supposed to provide best required nourishing fluid o body tissue. It only requires excellent power of digestion & patency of body channels to achieve this objectives.

**Regenerative action:** Rasayan has potential to reverse degenerative processes in cells by their restorative and free radical scangaving properties rasayana like Amalaki, Ashwagandha, Shilajit has this potential.

**Immunomodulatory action:** Rasayana have immunomodulatory potential. Studies have shown that use of rasayana modulates immune phenomenon which help in having appropriate immunological response to a situation. This helps not only in providing adequate immune response what also avoids autoimmunity

**Rasayana as Adaptogenics:** Rasayana help maintains the balance between mind and body this is based on anti- stress practices in a daily life (Acharya rasayana) and use of rasayana like Ashwagandha, Amalaki, Bramhi, etc for maximum benefit.

**NEED OF RASAYANA** Cell death in body is possible due to varied factors leading to physical metabolic and psychological impairments thus setting foundations of various ailments with Rasayana therapy it is possible to prevent or delay this damage.

## THE POSSIBLE MECHANISM OF ACTION

Rasayana promotes nutrition by direct enrichment of the nutritional quality of Rasa by improving agni, i.e, digestion, metabolism and by promoting the patency of Strother's strotas (microcirculatory channel in the body) Their anti-stress action have made them therapeutically more important.

Rasayana exerts their health benefit by influencing Dosha, Dhatu, Agni and Srotas. It is believed that different rasayana act as different levels and as a complex phenomenon that operated through fundamental factors helps to acquire desired biological effect. The Rasayana drugs mainly offer immunomodulator, adaptogenic, antioxidant, rejuvenating and nootropic effects.

## CONCLUSION

The findings of all these studies indicate that Rasayana has a definite role to play in the maintenance and preservation of Health and appropriate use of rasayana can help to bring down the prevalence of many diseases. Ultimately, reducing healthcare burden Time has come when more focus shall be done on preventive aspect of disease. And thus, the present policy of health care system shall deal with awareness among the mass about the Rasayana utility. Quality of life is important for individual and thus research in Ayurveda shall also focus on identified key areas of application of rasayana and sufficient evidence shall be generated with guidelines so that Rasayana therapy can be improved in the national health policy and Ayurveda can contribute for the betterment of humanity. Preventing or retarding the onset of diseases has become a more attractive and cost effective strategy in the medical arena Ayurveda Rasayana formulations can do neutraceutical qualities, both as preventive and curative. It's not always possible to find out the active phyto – constituent and the rationality of a particular combination of herbs in terms of modern scientific methods.

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