



## Review Article

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### REVIEW ON AYURVEDIC REJUVENATION THERAPY AND ITS ROLE IN DISEASE PREVENTION

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#### ABSTRACT

Rasayanas are health-promoting and stimulative agents that, by their empirical personal effects, produce resistance against disease. Rasayana therapy means rejuvenation therapy. Rasayana is explained by Charaka, Sushruta, Vagbhata, Sharangadhara in detail. It is a distinct branch of Ashtanga Ayurveda. Charaka described it as the first chapter in the Chikitsa sthana, which indicates its importance in treatment. The rasayana or rejuvenation therapy aims at optimizing the functioning of enzymes in our tissue cells by revitalizing them. The purpose of Ayurveda is to maintain a healthy person's health and treat a diseased one; the practical application of Rasayana at both levels help in serving the purpose. As we know, in this modern era, life has become very stressful; age is increasing day by day, this stress harms our state of well-being. Increased toxicity in society, pollution, food habits are also significant degenerative factors that affect health. We suffer from some loss; from time-to-time replenishment of these losses needs the use of different stimulative agents for other age groups. Rasayana therapy plays a vital role in precluding untimely wear and tears of body tissue and upgrading of total health content of an individual. Rasayana enhances the phenomenon of nourishment by acting at the level of agni, strotas and ahararasa. According to Charaka, Rasayana is an antidote that enhances half-life youthfulness. It is a rebirth antidote that enhances the calibers of Rasa enriches it with nutrients so one can attain a half-life, robust and pure system to fight against ailments, develop of body and prime.

**Keywords:** Rasayana, Rejuvenation Therapy, Disease prevention.

#### INTRODUCTION

According to Charaka acharya, Rasayana means a therapy that helps obtain the best qualities of tissue elements and helps produce the best qualities of seven Dhatus.<sup>1</sup> According to Sushruta, Rasayana means the measure that deals with the problem of young age, prolongs half-life, develops positive mental health, and revitalises all body tissues.<sup>2</sup>

The Rasayana is a rejuvenator nutritional supplement & possess a potent antioxidant that gives rise to the formation of different free radicals.

Taking Rasayana is helpful to increase the Vyadhikshamatva, i.e. Immunity of the person to keep them away from the diseases also, reverse the disease process & prevent the re-occurrence.<sup>3</sup>

#### Nirukti

Rasayana= Rasa + Ayana

Rasa - The essence of nutrition or the first tissue formed in the chronology of tissue formation (Dhatu Utpatti Krama) from nutritious juice, i.e. Rasadhatu.

Ayana - Channels/passageways or tracts of the body.

Hence, Rasayana means, the medicines beneficial to Rasadi dhatus and their Ayanas.

#### Vyakhya

The medicines which destroy ageing & disease are called Rasayana.<sup>4</sup>

The medicine which enhances the strength/power of a healthy person is called Rasayana.<sup>5</sup>

#### Synonyms

Chikitsa, Vyadhiharam, Pathyam, Saadhanam, Oushadham, Prayaschityam, Prashamanam, Prakriti sthapna, Hitam, Bheshajam.<sup>6</sup>

#### CLASSIFICATION OF RASAYANA

##### According to mode of action

##### Kutipravesika Rasayana

Kuti - Cottage

Pravesik - To enter

In this Rasayana, the therapy individual is kept inside a special Kuti; before that, shodhan kriya (Panchakarma) is done. A person is residing in that Kuti for an extended period receiving various herbs; they strictly follow the prescribed diet and instructions given by the physician.

**Vatatapika Rasayana**

Vata-Air

Atap-Heat or Sun

In this Rasayana, the therapy individual can take Rasayana while working and doing routine work, but before this, shodhan kriya is a must.

**As per scope of use**

**Kamyra Rasayana:** Used to serve a particular purpose.

**Prana Kamyra Rasayana:** Used for achieving or maintaining the best quality of Prana in the body. E.g. Amalaki, Haritaki, Guduchi etc.

