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## A Literary Review On Rasayana

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### ABSTRACT

*Ayurveda*, one of the world's oldest medical sciences, originated from the *Atharva Veda* and is deeply rooted in the natural laws of life and health. It emphasizes balance between body, mind, and nature. Among its eight branches, *Rasayana* is the specially focused on rejuvenation, longevity, and overall well-being.

*Rasayana* therapy aims to nourish and revitalize the body, slow down aging, and strengthen immunity. It enhances the quality of *Rasa* (the body's vital fluid), which supports all tissues and promotes vitality. Regular use of *Rasayana* helps in maintaining youthfulness, improving memory, intelligence, strength, complexion, and resistance to diseases.

Rather than being just a medicine, *Rasayana* is a comprehensive lifestyle practice involving diet, herbal formulations, and ethical conduct (*Achara Rasayana*). Modern studies show that *Rasayana* herbs act as antioxidants, reducing oxidative stress and preventing cell damage.

Some well-known *Rasayana* formulations include *Chyawanprash*, *Triphala*, and *Brahma Rasayana*, and herbs like *Ashwagandha* (*Withania somnifera*), *Guduchi* (*Tinospora cordifolia*), *Amla* (*Emblica officinalis*), and *Tulsi* (*Ocimum sanctum*). These have proven benefits in enhancing immunity, promoting mental clarity, and supporting healthy aging.

In essence, *Rasayana* represents the *Ayurvedic* approach to living long, staying healthy, and aging gracefully through balance, nourishment, and harmony with nature.

## INTRODUCTION

*Ayurveda* is the ancient Indian system of life and health. It does not only aim to treat disease but mainly focuses on keeping a person healthy and preventing illness. Out of the eight main branches of *Ayurveda*, *Rasayana* is a special branch that deals with rejuvenation and vitality. *Rasayana* therapy is explained in detail in the first chapter of the *Chikitsa Sthana* section of the *Charaka Samhita*, which is divided into four *Padas*. In the *Sushruta Samhita*, *Rasayana* is discussed in chapters 27 to 29 of *Chikitsa Sthana*. Similarly, in the *Ashtanga Hridaya* written by *Vagbhata*, it is described in the *Uttara Tantra* section.

Definition of *Rasayana*:

Those methods or means by which the body obtains pure and abundant *rasa* and *rakta* that is all the essential body tissues are called *Rasayana*

### ***Labhopyo hi shastanam rasadinam rasayanam***

The word *Rasayana* comes from two words which is *Rasa* meaning “essence or nutrient” and *Ayana* meaning “pathway.” Together, it means the method that improves the quality and flow of nutrients in the body.

Generally, any medicine, practice, or lifestyle that enriches all the eight vital tissues of the body that is *rasa*, *rakta*, *mamsa*, *meda asthi*, *majja*, *shukra* and promotes good health and long life is known as *Rasayana*.

*Rasayana* is a specialized type of treatment influencing the fundamental aspect of body viz. *Dhatus*, *Agni*, *Srotas* and *oja*'s etc.<sup>1</sup> According to *Acharya Sharangadhara*, *Rasayana* includes medicines that remove old age and diseases That which destroys aging and disease is called *Rasayana*.

According to *Acharya Dalhana*, *Rasayana* refers to the beneficial effects that arise from the *rasa*, *virya*, *vipaka* and *prabhava* of medicines. These effects help to maintain long life, strength, vitality, and stability of youth.

*Acharya Charaka* has described *Rasayana* as a way to improve health, increase lifespan, boost memory, enhance strength, and maintain youthfulness.<sup>2</sup>

In the modern world, where people face stress, pollution, and lifestyle-related health problems, the principles of *Rasayana* are highly relevant and can help in maintaining physical and mental wellness naturally.

### **CLASSIFICATION OF RASAYANA:-**

*Rasayana* therapy in *Ayurveda* is divided into different types based on purpose, place, and method of use.

