

**RASAYANA A MULTIDIMENSIONAL THERAPY: A REVIEW****R.B. Patil<sup>1</sup>,****R.R. Gayal<sup>2</sup>**<sup>1</sup>Lecturer Department of Panchakarma, Shri.A.D.A.M.C. Ashta, Maharashtra, India<sup>2</sup>Professor and HOD Department of Kayachikitsa, B.S.D.T.Wagholi, Maharashtra, India**ABSTRACT**

*Rasayan chikitsa* (Rejuvenation therapy) is a glorious part of ayurveda. It is beneficial to maintain the health and to treat the diseases. In ayurvedic classics plenty of rasayanas are explained for longevity as well as management of diseases. In present era the medical science has developed in various directions, newer technique, different diseases are being invented. The different researches have been conducted in the field of *rasayan*. So here an effort is made to review the classical knowledge and applicability of rasayan in healthy and diseased condition. Along with this the role of rasayan in succession of stem cell therapy, genome stability, tuberculosis, avoidance of hazards effect of radiation therapy in cancer, rheumatoid arthritis, in social health etc. has been reviewed. In this way the different dimensions of *rasayan* has been reviewed in this article.

**Keywords:** Ageing, *Vaya*, *Ahara-Vihara*, *Rasayana*

**INTRODUCTION**

*Rasayana chikitsa* (Rejuvenation therapy) is one among the eight branches of ayurveda.<sup>1</sup> *Rasayana chikitsa* (Rejuvenation therapy) deals with healthy life and longevity of human being. It plays vital role in preservation of health and equally important in treating diseases. In last few decades the medical science has developed in various directions. The plenty of techniques have been incorporated and many diseases are being invented. Along with its classical importance and utility this therapy is useful in different medical problem of present era. This rejuvenation therapy is very essential to human being for both healthy and diseased. There are many dimensions of this therapy in which it is boon to mankind.

**Classical view:** Rasayan means the way for attaining excellent rasa etc. dhatus.<sup>2</sup>

The *Rasayan tantra* (science of rejuvenation) has for its specific objects the prolongation of human life and the invigoration of memory and the vital organs of man. It deals with recipes which enable a man to retain his youthful vigour good up to an old age and which generally serve to make the human system invulnerable to disease and decay.<sup>3</sup> The Rasayan is beneficial to treat the disease and prevention of early aging.<sup>4</sup> The rasayan is classified as:

- a) *Kutipravesnik and vatatpika*.<sup>5, 6</sup>
- b) *Kamya, Naimittik, Ajasrik*.<sup>6</sup>
- c) *Samshodhana, samshanan*.<sup>6</sup>
- d) *Aachar rasayan*<sup>7</sup>

Benefits of rasayan: Rasayan therapy is useful to attain longevity, memory, intelligence, health, youthful age, excellence of lustre, complexion, voice, strength of physique, sense organ good speech brilliance.<sup>8</sup>

### The rasayan indicated for longevity of life and prevention of diseases:

*Brahma rasayana*<sup>9</sup>  
*Dwitiya brahma rasayan*<sup>10</sup>  
*Chyavanaprasha*<sup>11, 12</sup>  
*Chaturtha amalaka rasayan*<sup>13</sup>  
*Amalaka ghrita*<sup>14</sup>  
*Amalakavaleha*<sup>15</sup>  
*Nagabala rasayan*<sup>16</sup>  
*Abhayamalaka rasayan*<sup>17</sup>

### The rasayan indicated in management of diseases:

*Bhallataka Rasayana*: *Kaphaja roga* (The diseases of kapha dosha).<sup>18, 19</sup>

*Endra Rasayana*: *shwitra* (leucoderma), *kushtha* (skin diseases), *pleeha* (spleenomegaly) *vishamjwara* (fever).<sup>20</sup>

*Pippali Rasayan*: *kasa*(cough), *shwas*(dyspnoea), *hikka*(hiccup), *arsha*(haemorrhoids), *grahani*(digestive disorders), *pandu*(anaemia), *peenasa*(coryza), *shopha*(oedema).<sup>21</sup>

*Vardhaman pippali rasayan*: *pleeha*(spleenomegaly) *udar*(ascites)<sup>22</sup> *kasa*(cough) *shwas* (dyspnoea) *grahani*(digestive disorders) *pandu*(anaemia) *shopha*(oedema) *pleeha*(spleenomegaly) *vatashonit*(gout)<sup>23</sup>

*Shilajatu Rasayan*: Useful in multiple disorders with proper adjuvant<sup>24, 25</sup>

*Tuvaraka Rasayan*: *Kushtha roga* (skin diseases)<sup>26</sup>

**Medhya Rasayana**: These rasayanas are beneficial to improve the intellectual which are *mandukparni swaras*, *yashtimadhu churna* with *ksheer*, *guduchi swaras*, and *shankhapushpi kalka*.<sup>27</sup>

**Aachar Rasayan**: Social conduct and ethics which works as a rejuvenation.<sup>28</sup>

### RESEARCHES IN THE FIELD OF RASAYAN:

**Rasayan in cancer**: Administration of rasayanas was found to enhance the proliferation of spleen cells significantly especially in the presence of mitogen. A similar result was also seen with bone marrow cells. However mitogenic stimulation could not be observed. Esterase activity was found to be enhanced in bone marrow cells indicating increased maturation of cells of lymphoid linkage.<sup>29</sup>

