



## Conceptual Study On Rasayana W.S.R To Ayushya

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### **ABSTRACT :**

Rasayana being one of the eight folds of the Ayurveda . The branch of science which builds immunity in its own way . Rasayana refers to nourishment which helps to enhance ayushya . The long and healthy life is always cherished by humans since the ages . The Rasayana therapy measures in itself to attain the long , heathy and youthful life . The solution to the modernized problems one is facing i.e premature ageing is by implementing Rasayana therapy in day to day life.

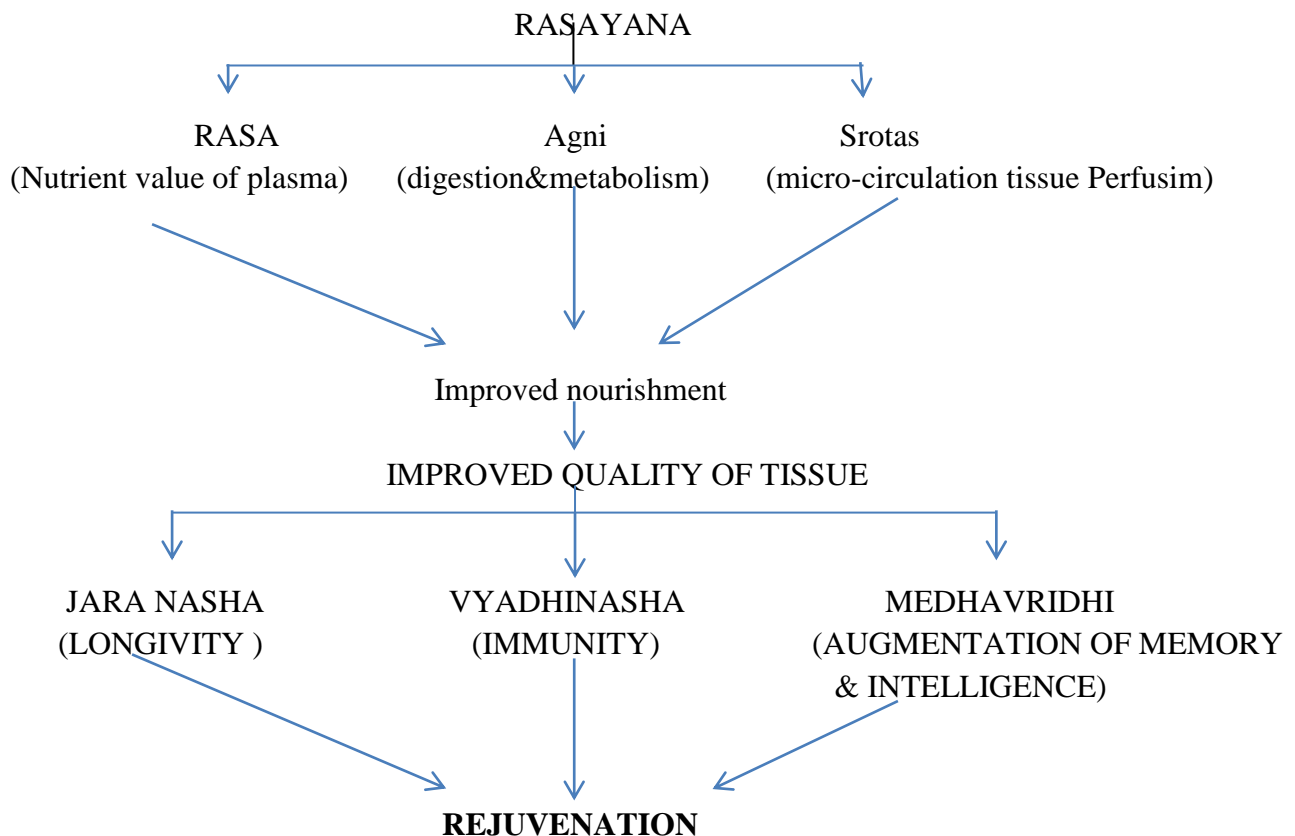
The following article is compiled through the various texts of Ayurveda regarding the healthy quality life and span of life.