#### **• Based on Need:**

1) *Kamyā Rasayana*: This type is used to promote general health, energy, and immunity. It helps to maintain normal body functions and improve quality of life.

a) *Pranakamyā* – promotes long life and vitality.

b) *Medhakamyā* – improves memory and intelligence.

c) *Srikamyā* – enhances complexion and appearance.

2) *Naimittika Rasayana*: This type is used to treat or prevent specific diseases and strengthen the body to fight illness.

**• Based on Place of Therapy:**

- 1) *Kuti Praveshika Rasayana*: This is indoor therapy. The person stays in a special, controlled place for treatment.
- 2) *Vatatapika Rasayana*: This is outdoor therapy, where treatment is done while continuing normal daily life.

**• Based on Method (Diet and Lifestyle):**

- 1) *Aushadha Rasayana*: Uses medicinal herbs or formulations.
- 2) *Ahara Rasayana*: Focuses on diet and nutritious food for rejuvenation.
- 3) *Achara Rasayana*: Involves good conduct, positive thinking, and a healthy lifestyle for overall wellbeing.

**The main purpose of *Rasayana* is to give longevity and excellent health.**

**Aim:-**

The aim of this article is to understand the concept of *Rasayana* therapy described in *Ayurveda* and to review the ancient literature that explains its importance in improving health, immunity, and longevity.

**Objectives:-**

- 1) To collect information about *Rasayana* therapy from classical *Ayurvedic* books like *Charaka Samhita*, *Sushruta Samhita*, and *Ashtanga Hridaya*, other *samhitas* and commentaries on it.
- 2) To explain the meaning, types, and methods of *Rasayana* therapy in simple terms.
- 3) To describe how *Rasayana* helps in maintaining good health, slowing the aging process, and boosting body strength and immunity.

**MATERIAL AND METHODS**

This review is based on a detailed study of classical *Ayurvedic* texts such as:

- *Charaka Samhita* (*Chikitsa Sthana* 1 and 39)
- *Sushruta Samhita* (*Chikitsa Sthana* 27-29)
- *Ashtanga Hridaya* (*Uttarasthana* 39)

Commentaries of scholars like *Chakrapani*, *Dalhana*, and *Arundatta* were also referred. Along with that information from *Ayurvedic* journals and books was studied to understand the classical and modern interpretations of *Rasayana*.

**CHARAKA SAMHITA**

*Charak Samhita* is one of the earliest and most important *Ayurvedic* texts. It gives detailed information about *Rasayana therapy* (rejuvenation treatment). In the *Chikitsa Sthana* section, *Charak* starts with a full chapter on *Rasayana*, describing its effects on the body, how it works, its preparation, and its benefits in treatment. *Charak* connects *Rasayana* therapy with the main principles of *Ayurveda* like *Ras Samvahan* (circulation of nutrients), *Dhatu* (body tissues), *Agni* (digestive fire), *Srotas* (body channels), and *Doshas* (basic body energies) according to one's *Prakriti* (body constitution).

He also gives specific instructions for both outdoor and indoor regimens while taking *Rasayana*. Charak introduced many *Rasayana* medicines single herbs, compound formulations, and mineral-based preparations<sup>3</sup>. The knowledge and development of *Rasayana* were so advanced that it became one of the eight main branches of *Ayurveda*. At the beginning of the *Chikitsa Sthana*, Charak explains important therapy *Rasayana* (rejuvenation) and its types.

According to *Charaka*, there are two types of medicines:<sup>4</sup>

- 1) **Swasthasya Urjaskara** – Medicines that maintain and improve the health of healthy people.
- 2) **Roganut** – Medicines that cure diseases in sick people.

Medicines of the first type are useful even for healthy individuals, especially during natural conditions like aging, which can reduce strength and vitality. Such medicines help maintain a strong and healthy body. These are known as rejuvenating medicines (*Rasayana*) because they restore energy and slow down aging.

### **SUSHRUTA SAMHITA :-**

*Sushruta Samhita* is another important *Ayurvedic* text that discusses *Rasayana* therapy (rejuvenation therapy). The ideas explained in it are mostly similar to those found in *Charaka Samhita*, but the way *Sushruta* presents them is different. *Sushruta* did not focus much on the philosophical and physiological aspects of *Rasayana*. He also gave less importance to the special procedures like *Vatatapika* and *Kutipraveshika Rasayana* that *Charaka* had described in detail.

