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A Review On The Concept Of *Rasayana*(Rejuvenation)

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ABSTRACT-

Ayurveda is an ancient medical science which is known for its unique fundamental principles. It is a holistic science. It does not merely talks about the treatment of ailments but mulls over the complete health of the individual. For healthy person the *Rasayana* (Rejuvenation) plays important rule to maintain the health. *Rasayana* is the therapy which is applied to promote long life with good health, strong memory, perfect health, youthfulness, bright complexion and color, bold voice and magnanimity, increase of strength of the body and the sense organs, perfection in speech, sexual power and brilliance. ¹ It is also the best way to restore the Rasa and other all Dhatus in excellent condition.²

Keyword- *Rasayana*, Dhatus, Ayurveda, Health



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INTRODUCTION

The term *Rasayana* (Rejuvenation) is composed of two words “*Rasa and Ayana*”.

The word *Rasa* is derived from the word root “*rasa gatau*” with the help of suffix “*ach*” in the sense of *gati* and is so called because of its constant movement and

circulation.³ The word “*ayana*” is derived from “*ina*” Dhatu in the sense of movement and attainment.⁴ So the word *Rasayana* (Rejuvenation) refers to the way or method of attainment of *rasa*.⁵

AIMS AND OBJECTIVES

Rational analysis of *Rasayana* (Rejuvenation) on the basis of different classic texts.

MATERIAL AND METHODS

Review of classical and modern texts of Ayurveda followed by analysis of the concept.

Concept of *Rasayana* (Rejuvenation)

Definition:

Sushruta described that *Rasayana Tantra* (Gerontology) as specialized part of rejuvenate recipes, dietary regimen specific promoting behavior and nature of good health. He also wrote that *Rasayana* (Rejuvenation) deals with *vayosthapana* means delayed aging process, increase longevity, development of positive health both the physical and mental health, and also improvement of immunity power.⁶ The commentator of *Susruta Samhita* *Dalhana* in *Nibandha Samgraha* describes that *Rasayana* (Rejuvenation) is *Vayosthapana* (anti-aging) may be two ways one is by promoting the age up to 100 years or more and secondly by maintaining youthfulness for long period reducing the senile degeneration.⁷ *Chakrapani* explained that the *Rasayana Dravya* (Rejuvenation therapy) has special pharmacokinetic actions through their *Rasa* (perception), *Guna* (quality), *Virya* (potency), *Vipaka*

(post digestive effect) and *Prabhava* (special effect).⁸ *Dalhana* also added that hunger, thirst, old age, death, sleep. A natural tendency and these can be controlled by using *Rasayana*.⁹ *acharya Chakrapani* has added on his commentary on *Charaka samhita* that by using *Rasayana* (Rejuvenation) therapy one can obtain *Smṛti*, (memory) *Buddhi* (intellect), and other mental faculties with all *Rasadi Dhatu*. (body tissues). *Acharya Sharangdhara* has defined *Rasayana* (Rejuvenation) as an agent by which we can get prevention from ageing and diseases. He includes the early ageing as burning problem in the category of aging.¹⁰ *Chakradatta* has explained that *Rasayana* (Rejuvenation) is the process by which can neutralize the *jara-vyadhi*.¹¹ In his book *Tatvacandrika* he interpreted that *Rasayana* (Rejuvenation) increases the body fluid which helps in protection from early ageing and degeneration of old age. According to *Bhavprakash* *Rasayana* (Rejuvenation) is nothing but the measure by which one can prevent himself from

ageing and diseases.¹²

As the same of *Bhavaprakasha*, *Yogaratanakara* also describes *Rasayana* (Rejuvenation) as therapy which suspends old age, increase memory, good complexion etc.