Oral administration of rasayan significantly increased total WBC count, bone marrow cellularity, natural killer cell and antibody dependant cellular cytotoxicity in gamma radiation (4Gy) expose mice. Rasayanas reduced radiation induced peroxidation in liver.<sup>30</sup> Rasayan avaleha gave better results in controlling the adverse effect of chemotherapy and radiotherapy such as nausea, vomiting, mucocitis, fatigue, xerostomia, alopecia.<sup>31</sup>

**Rasayan in Tuberculosis**: Rasayan compound is beneficial in the management of tuberculosis with anti-Koch's treatment. It significantly decrease cough, fever, dyspnoea, haemoptysis, and increased body weight.<sup>32</sup>

**Rasayan in rheumatoid arthritis**: Vardhaman pippali rasayan is effective in the management of Aamavata (rheumatoid arthritis). A significant decrease in erythrocyte sedimentation rate was also noted<sup>33</sup>.

**Rasayan in geriatrics**: In senile memory impairment guduchyadi medhya rasayan showed memory enhancement, antistress, antidepressant and anxiolytic properties.<sup>34</sup>

**Rasayan in intelligence**: centella asiatica fresh leaf extract showed a significant increase in the dendritic length (intersection) and dendritic branching points in amygdaloidal neuron of the rats, one of the regions

concerned with learning and memory.<sup>35</sup>

**Rasayan in Genome stability:** As per the studies on molecular correlates of genomic stability in rat brain cells following aamalaki rasayan therapy, the result convincingly indicate that, in control animals there was a distinct increase in DNA damage with age in neurons and astrocytes. But the animals treated with rasayan showed significantly less DNA damage in brain cell demonstrating beneficial effect of rasayan therapy towards maintenance in genomic stability. DNA damage may be proximal cause of aging.<sup>36</sup>

**Rasayan in stem cell therapy:** Regeneration of tissues after the disease condition like osteoarthritis, age related macular degeneration (AMD), Alzheimer's, injuries, trauma, heart attack, stroke, accident, or aging remains a challenge to modern medicine. Tissue-specific Rasayanas could be tried for differentiation of stem cells and regenerate specific tissue of choice. Rasayanas known for their tissue specificity could also be tested in stem cells to reveal their differentiation inducing activity. In preliminary experimentation on Medhya Rasayana, there was a expression of nestin an early marker of neuronal stem cells differentiation when stem cells were treated with Rasayana extracts<sup>3</sup> The vitamin C can regulate proliferation as well as differentiation of stem cells depending upon its concentration.<sup>38</sup> Aamalaki is rich source of vitamin C and may be acting through similar pathways. Ayurvedic preparations like Rasayanas could be explored for their role in potentiating stem cells for clinical applications.<sup>39</sup> Piper longum volatile oil extract improves the proliferation on mesenchymal stem cell.<sup>40</sup>

**Rasayan miscellaneous:** The *Rasayana* herbs are having tissue protective effects such as, chondroprotective activity of *Phyllanthus emblica* inhibiting the activities of hyaluronidase and collagenase type 2 *in vitro*.<sup>41</sup>

*Amalaki Rasayana* has effectively demonstrated increase in median lifespan and starvation resistance in *Drosophila melanogaster* mode.<sup>42</sup>

*Rasayana* drugs are rich in antioxidants and are good hepatoprotective, nephroprotective, and immunomodulating agents.<sup>43</sup>

It has also been reported that *Rasayanas* have immunomodulatory, antioxidant, and antitumor functions.<sup>44, 45</sup>

**Rasayan in infectious disease:** Rasayan is used to prevent the infection and to arrest the infective diseases promoting the immunity of the vital essence of the respective body tissue as being affected and break the intensity of the processing of interaction between the micro organism and body resistance with the programmed theism.

The significance of the chronology of the rasayan has assumed greater importance as a cause of serious and fatal infections in immunocompromised patients. The uses of *embellica officinalis* and *samecarpus anacardium* enlighten the views of immunopromotion and immunosuppressant quality respectively in different infection.

In almost all infective diseases are prevented to the practice of achar rasayan as it regulates the neuro transmitters to maintain the psychological threshold so that the individuals are kept themselves alert from the source of infection.<sup>46</sup>

**Rasayana for social life:** In modern civilisation and competitive world the psychological and social life of person is disturbed.

The quarrel and crime rate is also significantly increasing. In such conditions incorporation of achar rasayan in lifestyle will definitely helpful for personal as well as social life to control these hazards.

#### DISCUSSION:

Rasayan therapy is a boon to mankind. Different rasayan has been explained in the classics which are helpful not only to preserve the health but also to get rid of diseases.

The newer diseases and treatment are being invented continuously. The clinical trials and animal experimentation in the field of rasayan in concern with different diseases have shown a very encouraging result such as minimizing radiation hazards, efficacy in tuberculosis, in rheumatoid arthritis. Apart from this it has shown its utility in genome stability, improvement of intelligence, senile memory impairment. This is also useful to improve the social health by which social peace will improve and the crime rate will decrease. In this way the rasayan therapy is useful in different dimensions to mankind.

The further clinical trials and experimentation in broader aspect is needed so it will be definitely create new dimensions in the field of medicine.

#### CONCLUSION:

- The rasayan therapy is having multiple dimensions.
- In classics rasayan is indicated not only for maintenance of health but also to treat the disease.
- In today's medical practice it has vital role to serve mankind.
- Rasayan therapy is useful to achieve the physical mental and social well being.

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