Instead, *Sushruta* suggested using food (*Ahara*) as a form of *Rasayana* treatment. This idea is similar to the *Vranitagara* (special care house) meant for healing wounded people. Later, the commentator *Dalhana* compared this food-based *Rasayana* approach to *Charaka's Kutipraveshika* method. One of the most valuable contributions of *Sushruta* and *Dalhana* was the classification of *Rasayana* into two main types:

- 1) *Kamyā Rasayana* – for maintaining the health and vitality of healthy individuals.
- 2) *Naimittika Rasayana* – for treating specific diseases.

*Sushruta* also mentioned several new *Rasayana* herbs that were not listed in earlier texts like *Charaka Samhita* or *Bhela Samhita*. These include *Kalamegha*, *Varahi Kanda*, *Chhatra*, *Atichhatra*, *Gambhari Phala*, *shwetaksha*, *karvira*.<sup>5</sup>

In short, *Sushruta's* work added a practical and medicinal approach to *Rasayana* therapy, focusing more on diet and new herbs rather than philosophical ideas.

### **ASHTANG HRIDAYA AND ASHTANG SANGRAHA :-**

Vagbhata, the author of the later *Ayurvedic* texts *Ashtanga Sangraha* and *Ashtanga Hridaya*, mostly followed the ideas of the *Charaka Samhita*. However, he also added some new medicines and concepts.

Like *Charaka*, *Vagbhata* described *achara Rasayana* (ethical conduct for rejuvenation), *vatatapika Rasayana*, and *Kutipraveshik Rasayana* (two types of rejuvenation therapies).

One unique point made by Vagbhata is that Rasayana therapy is especially beneficial for people in their youth or middle age, while earlier texts did not stress this. He also mentioned that certain preparatory steps, *Poorvakarma* should be done before starting Rasayana treatment to get better results.<sup>6</sup>

### **Bhel Samhita :**

Bhel Samhita is another important ancient Ayurvedic text, written around the same time as Charak Samhita. However, it is not available in a complete form today.

In this text, Achara Rasayana (good conduct and healthy behavior) is explained. Bhel Samhita also mentions the use of Rasayana therapy for treating Rajyakshma (a disease similar to tuberculosis).

Some special Rasayana preparations described in this text include:

- Pippali Rasayana and Pippali Vardhman Rasayana
- Jivakadi Rasayana Ghrita
- Mahasneha Rasayana
- Shatavaryadi Rasayana Vasti
- Pancha Mulyadi Rasayana
- Shatapaka Sukumara Taila

In Bhel Samhita, there is no separate chapter on Rasayana therapy. Instead, Rasayana concepts are discussed in the chapter called “Dirghayushyopaya” (means “methods to promote long life”).

Overall, the ideas in Bhel Samhita are similar to those found in Charak Samhita, focusing on maintaining health, increasing lifespan, and improving vitality through Rasayana therapies.

### **Kashyapa Samhita :**

Kashyapa Samhita is another ancient Ayurvedic text written around the same time as Charaka and Bhel Samhita. The full version of this book is not available today, but the parts we have show that Rasayana therapy (rejuvenation treatment) is mentioned in different sections not as a separate detailed chapter.

Like Bhel Samhita, Kashyapa Samhita especially recommends Rasayana therapy for the treatment of Rajyakshma (a disease similar to tuberculosis) and for conditions like Kshaya (wasting diseases) and Kshina (weakness).

Some important Rasayana medicines mentioned in this text include:

- Single herbs: Brahmi, Lashuna (garlic)
- Compound preparations: Shatapushpa Kalpa, Lashuna Kalpa, and Madhu Sharkara Yoga

It also describes different types of milk (Kshira) and meat (Mamsa) for nourishment. Certain herbs like Nagbala, Mandukaparni, Yashtimadhu, Brahmi, and Rasona (garlic) are especially advised for Rajyakshma.

