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# Indian Traditional Rasayana Therapy and its Health Benefits

K.P.Sampath Kumar<sup>1,\*</sup>, Debjit Bhowmik<sup>2</sup>, S.Duraivel<sup>3</sup> and Rajalakshmi A.N<sup>4</sup>

<sup>1</sup>Department of Pharmaceutical Sciences, Coimbatore Government Medical College, Coimbatore

<sup>2</sup>Karpagam University, Coimbatore.

<sup>3</sup>Nimra College of Pharmacy, Nimranagar, Vijayawada.

<sup>4</sup>Mother Theresa Post Graduate and Research Institute of Health Sciences, Puducherry.

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## ABSTRACT

Ayurveda has two main aims one is to maintain health and the second is to cure disease. The branch of rasayana or rejuvenation is one of the eight specialized branches of Ayurveda that primarily deals with the maintenance of health. Rasayana is defined as any herb, food, or activity which confers youthfulness and cures diseases. If taken in a proper way, the rasayana prevents early aging and keeps you young and active both physically and mentally. Rasayana is a special type of treatment containing various methods of rejuvenation. It derives from 'Rasa' and 'Ayana.' The literal meaning of Rasa is the essence of something. Anything ingested into the body in the form of food or medicine is first resynthesized into Rasa Dhatu, the basic plasma tissue. Ayana is the method by which Rasa is carried to all the body tissues for biochemical metamorphosis (Rasakriya). The concept of Rasayana is based on these two principles of conservation and transmutation of energy. Rasayana therapy strives to improve physical, mental and moral Qualities. It prevents old age, restores youthfulness, improves the complexion and the voice, increases physical strength and immunity. It strengthens memory and intelligence, gives happiness to oneself, and a life which is beneficial to others.

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## Introduction

Ayurveda, the oldest health science has eight branches. Rasayana (rejuvenation) is one of them. Rasa has different meanings like juice, taste, essence, flavor or emotion, but is not limited to any of these in itself. In therapeutic process Rasa is concerned with the conservation, transformation, and revitalization of energy. Rasa nourishes our body, boosts immunity and helps to keep the body and mind in best of health. All therapies in Ayurveda aim to provide complete health – physical, mental, and spiritual - so that people can engage in achieving the real goal of life—self-realization. The rasayana therapy makes it easily possible with its remarkable benefits on health, immunity, and longevity. "Rasayana," an Ayurvedic medicine made of rejuvenating herbs has, micro nutrients which improves health, immunity, vigour, vitality, longevity as well as relieves stress. All these benefits of certain Rasayana herbs are now scientifically proved through various experiments as well as clinical studies. With WHO (World Health Organisation) acknowledging the contributions of ethnomedicine in tackling several ailments; physicians too are having a second look at the alternative therapies all over the world.

## Advantages

There are many benefits of taking rasayana which are as follows:

- Increase in life-span.
  - Increase in memory and intelligence.
  - Freedom from diseases [i.e. immunity is increased].
  - Preservation of youth.
  - Excellence of luster, complexion and voice.
  - Optimum strength of the body.
- Increase in body glow.

## Types of rasayana:

Types of rasayana preparations which can be consumed according to the needs./

1. Kamyas Rasayanas : Kamyas rasayanas are promoters of normal health. These boost body energy levels, immunity and general health.
2. Pranakamyas – Promoter of vitality and longevity
3. Medhakamyas – Promoter of intelligence.
4. Srikamya - - Promoter of complexion.
5. Naimittika Rasayana- : Naimittika rasayanas help to fight a
6. specific disease.

## Types of Rasayanas on the basis of place of Therapy

1. Kuti Praveshika Rasayana – Indoor rasayana Therapy .
2. Vatatapika Rasayana – Out door rasayana Therapy.

## Types of Rasayanas On the basis diet and life styles.

1. Aushdha Rasayana – Drug based Rasayana.
2. Ahara Rasayana – Dietary Rasayana.
3. Achara Rasayana – Life style Rasayana.

A detoxified body and mind is like a clean cloth which readily absorbs the color in which it has been dipped unlike a soiled cloth which looks soiled even after coloring with best colors. But when a person is not eligible for samshodhana or is not able to get samshodhana then he can also consume rasayana preparations which still boost the qualities of rasa in his body.

## Preparation For Rasayana Therapy

It is very essential for a person who wishes to undergo rasayana therapy to undergo samshodhana (detoxification) as a preparatory procedure. The samshodhana process detoxifies both body and mind. A detoxified body and mind is like a clean cloth which readily absorbs the color in which it has been dipped unlike a soiled cloth which looks soiled even after coloring with best colors. But when a person is not eligible for

samshodhana or is not able to get samshodhana then he can also consume rasayana preparations which still boost the qualities of rasa in his body.

