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An Article on Rasayana Therapy in Ayurveda Confers as Rejuvenation Therapy and Preventive Therapy

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Abstract : *As we know, in this modern era, every human being is living under pressure to survive. This stressful life harms our health, happiness and inner sense of well being. Increased toxicity in society, pollution and uses of excess chemical based products are also a big degenerative factors, which leads the great health problems and they are roots of many fatal diseases. So, in this condition, Rasayana Therapy becomes very necessary to rejuvenate the body system for a better harmony in body, mind and soul. Rasayan Therapy helps in maintaining health, prevention of diseases and also gives power to the body to avoid the recurrence of diseases. Ayurveda has two main objects, first to maintain the health of healthy person and second is to cure the disease of suffering. So, Rasayana Therapy is also known as Rejuvenation therapy which aims to restore the body's vigour and vitality.*

Keywords: *Ayurveda, Toxicity, Rasayana, Rejuvenation.*

INTRODUCTION

Rasayana is a union of two sanskrit word 'Rasa' and 'Ayana'. The literal meaning of Rasa is the essence of something. We intake anything into the body in the form of food or medicine is first resynthesized into Rasa dhatu^[1]. Which is the basic plasma tissue of our body.

Like this, Ayana is the method by which Rasa is tissues for further biochemical metamorphosis.

That is called Rasakriya. The concept of Rasayana is consist of two main principals –

- (a) Conservation of every and
- (b) Transmutation of energy^[2].

In this way, Rasayana therapy improves physical, mental and inner qualities. It prevents aging problems, restores youthfulness, increases body and mind strength and increases immunity of body, controls tention, stresses of life.

AIM AND OBJECTIVES

Rasayan Therapy is the part of Ayurveda which deals with healthy life and logevity of human being^[3], and fights against diseases to maintain health of a diseased person and gives strength to all dhatu^[4]. Rasayan Therapy improves our inner immune power and keeps away the old-age^[5] decline of live. So, Rasayana therapy is very important to retain the youthfulness of body and mind and useful for both healthy as well as diseased people.

MATERIAL & METHODS

To achieve healthy and logevity in life, these are various types of Rasayana therapy described in Ayurveda. As on the basis of Dravya and Adravya –

- (i) Dravyabhuta Rasayana Therapy – Dravya means substances. Therefore, the rasayana therapy where various herbs, minerals foods etc. are used is known as Dravyabhuta Rasayana Therapy.
- (ii) Adravyabhuta Rasayana Therapy – Adravya consequently means that where no substance is used hence when modalities like good behavior meditation etc. are used. This is also known as Achara Rasayan.

On the basis of Scope

- I. **Kamya Rasayana**^[6] – That is desire which is used to serve a special purpose in life. It is of three types –
 - a. PranaKamya – Promote vitality and longevity.
e.g. – Amalki, Haritaki, Guduchi.
 - b. MedhaKamya – Promote intelligence and memory.
e.g. – Brahmi, Vacha, Mandukpurni, Sankhpuspi.
 - c. Srikamya – Promotes completion.
e.g. – Guduchi, Amalaki, Triphala, Ashwagandha.
- II. **Naimittika Rasayana Therapy** – The Rasayana used to promote the health of particular system or tissues of body and to prevent their bad effects.
Examples –
 - Vata Vyadhi – Guggulu, Chyawanprash, Shilajit.
 - Skin Diseases – Guduchi, Khadira, Bhringaraja, Tuvraka.
 - Prameha – Shilajatu, Amalki, Haridra
 - Urinary Disorder – Gokshura, Punarnava, Shilajatu etc.
- III. **Ajasrika Rasayana Therapy** – It is the use of food substance on regular basis for body nourishment.
e.g. Cows Milk, Ghee, Honey.

On the basis of drug, diet and life style

- I. Aushadha Rasayana Therapy – Based on drugs and herbs.
- II. Ahara Rasayana Therapy – Based on diet and nutrition.
- III. Achara Rasayana Therapy – Based on conduct and behavior and lifestyle. By avoiding excess of anything, non-violent and clam behavior, avoid use of alcohol and sexual indulgence, by keeping cool mind, patience, sincerity worshiping God and elders, egoless nature are the examples of Achara Rasayana.

On the basis of Administration

These are two types of Rasayana Therapy – They are

- I. Kutipravesika Rasayana Therapy – Kutipravesika is made up of two words. That is 'Kuti' means "A cottage"^[8] and pravesika means "To enter"^[9]. Hence, in this Therapy, the person is prepared to stay in a specially designed chamber for a certain period. The duration of treatment range from 60 days to 20 days. The person is given Rasayana preparation inside the cottage. Before taking this form of Rasayana Therapy, the person undergoes Pachakarma Therapy^[10].
- II. Vatatapika Rasayana Therapy – It is also consist of two words, 'vata' means 'Air'^[11] and Atapa means 'Heat' or 'Sun'^[12]. So, this is a method of taking Rasayana, where a person remains exposed to air and heat and this Rasayana Therapy can be taken while working and doing normal routine work. This is also called open air therapy or outdoor therapy^[13]. This therapy takes generally 21 days to 60 days.

Materials – Like Herbs / Medicines used for Rasayana Therapy

- Ashwagandha – Cures and corrects nervous disorders.
- Amalki – Stopes ageing process by decreasing the catabolic activity.
- Haritaki – Eliminates waste products and improves digestions.
- Satavari – Promotes lactation in lactating mothers, useful in infertility, libido and women's health.
- Pippali – Useful in respiratory and gives strength to tissues.
- Bala – Gives strength to body tissues.
- Brahmi, Shankpushpi, Vacha – Improves our memory power, gives sharpness and intelligence.
- Guggulu and Punarnava – Promotes waste product digestion in tissue and promotes kidney function.

Some Ayurvedic Medicines like

- Medhya Rasayan – Improves intellectual power and memory power.
- Haritaki Rasayana^[14] – Improves Strength and gives healthy life and longevity.
- Chyawanprash^[15] – Improves Immune System of body and helpful in respiratory system.
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PRECAUTIONS

Some precautions must be taken during Rasayana Therapy. Like, one should avoid anger, violent nature, liquor, sex, mental, stress etc. during the therapy.

Benefits of Rasayana Therapy –

Ayurveda Rasayana Therapy has many benefits and it is very important in many ways are given below –

- It Rejuvenates the body tissues.
- Keep body young and agile.
- Improves immune system.
- Increases Resistances to diseases.
- Increases Physical and Mental Strength.

- Improves Memory Power.
- Preserve Health and Longevity.
- Makes sense organs strong.
- Gives happiness to life.
- Prevents diseases by empowering the immune system.

DISCUSSION

Rasayana Therapy is very important for us to keep fit and healthy. Without this, we will not be able to live healthy. The various types of Rasayana Therapy are also useful for specific diseases and ailments as well as general use. Modern researches are also done and covered various pharmacological screening of most of these rasayana herbs and medicines. The rasayana activity of herbs and medicines can be interpreted with modern aspects like

- Immuno-modulatory action – Which prevents recurrent of infection, eliminates ill cells.
- Adaptogen action – Which maintains the balance between mind and body.
- Anti-aging action – Improves the strength of immune system and promotes growth of cells.

CONCLUSION

Rasayana Therapy is that which rejuvenates the whole body and makes new and disease free body. The important part of this Rasayana Therapy is to impede the aging process and prevents the degenerative process in the body by rejuvenating the body tissue. In this way, we find that the Rasayana Therapy is a kind of Rejuvenation Therapy as well as preventive therapy.

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