While explaining the properties of Shatapushpa, Shatavari, and Lashuna Kalpa, Kashyapa talks about their rejuvenating actions — such as improving strength (Balakara), fertility (Vrishya), complexion (Varnya), vitality (Ojovardhana), memory (Smriti & Medha Vardhana), longevity (Ayushya), and anti-aging effects (Vayasthapana).

Kashyapa also mentions the importance of performing Purva Karma (preparatory cleansing procedures) before starting Rasayana therapy to get the best results.

### **Chakradutta :**

Chakradutta gives special importance to Sanshodhana therapy before starting Rasayana therapy. This cleansing helps the body absorb the rejuvenating medicines better.

He mentions many famous Rasayana medicines, such as:

- Chyavanprash – for strength, energy, and immunity
- Bhallataka Yoga – used for rejuvenation and improving metabolism
- Vardhmaan Pippali Rasayana – for respiratory health and stamina
- Agastya Haritaki and Vyaghri Haritaki – for cough and lung problems
- Loha Rasayana – for blood and iron-related strength

Chakradutta also gives special importance to Haritaki and explains how it should be used in different seasons — this is called “Ritu Haritaki.”

He further mentions the use of minerals like Iron (Loha), Shilajit, Gold (Swarna), Silver (Rajat), and Copper (Tamra) in Rasayana therapy.

Lastly, he explains that Rasayana therapy is beneficial not only for the elderly but also for young and middle-aged people to maintain good health and prevent diseases.

### **Sharangadhara Samhita :-**

The Sharangadhara Samhita is an Ayurvedic text mainly focused on Kayachikitsa , the treatment of body diseases. Although this book doesn't have a separate chapter on Rasayana therapy, it still gives important information about it. According to Sharangadhara, Rasayana means those measures or medicines that:

- Delay aging
- Prevent diseases
- Maintain good health and energy

He has mentioned some important single Rasayana (rejuvenating) drugs<sup>7</sup>, such as:

- Amrita (Giloy)
- Rudanti

- Guggulu
- Haritaki
- Swarna (Gold)

Sharangadhara has also described several compound Rasayana formulations, including:

- Louha Rasayana (Iron-based tonic)
- Kamdeo Ghrita (for vitality)
- Chyavanprash Avaleha (famous rejuvenating jam)
- Kaishora Guggulu (for blood purification and joint health)
- Yogaraj Guggulu (for Vata disorders and pain relief)
- Agastya Haritaki Avaleha (for respiratory health)

Sharangadhara Samhita teaches that Rasayana therapy helps keep the body strong, youthful, and disease-free through certain herbs and formulations.

### **Bhavprakash :-**

Bhavprakash gives a small but complete chapter on Rasayana therapy. In this book, Rasayana is described as a method that helps to delay aging, prevent diseases, and improve mental strength and lifespan.

He mentions several important Rasayana herbs such as Mandukparni, Punarnava, Ashwagandha, Guggulu, and Haritaki. However, Bhavprakash does not talk about Achara Rasayana (good conduct as Rasayana), and it also does not classify different types of Rasayana or describe the detailed procedure for taking Rasayana therapy.

The text does emphasize that cleansing treatments (Samshodhana Karma) should be done before starting Rasayana therapy to get better results.

### **Yogratnakara :-**

In the Yogaratnakara, there is a full separate chapter about Rasayana therapy. The meaning of Rasayana given here is the same as in Charaka Samhita.

This text talks about a special type of Rasayana called Madhya Rasayana. It mentions that water (Jala), milk (Dugdha), honey (Madhu), and ghee (Ghrita) are considered Rasayana substances because they help in rejuvenation and maintaining health.

There is also a detailed description of Haritaki, explaining its health benefits, and a mention of a special Rasayana practice called Vardhamana Bhallataka Prayoga (a gradually increasing dose therapy using Bhallataka).