#### **Effect Of Rasayana Therapy**

Rasayana therapy enriches nutritional quality of Rasa, enhances digestion and metabolism by normalizing agni or body fire, and promoting the competence of channels

#### **Benefits of rasayana :**

The main purpose of Rasayana therapy is to retard the aging process and to delay the degenerative process in the body

➤ It enhances the intelligence, memory, body strength, luster of the skin, and modulation of voice

➤ It nourishes the blood, lymph, muscles, tissues, semen, and thus prevents Chronic degenerative disorders like Arthritis.

➤ Improves metabolic process and quality of body tissues and eradicates diseases of old age

➤ Helps to attain optimal physical strength and sharpness of sense organs.

➤ Rasayana has marked action on reproductive organs and also nourishes shukra dhatu (semen)

➤ Rasayana nourishes the whole body and improves Immune system and hence the natural resistance to infections will be more.

➤ By following Achara Rasayana one can be more Satwik and surge ahead in the spiritual field by his pure daily routines like speaking truth, not getting angry, by having control over his sense organs and calmness .

#### **Natural Foods Which Act As Rasayanas**

##### **Haritaki : (Embelica officinalis)**

It is called as Haritaki because it cures all the diseases. It has been alternatively named as Abhaya with appreciation on its action since it bestows permanent long life to those who use it always. It is also known as Vijaya since it is a conqueror of all the diseases. A fresh, round and heavy fruits of haritaki are always best. It should sink in water and also devoid of any diseases. Such fruits are rich in taste and potency. The fruit should be slit into two or three pieces and seed is removed. Such fruit pieces are cooked with four parts of water till they soften. Then they should be removed and allowed to cool. One part of ghee and one part of honey is added to this and kept aside for three days. It should be consumed later taking care of digestion power. After this rasayana is digested shatika sahli rice with cow's milk is consumed. By using this rasayana one will be free from wrinkles, baldness and premature graying of hair. This gives very good memory power, eye sight and a long healthy life.

##### **Ghee (Clarified butter):**

It is the best known Rasayana which is very good rejuvenator and Longevity promoter. It also improves digestion, has soothing effects on the nervous system, improves the glow of skin, enhances memory power, helps to retain the grasped matters and increases ojus. Ghee has a very good rate of absorption and it is a very good medium for transporting the nutrients of the food to the tissue. So make sure that you use a spoon of to your daily food which is very easily and readily available to one and all. (This is not applicable to people who have high blood cholesterol).

##### **Lemons:**

These are the very rich source of Vitamin C and are known for their unique action like improving the resistance to cold, controlling the bleeding of gums, healing wounds and formation of scar tissue. The lemon acts as purifier and nourishing agent. Squeeze half lime in a glass of lukewarm water and add two tea

spoons of honey to it. This helps to reduce weight when consumed in empty stomach at early hours of day.

##### **Ginger:**

Ginger improves digestion, removes ama (body toxin which causes diseases). Hence it is accepted world wide as medicine. Always use dry ground ginger which is more concentrated in its effects and flavor. Sprinkle little dry ginger powder on a spoon of lemon juice and add little salt. This should be consumed forty-five minutes before meals to have a very good appetite and digestion.

##### **Cumin Seeds:**

Cumin seeds help in digestion, digest and expel ama and balances doshas. To expel body toxins start the day with drinking lukewarm water with powdered cumin and ginger.

##### **Green Gram :**

Green gram is very light to digest and are best for people who have digestion problems. They are among the best legumes for their supreme digestibility and health giving qualities. Those who prefer light food can opt for this food.

##### **Dates and figs:**

These are known excellent source of energy. They also help to build the body tissues and improve the hemoglobin percentage. Hence eat two to three dates or figs a day.

##### **Almonds:**

These are nourishing and life –supporting. Eat five to six Almonds a day to build energy and strength. It is proved that Almonds help in reducing the blood Cholesterol levels.

##### **Lassi**

It is beverage prepared by mixing two part of water and one part of yogurt. It can be made a sweet beverage by adding little sugar or honey and little ground cardamom. For people who do not like sweet taste it can be made as a delicious salt and sour beverage by adding roasted cumin seeds and little salt. It is an excellent nutritive, digestive beverage and can be used during meals or taken as a desert after meal.