Classification of *Rasayana* (Rejuvenation):

As per method of administration: Acharya *Charaka* and *Vagbhata* has indicated the use of *Rasayana*(Rejuvenation) in two ways:

1. *Kutipravesika* (Three segmented room)
2. *Vatatapika* or *Souryamarutika*.¹³
3. **as per the scope of use:** Acharya *Charaka* and *Vagbhata* have not classified the *Rasayana* (Rejuvenation) according to its action. But *Sushruta* has made a clear description as per the scope of use, *Dalhana* also categories *Rasayana* (Rejuvenation) as mentioned above. Second classification of *Dalhana* is very much explanatory in itself that is *Kamyas Rasayana*, *Naimittika Rasayana*, *Ajasrika Rasayana* ¹⁴

4. **A) *Kamyas Rasayana*:** these type of *Rasayana* used with an intention or desire of having vitality, intellect and physical beauty. It has been further divided into three by *Dalhana*.

1. ***Prana Kamyas*:** promotes vitality and

longevity.

2. ***Medhya Kamyas*:** promotes cognitive functions.
3. ***Shri Kamyas*:** promotes complexion and luster.

Apart from these three, many other types can also be included under *Kamyas Rasayana* , based on subject matter of *Rasayana* in *Sushruta Samhita*.

- a) ***Sarvopaghata shamaniya*:** pacifier of all diseases.
 - b) ***Svabhavika Vyadhi Pratisedhaniya*:** pacifier to natural diseases.
 - c) ***Nivrtta Santapiya*:** alleviator of super natural diseases.
 - d) ***Kshinabaliya and Vrishyakamiya*:** enhancer of strength and potency.
- B) *Naimittika Rasayana*:** useful in treatment of diseases.
- C) *Ajasrika Rasayana*:** includes the diet and regimen eg. Ghritta, milk.

Dalhana has further classified the *Rasayana* into two groups:

Sanshodhana (for purification)

Sanshamana (for pacification of dosha)¹⁵

Rasayana (Rejuvenation):drugs according to Dhatu¹⁶

S. No.	Dhatu	Rasayana Dravya
1.	Rasa(Plasma)	Draksha(<i>Vitis vinifera</i>), Shatavari (<i>Asparagus racemosus</i>), Dates(<i>Phoenix sylvestris</i>)
2.	Rakta(Blood)	Amalaki (<i>Embelica officinalis</i>), Bhringaraj(<i>Eclipta alba</i>), Suvarnamakshik Bhasma
3.	Mansa(Muscles)	Masha, Ashwagandha(<i>Withania somnifera</i>), Bala(<i>Sida-cordifolia</i>), Kupilu (<i>Nux vomica</i>), Rajat bhasma
4.	Meda(Fat)	Guggulu, Shilajit, Haritaki (<i>Terminalia chebula</i>), Guduchi,
5.	Asthi(Bone)	Shukti bhasma, Kukkutandatwak bhasma, Vamsharochana,
6.	Majja (Bone marrow)	Shankhapushpi, Loha bhasma, Swarna bhasma
7.	Sukra(Semen)	Kapikacchu (<i>Mucuna prurita</i>), Vidarikanda (<i>Pueraria tuberosa</i>), Shatavari, (<i>Asparagus racemosus</i>), Ashwagandha (<i>Withania somnifera</i>), Swarna bhasma, Ghee and Cow milk.

Rasāyana drugs according to Deha Prakṛt (body constitution) i:

Vattika	Paittika	Kaphaja
Bala (<i>Sida-cordifolia</i>), Ghritta	Amalaki(<i>Embelica officinalis</i>), Shatavari (<i>Asparagus racemosus</i>)	Bhallataka (<i>Semicarpus anacardium</i>), Guggul, Pippali (<i>Piper longum</i>) and Garlic (<i>Allum sativum</i>)

Rasayana drugs according to Kala

Adana kala(Northern solstice) – Shita virya(cold) – Laghu guna (light) - Amalaki(*Embelica officinalis*),

Visarga kala (Southern Solstice) – ushna virya(hot) – Guru guna(heavy) – bhallattaka (*Semicarpus anacardium*),

