



RASAYANA FOR PRANAKAMIYA AS PER AYURVEDA

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ABSTRACT

The Scope of Ayurveda is *Swasthasya Swasthya rakshanam* (to maintain the health of the healthy person), *Aturasya vikara prashamanam* (to cure ailments). To maintain the healthy life, One should follow *Dinacharya*, *Rutucharya*, *Swasthya ahara vihara*, *Swasthya Urjaskara Rasayana*. In this modern era, people prone to get many infectious diseases And life long dieases due to *Alpa Vyadhikshmatva*(*less immunity*), and their sedentary and mechanical life style(Nearly 1.8billion adults at risk of disease from not doing enough physical activity by the data of WHO). According to WHO worldwide, healthy life expectancy at birth (years)has improved 3.57yeras from 58.3yeras in 2000 to 61.9yeras in 2021years, before it was 100 years, So human beings are struggling to get healthy and longer life(*Deergha jeevana*), *Ayurveda shastra* told *Pranakamiya Rasayanas* to get healthier longer life.

KEYWORDS: *Alpa Vyadhikshamatva, Deergha Jeevana, Pranakamiya rasayana.*

1. INTRODUCTION

Among the 8branches of Ayurveda told by *Vagbhatacharya Jara chikitsa* (to increase the longevity) is the one. under that *Swasthaysa urjaskara chikitsa* that is *Rasayana*, is going to be discuss here it does the *samruddhi of shukra paryanta dhathu* and also the maintains *Dhatu samyata* in the body, The word *Rasayana* comprised of 2 words are *Rasa*+*Ayana*, *Rasa* means *Ahara rasa* or first *dhatu*, *Ayana* means *Srotas* The passage ways through which the nutrients to tissues are transported is called *Rsayana*. The *Rasayana* drugs acts as immune modulATORY, anti oxidant, anti aging action, in this article will discuss about what is *rasayana*, types Of *rasayana*, importance of *rasayana* what are the preparations told to get increase the life span etc.

2. Literature Review

2.1 Definition; *Labhopaayo hi shastanam Rasadeenaam Rasayanam.*

Rasayana are the, means of producing optimum *rasa-raktadi dhatus* by nourishing and strengthening the body.

2.2 IMPORTANCE OF RASAYANA (REJUVENATION THERAPY)

- Increases *Ayu* (Longevity), *Smurthi* (memory), *Medha* (intellect), *Arogya* (health), *Taraunavaya* (youth), *Prabha* (luster), *Varna* (better complexion of skin), *Swara* (better voice), *Deha indriya bala* (optimum strength of the body), *Vaaksiddhi*(what he says becomes true)
- It Promotes life, maintains positive health
- It maintains proper balance of *vata pitta, kapha*
- By the administration of this therapy, the great sages like *Chyavan etc* regained their youth and were liked most by women.

2.3. WHAT ARE THE CAUSATIVE FACTORS TO GET DISEASES?

- Who are Intake of substandard diet and ingredients of food such as *amla, lavana. katu, kashaya, kshara*. In take *shushkashaakamansa. tila, palala, pishtanna.*
- Intake of germinated *shuka shami dhanya, viruddha, asatmya ahara, abhishyandhi ahara*, Those who are addicts to *divaswapna, stri, Madhya nitya.*
- Those who are subjected to get excess of *bhaya*,

krodha, shokha, lobha, moha, ayasa bahula.

2.4. WHAT WILL HAPPEN TO DHATUS AFTER INTAKE OF NIDANAKARA AHARA VIHARA?

Does the *Shithilatha* of *mamsa* (muscles become flabby), *Vimuchyati sandhaya* (joints become vitiated) *Vidhayate rakta Vishyandathe cha analpa meda* (Fat which is accumulated in excess gets liquefied), *Na sandhiyate asthishu majja* (the marrow does not remain intact inside the bones), *Shukram na pravartate* (impairment in the ejaculation of semen), *Ojo kshaya* (ojas undergoes diminution).

2.5. WHAT ARE SYMPTOMS PATIENT GET?

After indulging in *Nidanakara ahara vihara* continuously, the person gets these symptoms, *Glani* (exhaustion), *seedati* (languid), *Atinidra* (excess of sleep), *Tandra* (drowsiness), *Alasya* (laziness), *Nirutsaha* (loses initiative), *Shwasa* (dyspnea), *sharira, manasa asamarthachestha* (incapable of physical and mental work), *Smruthi nasha, bhuddhi nasha, chaya nasha* (loss of memory, intellect, complexion), *Roganam adhishtana bhoota* (becomes an abode of diseases)

For the above said symptoms, he fails to enjoy the full span of his life. In view of all these miseries one should give up all types of unwholesome diet and regimens and must undergo *Rasayana* therapy.

