

Promoting Longevity and Vitality: The Role of Rasayan in Ayurvedic Medicine

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ABSTRACT

Ayurveda is the world's oldest and most authentic medicinal system. The primary goal of Ayurveda is to maintain health and treat sickness. The primary objective of human existence is to live a long and disease-free life by slowing down the ageing process and increasing immunity through a healthy lifestyle.

Rasayan, a crucial branch of Ayurveda, focuses on rejuvenation, longevity, and overall well-being. It encompasses herbal formulations, lifestyle practices, and dietary guidelines that enhance physical and mental health by promoting cellular regeneration and immune strength. Rasayan therapy is traditionally used to delay aging, boost immunity, and improve cognitive functions. Key Rasayan herbs such as Ashwagandha, Brahmi, and Amalaki have shown scientific potential in neuroprotection, stress management, and anti-inflammatory effects.

A long and healthy life is the key to accomplish the Purushartha Chatustaya in human life as explained in Ayurveda. Acharya Charak gave the first priority to long life among all as described in the first chapter Deerghanjeevitiya Adhyaya. Among all the three snas viz. Praneshna, Dhaneshna & Parlokesna, the Pranesna is the prime factor to accomplish anything because prana is the base for the others. This article explores the historical foundations, modern scientific validations, and potential applications of Rasayan therapy in holistic health and disease prevention..

1. INTRODUCTION

Ayurveda is referred as the most noble and beneficial branch of the Vedas, offering holistic well-being that transcends mortal life. It is believed to promote a healthy and fulfilling existence in the present life, while also ensuring a blissful afterlife in the heavenly realm, ultimately benefiting humanity in both worlds.

Ayurveda has a dual purpose:

Preventive care: To protect and maintain the health of a healthy individual, preventing the onset of diseases. Curative care

: To diagnose and treat illnesses in patients, restoring their health and well-being. ^[1] Ayurveda is the subdivision of Atharvaveda and having eight branches.²

Rasayana is a vital branch of Ayurveda that plays a crucial role in achieving the fundamental objectives of Ayurveda. It significantly contributes to promoting longevity (Dirghayu) by:

Maintaining the integrity of the seven bodily tissues (Rasadi Saptadhatus)

Enhancing overall health and well-being by doing so, Rasayana helps to ensure a long, healthy, and fulfilling life.³

Rasayana, meaning rejuvenation and anti-aging therapies in Ayurveda, offers numerous benefits, including:

- Rejuvenation and revitalization
- Prevention of diseases
- Promotion of health through antioxidant properties
- Comprehensive geriatric healthcare
- Immunity enhancement

Ultimately, Rasayana embodies a holistic approach to wellness, encompassing medicinal nutrition, rejuvenation, longevity, immune enhancement, and geriatric care.⁴

Rasayana plays a crucial role in maintaining the delicate balance of the three doshas (Vata, Pitta, and Kapha). It also helps to: Optimize the health of bodily tissues (Dhatus). Enhance the functioning of digestive fire (Agni). In today's world, lifestyle factors are a significant contributor to the development of diseases. Rasayana offers a natural solution to mitigate the negative impacts of modern lifestyle and promote overall well-being

ETYMOLOGY (NIRUKTI)

The term Rasayana is derived from two Sanskrit words: Rasa (nutrition) and Ayana (microcellular channels). Therefore, Rasayana literally means the transportation and delivery of nutrition at the microcellular level, highlighting its role in nourishing and rejuvenating the body at its most fundamental level.

According to Yogindranath, "Ayana" can also be interpreted as "Apayana" or "Vardhan", meaning nourishment or nutrition. Therefore, Rasayana can be understood as the methods or measures employed to attain replenished and excellent bodily tissues (Dhatus).

