

**ABSTRACT :**

Living the life healthfully is the prime moto of this era. Invention of moderna medical equipments & medicines give good results in various health problems .But the increased use of pesticides ,chemicals,preservatives,sedentary lifestyle,increased use of antibiotics & immunosuppressive drugs, the quallity of life get affected.Conservation of immunity,physical and psychological is the way to achieve the normal life span.Ayurveda is the science of life ,which has effective solution to overcome the physical as well as psychological health problems.In ayurveda special branch of medicine which gives information about prevention of aging and longevity is *Rasayana*.Also there are special bio purification methods called as *Panchkarma* .In nowdays it's the need to follow these procdurers & take advantages from time tested indian system of medicine.

**key words:** *Rasayana,panchakarma*

**INTRODUCTION:** *Rasayana* therapy is one of the main branch of *Ashthang Ayurveda*. It is immune promotive,anti degenerative and rejuvenative system of Ayurveda. The persons who wants to undergo *rasayana chikitsa* before that *Panchkarma* [shodhana] or bio-purification is important without this the *chikitsa* will not give proper effect.Living body is continuously get toxicated with the different kind of environmental and dietary harmful substances .individuals are not aware of such toxicants, which are not only spoils the body but also disturbs psychological status.

The process of decay is becoming more in comparison to the process of repairing, which welcome the senility before its turn. In ayurvedic science “*vruddhavastha* “starts from 60 -70 years onwards, but in present scenario it starts prior to it.

*Acharyas* present an interesting scheme of loss of different biological factors during lifespan as a function of ageing. During the approximate 100 yrs of



total span of life an individual loses different biological values in different decades every ten years of life in the following sequence, If we consider old age as above 60 yrs., Then *Drushti, shukra, indriya, shakti, manas karma, buddhi, vikram rhas*(decay) takes place in this period ,by giving proper *Rasayan* therapy we can slow this activity.

By seeing above explanation we can try to slow biological activities.

*Rasayan* stands as an answer to solve the problem of healthful longevity including mental development and resistance against disease. It is not the cure ,remedy for *jara* or timely aging and death. Degenerative process can be reversed. Therefore the relevance of *rasayan* therapy comes in the context of premature ageing and death.

Sharangdhara Samhita pratham khanada 4/13, in Deepika commentary author has mentioned that which makes *vardhakya nasha* is called *rasayan*<sup>2</sup>.

*Chakradatta* in *tatava chandrika* commentary mentioned that *rasayan*

prevents *jarotapatti*. Rasa janana property of rasayan helps in jaranasha.

By seeing above all references it is found that rasayanas are used in jara as preventive, curative and health promotive purpose.

Specification of rasayana dravya is done on the basis of results obtained by research scholars.in following tables they are mentioned.<sup>3</sup>

### RASAYAN AS PER THE BODY CONSTITUTION:

Vataj Prakriti	Bala, Nagbala, Ghrita
Pittaj Prakriti	Amalaki, Shatavari
Kaphaja Prakriti	Bhallatak, Pippali, Vacha, Guggulu
Manasik Prakriti	Ashwagandha, Shankhapushpi and bramhi. Garlic for depression.

### AS PER CLIMATE:

Sadharan desha	Simple rasayan drug of modest effect
Jangal desha	Snigdha, ushna, warm and salty rasayan
Anup desha	Ruksha or warm

**AS PER AGE:**These rasayans are for normal life as per the person's age but at persnile onset always the loss of tissue concerned to the particular age occurs even

before that age and as per that even of advanced as may be taken as prepotent aspect before obtaining that particular biological age.

### RASAYAN FOR PROMOTING IMMUNITY AGE WISE:

Childhood	<i>Bala, Atibala</i>
Middle age	<i>Arjun</i>
Adult	<i>Ashwagandha</i>
Old age	<i>Amalaki</i>
All the age group	<i>Tulsi</i>

### RASAYAN ACCORDING TO THE SPECIFIC DHATUS OR TISSUES

<i>Rasa</i>	<i>Kharjura, Draksha, Kashmari</i>
<i>Rakta</i>	<i>Amalaki, Bhringaraja, Pallandu, Loha</i>
<i>Mamsa</i>	<i>Bala, Nagbala, Ashwagandha</i>
<i>Meda</i>	<i>Guggulu, Shilajit, Amrita, Haritaki</i>
<i>Asthi</i>	<i>Laksha, Shukti, Shankhu</i>
<i>Majja</i>	<i>Vasa, Majja, Loha</i>
<i>Shukra</i>	<i>Atmgupta, Shatavari, Mushali</i>

<b>DECade of Life</b>	<b>Qualities Lost</b>	<b>Desired Rasayana</b>
1-10	<i>Balya</i> (childhood)	<i>Vacha, suvarna ,bala,atibala</i>
11-20	<i>Vridhhi</i> (growth)	<i>Ashwagandha,bala</i>
21-30	<i>Prabha</i> (lusture)	<i>Amalaki ,loha</i>
31-40	<i>Medha</i> (intelligence)	<i>Shankhapushpi,jyotishmati</i>
41-50	<i>Twak</i> (complexion)	<i>Bhringraj ,tuvarak</i>

51-60	<i>Akshi</i> (eye sight)	<i>Chakshaya, saptamritloha</i>
61-70	<i>Shukra</i> (semen)	<i>Kapikachu, ashwagandha</i>
71-80	<i>Vikrama</i> (courage)	<i>Amalaki ,bala</i>
81-90	<i>Buddhi</i> (knowledge)	<i>Bramhi</i>
91-100	<i>Karmendriya</i> (motororgans)	<i>Bala</i>

### MODE OF ACTION OF RASAYAN<sup>4</sup>

This is not mentioned in samhitas but we should say that rasayan acts in the three level ,

- 1) *Rasa* (Directly enriches nutrition)
- 2) *Agni* (Improves digestion and metabolism)
- 3) *Srotansi* (Improves microcirculation).