Rasayana (Rejuvenation) drugs according to Srotas¹⁷

S.No.	Strotas(Channels)	Drugs according to Srotas
1.	<i>Pranavaha Strotas</i>	<i>Pippali(Piper longum) , Bhallataka, (Semicarpus anacardium), amalaki, (Embelica officinalis), Maricha,(Piper nigrum) Kasturi (Moschus Moschiferous).</i>
2.	<i>Udakavaha Strotas</i>	<i>Sarvajaliya Padartha</i>
3.	<i>Annavaha Strotas</i>	<i>Pancakola, Kapardika (Cypraea moneta), shamkha Bhasma(Incinerated Conch Shell), Hinga,(Asafoetida) Nagakeshara(Mesua ferrea)</i>
4.	<i>Rasavaha Strotas</i>	<i>Kharjura Mantha, Laja Manḍa, Guduchi (tinosporia cordifolia)</i>
5.	<i>Raktavaha Strotas</i>	<i>Loha Bhasma(Calcined iron) , Ghritta, Gorocana(Cow bile) , Kushthaghna Dravya</i>
6.	<i>Mamsavaha Strotas</i>	<i>Karasakara, Suvarṇa Bhasma (Monatomic Gold),</i>
7.	<i>Medavaha Strotas</i>	<i>Guggulu, Shilajatu, Kumbha</i>
8.	<i>Asthivaha Strotas</i>	<i>Abha gugglu</i>
9.	<i>Majjavaha Strotas</i>	<i>Vacha(Acro calamus) , Bhringaraja (eclipta elba), Raupya Bhasma (Calcined Silver Ash)</i>
10.	<i>Shukravaha Strotas</i>	<i>Gugdha, Vanga Bhasma (Tin)</i>
11.	<i>Mutravaha Strotas</i>	<i>Shilajatu(Asphaltum), Punarnava (Boerrhevia diffusa), Gokshura (Tribulus terrestris)</i>
12.	<i>Svedavaha Strotas</i>	<i>Vanga Bhasma(tin)</i>
13.	<i>Purishavaha Strotas</i>	<i>Kutaj(Holarrhena antidysenterica), Vidanga (Embelica ribs), Haritaki(Terminalia chebula)</i>

Rasayana drugs (Rejuvenation): according to age:

Decade of life	Loss of impact	Desirable <i>Rasāyana</i>
1-10	<i>Balya</i>	<i>Vacha (Acorus calamus)</i> , <i>Swarna bhasma</i> ,
11-20	<i>Vridhhi</i>	<i>Kashmari</i> , <i>Bala (Sida cordifolia)</i>
21-30	<i>Chhavi</i>	<i>Amalaki(Embelica officinalis)</i> , <i>Lauha bhasma</i>
31-40	<i>Medha</i>	<i>Shankhapushpi (Convolvulus pluricaulis)</i> ,
41-50	<i>Tvaka</i>	<i>Jyotismati (Celastrus panniculatus)</i>
51-60	<i>Drishti</i>	<i>Jyotismati (Celastrus panniculatus)</i>
61-70	<i>Shukra</i>	<i>Atmagupta (Mucuna prurita)</i> , <i>Ashwagandha (Withania somnifera)</i>
71-80	<i>Vikrama</i>	<i>Amalaki (Embelica officinalis)</i> , <i>Bala (Sida-cordifolia)</i>
81-90	<i>Buddhi</i>	<i>Brahmi (Centella asiatica)</i>
91-100	<i>Karmendriya</i>	<i>Bala(Sida-cardifolia) Rasayana</i>