### **Madhav nidana :-**

Madhava Nidana mainly deals with the causes, symptoms, and diagnosis of diseases. It focuses on identifying and understanding illnesses rather than their treatment. Therefore, this text does not include any description of Rasayana therapy or rejuvenation treatments

## Mode of Action of Rasayana Drugs :-

Rasayana drugs are used to keep a person healthy, strong, and full of energy for a long time. According to Sushruta, a truly healthy person is one who has a proper balance of Doshas (Vata, Pitta, Kapha), good digestion (Agni), well-nourished body tissues (Dhatus), clear body channels (Srotas), and a happy mind and soul. Rasayana therapy helps in maintaining this balance, improving strength, memory, and immunity, and delaying ageing.

Rasayana drugs work on three main levels of the body nutrition (Rasa), digestion and metabolism (Agni), and body tissues (Dhatus). Some drugs like Shatavari, Madhuyashti, Bala, Milk, and Ghee work by improving the quality of nutrition in the body, which helps in forming healthy tissues and maintaining vitality. Drugs like Pippali, Guggulu, Garlic, Bhallataka, and Haritaki help improve digestion and metabolism, making the body stronger and more energetic. Other drugs like Amalaki, Guduchi, Pippali, and Aloe vera help in nourishing and strengthening the body tissues directly.

Certain Rasayana drugs also help clean and open the body's channels, improving the flow of nutrients and energy. Some Rasayanas increase Ojas, which is the body's natural strength and immunity, helping to fight diseases and stay energetic. Examples of such herbs include Jivaniya herbs, Swarna (gold preparations), and Pippali. In addition, many Rasayana drugs also support mental health improving memory, intelligence, focus, and emotional balance.

Rasayana therapy keeps the body and mind healthy by improving nutrition, digestion, immunity, and mental strength. It helps a person stay youthful, active, and disease-free for a longer time.

## Kamya Rasayana (Desire-based Rejuvenation Therapy):-

Sushruta made an important contribution to Rasayana therapy by classifying it in detail. This classification was further explained by the commentator Dalhana, who stated that Rasayana therapy has two main types — Kamya Rasayana and Naimittika Rasayana.

### • Kamya Rasayana

The word Kamya means “desire.” Kamya Rasayana is used by healthy individuals to fulfill specific desires such as long life, intelligence, or a glowing appearance. It helps in improving overall health, energy, and immunity.

It is divided into three subtypes:

- Prana Kamya – promotes vitality and long life.
- Medha Kamya – improves memory, intelligence, and mental strength.

- Shri Kanya – enhances beauty, complexion, and overall charm.

### • Naimittika Rasayana

This type of Rasayana is used for people suffering from particular diseases. It acts as a supportive or additional therapy along with the main treatment. Naimittika Rasayana is not a direct cure for diseases but helps the body recover faster, boosts immunity, and strengthens tissues.

For example: Ashwagandha Churna and Ashwagandharishta are used along with other medicines in the treatment of tuberculosis to improve strength and immunity.

Kanya Rasayana is for healthy people to maintain and enhance their well-being, while Naimittika Rasayana supports patients in recovering from illnesses.

### Acharya Rasayana (Code of Good Conduct) :-

Acharya Rasayana means living a disciplined and virtuous life. It focuses on good behavior, mental balance, and moral values, which help a person gain the full benefits of rejuvenation therapy.

A person following Acharya Rasayana should:

- Speak the truth and stay calm, avoiding anger.
- Stay away from alcohol and excessive sexual activity.
- Avoid violence, overexertion, and harmful actions.
- Pray regularly and show respect to God, teachers, elders, and learned people.
- Maintain a regular routine of sleep and wakefulness.
- Be humble, self-controlled, and free from ego and narrow-mindedness.
- Develop love for spiritual knowledge and good conduct.
- Take care of the sense organs and read scriptures regularly.
- Respect elders and consume nourishing foods like milk and ghee daily.

Such a person, when undergoing Rasayana (rejuvenation) therapy, receives the maximum benefits for body, mind, and soul.<sup>8</sup>

### Kutipraveshika Rasayana (Rejuvenation Therapy in Seclusion):-

In this type of Rasayana therapy, the treatment is carried out in a specially built cottage located in a peaceful and pleasant place where all the necessary materials are easily available. The cottage is designed with three layers of walls, called a Trigarbha Kuti, to protect the person from outside disturbances like wind, dust, and noise.