2.6 RASAYANA PRAKARA

A. AS PER MODE OF ADMINISTRATION

1. *Kutipravesika Rasayana*
2. *Vaatatapika Rasayana*

1, *Kutipravesika Rasayana*; The *rasayana* drugs are administered by keeping the individual inside a *Kuti* (cottage) after *shodhana chikitsa*.

2.8 ACCORDING TO CHARAKA

Charaka told 37 herbal preparations in *Pranakamiya Adhyaya* are

1 Shatapaka amalaka ghrutha	11 Agaru rasayana	21 Shwethaparajita Rasayana	31 Bhallataka yusha
2 Sahasrapaka amalaka ghritha	12 Dhava rasayana	22 Jeevanti rasayana	32 Bhallataka sarpi
3 Amalaka avaleha	13 Tinisha rasayana	23 Atirasa rasayana	33 Bhallataka taila
4 Amalaka Churna	14 Khadira rasayana	24 Mandukaparni rasayana	34 Bhallataka palala
5 Vidangavaleha	15 Shimshapa Rasayana	25 Sthira rasayana	35 Bhallataka saktu
6 Apari amalaka avaleha	16 Asana rasayana	26 Punarnava rasayana	36 Bhallataka Lavana
7 Nagabala rasayana	17 Amrutha rasayana	27 Bhallataka ksheera	37 Bhallataka tarpana
8 Bala Rasayana	18 Abhaya Rasayana	28 Bhallataka kshoudra	
9 Atibala Rasayana	19 Dhatri Rasayana	29 Bhallataka Taila	
10 Chandana Rasayana	20 Mukta rasayana	30 Bhallataka guda	

2.9 ACCORDING TO SUSHRUTHA

1. *Shwetha avalguja rasayana*
2. *Krishna Avalguja rasayana*
3. *Chitrakamula Rasayana*
4. *Haridra rasayana*
5. *Mandukaparni Rasayana*
6. *Vacha rasayana*
7. *Bhramhi Rasayana*
8. *Ayurvedhaka Rasayana*

2. *Vatatapika*; The *rasayana* drugs are administered even if the individual is exposed to the *Vata* (wind) and the *Atapa* (sun).

B. AS PER THE NEED

1. *Kamy Rasayana* is used to fulfill a wish or desire or to serve a special purpose, also used to promote general physical and mental health, its of 3 types.
 1. *Pranakamy Rasayana*; It is used for achieving the best quality of life.
 2. *Medha Kamy Rasayana*; Enhances the memory and intellect.
 3. *Srikamy Rasayana*; Promoter of complexion.

II. *Naimittika Rasayana*; Specific to diseases.

C. AS PER CONTENTS OF RASAYANA

1. *Aushadha Rasayana*; Based on drugs and herbs.
2. *Ahara Rasayana*; Based on diet and Nutrition.
3. *Achara Rasayana*; Based on conduct and Behaviour.

2.7 According to *sharangdhara*; Specific *Rasayana* for specific tissues

1. *Rasa Dhatu*; *Draksha, Shatavari, Dates.*
2. *Rakta Dhatu*; *Amalaki, Bhringaraja, Suvarnamakshika Bhasma.*
3. *Mamsa Dhatu*; *Mamsa, Aswagandha, Bala, Kupilu, Rajata Bhasma.*
4. *Meda Dhatu*; *Guggulu, Shilajatu, Hareetaki, Guduchi.*
5. *Asthi Dhatu*; *Shukti Bhasma, Kukkundandatwak Bhasma. Vamshalochana*
6. *Majja Dhatu*; *Shankhapushpa, Loha bhasma, Swarnabhasma.*
7. *Shukra Dhatu*; *Kapikacchu, Vidarikanda, Shatavari, Ashwagandha, Swarabhasma, go ghrita and ksheera*

9. *Bisa kwatha rasayana*
Etc are explained in *Medha Ayushkamiya adhyaya*

Importance of Antioxidating Capacity of drugs?

Antioxidants are compounds that inhibit oxidation, a chemical reaction that can produce free radicals. does the prevention of cell damage results into delaying aging, prevention of disease.

Immunomodulator; Means substance that increases the immune system to help the body to respond against disease.

DISCUSSION

Each individual needs a healthy life and longer life, The *rasayana* concept is explained for this in Ayurveda texts, The Rasayana drugs does the *dhatu Samyata* and promotes the healthy life as acts as immunomodulatory and anti oxidative property of drugs. hence one should take the above mentioned drugs for *dheergha jeevana Vayasthapana* and *Ayushkara, Medhakara, swasthya Urjaskara* effect, so that *Rasayana* drugs acting at level of *Rasa* by improving Specific nutritional values of *Poshak Rasa*. Probably *Rasayana* drugs are having *Madhura, Guru, Snigdha, and Sheeta* properties act as *Rasayana* at level of *Rasa* by promoting the nutritional value of the *Rasa* which in term helps in obtaining the best qualities of *Dhatu*s. The example of such drugs may be *Shatawari, Madhuyashti, Bala, Dugdha, Ghrita* etc.

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