### **Key-words:-**

Rasayana Kutipravesika,Vatatapika ,Kamya,Naimittika ,Ajasrika, Ayu, Dhatusamya, Brahmacharya.

### **Introduction :-**

Rasayana is the term that is taken from the ancient vedas which means the science of lengthening the life span. Rasayana is the word taken from the Sanskrit literature which means Rasa “Essence ” Ayana “the source”.It is one of the eight clinical specialities mentioned in ayurvedic classics . Rasayana can be taken as a therapy not as a meditation.It helps to attain longevity, memory, intelligence , health , complexion &voice, optimum development of physique &sense organs by the rasayanas taken.



According to Sushruta ,the defination of healthy life is to

Samadosha samaagnisha samadhatumalakriyah.

Prasannatamaindriya manah swastha ityabhidiyate.. (su.su.1)

Corresponds to the statement of acharaya charaka for the proyojana for Ayurveda:

Prayojanam chasya swasthasya swastha rakhanam auturasya vikar prashamanasha.. (ch.su.30/26)

For which rasayana has its own importance .The life-span determines to the life from birth to death.The quality of life and the life-span is intermediatory perspectives by which the healthy state of mind and body is maintained .Immunity ,physique and psychological health is an important perspectives to achieve the normal life-span. Ayushya the word indicates the meaning to life promotion and the healthy life.

### **Aims and Objectives:-**

1. To make a literary overview of rasayana described in different literatures.
- 2.

### **Material & Methods:-**

To go through various literatures to understand the concept and useability regarding the rasayanas.

### **Administartive procedures:-**

1. Kutipravesika (Indoor methods)
2. Vatatapika (Outdoor methods )

#### **1. Indoor Methods :-**

Indoor method is said to be useful for the person who are free from all kind of diseases have their will power and have sufficient time to spare for the therapy.

#### **2. Outdoor Methods:-**

Outdoor method remaining in wind and sun (open air).

- The indoor method is better than outdoor method in terms of resuts but is quite difficult and trouble some to accomplish.

### **Eligibility Criteria :-**

- Free from physical and mental impurities.
- Strong will power.
- Individual practicing achara rasayana .
- Young or middle age.
- Strong pachaka agni.

Different koshtas for the management of Rasayana:-

- 1.Mridhu –koshtha :-After 3 days of pre-therapeutic procedures.

2.Madhya- koshtha:- After 5 days of pre-therapeutic procedures.

3.Krura-koshtha:- After 7 days of pre-therapeutic procedures.

### Pre-therapeutic:-

Pre-therapeutic measures of mandatory before the administration of any therapeutic or operative procedures. Similarly , for the rasayanas therapy purification is very important to cleanse the obstructed channels which improves the circulation and increases the agni .

Rasayanas treatment of different kinds :

#### A. Classical methods :

1. Kutipravesika- Indoor : A special cottage is built on a auspicious ground , in the neighbourhood of holy people and where all conveniences are available . It has 3 rooms one after another it must be sound proof .
2. Vatatapika – Open air : This method is outdoor method .

B. **Kamyas rasayanas** ( Use oriented ) : Kamyas rasayanas are promoters of normal health . These boost body energy levels , immunity and general health .

1. Medhya kamyas : Promotes intelligence .
2. Prana kamyas : Promotes vitality , longevity .
3. Shri kamyas : Promotes complexion .

C. Rasayanas based on drug , diet and lifestyle .

1. Aushdha rasayanas – Drug based rasayana .
2. Ahara rasayana – Dietary rasayana
3. Achara rasayana – Lifestyle rasayana .

#### D. Naimittika rasayana :

Helps to fight against the specific disease or diseased condition .

#### E. Ajasrika rasayana :

It includes the diet and daily regimens of the dincharaya and ritucharaya .