The person who wishes to undergo this rejuvenation therapy should enter the cottage at an auspicious time (Muhoorta). Before starting the Rasayana treatment, the individual must first go through cleansing procedures (Shodhana Chikitsa) to remove toxins from the body.

After cleansing, since the body becomes slightly weak, a light and nourishing diet (Sansarjana Karma) is given to help regain strength. Once the person feels energetic and content, the actual Rasayana medicines and therapy are administered to promote health, vitality, and longevity.

### **Medhya Rasayana (Memory and Intelligence Promoting Therapy):-**

The word Medha means intelligence, understanding, and the ability to properly grasp and relate knowledge about the world around us. A person with good Medha can learn, remember, and understand things clearly. Medhya Rasayana refers to a group of Ayurvedic medicines that help improve memory, intelligence, learning ability, and overall mental function. These medicines work on both the body and mind.

According to Acharya Nagarjuna, Medhya Rasayana drugs act mainly through their Prabhava (special and unique power). Their effects can be seen at different levels in the body:

- At the level of Agni (digestive fire): They help to improve digestion and metabolism.
- At the level of Srotas (microchannels): They purify and open the body's channels, improving circulation and nourishment to the brain.
- At the level of Rasa (body fluids): They improve the quality of nutrition and energy flowing through the body, which supports better brain function.

Common Medhya Rasayana herbs include:

- Mandukaparni (*Centella asiatica*) juice
- Shankhpushpi (*Convolvulus pluricaulis*) paste
- Guduchi (*Tinospora cordifolia*) juice
- Mulethi (*Glycyrrhiza glabra*) powder

These herbs act through their natural properties (Rasa, Guna, Veerya, and Vipaka):

- Herbs with Tikta (bitter) and Madhura (sweet) taste are most beneficial for the brain.
- Tikta Rasa helps in cleansing and improving the mind's clarity by promoting digestion and clearing channels.
- Madhura Rasa nourishes the mind and senses by enhancing Ojas (vital energy).
- Ushna Veerya (warm potency) herbs stimulate Sadhaka Pitta, which supports concentration, understanding, and memory.
- Madhura Vipaka (sweet after-digestion effect) helps nourish brain tissues and promotes calmness and stability of mind.

Medhya Rasayana strengthens the brain and nerves, enhances memory, increases learning capacity, sharpens intellect, and maintains mental balance.

## Triphala Rasayana –

People in India often say, “If you don’t have a mother to care for you, don’t worry Triphala will take care of you.”

### Meaning of Triphala:

The word *Triphala* means “three fruits.” It is an ancient Ayurvedic medicine made from three fruits in equal amounts:

- **Amalaki (Amla)** – Indian Gooseberry
- **Haritaki** – Indian Gallnut
- **Bibhitaki** – Beleric Myrobalan

### What Triphala Does:

Triphala is more than just a digestive medicine it’s a **Rasayana**, which means it rejuvenates the body, improves overall health, and increases longevity.

### Main Benefits:

- **Improves digestion:** Cleans, tones, and nourishes the digestive system, helping your body absorb food better.
- **Removes toxins (ama):** By improving digestion, it reduces toxin buildup and boosts immunity.
- **Gentle cleanser:** Works as a mild, natural laxative without causing dependency or harsh effects.
- **Purifies the body:** Cleanses the blood, muscles, fat tissue, and liver.
- **Good for skin and eyes:** Keeps eyes bright and skin clear and glowing.
- **Supports urinary health:** Keeps the urinary system clean and functioning well.
- **Balances fat and cholesterol:** Helps manage weight and maintain healthy cholesterol levels.
- **Rich in antioxidants:** Especially due to Amla, which is the richest natural source of Vitamin C.

Triphala is a simple yet powerful Ayurvedic formula that gently cleanses, nourishes, and rejuvenates the whole body. When taken regularly, it supports digestion, immunity, glowing skin, and long-lasting health.

