



RASAYAN THERAPY: A GIFT TO MANKIND FROM AYURVEDA

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ABSTRACT

Every health science has its own concepts so as Ayurveda. Oja, Dhatu, Dosha etc are the Ayurvedic concepts which tell us about the functioning of human body. Some factors act against to it and some support it. Due to poor quality of food material and exhausting life style, it is very necessary now a days take some such kind of substances which help us by nourishing body components. These substances should be practiced according to dosh, prakriti etc. This paper emphasizes on the Rasayan therapy which is highly capable to fulfill above said requirements.

KEY WORDS:Rasayana, Dosha-dusya sammurchana, Srotas, Oja, Achaar-rasayan, Medhya-rasayan, Agni

INTRODUCTION:

There are so much deep effects of many natural and social phenomenon on human life and its life span. Therefore, it is very challenging now a days to keep people in healthy state. As per Ayurveda, our body is collectively made up from 'dosha-dhatu-mala' and many other entities. Whatever maintains the body in equilibrium state and makes it sustainable & healthy, is called as DHATU. It nourishes the body. The essence or most functional or healthiest part of these dhatu is called as OJA. The oja enables the dhatu to fight with any type of circumstances which disturbs equilibrium. This status of oja in the body depends directly on the dhatu-poshan and indirectly on the agni and srotas and RASAYAN DRAVYA collectively strengthen all the above factors.

Ageing and Rasayan:

The basis of all the life on the earth (as per Ayurveda) are-(1)

1. Panchmahabhuta
2. Mana
3. Atma
4. Kaal
5. Disha

Kaal of time is very important factor among all of the above. Kaal governs rest of the factors. It affects from the beginning to end of life. The bad changes which any life form experiences during its life journey are unavoidable but can be smartly tackled with the practice of Ayurveda, specially Rasayan chikitsa. Some of the praises said for Rasayan are as following-

1. It provides long and healthy life.
2. Increases memory.
3. Increases IQ.
4. Prevents disease.

5. Delayed the process of ageing and keeps young.
6. Flourishes the aura and color of body.
7. Strengthens the sensory and motor parts of body.
8. Increases the control and clarity of speech (2).
9. Prevents laziness, lethargy and excessive sleep.
10. Increases digestive fire.
11. Maintaining well structured and healthy muscles in body.
12. Maintains the tridosha in equilibrium state.
13. Endure hardships i.e. enable the body to perform well in exertive conditions (3).

Achaar rasayan

Practicing the truth, control on anger, no use of alcohol, no sexual act, no violence, cool and calm, practicing meditation, respecting elder ones, avoiding unethical works, early to bed and early to rise, daily use of milk and milk fat, beware of surroundings and society, having no ego, etc are the part of Achaar Rasayan. (4)

Medhya rasayan

1. Mandookparni swaras
2. Mulethi churn with milk
3. Guduchi swaras
4. Sankhpushpi kalka (5)

DISCUSSION

Concepts regarding the mode of action and effects of Rasayan dravya:

Dhatu are the component which get vitiated and Rasayan strengthens the dhatu thus preventing the pathogenesis by blocking the 'DOSHA-DUSYA SAMMURCHANA'. It results either in weak pathogenesis or no pathogenesis at all. Therefore, it is reflected here that Rasayan is also needed in the person who is not suffering with disease.

Weak or unhealthy dhatu, strong dosha and unhealthy srotas are the 3 responsible factors for genesis of disease or in equilibrium state. Rasayan Dravya act on two of above three factors. First, it strengthens dhatu and second, it nourishes srotas. Along with this, it increases digestive fire which avoids much aggravation of dosha.

Rasayan Dravya act on structural level of dhatu i.e. from the start of formation of new dhatus it nurtures the dhatu with most or all the good properties which a dhatu should contain. It makes the dhatu in proper amount too which is equally important for healthier state.

Rasayan Dravya are the only drug which directly act on OJA. It maintains the proper quantity and quality of oja in the body. Whatever oja does in the body, rasayan dravya synergies it.

Maximum benefit from Rasayan Dravya can be obtained only after 'samsodhan karma'. Purification i.e. removal of kupit dosha from body helps in proper digestion and assimilation of Rasayan Dravya which leads to fresh and healthy dhatu formation.

It not only act on physical entities but also very helpful for mental health.

Pollutants, 'Dooshivisha' and Rasayan:

The way in which Rasayan therapy acts on body is giving a hope to all of us, in this chemical laded atmosphere, that with the help of above therapy we can surely minimize the effects of chemicals, pollutants etc on our body.

The hazardous substances are essential part of our daily life now a days like preservatives, food colors, exhaust smoke, UV rays etc. They generally do not harm us instantly rather repeated exposure of these substances gradually decreases our immunity probably by decreasing quantity as well as quality of sharir dhatu. Thus, use of rasayan therapy might be miraculously beneficial to minimize the effects of above substances on body.

Rasayan according to age (Sharangdhar samhita):

1. Vacha and Swarna bhasma- 1 to 10 years
2. Ashwagandha and Bala rasayan for physical and mental strength- 10 to 20 years
3. Amalaka and Loha Bhasma for body lusture and beauty- 20 to 30 years
4. Shankhapuspi and Jyotishmati for intelligence- 30 to 40 years
5. Bhringraj, Priyal and Jyotishmati for skin- 40 to 50 years
6. Trifala, Shatavari, Jyotishmati, Saptamrit loha for eyes-50 to 60 years
7. Aatmagupta and Ashwagandha for semen and sperm- 60 to 70 years
8. Amalaka and bala rasayan for physical strength- 70 to 80 years
9. Brahmi rasayan mental strength- 80 to 90 years
10. Bala and Ashwagandha rasayan for motor functions- 90 to 100 years

Rasayan for Saptadhatu:

1. Draksha Shatavari for Rasa dhatu
2. Amalaka, Bhringraj and Swarnmakshika for Rakta dhatu
3. Maasha, Ashwagandha, Kupilu, Rajat bhasm for Mansa dhatu
4. Guggulu, Shilajit, Haritaki, guduchi for Meda dhatu
5. Shukti Bhasma, Kukkutanda Bhasma, Vanslochan for Asthi dhatu
6. Shankhpushpi, Loha, Shankh bhasma for Majja dhatu
7. Kapikacchu, Vidarikanda, Shatavari, Ashwagandha, Swarna Bhasma, Ghee, Dugdha for Shukra dhatu

Medhya rasayan:

Drugs of Medhya rasayan act on three steps- Agni, Srotas, Rasa. They increase the agni, open the srotas for passage and nourishes rasa dhatu.

Medhya Dravya is having predominance of Akash, Agni and Jala mahabhuta so that they could increase SATVA guna.

Medhya Dravya generally consists of Tikta rasa (increases agni, purifies srotas) and Madhura rasa (nourishes oja and increases power of 'INDRIYA')

Aachaar rasayan:

It suggests us for good conduct in family and society along with use of milk and ghee. Due to good conducts, dhatus of our body remain in equilibrium state which further help in mental health.

CONCLUSION

1. Rasayan chikitsa should be practiced by most of the people especially the ones having poor immunity and body built.
2. It is beneficial for both healthy and diseased person.
3. It not only improves physiology but also has significant effect on structural development of body component.
4. It can be gamechanger in present scenario in the context of mental health.

ACKNOWLEDGE

- I am very thankful to my teacher prof. B.K.Dwibedy sir for delivering me the core concept of Rasayan chikitsa.

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