#### Different Rasayana Formulations :

According to Charak	According to Sushruta	According to Ashtang hridya
1. Brahma rasayana (I) (II)	1. Mandukaparni Swarasa	1.Mandukaparni Swarasa
2. Chawanprash	2.Brahmi swarasa	2. Guduchi swarasa
3. Amla rasayana	3.Divya-Aushadhi swarasa	3. Lashuna swarasa
4. Hritkiya rasayana	4.Vidanga Tandula , Vidari , Yashtimadhu , Shatavari and Nagabala churna	4. Bhringaraja swarasa
5. Shatpaka	5.Vidangavaleha	5. Yashti madhu churana
6. Amlakya Grithma	6.Atmagupta , Godhumakshira	6. Brahma rasayan
7. Shastrapaka Amlaka Gritam	7.Mashakshira	7. Chyavanaprasha

8. Amlakya Avlehya	8.Milk of cow feed on leaves of masha	8. Amalaka rasayana
9. Amlaki Churana	9.Shweta bakuchi , Krishna bakuchi , Vacha , Bilva	9. Abhyamalaka rasayan
10. Vidanga Avlehya	10.Kapikacchu churna	10. Triphala rasayana
11. Nagbala rasayana	11.Vidarimula kalka	11. Atmagupta , Godhuma kshira
12. Bala rasayana	12.Pippalyadi utkarika	12. Pippali kshira
Atibala rasayana		13. Lashuna kshira
(i) Chandan rasayana		14. Ashwagandha kshira
(ii) Agru rasayana		15. Asanasara kshira
(iii) Tanish		16. Atmagupta , Godhuma kshira ,kshirakakoli kshira
(iv) Dhav rasayana		17.Swayamguptadi kshira
(v) Khadir rasayana		18. Chitraka churna
(vi) Shishapa rasayana		19. Gokshura churna , Dhatri , Vidanga , Asansara
(vii) Asan rasayana		20. Vdarikanda , pippali , atmagupta churna
(viii) Amrit rasayana		21. Shankhpushpi kalka
(ix) Abaya rasayana		22. Lashuna kalka
(x) Dhatri rasayana		23. Langalyadi gutika
(xi) Mukta rasayana		24. Bhallataka kshaudira
(xii) Shwet (aprajita) rasayana		25. Tuvaraka taila , Narsingh tail , Bhallataka paka
(xiii) Jivanti rasayana		26. Vrishya shatavari ghrita
(xiv) Atirasa rasayana		27. Narsingh ghrit
(xv) Mandok parni rasayana		
(xvi) Sathira rasayana		
(xvii) Punarnava rasayana		
13. Bhallatak ksheer		
14. Bhallatak sodhra		
15. Amlak brahma rasayana		
16. Kewalamlak rasayana		
17. Loha adhi rasayana		
18. Inder rasayana		
19. (4) Medhya rasayan		
20. Pippali rasayana		
21. Pippali vardaman rasayan		
22. Triphla rasayana		
23. Shilajatu rasayana		

### **EFFECT OF RASAYANA :-**

Considering the ayurvedic concepts of physiology rasayana agent promotes nutrition through one of the following three modes :

-By direct enrichment of the nutritional quality of rasa (nutritional plasma)-Satavari ,milk,ghee etc.

-By promoting nutrition through improving agni (digestion & metabolism)-Bhallataka,pippali etc.

-By promoting the competence of srotas (microcirculatory channels in the body)- Guggulu .

### **BENEFITS OF RASAYANA THERAPY :-**

According to classical ayurvedic texts ,rasayana therapy-

-Arrests ageing

-Rasayana builds natural resistance against infection .

-Rasayana improves metabolic processes ,which results in the best possible bio transformation and produce the best quality bodily tissues and eradicates senility and other diseases of old age.

-It is supposed to nourish blood,lymph, adipose tissue and thus prevent degenerative changes and illness , thus gives freedom from chronic degenerative disorders like arthritis and senile diseases.

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