The Rasayan Therapy is the best Antidote to Stress and it is most Excellent Immunostimulant

Parameswarappa Shivappa Byadgi

Associate Professor, Department of Vikriti Vigyan, Faculty of Ayurveda, Institute of Medical Sciences, Banaras Hindu University, Varanasi-221005, Uttar Pradesh, India.

DOI: <https://doi.org/10.24321/2394.6547.201806>

Rasayana means rejuvenation i.e. the science of lengthening lifespan. This therapy enhances rasa (provides optimum nourishment to all tissues) as a result it helps to attain longevity, memory, intelligence, health, youthfulness, improves skin radiance, complexion and voice, optimum development of physique, strengthens the sense organs, mastery over phonetics, respectability, improves virility and vitality and brilliance. Over all it promotes general health and immunity. Considering its importance this branch has been developed as one of the eight major branches of Ayurveda. Rasayana (rejuvenation therapy), one of the most indispensable branches of Ayurveda and it is practiced effectively and extensively since ages. It is a group of medicinal preparations which act as an immunostimulants and proficient of preventing the causation of many ailments such as untimely aging. The word Rasayana refers to nourishment or nutrition. Rasayana drugs act fundamentally on nutrition dynamics and rejuvenate the body and psyche. Rasayana drugs also promote intellect and strength, prolongation of life and helps in the prevention of diseases.

Aging is a natural process associated with adverse progressive changes leading to decline in vigor and strength as a result body is vulnerable to many diseases. It represents the periodical changes in an individual being over time. Aging is one among the major identified threat factors for the majority of human diseases. Though, every individual wants to stay fit, look younger, and live longer. The scientists are paying attention to discover the scientific clue to the aging progression and efforts are going on to understand the process of aging is genetically or environmentally controlled, or by both. To this respect, different food components and certain activities have been shown to increase life span of many organisms.

Rasayana Chikitsa enhances the ojus and immune system. Drugs, diet and regimens which promote longevity by delaying aging and preventing diseases are called Rasayana. Charaka Samhita described an exhaustive chapter on Rasayana therapy dealing with the physiological, pharmacological, therapeutic and clinical aspects of the Rasayana. He correlated the Ras Samvahan, the concept of Dhātu, the Agni, the Srotansi, the Doshas and the Dosha Prakriti with rasayan therapy. He described unique outdoor and indoor treatment therapeutic schedule and pioneered a large number of Rasayana Drugs both the single and compounds, herbs, minerals and herbo-minerals.

According to Charaka Samhita medicines or treatment therapeutics has been divided into two type's:

- **Kamya Rasayana:** This therapy enhances the quality of the health of healthy person and it is useful for a healthy person by enhancing immune status of an individuals. There are certain natural conditions like old age, which affect even a healthy individual. The medicine belonging to this category helps to maintain excellent physique. Those medicines which invigorate a healthy person are mostly rejuvenators. There are certain natural phenomena takes places regularly inside the body like old age, which influence a change in certain physiological parameters in a healthy individual. But this can be easily overcome by regular intake of a rasayan drugs because these helps to maintain excellent physique and rejuvenate the entire body.
- **Naimitiika Rasayana:** It is described to treat the disorder of the patients.

The purpose of Rasayana therapies is to enhance natural immunity, brings general wellbeing, recuperating the functioning of all fundamental organs of the body and helps to prevent the signs of early aging.

E-mail Id: psbyadgi@gmail.com

Orcid Id: <https://orcid.org/0000-0003-4258-7500>

How to cite this article: Byadgi PS. The Rasayan Therapy is the best Antidote to Stress and it is most Excellent Immunostimulant. *J Adv Res Ayur Yoga Unani Sidd Homeo* 2018; 5(2): 1-2.

Age-promoting Rasayanas

Some medicinal plants and diets are of great help in providing stability to life, vigour, and endurance by helping the body and bring calmness to mind and augment the power of all the five senses. It also provide glow to the skin, sweetness to the voice and enhances the life span of an individual. Chyavanprash, amalaki rasayan, kalmegh rasayan, haritaki rasayan etc some examples

Brain power enhancing Rasayanas

Habitual ingestion of cow's milk and ghee (clarified butter) is an efficient brain stimulant. There are herbs like Mandukaparni, Bramhi, Vacha, Guduchi, Shankhpushpi etc. Some Ayurveda medicinal formulations like bhrama rasayana which can be taken for long periods of time so as to increase the mental powers of intelligence and memory. These rasayana compositions promote intellect and enhance the powers of grasping, concentration and retention and stress.

Eyesight promoting Rasayanas

Amalaki rasayana is beneficial for the eyes and it helps to enhance the eyesight.

Disease combating Rasayanas

Particular rasayana drugs are administered to the patients suffering from diseases to prevent the further progression as well as it helps for early recovery. Bhallataka rasayana is used in skin diseases and leprosy and pippali rasayana is used for respiratory diseases.

Adravya Rasayana

Achara Rasayana (ideal social ethics and conducts)

It is a right code of socio- behavioural conduct and it educates the person to follow the ideal life style with distinct do's and don'ts. Adaptation of the proper achara and vichara is nothing but Achara Rasayana. Achara Rasayana plays a key role in maintaining the equilibrium state of physiological parameters to a greater extent.

Probable mechanism of actions of rasayan therapy

It acts as antioxidant, immunomodulatory action, enhances immune system, adaptogenic action, anti-ageing action, anabolic action, intelligent promoting and other actions, bactericidal and anti microbial activity and cardiogenic actions. It is also a useful remedy for multidrug resistant cases.

Conclusion

The Rasayan therapy is the best antidote to stress and it is most excellent immunostimulant and proficient of preventing the causation of many ailments such as premature aging. It is an excellent therapy to maintain the physical as well psychological well being of an individual. It is a boon for the management of multidrug drug resistant cases as well as immunocompromised patients.

Reference

1. Byadgi P.S, Pandey Ajai. Text Book of Kayachikitsa, Volume III, Edition; New Delhi: Chaukambha Publications. 2014; 893-940.