Therapeutics utilization of Rasayan chikitsa as per principles of Ayurveda


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Abstract
Rasayan chikitsa is one of the important branch of Ayurveda helps to maintain healthy life style. As per Ayurveda, Rasayana improve immunity and perform many vital functions of human body. Many herbs and dietary material can act as rasayan and work as immune stimulant, antioxidant, adoptogenic and anti-stress agent etc. Rasayanas are also known to have anti-infective properties. Rasayan drugs consists Vitamin C, Vitamin E, Beta carotene, Riboflavin and other important phytoconstituents. This article presents some therapeutic importance of various rasayan with their clinical or traditional evidences.

Keywords: Rasayan chikitsa, Ayurveda, Rejuvenation Therapy, Ayurveda Principle

1. Introduction
Basic principle of ayurveda is to maintenance of health of healthy person and is to cure diseases; Ayurveda has some special treatment options for many classified diseases like; Rasayan chikitsa; Rasayana therapy involve clinical effects like; Vaya Sthapana, Ayushkara, Medhakara, Balakara and Jara Vyadhi Nashana effects. Rasayan therapy performs work like rejuvenation and promotes healthy life by preventing the diseases. The ultimate aim of rasayan therapy is to correct dosha disturbances & improve agni and dhatu function which overall improves strength, immunity, ojus, vitality, longevity, memory, intelligence and excellence of luster. The current scenario of lifestyle is very much responsible for the tridosha imbalance along with dhatu disturbances thus need of rasayana therapy becomes essential to increases the essence of each Dhatu, starting from Rasa [1,2].

2. Types of Rasayana Therapy
1. Naimittika rasayana
2. Ajasrika rasayana
3. Kamya rasayana
2.1 Naimittika rasayana

It is the type of rasayan therapy utilized for specific curative purpose. It hastens the recovery from prevailing diseases. Some examples of this rasayana are Dhatri rasayana, Mandookaparni rasayana, Brahmi rasayana, and Triphala rasayana.

2.2 Ajasrika rasayana

It is used to improve health and maintaining good healthy lifestyle, diet or exercise. It involves utilization of milk, ghee, honey and maintannace of discipline life style.

2.3 Kamya rasayana

It is used to improve function like; kama desire. It also improves prana (life energy), medha kamya; used for enhancing the memory and intellect. eg. Shankhapushpi. Ayush Kamya; used for increasing longevity.

3. Basic Principles of Ayurveda and Role of Rasayana

Ayurveda suggest that body consisted of five elements; ether (space), air, fire, water and earth. These elements also contribute towards the nature like human body. Ayurveda believe that imbalance of these elements leads to many diseases. The combined rational effects of these elements are responsible for Vata Dosha, Pitta Dosha and Kapha Dosha; these three are represents as “Tridosha” of ayurveda which play vital role for diagnostic as well as treatment purpose of many disorders. As per traditional ayurvedic text Rasayana Therapy play important role of treating many diseases by correcting the imbalance of Tridosha. Rasayan improve movement by correcting Vata Dosha, also improve metabolism through balancing of Pitta Dosha and improve growth and protection mechanism by correcting Kapha Dosha.

![Figure 2: Rasayana Control of Principle Functions of Tridosha for Curing Diseases.](image)

4. Some therapeutics importances of Rasayana

A. Vayasthapak Mahakashay (Great Extractives)- Anti Aging Drugs

Mahakashay is an ayurvedic formulation comes under the ctogy of rasayana used as age stabilizer it also cures various diseases and improve aphrodisiac power. This type of formulation contains many herbs like; Guduchi Tinospora cordifolia, Haritiki Terminalia chebula, Amalki Emblica officinale, Shweta Clitoria ternatea, Jeewanti Leptadenia reticulate, Atirasa Asperagus racemosus, Mandookparni Centella asiatica, Punarnava Boerhaavia diffusa, etc [3].