## CHYAWANPRASH

:-

It is named for the Rishi Chyawan who had become very old, but then once more became youthful through taking this preparation. Chyawan had become engaged, through chance meeting and customs of the time, to a young wife, the princess Sukanya. According to the Charaka Samhita, Chyawanprash is "the foremost of all Rasayanas, especially good for alleviating cough and asthma, it nourishes the weak, the wounded, the old, and those that are of tender years as well." Through the use of this rasayana "a person acquires intelligence, memory, comeliness of body, freedom from disease, longevity, strength of the senses, great pleasure in the companionship with women, great increase in the strength of the digestive fire, improvement of the complexion, and the restoration of wind to its normal course." In the original instructions for making Chyawanprash, the text first lists numerous herbs, such as bel (*Aegle marmelos*), bala (*Sida cordifolia*), and

pippali (*Piper longum*), as well as substitute herbs that might be used when certain ones are not available. Over time, various formulas for Chyawanprash, comprised of herbs highly respected and available in modern India, have been developed from the ancient instructions. In all cases amla (*Emblica myrobalans*) is the principal constituent. Most of the herbs in the formula are boiled in water, and then the dried extract is combined with honey, a few aromatic herb powders are then added to the extract cardamom, cinnamon, and clove. The finished product is syrup that is not unlike molasses, but with a bright sour and spicy taste. Some versions have a "crunchy" quality from unprocessed herb ingredients<sup>9</sup>. The instructions for making the Chyawanprash presented in this modern text are taken from the Charaka Samhita. While the Chyawanprash formula is large, containing 37 herbs, its main functions can be understood by grouping several of the herbs by similar therapeutic actions. The main functions of the formula are to improve digestion and respiration, the sources of metabolic energy. Digestive system effects are due to ginger, zedoaria, basil, clove, and cardamom are stomachic and promoting digestion and relieving nausea. Long pepper, dalchini, and emblica help correct hyperacidity, dyspepsia, and flatulence. Tejpan helps reduce intestinal cramping and flatulence. Aegle, cyperus, and pisticia alleviate intestinal inflammation and diarrhoea. Chebula and clove have anti-ulcer effects, chebula is also an astringent and mild laxative. Respiratory system effects due to Pisticia, adhatoda, liquorice, inula, sida, tejpan, basil, and mesua are commonly used to alleviate cough, asthmatic breathing, and bronchospasm. Long pepper, cardamom, and zedoaria are used for respiratory infections and asthmatic breathing. In addition, the formula has a calming effect on nervous energy and on stress, while improving concentration and memory, with its inclusion of ashwaganda, nardostachys, bacopa, and asparagus

### SHILAJIT RASAYANA :-

What is Shilajit?

Shilajit is a thick, blackish-brown sticky substance that oozes out from rocks in the Himalayan mountains, usually at heights between 1000 to 5000 meters. It is found not only in India (from Arunachal Pradesh to Kashmir) but also in Nepal, Bhutan, Tibet, China, Pakistan, and Afghanistan.

How is it formed?

Shilajit is created when plants and trees rich in resin and latex (like *Euphorbia royleana*, *Ficus*, *Juniperus*, etc.) slowly break down and mix with minerals in mountain rocks over hundreds of years.

This natural process, called humification, produces organic compounds (80–85%) and minerals that make Shilajit powerful and unique.

## Main Active Components

The main active ingredients in Shilajit are:

- Fulvic acid and humic acid – help absorb minerals and act as natural detoxifiers.
- Triterpenoids and phenolic compounds – give energy and protect body cells.
- Dibenzo-pyrones – help maintain hormonal balance and improve immunity.

These compounds together make Shilajit a powerful rejuvenating (Rasayana) substance in Ayurveda.

## Health Benefits

- Anti-aging and Rejuvenating:

Helps slow down aging and increases strength, stamina, and vitality.

- Boosts Immunity:

Improves the body's defense system by supporting immune cells and cytokine activity.

- Hormonal Balance:

Affects the endocrine system, helping to regulate hormones naturally.