DISSCUSION**Mode of action of Rasayana Drugs****(Rejuvenation drugs):¹⁸**

Rasayana (Rejuvenation) drugs are used for preservation of positive health. Acharya Shusruta defines a healthy man as one who have equilibrium of *Doshas*, normal functioning of Agni, normal condition of seven Dhatus, besides his soul, all the sense organ and mind should be happy and cheerful.¹⁹ *Rasayana* (Rejuvenation) stands as an answer to solve the problem of healthful longevity including mental development and resistance against disease. *Rasayana* (Rejuvenation) is a specialized branch of Ayurveda emphasized on

improvement of body condition by influencing the fundamental aspect of body i.e. *Dhatu*, (*tissues*) *Agni*, *Strotas* (channels) It is possible that different *Rasayana* (Rejuvenation) drugs may act with predominance effect at different level. These comprehensive effects are brought about with the help of the various pharmacodynamics properties of these drugs. There is no specific pharmacological mode of action of effect of *Rasayana* (Rejuvenation) , but it is a complex phenomenon operating through a comprehensive mechanism involving the

fundamental factors like *Rasa Samvahana* (circulation of Rasa) and *Poshana*(nourishment) , Agni and *Strotas*(channels) . It may ultimately be leading to the achievement of the comprehensive as stated by Acharya Charaka “*Labhopayo hi shastanam rasadinam Rasayanam*”²⁰. It produces the Rasayana effect mentioned in term of *Vayasthapanam* (Longevity Promoting Herb) and *Ayuskara* (adapatogetic) *Medhakara* (nootropic drugs) *Urjaskara* (immune-boosting)so that *Rasayana* (Rejuvenation) drugs acting at the level of Rasa by improving specific nutritional values of *Posaka* (nourisher) Rasa. Probably *Rasayana* drugs (Rejuvenation) are having *Madhur*(sweet) ,*Guru* (heavy) , *Snigdha* ('unctuousness') and *shita* (cold) properties act as *Rasayana* (Rejuvenation) at the level of Rasa by promoting the nutritional values of Rasa which helps in obtaining best qualities of Dhatu for eg. *Shatavari Madhuyashti Bala Ghrita* etc. The *Rasayana* drugs possessing the *usna*(hot) *Laghu* (light) *Ruksha Guna* (rough) and *Katu Tikta Kashaya* (pungent-bitter-astringent) *Rasa* supposed to be acting at the level of Agni. Vitalizing the organic metabolism leading to an improved structural and functional pattern of Dhatus and production of the

Rasayana(Rejuvenation) effect eg. *Pippali* (*piper longum*) , *Guggulu*, *Rasona* (*allium sativum*) *Bhallataka* (*Semicarpus anacardium*) , *Rudanti* (*Cressa cretica*) mainly acts at the level of Agni to improves the digestion and create excellence of seven Dhatu. The *Rasayana* (Rejuvenation) drugs like *Vidanga* (*eclipta elba*), *Citraka* (*Plumbago zeylinca*) and *Haritaki*(*Terminalia chebula*) are experienced to enhance Agni at the level of *Dhatvagni*. *Smilarly Amalaki Amrita Pippali Kumari* are supposed to act at level of *Dhatvagni* also causing excellence of all *Dhatus*.

The *Rasayana* drugs (Rejuvenation) having *Katu Tikta, Kashaya Rasa*, (pungent-bitter-astringent) *Vishada, Laghu, Ruksha* (light-rough) *Guna, ushna Virya* (hot in potency) and *Katu Vipaka* (pungent) may act as *Stroto shodhaka*(channel purifier) and may help in the evaluation of the *Rasayana* (Rejuvenation) effect. The *Rasayana* drugs (Rejuvenation) influence *Oja* are supposed to induce *Bala* (*sida cordifolia*) and *Vyadhikshamatva or immunity*. *Drugs are of Jivaniya Gana, Svarna*(gold) and *Pippali* (*piper longum*) . Similarly *Rasayana* drugs with *Shita* (cold) *Virya* and *Madhur Vipaka* (sweet) are mentioned as *Medhya Rasayana* (Nootropic drugs) in classics.

CONCLUSION

Rasayana (Rejuvenation) drugs have a fundamental effect at the level of *Agni* or digestion and metabolism. *Rasayana* (Rejuvenation) form a comprehensive cure for both mind and body. *Rasayana* (Rejuvenation) establish health and immunity in the body apart from nourishing the tissue and providing

longevity

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