

**MULTIDIMENSIONAL APPROACH OF RASAYANA IN OCCUPATIONAL HEALTH****[Kiran Kumari](#)¹, [Kumar Bhaskar](#)², [Vijay Shankar Pandey](#)³**^{1,2}MD Scholar, ³HOD & Professor,Department of Ayurveda Samhita and Siddhanta, Government Ayurveda College and Hospital,
Kadamkuan, Patna, Bihar - 800003, India**Corresponding Author:** kiranarayofhope26@gmail.com<https://doi.org/10.46607/iamj3610022022>**(Published Online: February 2022)****Open Access**

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Article Received: 17/01//2022 - **Peer Reviewed:** 03/02/2022 - **Accepted for Publication:** 04/02/2022**ABSTRACT**

India is one of the fastest-growing economies in the world. Although India has had legislation for occupational health for 50 years due to the huge population and industrialization, lots of occupational hazards have emerged. Apart from lung disorders in industries, the health risk of desk jobs like all metabolic disorders and mental stress has increased. It has become a challenge for the Government to combat these issues as there are inadequate health services for all workers of all occupations. *Ayurveda* has an open path toward the solution for the better health of the workers. *Ayurveda* is the only science where treating the disease is secondary rather maintaining and preserving health is the first objective. We cannot avoid occupation because it is the source of livelihood. But we can build up the body that can fight occupation-related disorders. *Rasayana chikitsa* is an ideal way to achieve an optimum state of tissues and systems of the body so that there is the least effect of etiological factors on the body. *Rasayana* has a multidisciplinary approach. *Kamyā Rasayana* has the immunomodulatory potential which modulates immunological phenomena in the body thus increasing *Vyadhikshamatva* of a person. *Medhya Rasayana* maintains the mental health of a person. *Ajasrika Rasayana* has nutraceutical action which provides nutrition to the body for rejuvenation of the body and psyche. *Naimitta Rasayana* is also disease-specific which helps in treating specific diseases. *Achara Rasayana* tells us the social etiquette. Therefore, *Rasayana* restores equilibrium and health.

Keywords: Ayurveda, Rasayana, Occupational Disease.

INTRODUCTION

India is a vast country with a huge population of about 1.39 billion. Due to industrialization and globalization occupational hazards are increasing. Although India has had legislation for 50 years, only

10% of the workers have access to occupational health services. Except for a few private and government sectors everywhere, occupational safety is ignored.

Very common occupational hazards are-

✓ Accidents, injuries	✓ Insomnia
✓ Heat strokes	✓ Obesity due to less physical work
✓ frostbites, trench foot	✓ Piles due to continuously sitting
✓ Lung diseases due to Gases, Dust	✓ Hypertension
✓ Skin cancer, dermatitis, eczema	✓ Diabetes Mellitus
✓ undernourished	✓ Stress

Occupational health should aim at the management and promotion of the highest degree of physical, mental, and social well being¹. Occupational health is mainly a preventive medicine. The conventional system of medicines fails to achieve occupational safety. Ayurveda which is a holistic science always believes in prevention is better than cure. The purpose of Ayurveda is itself “*swasthasyaswastharakshnamaturasyavikarprasamancha*”. Ayurveda believes *Nidanparivarjan* is the best method to avoid occupational health issues. We cannot avoid occupation because it is the source of livelihood. But we can build up the body that can fight occupation-related disorders. **Rasayana** therapy in the *Ayurveda* is an ideal way to achieve an optimum state of tissues and system which help in the least effect of etiological factors in the body.

Rasayana is made up of two words- “**Rasa**” which means seven *dhatu*s and “**Ayana**” which means path. So *Rasayana* can be defined as the way of attaining

excellent *dhatu*s in the body. *Rasayana* has a multi-dimensional approach. it promotes both physical and mental health thus preventing the disease and ageing process by enabling to live a long period of youthfulness.

*Dalhana*² has classified the *Rasayana* as *Kamyarasyana*, *Ajasrika rasayana* and *Naimittarasyana*. *Acharya Charak* has mentioned about *Medhyarasyana*³ and *Aachara Rasayana*⁴.

Kamyarasyana - These *Rasayana* promotes the natural health. They build immunity and boost the energy level in the body. E.g., *Amalaki*, *Haritaki*, *Ashwagandha*, *Guduchi*, *Shatavari*.

They can be classified as follow-

Prana Kamyarasyana – That promotes longevity

Medhyarasyana- That promotes the intelligence

Srikamyarasyana –That promotes the complexion

Naimittarasyana- This has curative actions. Following are the *Rasayana* that can be used to treat some occupational related disorders.

Lung disorders	<i>Agastya haritaki</i> ⁵ <i>Pippali rasayan</i> ⁶ <i>Chywanprash</i> ⁷
Insomnia, Undernourished (<i>Karshya</i>)	<i>Ksheerghrita</i> ⁸
Diabetes	<i>Shilajatu</i> ⁹
Stress	<i>Medhya rasayana</i> ¹⁰
Piles	<i>Bhallatak</i> ¹¹
Skin disorder	<i>Chitrak rasayan</i> ¹² <i>Gandhak rasayana</i>
Obesity	<i>Triphala rasayana</i> ¹³ <i>Shilajatu</i>
<i>Kshatkshheena</i>	<i>Sarpiguda rasayana</i> ¹⁴

Ajasrika Rasayana– These are food substances that can be used on regular basis. Eg. milk, *ghee*, *sheetodaka*, honey.

Achara Rasayana - This means how the person should behave in society. For example, always respect the elders, stay calm, speak softly, be patient generous, and sensible.

Medhya Rasayana- *Acharya charaka* has mentioned *Medhya Rasayana* that increases intelligence and memory eg. *Mandukparni*, *Yashtimadhu*, *Guduchi*, *Sankhapushpi*

DISCUSSION

We are living in the era of globalization and industrialization because of which occupational hazards are increasing. Our lifestyle has also been changed. We are living in the era of technology when people are working on computers, phones etc that has made them less active. Due to excess physical and mental exertion, people have become stressed. We need to develop a body that can protect our bodies against disease. It can be achieved through *Rasayana*. *Rasayana* has a multidisciplinary approach towards health. *Kamya Rasayana* is an immunomodulator that boosts up the immune system as well as provides strength. *Naimitta Rasayana* helps in curing many diseases. *Ajasrika* has nutraceutical properties that can be used on regular basis. It nourishes the tissues and organ systems of the body.

CONCLUSION

So, the most important thing in the present scenario is to have strong legislation which can cover all the sectors, especially the unorganized sectors. the second important thing is awareness about *Rasayana*. *Rasayana* therapy is one of the important branches of *Ashtang Ayurveda*. In the *Vedic* era, people used this *Rasayana* and lived for hundreds of years. With time when the ailments took strength *Rasayana* therapy gradually faced decline. It has lost its individuality and become a part of *Kayachikitsa*. *Rasayana* stands for an answer to solve the problem of increasing occupational hazards. It is a boon to society that pro-

longs longevity, promotes mental health provides resistance and immunity against diseases.

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