1) ***Rasa*** – Acting all the levels of rasa by directly enriching the nutritional value of the circulatory plasma.

e.g. *Draksha, Ksheera, shatavari*

2) ***Agni*** – Acting at all level of agni that is at the level of digestion and metabolism.

This group of rasayans improves the digestion, absorption and metabolism leading in turn to improve nutritional status.

e.g. *pippali, haritaki, chitraka*

3) ***Srotansi*** – Acting at the level of srotansi that is the microcirculatory channels carrying nutrition to the tissue.

These rasayans clean and activate the microcirculatory channel that is srotoshuddhi leading to improve microcirculation.

e.g. *Guggulu, pippali, rasna*.

By enriching nutritional quality of *pachaka rasa* most of the rasayan drugs are *deepana- pachana* and hence improves *agni* and promotes *dhatu – poshana*.

By promoting competency of srotas leading to better bioavailability of nutrients to tissue improves tissue perfusion.

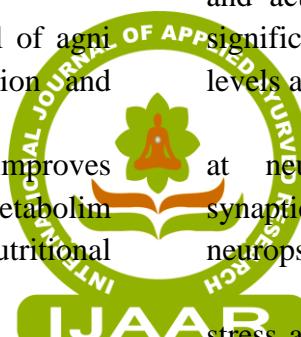
*Naimittika Rasayan* acts by breaking *dosha-dushya sammurchana* along with *dhatu pohana*. It is evident from recent studies that in the aspect of non-specific immunity rasayan drugs increase activation of polymorpho neutrophils (PMn) for phagocytes and enhance their chemo attraction capacity and in aspect of specific immunities proliferation of lymphocytes leading to production and also cytotoxic induction of TL helpers and natural killer (n.k.) cells and activation of complement pathways, significant increase of immunoglobulin levels are noted in patients.

*Medhya rasayan* has shown effect at neurotransmitter and psychotropic synaptic level to modulate mind and neuropsychiatric imbalance.

*Achar rasayan* will reduce the stress and thus prevent the release of free radicals and improves psychoneuro immunity.

### RASAYANA AND MODERN PERSPECTIVES<sup>5</sup>:

Cellular nutrition and its vitality as a whole are highly conducive to the healthiness of the body. Thus providing nutrition to the cells situated away from the place of absorption plays a significant role in the maintenance of healthy production of the optimum rasa dhatu and its absorption depends upon the proper functions of transformation (Agni) regardless of the type of tissue, cells and their organelle. Constantly metabolize large number of molecule. Once the supply does not meet the removal or vice versa



the resultant efficiency or accumulation first establishes the functional pathology which later becomes the structural pathology .Functional pathology, due to the early stage, may be mild and reversible. Whereas structural one due to chronicity may be severe and irreversible .“Ayana” word emphasizes the proper supply as well as matched draining, jointly known as circulation.

### **PANCHKARMA & RASAYAN:**

Acharyas mentioned purification of body before getting rasayana therapy .That means if we try to colour the dirty clothes it will not get properly coloured but for proper colouring of the cloth we have to first clean the cloth and the clothes will get proper colour, same thing happen with our body .for getting good result of rasayana or any type of shaman chikitsa we have to clean our body with the help of shastrokta panchkarma procedure . some procedures of Panchkarma itself acts as rasayan: If we see the benefits of Panchkarma we find similarities in the benefitis of rasayana and Panchkarma therapy

### **IMPORTANCE OF RASAYAN:**

#### **RASAYAN PHALA<sup>6</sup>**

- ❖ *Deerghayu*
- ❖ *Dehendriya balam vruddhi*
- ❖ *Smriti ,memory,intellectual growth*
- ❖ *Pranati*
- ❖ *Arogyaman*
- ❖ *Shareera vrushyatam*
- ❖ *Taruna vaya,kanti*
- ❖ *Prabha, varnaindriya prassannata*

#### **PANCHKARMA PHALA :<sup>7</sup>**

- ❖ Health promotive
- ❖ Balajanan
- ❖ Helps to delay the ageing
- ❖ *Vrushatwam*
- ❖ *Deerghayu*
- ❖ *Mann ,buddhi,Indriya prassannata*
- ❖ *Digestive fire increase*

#### **❖ Disease cure**

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### **Corresponding**

Dr. Ghore Jaya K

M.D Kayachikitsa,Associate Professor  
Panchakarma,D.Y.Patil Ayurved  
college,Nerul,Mumbai.

Email:Jpdevke@gmail.com

### **Author:**

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