In this context, "Rasa" refers to all the Dhatus, and Rasayana encompasses the nourishment and strengthening of these tissues. By promoting the normalcy of Rasa Dhatu, Rasayanas help maintain equilibrium among all Dhatus for an extended period, thereby:

- Preventing aging (Jaranashan)
- Promoting longevity (Vayasthapan)
- Enhancing individual resistance to diseases

In essence, Rasayanas play a vital role in sustaining overall health and well-being.

Need of Rasayana

There is no other stage of life as attractive as young age. Any difficult work can be accomplished in this age due to the high enthusiasm but this young age remains for a short period only and cannot be reversed. As the nectar for the Gods and ambrosia for the serpents in ancient times, this rejuvenation (Rasayana) therapy becomes useful for the great sages. It kept them free from Jara (old age), debility, illness and death and they lived for thousands of years by the intake of the rejuvenating drug. One who uses the Rasayana treatment according to the prescribed procedure attains not only longevity but also the auspicious life enjoyed by the godly sages and finally gets submerged in indestructible God.^[5] Those who desirous for good longevity, vital strength and happiness should use the Rasayana methodically and carefully.

ACCORDING TO ACHARYA CHARAK

Old age is characterized by a gradual decline in:

- Bodily tissues (Dhatus)
- Sense organs
- Physical strength
- Potency and virility
- Mental faculties, including memory, speech, and critical thinking

During this stage, the qualities of the Dhatus diminish, and the body becomes increasingly dominated by Vayu (air) element. Old age can last up to 100 years.⁶

According to Acharya Sushruta-

After the age of 70, an individual is considered elderly, characterized by:

- Gradual decline in bodily tissues
- Deterioration of sensory and motor organs
- Loss of strength, vigor, and enthusiasm
- Physical signs of aging, such as wrinkles, gray hair, and baldness
- Increased susceptibility to health issues, including cough, breathlessness, and other complications

At this stage, the individual's physical and mental abilities decline, making them increasingly dependent.⁷

Rasayana and Vajikarana therapies offer a solution by:

- Enhancing strength and immunity
- Invigorating the body and mind
- Alleviating age-related ailments

These therapies aim to revitalize the individual, promoting overall well-being and quality of life.⁸

According to Acharya Dalhana

Rasayana Tantra is the science that promotes longevity, stabilizing and potentially extending one's lifespan to 100 years or more. Through Rasayana, the seven Dhatus (bodily tissues) receive optimal nutrition, leading to overall vitality and well-being.⁹

Rasayana plays a vital role in providing essential nutritive supplementation to each of the seven Dhatus (bodily tissues), leading to the revitalization of all vital bodily functions.

Rasayana medications are specifically designed to:

- Delay the aging process
- Prevent or alleviate diseases (Vyadhi Nashana) By achieving these goals, Rasayana helps maintain overall health, well-being, and vitality.¹⁰

According to Acharya Gangadhara

The science which helps to achieve long life and memory is known as

Rasayana.¹¹

Rasayana refers to any therapeutic measure or medication that:

- Prevents and controls aging and its consequences
- Postpones aging
- Enhances vision
- Vitalizes and nourishes bodily tissues
- Acts as an aphrodisiac
- Exerts pro-fertility effects

In essence, Rasayana is a holistic approach to promoting overall health, well-being, and vitality, while also addressing the physical and reproductive declines associated with aging.¹²

Rasayana encompasses various methods aimed at:

- Strengthening and stabilizing the body physique and its systems
- Enhancing the function of sensory organs and dentition structures
- Preventing age-related changes, such as wrinkling, graying hair, and alopecia

Rasayana possesses the unique property of correcting Dhatu Daurbalya (tissue weakness) by:

- Producing tissues of optimal quality

- Protecting the body from various disorders

By achieving these effects, Rasayana promotes overall health, vitality, and well-being.¹³

INDICATIONS – Rasayana therapy is typically recommended for individuals in their youth (16-30 years) or middle age (30-60 years). However, it is essential to undergo proper oleation and purification of the body before starting this therapy.