- Anti-stress and Anti-fatigue:

Reduces stress and increases endurance. Tests show improved physical performance and energy.

- Anti-ulcer and Digestive Protection:

Protects the stomach lining, prevents ulcers, and helps with digestion.

- Anti-allergic:

Reduces allergic reactions and prevents histamine release.

- Cell Protection and Healing:

Maintains cell membrane strength and supports growth of normal cells.

It may even help the body resist tumour growth in some studies.

## Scientific View

Modern studies confirm that Shilajit supports:

- Immunity regulation
- Hormonal control

- Stress reduction
- Cell repair and rejuvenation

Researchers are still studying its complex structure and how exactly it works inside the body, but results so far are very promising.

Shilajit is a natural energy and immunity booster that helps the body stay young, strong, and disease-free.

That's why Ayurveda calls it a "Rasayana" a rejuvenating tonic that improves life quality and longevity.

### **Benefits of Rasayana:<sup>10</sup>**

By taking Rasayana, a person gains long life, sharp memory, good concentration, perfect health, youthful appearance, radiant glow, fair complexion, sweet and pleasant voice, strong physical and mental power, vaksiddhi, popularity, and a bright, attractive look.

Just as amrita (nectar) is beneficial for the gods, in the same way this Rasayana therapy gives life and vitality to humans. The effects of this Rasayana are truly wonderful. It helps a person gain long life and good health. It restores youthfulness.

Through this Rasayana treatment, sleepiness, drowsiness, tiredness, exhaustion, laziness, and weakness are removed. The three doshas namely vata, pitta, and kapha come into balance. The body becomes strong and stable. It removes looseness of the muscles and increases digestive power (jatharagni).

By using this Rasayana, the complexion, glow, and voice become beautiful and clear. Because of taking this Rasayana, the sages like Chyavana, who had become old and weak, regained their youth. Seeing their renewed youth, women began to find them attractive.

Their bodies became well-shaped, strong, muscular, and graceful. Their bodies became firm and steady. All their sense organs became sharp and joyful. Their strength and glow increased. Their courage faced no obstacles, and their power became unbeatable. Being strong in body, they could easily endure all kinds of hardships.

### **DISCUSSION :-**

Rasayana therapy shows that Ayurveda understood the importance of preventive medicine thousands of years ago. It focuses on maintaining health rather than just treating illness. Rasayana therapy is personalized, it depends on a person's body type (Prakriti), age, and health condition.

Charaka has mentioned two methods of Rasayana:

- Kutipravesika Rasayana: A special intensive rejuvenation done in isolation under expert supervision.
- Vatatapika Rasayana: A general form that can be practiced in daily life with diet, lifestyle, and simple herbal formulations.

Modern research supports the ancient wisdom of Rasayana. Many herbs like Amalaki, Guduchi, and Ashwagandha have been scientifically proven to have antioxidant, anti-aging, and immune-boosting effects. This shows how traditional Ayurvedic knowledge connects well with modern health science.

## CONCLUSION:-

Rasayana therapy in Ayurveda is not merely a drug-based treatment but a comprehensive rejuvenation system that integrates herbal formulations, nutritious dietary practices, and ethical as well as health-promoting lifestyle conduct. Modern scientific research supports the efficacy of Rasayana remedies in managing chronic lifestyle-related disorders and age-associated degenerative conditions. These formulations act as natural rejuvenators and potent antioxidants, helping the body combat oxidative stress, enhance immunity, and delay the aging process.

In today's fast-paced world and changing environmental conditions, Rasayana therapy holds great promise for maintaining physical health, mental balance, and overall well-being. Its holistic approach—considering factors like body constitution (Prakriti), age, diet, digestion (Agni), and vitality (Ojas) makes it a uniquely personalized preventive and promotive healthcare system.

Awareness and promotion of Rasayana practices among the public can greatly contribute to preventive health, longevity, and improved quality of life. Hence, there is a vast scope for further research, public education, and practical application of Rasayana therapy in modern healthcare to help individuals live long, healthy, and contented lives.

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