B. Rasayana for Neuro-Protection

A study confirms effect of Ayurvedic Rasayana as neuro-protector in Alzheimer’s disease. Study was based on the fact that Amalaki rasayana, prepared from Indian gooseberry fruits, and Rasa-Sindoor, an organo-metallic Bhasma prepared from mercury and sulphur improves general well-being. Study showed that dietary supplement of either of these formulations substantially suppressed neurodegeneration in Alzheimer’s disease. The suggested mode of action may involve prevention of accumulation of inclusion bodies and heat shock proteins, suppression of apoptosis and improvement of protein clearance in affected cells. Study confirmed the potential of these two Ayurvedic formulations Amalaki rasayana and Rasa-Sindoor in providing a holistic relief from the common neurodegenerative disorders [4].

C. RutuHaritaki Rasayana in Amlapitta

Rasayan Chikitsa involves utilization of various herbs like Amalaki, Bhringaraj, Ashwagandha, Punarnava, Chitraka and Haritaki. RutuHaritaki Rasayana describes the Rasayana effect of Haritaki taken along with different Anupana. Amlapitta, a disease of Annavaha strotas related with the gastric problem. Haritaki alongwith Guda (Jaggery) having curative properties for all types of gastric disorders. It possesses properties like; Dipana, Anulomana and Tridoshashamak which relieves amlapitta. A study conducted by Kamlesh et al proves...
effect of haritaki Rasayana in Amlapitta clinically. Study suggests that gastric problem like heartburn, nausea and vomiting contribute greatly for amlapitta. As per ayurveda the amlapitta vyadhí is caused due to Viruddhhashana and Pittaprapakpa bhojana and pana. The symptoms of Amlapitta involve avipaka, klama, utklesha, amlodgar and aruchi. Ayurveda claim Haritaki as effective treatment option for amlapitta. As per traditional ayurvedic text ‘Haritakayadi shodhan’ stimulates Agni and help to maintain health by correcting imbalance, also improves vitality, strength, immunity, potency and antiageing effects. Haritaki Rasayana also possesses Pittashamaka effect since it’s having properties like; Madhura, Tikta, Kashaya. Thus Haritaki Rasayana supports basic principles of Ayurveda i.e. Lokatulyatvam Siddhanta, Panchabhautika Siddhanta and Shatakriyakal Siddhanta.

**D. Rasayana for Rajonivritti Janya Lakshana (Menopausal Syndrome)**

Rajonivritti (Menopause) condition occurs due to hormonal changes in middle age women. Ayurveda suggests Rasayana Chikitsa is an effective tool for the management of Rajonivritti. Study proves effectiveness of various Rasayana Chikitsa like utilization of Rasayanakalpa Vati for the treatment of Rajonivritti. A study was conducted to proven the clinical efficacy of Rasayanakalpa Vati in Rajonivritti. Rasayanakalpa Vati (Anubhuta) contains dried powdered of many herbs like; Haritaki (Terminalia chebula Retz), Amalaki (Emblica officinalis Gaerth), Guduchi (Tinospora cordifolia Wild), Mandukaparni (Centella asiatica Linn), Jatamansi (Nardostachys jatamansi DC), Suddha Guggulu (Commiphora mukul) and Pravala Bhashma (Corallium rubrum). Study observed significant effect in duration of one month. Study established Rasayanakalpa Vati as a potent therapeutic agent for the treatment of Rajonivritti.

**E. Bhasma as Rasayan**

Bhasma are Herbo-mineral formulations of ayurveda, very important composition of Rasashastra. These formulations take on different valence states and have different crystal structure and physical properties. The advantage of Bhasmas is that this formulation having small size and thus provides better therapeutic effects. Studies have claimed the superiority of Bhasmas over other formulations. Utilization of metals and minerals of aquatic and soil origin in ayurveda is the basis of bhasma these metals and minerals after several process of purification and calcination forms nanosized fine powders as bhasma. Bhasma performed many vital function as rasayan such as stimulant, antioxidant, improves strength, immunity, longevity, memory and intelligence etc. Many traditional ayurvedic text mentioned bhasma as significant formulary of Rasayan Chikitsa.

**5. Conclusion**

Rasayana Chikitsa is a basic therapy for rejuvenation since it attains longevity, memory, intellect, freedom from disease, youth and excellence of luster. This review articles describes significant informations regarding various options of Rasayana Chikitsa as per ayurveda including herbs, combinations of herbs in the form of traditional formulation and bhasma. Rasayana contributes significantly as the treatment component of ayurveda for curing various diseases and maintaining healthy life style.