Just as dyeing a dirty cloth fails to produce vibrant colors, Rasayana therapy will not be effective unless the body has been purified through preceding detoxification treatments.

Rasayana is primarily associated with nutrition, while its secondary benefits include addressing longevity and aging concerns. According to Sarngadhara, it's essential to choose a Rasayana tailored to specific age groups, taking into account the varying rates of aging.

To undergo Rasayana therapy, a patient must be physically fit and mentally healthy. They should possess a Satvik mind, characterized by good psychological traits, and be free from mental impurities (Rajas and Tamas).

Before administering Rasayana therapy, the patient's mental purity must be ensured. Additionally, a specific Rasayana must be carefully selected for each individual, taking into account there:

- Age (Vaya)
- Constitution (Prakriti)
- Adaptability (Satmya)
- Digestive fire (Agni)
- Bodily tissues (Dhatu)
- Channel systems (Srotas)
- Environmental factors (Desh, Kala, etc.)

While Rasayana is typically associated with specific age groups, it's essential to recognize that Rasayana is fundamentally a science of nutrition (Poshana). As such, its principles and applications are universally relevant, spanning all ages – from pediatrics to geriatrics.

Although Rasayana is often linked with longevity and life extension, its primary attribute remains nutrition. In essence, Rasayana is a holistic approach to nourishment, promoting overall well-being and vitality across the entire lifespan.

Another crucial consideration for Rasayana usage is the individual's health status. Rasayana therapy is contraindicated during:

1. Acute or active phases of a disease.
2. The Amavastha (toxic or inflammatory) stage of a disease.

In other words, Rasayana therapy should only be initiated when the individual's condition has stabilized and the acute symptoms have subsided.¹⁴

CONTRAINDICATIONS

Acharya Sushruta has said that Rasayana are contraindicated to following seven types of people:

- Anatmavan (those who are not self-controlled)
- Alasi (Lazy).
- Daridri (financially weak)
- Pramadi (the indigent, unwise Not listening)
- Vyasani (addicted to vices addicts)
- Papakrut (the sinful)
- Bhesajpmaani (those who do not trust on medications)

They are not fit for therapy due to following seven causes which act as Hindrance to the effects of Rasayanas.

- Ignorance
- Inactivity
- Unsteady mind

- Poverty
- Dependence
- Intemperance and impiety
- Inability to secure the genuine medicines.

Rasayana therapy is also contraindicated during the Amavastha stage. Administering Rasayana therapy in this condition is not only ineffective but can also exacerbate symptoms, leading to further distress.¹⁴

- Bhesajapmani
- Daridri (financially weak)
- Aajsrik Rasayana-It is Nityaand improves the health.
- Pramadi (the indigent, unwise Not listening)
- Vyasani (addicted to vices addicts)
- Papakrut (the sinful)

TYPES OF RASAYAN

➤ Kuti praveshika (Indoor Management)

In this method of Rasayana therapy, the individual undergoing treatment is required to reside in a specially designed cottage, known as Trigarbha Kuti, for the entire duration of the treatment.¹⁵

➤ Vatatapika (outdoor management)

In this approach, Rasayana therapy is administered to individuals who continue with their daily routine, including exposure to sun and wind. This method allows for the integration of Rasayana therapy into one's daily life.¹⁵ It is also called as Saurya-Marutika method.¹⁶

According to objective there are three types of Rasayana¹⁷

Kamya Rasayana: Which is used for a specific purpose (to get Prana, Medha, strength, vigour etc.). It helps to maintain the normal health and improves vitality.

- Pranakamya- promotes the longevity.
- Medhakamya-promotes Intelligence
- Shrikamya- promotes complexion

Naimittik Rasayana: Which is used in the management of specific disease are known as 'Naimittika Rasayana'. Eg: Shilajatu, Bhallatala, Tugaraka etc.

