AYURVEDA PERSPECTIVE OF RASAYANA: GUIDELINE, SPECIFIC FUNCTIONS & DISEASE MANAGEMENT

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ABSTRACT
Kayachikitsa is the first branch of ayurveda which deals with various aspects of medicine. This branch mainly focuses its approaches towards the agni since concept of agni play vital role towards the disease prevalence & management. Rejuvenation is another unique aspect of kayachikitsa which involve use of Rasayan chikitsa to achieve an ideal progeny along with rejuvenation & vajikaran effect. The Rasayana therapy offer longevity, good memory and intelligence, improve immunity, luster, complexion, voice & strength. Rasayana help to destroys disease & combat ageing. Rasayana boost functioning of enzymes thus help to maintain normal physiological functioning. The conceptual principles of Rasayana therapy involve conservation and transmutation of energy. Different rasayana use for different purpose like; bala & ashwagandha rasayana to pacify vata, amalaki & shatavari for pitta dosha while bhallataka, guggul & garlic for pacifying kapha dosha. This article summarizes unique value of Rasayana as approaches of Kayachikitsa.

KEYWORDS: Ayurveda, Rasayana, Kayachikitsa & Longevity.

INTRODUCTION
Kayachikitsa is vital branch of ayurveda mainly deals with the management of general diseases such as; fever, diabetes, hypertension, acidity, diarrhea, liver diseases & asthma etc. This branch deals with various therapeutic approaches such as; shodhana, shamana and rasayana, etc. The Kayachikitsa involve approaches towards the elimination of the root causes of the illness.[1,4]

Rasayana therapy is one of the important approaches of Kayachikitsa (ayurveda) provides nutrition to each tissue, increases jataragni and dhatvagni. It removes the kleda, ama and toxins. Rasayana possess anti oxidant action. It strengthens the srotasas, increases ojas and strength of the body. Rasayana therapy normalizes the doshas & help to maintaining satva mind. Amalaki, Medooka parni, Shatavari, Shilajatu, Lashuna, Vacha, Bhullutaka, Pippali, Haritaki, Bhubitaki and Ashwagandha are some common Rasayana herbs. Rasayana drugs such as; Ashwagandha & Shilajatu reduces stress, Gambhari improve nitrogen balance and promote tissue building. Guggula clears the shrotas and enhances the nutritional supply to all tissues and cells. Amalaki and Bala offer antioxidants properties & scavenge free radicals. Achara Rasayana offer immune modulator effects.[2,6]

Rasayana boost dhatu & offer health benefits; rasayana therapy potentiate rasa dhatu maintain skin rigidity & hair pigmentation, rasayana boost rakta dhatu which contribute towards beauty & maintain elasticity, rasayana empower mamsa dhatu which pacify general weakness while the potentiating of medha dhatu remove numbness & feeling of well being.[3-5]

![Figure 1. Biological role of Rasayana.](image)

Types of Rasayana (According to functions)
1. Kamya Rasayana
   - Pranakamya
     - Promote vitality and longevity i.e.; Amalaki & Haritaki.
Medhakamya
Promote intelligence and memory i.e.; Brahmi, Mandukaparni & Jivanti.

Srikamya
Improve complexion i.e.; Guduchi, Triphala & Ashvagandha.

II. Naimittik Rasayana
These Rasayana promote health & vitality of specific tissue or system.
Masha, Ashwagandha, Bala, Nux vomica & Silver bhasma: Muscular System.
Guggulu, Shilajit, Haritaki, Guduchi & Garlic: Adipose System.
Basil & Nux vomica: Sweat System.
Shatavari & Jeeraka: Lactation System.

Guideline to use rasayana therapies
The rasayana therapies should be planned as per the prakriti and requirement of an individual related to the specific treatment which may be as follows
Vatatapika rasayana may be used routinely for day to day life.
Kutipraveshika rasayana should be under predefined protocol, guidance for certain period of time.
The process of detoxification is required before initiate rasayana therapy indicated in the anchakarma.
Bhasma rasayana should be avoided for pediatric use.
Bhasma rasayana needs special care for patient possessed renal problem.
Anger, liquor consumption, excessive sexual intercourse & stress should be avoided during rasayana therapy.

Rasayana towards the management of disease of Kayachikitsa
Druksha & Shatavari for vitiation of Rasa.
Amalki, Bhringaraj & Suvarnamakshik Bhasma to purify Rakta.
Guggulu, Shilajit, Haritaki & Guduchi for disturbances of Meda.
Kukkutandatwak bhasma & Vamsharochana for empowerment of Asthi.
Kapikacchu, Vidarikanda, Shatavari, Ashwagandha & Gold bhasma for Shukra (empowerment of reproductive organs).
Chyavanprash & Vardhaman pippli for disease of respiratory system.
Long pepper, Bhallataka & Haritaki for disease associated with digestive system.
Amalki, Dhati lauha, Bhringaraj & Suvarnamakshik Bhasma for disease of circulatory system.

Aswagandha, Calamus, Gotukola, Shankhapushpi & Loha bhasma for maintaining functioning of nervous system.
Punarnava, Gokshura Kutaj, Vidanga & Triphala for normal physiological functioning of urinary system & excretory system.
Medhya rasayanas for obesity, hyper cholestremia hypertension, anaemia & diabetics.
Gandhak Rasayan for skin diseases.
Amalaki Rasayana & Agasty rasayanam for Heart Diseases.[4-10]

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