**Medha Kamyra Rasayana:** Used for enhancing memory and intellect. E.g. Brahmi, Vacha, Mandukparni etc.

**Shri Kamyra Rasayana:** Used to promote complexion. E.g. Guduchi, Amalaki, Triphala etc.

**Naimittika Rasayana:** Used in a person suffering from any disease, not as a treatment but as adjuvant and specific management.

**Table 1**

Pandu (Anaemia) - Lauha, Mandura.
Netra Roga (Eye disease) - Jyotishmati, Triphala, Shatavari, Yashtimadhu.
Hrida Roga (Heart disease) - Shalparni, Arjuna, Guggulu, Pushkarmula.
Twaka Roga (Skin Disease) - Tuvaraka, Bhallataka, Vidanga, Somaraji, Gandhaka.
Rajyakshma (Tuberculosis) - Rasona, Nagabala, Shilajatu, Pippali.
Vatavyadhi (Neuropathies) - Rasona, Guggulu, Bala, Nagabala.
Amavata (Rheumatoid Arthritis) - Bhallataka, Kupilu, Rasona.
Medo Roga (Lipid Disorder) - Guggulu, Haritaki, Pushkarmula, Vacha.

**Ajastrika Rasayana:** Food is used as a Rasayana for nourishment. E.g. honey, ghee, milk.

**According to mode of action**

**Achara Rasayana:** Based on conduct and behaviour. It changes our behaviour and brings positive changes in our thoughts. It implies moral, ethical, benevolent behaviour, truth, non-violence, personal and public hygiene, devotion, compassion.

Samsodhana Rasayana  
Samsamana Rasayana

**Table 2: According to age**

<b>1-10 Years:</b> Balya, Drug used Vaca, Kashmiri, Suvarna.
<b>11-20 Years:</b> Vriddhi, Drug used Kashmiri, Bala, Ashwagandha.
<b>21-30 Years:</b> Chhavi, Drug used Lauha, Amalaki.
<b>31-40 Years:</b> Medha, Drug used Shankpushpi, Brahmi, Shatavari.
<b>41-50 Years:</b> Twaka, Drug used Jyotishmati, Priyala, Somaraji, Bhringaraja.
<b>51-60 Years:</b> Drushti, Drug used Jyotishmati, Triphala, Lauha, Shatavari, Amalaki.
<b>61-70 Years:</b> Sukra, Drug used Atmagupta, Vajikarana Drugs.
<b>71-80 Years:</b> Vikrama, Drug used Amalaki, Bala.
<b>81-90 Years:</b> Buddhi, Drug used Brahmi.
<b>91-100 Years:</b> Karmendriya, Drug used Bala Rasayana.

**Table 3: According to systems**

<b>Ashwagandha</b> - Cures and corrects Nervous Disorders.
<b>Amalaki</b> - Stops ageing process by decreasing the catabolic activity.
<b>Haritaki</b> - Eliminates waste products and improves digestion.
<b>Shatavari</b> - Promotes lactation in lactating mothers, useful in infertility, libido and
<b>Pippali</b> - Useful in the Respiratory system and gives strength to tissues.
<b>Bala</b> - Gives strength to body tissues.

**Table 4: Rasayana dravya according to strotas**

<b>Pranavaha Strotas</b> - Pippali, Bhallataka, Amalaki, Maricha
<b>Udakavaha Strotas</b> - Panchkola, Kapardika, Hingu, Nagkeshar
<b>Rasavaha Strotas</b> - Kharjura manth, Laja mand, Guduchi
<b>Raktavaha Strotas</b> - Loha bhasma, Go-Ghrita, Goroohana, Kushthaghna
<b>Mamsavaha Strotas</b> - Karaskar, Svarna kumbha
<b>Medovaha Strotas</b> - Guggulu, Shilajatu, Kumbha
<b>Asthivaha Strotas</b> - Aabha
<b>Majjavaha Strotas</b> - Vacha, Markava, Raupya bhasma
<b>Sukravaha Strotas</b> - Cow milk, Vang bhasma
<b>Mutravaha Strotas</b> - Shilajatu, Gokshura, Punarnava
<b>Purishvaha Strotas</b> - Kutaj, Bilwa, Haritaki
<b>Swedavaha Strotas</b> - Vanga bhasma

Likewise, even Ghrita and Milk, when taken in the correct quantity, acts as a Rasayana.

