



Review Article “Rasyana – Magical Theraphy of Ayurveda” : a Short Review

Vd.Dnyaneshwar.K.Jadhav¹, Vaidya. Patil Arati S²

1Kaychikitsa department, S.g.r.ayurveda college,solapu,Mob.no- 8451834859Email: dj85015@gmail.

2Kaychikitsa Department S.G.R. Ayurveda Mahavidyal Solapur-413002 Maharashtra, India Cell no - 942077791,Email: aratipatil81@gmail.com

Abstract Rasayana therapy is an important speciality of Ashtang Ayurveda. Through Rasayana is compared with the discipline of geriatrics its applicability is not limited to the problems of ageing and aged people. Rasayana is a much more broad based science dealing with nutritive, preventive and curative aspect from paediatrics to geriatric part of life. Thus this therapy is compressive approach of positive health medicine, based on the doctrines of Ayurveda to saleability and sickness.

Mechanism of action Rasayana can be understood at the level of rasa, Agni and srotasa.it can be analysed in modern medical science by super oxide dismutase (SOD) and free radicles.

keywords: Rasyana, Magicaltheraphy, Ayurveda_

Introduction

Rasayana therapy is an important speciality of Ashtang Ayurveda. Through Rasayana is compared with the discipline of geriatrics its applicability is not limited to the problems of ageing and aged people. Rasayana is a much more broad based science dealing with nutritive, preventive and curative aspect from paediatrics to geriatric part of life. Thus this therapy is compressive approach of positive health medicine, based on the doctrines of Ayurveda to saleability and sickness.

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Definition :

The word Rasyana is made up of two words – ‘Rasa’ and ‘Ayana’ is used to mean differently in different text like-

Rasa dhatu

Mercury

Fresh juice

Object of sense of taste

The word Ayana means knowledge (janana) or gamana or prapti. Therefore, the total meaning of rasa prapti or supply of nutrients material from rasa dhatu to different cells and tissues of the body for their normal growth and development.

Rasayanatantra is one among the Astanga of Ayurveda. Our science system of medical science.in this branch, Rasayana the method of improving intelligence and strength and thereby curing the ailments are being decsribed.it impart the knowledge of preventing the old age and living young for a longer period of lifespan.

Symons of Rasayana(2) :

Rasa, Aayana, sadhan, upaya, urjaskruta.

Type of Rasayana (3):

Types of Rasayana based on type of padhata (administarton), drvaya (medicine), udesha (purpose).

Rasayana can be classified as under –

According to Maharshi charaka :

1. Kutiparveshika.
2. Vatatpika
3. Dronipravveshika.
4. Acahara rasayna

According to dalhana

1. Kamyā :

Pranakamyaha

Medhyakamyaha

Shrikamyaha

2. Naimetik :

3. Ajasrik

According to mode of action :

1. Shodhana.e.g.soma
2. Shaman. E.g. Nagabala.

Achara rarsyana (4) :

Maharshi charaka say that a person who follow the rules of Achara Rasayna, achieve all the quality of Rasyana chikitsa such Mananer ,that he may not even take any Rasayana chikitsa but will achieve all the result of Rasayana chikitsa.

Hence patient with chronic disease will be ask to follow the Aachar Rasayan along with the treatment given and the result will be recorded symptomatically.

In all ear disease grutapana should be done.(5)

Achar Rasayan play important role in treating patient with chronic disease and hence should be practically organised while treating each and every patient.

Vhyadhi –kshamatava : (6)

Vhyadhi –kshamatava and immunity apparently look like as both these condition are related to health and rather than the prevention aspect the main motive of Ayurveda is to maintain the health of an healthy person and bring the diseased person to his normality by treating disease. The modern medicine also now a days give more importance to preventive aspect of the disease. And hence since birth the immunity program for various disease is carried out

Suvarna as Rasayana :

When we think about history of Indian medicine we come across various medicine from plant kingdoms, mineral kingdom and oceanic kingdom origin also. Gold is one of the noble metals which has been attracting human being for its commercial as well as medical value.

Suvarna samala pancha loha sasikata sudha – charak

Nowadays scientist from medicine field searching such metal which not only cure disease but also improves strength, immunity, and keep patient away from disease.

Rasayana guna :

Ushan, Tikshan, Sukhama.

Criteria of acceptance of Rasayana chikitsa (7):

- ☐ Jitendriya
- ☐ Hitayu
- ☐ Sukhayau
- ☐ Sadhana-sampanaa
- ☐ Age limit : 16-70 years.

Criteria of rejection of Rasayana chikitsa :

- ☐ Below 16 years and above 70 years.
- ☐ Anatamavaan
- ☐ Pramadi
- ☐ Bheshajapanani
- ☐ Papi

Classification of rasayana dravya.

1. Aahar dravya :

Druta, dugdha(milk),

2. Visha dravya :

bhallataka (marketing nuts)

3. Dhatu drvaya :

suwarana(gold), loha(iron), raupya(silver).

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Age	Useful Rasayana drvaya
1-10	Suwarna , vacha
11-20	Ashwagandha, bala
21-30	Loha, aamalaki
31-40	Shankhapushpi
41-50	Jyotishamati
51-60	Triphala, shatawari
61-70	Aatmagupta, piplai
71-80	-
81-90	-
91-100	-

Use of Rasayana Drvaya in different stratus

Srotus	Rasayana
Pranavaha	Pipli, bhalataka
Udakvaha	Jaliya padartha
Aanavaha	Shankha-bhsama, panchakol
Rasavaha	Guduchi, kahjurmantha
Raktavaha	Loha-bhsma, manjista
Mansavaha	Suwarna-bhasama
Medovaha	Gugul, shilajatu
Astivaha	Aabha
Majjavaha	Vacha, ropya-bhasma
Shukravaha	Dudh (milk), vanga-bhsama
Mutravaha	Gokshura, shilajatu
Purishavaha	Kutaj , haritaki
Swedavaha	Vanaga-bhsama

Utility of rasyana :

By Rasayana therapy an individual will get longevity of lifespan, memory power, intelligence, health, youth, luster, and complexion, and good voice, stronger sensory and motor organ. Charak says that one will live young for hundred years after Rasayana therapy.

Result :

In this review of article there is overall brief information on Rasayana therapy. This can help clinically for treatment and research also.

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