

SCOPE OF RASAYANA THERAPY IN AYURVEDA THROUGH MODERN VIEW

Nitin Pandey* K. G. C. Dishanayake** S. K. Tiwari***

Introduction:

Every human being wants a long, healthy and happy life. In this purpose of a man; Ayurveda plays an important role. Ayurveda the science of life offers a holistic approach to treat diseases based upon the understanding that no single substance by itself causes disease or, promotes health.

Keeping this in mind; Charak, the great physician described the Rasayana.

This therapy, particularly helps in promotion of health, regenerating the body tissues which are in the state of degeneration, either by aging or, by free radicals mediated cell injury, which is the important cause of cell destruction.

Rasayana is not merely a drug therapy but it is a specialized procedure practiced in the form of Rejuvenative recipes, Rejuvenative drugs, Dietary regimen, Achara Rasayan (health promoting behavior).

Rasayana (Rasa + Ayana)

It refers to nutrition and its transportation to the body tissue at different levels.

It promoted longevity, prevents aging, immunity against diseases, mental competence, increased vitality and lusture of the body.

So, the methods that will prepare tissue (Rasa), as it is the first liquid tissue of the body, to optimum quality and will allow it to flow all over the body so that the entire body gets proper nutrients is called as rasayana.

Types of Rasayana -

(a) According to purpose

1. Kamyā – with some specific purpose
Vayasthapana – for longevity - probably by reducing free radicals mediated cell injury.

Medhaya – for increasing memory and promotes mental competence - due to decrease the level of catecholamine and produce tranquility of mind.

Eg.; Juice of Mandukparni (*Centella asiatica*), Licorice powder with milk (*Glycyrrhiza glabra*), Juice of Guduchi (*Tinospora cordifolia*), Paste of Shankhapushpi with its root and fruit (*Convolvulus pluricaulis*).

2. Naimittika – Used in patients suffering from specific diseases, Eg.-

- * Silajatu (Asphaltum Panjabinum) – for prameha
- * Gugul (*Commiphora mukul*) – for obesity/Sthaulya
- * Loh (Iron preparation) – for Anemia/Pandu
- * Arjuna (*Terminalia arjuana*) – for cardiac diseases/Hrad roga.

3. Ajasrika – taken regularly as a food

Eg.- Milk } Antioxidant property
Bee honey }

(b) According to method of use (as per classical texts)

1. Vatatapita Rasayana – Routine & ambulatory or, outdoor regimen e.g.- Milk
2. Kutipravesika Rasayana – Non-ambulatory or, indoor regimen, e.g.- chaywanprash.

(c) According to contents of Rasayana

1. Ausadha Rasayana (Drug rasayana), eg., Amlaki rasayana.
2. Ajasrika Rasayana (Dietary rasayana), eg., Milk, Honey etc.
3. Achara Rasayana (Conduct rasayana), eg., Do not speak lies.

* Junior Resident-IIInd year (M.D. – Ayur.), Deptt, of Kayachikitsa, IMS, BHU.

** Junior Resident-IIInd year (M.D. – Ayur.), Deptt. of Kayachikitsa, IMS, BHU.

*** Reader & Senior Consultant, Deptt. of Kayachikitsa, IMS, BHU.
Ayurveda Sameekshawa II / III 2007, P. 239 – 241