#### Precaution to be taken

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

#### Steps of rasayana procedure

Purva karma is very important before the Rasayana therapy, which gives the following benefits.

Snehana-Cleanses strotas.

Swedana-Improves Agni.

Samshodhana-Maintains doshic equilibrium.

Sam sarjana- Makes way to improve the nutritional quality of Ahara rasa.

Avoidance of negative attitude-Helps to attain confidence and stability of mind.

#### Benefits

It Rejuvenates the body tissues.

Keep the body young and agile.

Improves the Immune system.

Increases Resistance to disease.

Increase Physical and Mental Strength.

#### Disease Prevention

When the etiological factors contact our body, they try to produce disease, but our body tries to resist the disease simultaneously. The body prevents the development of illness or resists a condition due to **Vyadhikshamatva, i.e. Immunity**.

The ability of the body to protect against all types of foreign bodies like bacteria, viruses, toxic substances, etc., which enter the body.<sup>9</sup>

Categories are Vyadhibalpratibandhitvam and Vyadhiutpadpratibandhakatvam.

Acharya Sushruta said which person had great dhatu bala, oaj, satva and agni have great Vyadhi kshamatva.<sup>10</sup>

Acharya Charaka described Prashasta Purusha Lakshana, which is also lakshanas of uttam Vyadhikshamatva Purusha.<sup>11</sup>

According to Ayurveda, there is a relation between Sharira Bala and Vyadhikshamatva.

#### Types of Bala<sup>12</sup>

Sahaja Bala: This comes from parents and is inherited.

Kalaja Bala: Depending upon Rutu, Vaya it varies.

Yuktikruta Bala: Depends upon good Ahara -Vihara, Rasayana - Vajikarana draya (drugs).

#### Rejuvenation therapy and disease prevention

**Mode of action:** Rasayana dravya acts mainly at three levels.

**Dhatugat:** Rasayana dravya helps in the formation of uttam Rasa Raktadi dhatu from Ahara Rasa.E.g. Amlaki. Increases Dhatu Bala, which in turn increases Vyadhikshamatva.

**Strotasgat:** Rasayana dravya acts on specific strotas, which is the site of the formation of Dosha dushya(dhatu). e.g. Vardhamana pippali Rasayana-Pranavaha strotas.

**Antahsravagat:** Some Rasayana dravya acts on all dhatus in the body and endocrine glands, which produce antahsrava. E.g. Amalaki.

Rasayana is a specialised type of treatment influencing the fundamental aspect of the body, i.e. Dhatu, Agni, Strotas. Rasayana is those that bring about proper uptake, growth, improvement of essential sapta dhatu, which ultimately increases Oja. Thus, the regeneration of cells and body tissue leads to improved immunity.<sup>13</sup>

Rasayana dravya is digested by Jatharagni, followed by Bhutagni.

Acts on Ahara Rasa derived from Sara kitta vibhajana & help produce pure Rasa dhatu, and the chain of production of pure dhatu continue up to Ojas formation. This well-formed dhatus nourishes the body till they are taken. Some Rasayana dravya acts on the Agni, e.g. Pippali, some act on strotas by improving digestion and metabolism. Rasayana also acts as an antioxidant that can prevent many diseases such as Diabetes mellitus and cancer. E.g. Amla, Ashwagandha. Thus, Rasayana can act as an immunomodulator by improving Immunity and helps in disease prevention.

#### CONCLUSION

So, here we can say that Ayurvedic Rejuvenation Therapy, i.e. Rasayana, has an essential role in disease prevention through immunity enhancement. It is also helpful for longevity and healthy life of people. Nowadays, during the pandemic, it is required to create awareness about this Rasayana therapy.

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