#### **Rasayanas In Ayurveda**

##### **Ashwagandha Rasayana**

The key ingredient of Ashwagandha Rasayana is ashwagandha, the Indian ginseng. The herbal medicine has a very soothing and harmonizing effect on the body. When consumed according to the recommended dose, Ashwagandha Rasayana can help the body rejuvenate the reproductive organs and help in revitalizing action on the nerves and the bone marrow. The rasayana can be consumed as a food supplement, if it is recommended by an Ayurvedic practitioner.

##### **Vacha Rasayana**

Prepared by mixing herbs and spices in a base of honey, clarified butter and rice syrup, Vacha Rasayana is a herbal supplement, which provides mental harmony and peace of mind. It is beneficial for enhancing the pranic energy. People suffering from headache will find consuming the rasayana as beneficial. It also reduces anxiety and dizziness. It is believed that spasms, cramps, tremors and even drug addiction can be cured by Vacha Rasayana.

##### **Shilajit Rasayana**

Consumption of Shilajit Rasayana can be beneficial for the pancreas. The herbal supplement improves digestion and ensures better metabolism. It can be consumed to reduce fatigue as well. It ensures good pancreas and spleen health and helps purify blood. People looking for weight loss remedies can find the rasayana effective. The key ingredient of Shilajit Rasayana is shilajit, a 'wonder mineral' obtained from the rocks in the lower Himalayas.

### Brahmi Rasayana

Brahmi Rasayana is an Ayurvedic herbal supplement that concentrates at reducing stress levels, anger, depression, restlessness and impatience. The regular consumption of Brahmi Rasayana (as per the recommended dose) can help one acquire more concentration and intelligence. The rasayana is believed to reduce psychic disturbances. Drug addiction can be controlled by consuming the rasayana, largely. It is also beneficial for increasing Haemoglobin.

### Guduchi Rasayana

It is believed that the consumption of Guduchi Rasayana on a regular basis (as per the recommended dose) can help enhance the body's immune system. In addition to this, the rasayana improves blood circulation and helps the purification of blood. One can stay away from common cold and various kinds of allergies, by consuming Guduchi Rasayana. It is believed that the rasayana can also be used to treat acne. It ensures better metabolism and digestion.

#### Health benefits of rasayana :

- To increase body tissues
- To increase digestive power
- To increase the metabolic process at a tissue level or to improve endocrine gland function
- To remove waste products or to remove excess tissues in the body
- To increase the functional capacity of the brain
- To increase the strength and immunity of the body
- To destroy disease and establish homeostasis of energy, which prevents early aging.

Rasayana with specific purpose:

- For improving longevity
- For improving brain function
- For improving action of the tissues
- For improving action of the channel systems
- For improving action of the senses

#### The rejuvenative programs of ayurveda:

Rhythmic massages that relax each tendon. Medicated baths revitalize every nerve. Diets that restore you to sound health. The rejuvenation programs of Ayurveda are designed to improve your vitality, enhance immunity and increase longevity. Besides, good health goes a long way in bringing out the best in you. Adding a healthy glow to your skin, it will awaken the sleeping beauty within. Adding years to life, and life to your years.

#### Rejuvenation therapy (rasayana chikitsa):

Tones up the skin and rejuvenates & strengthens all the tissues, so as to achieve ideal health and longevity. Increases 'Ojas' (primary vitality) and improves 'Sattva' (mental clarity) and thereby increases the resistance of the body. Includes head and face massage with medicated oils and creams, body massage with herbal oil or powder, by hand, internal rejuvenative medicines and medicated steam bath. Herbal baths are also used.

Body immunisation and longevity treatment(kayakalpa chikitsa):

Prime treatment for retarding the ageing process, arresting the degeneration of body cells and immunisation of the system. Includes intake of Rasayana (special Ayurvedic medicines and diet) and comprehensive body care programs. Most effective for either sex if undertaken before the age of 50.

#### Benefits of Ayurveda Rejuvenation Therapy

Ayurveda Rejuvenation therapy has many benefits. So of the benefits of an ayurvedicrejuvenation and revitalization therapy are listed below:

- Rejuvenation keeps body young and agile
- Preserve health and longevity
- Increase physical and mental capabilities
- Improves skin complexion
- Increase in memory power
- Increase immunity and Resistances to diseases
- Increase the sensing capacity of sense organs

#### Conclusion

Rasayan therapy enriches rasa with nutrients to help one attain longevity, memory, intelligence, health, youthfulness, excellence of luster, complexion and voice, optimum development of physique and sense organs, mastery over phonetics, respectability and brilliance.

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