Aajsrik Rasayana: It is Nitya Rasayana, used daily. It maintains and improves the health. Eg: Milk, etc

Acharya Dalhana further divided the Rasayana into two parts on the basis of mode of action¹⁸

Sanshodhana (purification): Which performs the purification of Doshas is known as Sanshodhana Rasayana.

Sanshamana (palliative): Use of drugs like Nagabala etc. Is known as Sanshamana Rasayana.

Acharya Sushruta categorized Rasayana Chikitsa into four types, each addressing different health benefits¹⁹

Sarvopagathasamaniya: Prevents diseases and promotes overall well-being.

Medhayuskamiya: Enhances intellect, memory, and lifespan.

Svabhavavyadhi Pratishedhaniya: Delays the onset of age-related diseases (Jara) and natural decline (Mrityu).

Nivrttasantapiya: Mitigates the distress caused by diseases, promoting comfort and relief.²⁹

Medhya (nootropic) Rasayana²⁰

Acharya Charak has described the following four Madhya Rasayana preparations –

- Mandukparni Swarasa (juice)
- Yastimadhu Churna (powder) mixed with milk
- Swarasa of Guduchi along with its root and flowers

- Kalka (paste) of Shankhpuspi

Achara Ramayana (Behavioural therapy)

Person who are- truthful, free from anger, devoid of alcohol, sex indulgence and violence, peaceful and pleasing in their speech, calm, talk sweetly, Chants Mantra regularly and clean, courageous, donates regularly, meditates; who respects the God, cows, Brahmins, teachers and elders, always compassionate, sympathy towards the ailed person, awake and sleep on time regularly, consume milk and ghee regularly, having the knowledge of place and time, expert in the knowledge of rationality, devoid of ego, having good conduct, consumes health unspoiled food, spiritual, excellent sense organs, who have reverence of seniors, believes in god, having self-control, devoted to religious scriptures should be known as using Rasayana therapy regularly. A person having the above said qualities and follows the Achara Rasayana gets all the benefits of rejuvenation (Rasayana) therapy.²¹

PROBABLE MODE OF ACTION - The objective of Rasayana is fulfilled by the following actions²²

- Agni Sandhookshana- promoting digestion and metabolism.
- Dosha Samyakaram- achieving homeostasis of Doshas.
- Dhatu Vardhana- improving Dhatuposhana.
- Sroto Prakritisthapana- promoting competence of Srotas.
- Mana Prasannata- promoting mental endurance.

Rasayana medications work through their unique properties to:

- Improve digestion and metabolism
- Maintain balance of the three Doshas (Vata, Pitta, Kapha)
- Enhance nutrient absorption and utilization
- Boost physical and mental functioning

These effects are achieved through the medications:

- Rasa (taste)
- Guna (physio-chemical properties)
- Veerya (metabolic effect)
- Vipaka (bio-transformation)
- Prabhava (inexplicable, unique impact)

As a result, Rasayana medications become an effective solution for:

- Addressing aging and age-related issues
- Promoting overall health and immunity
- Increasing longevity

Additionally, Rasayana medications encourage:

- Cellular regeneration (growth of new cells)
- Cellular longevity (prolonging cell life)

Cell age because of accumulation of mutations, progressively decreased replication, and defective protein homeostasis. People age because their cells age.²³

RASAYANA ACCORDING TO DISEASES (VYADHI)

Rasayana plays a vital role in every disease by strengthening and replenishing body tissues, helping regain lost strength, stamina, and vigor, and preventing disease recurrence and complications. These medicines are typically used alongside active disease management and after treatment completion, making them an essential part of comprehensive treatment, with specific herbs and medicines tailored to address the unique pathology and tissue effects of various diseases.

Specific herbs are used to target various bodily systems, such as Pippali for respiratory issues, Bilva for digestive and excretory problems, Guduchi for hepatobiliary system rejuvenation, and Brahmi for nervous system disorders, demonstrating the tailored approach of Ayurvedic medicine, which can be effectively compiled and utilized in practice based on classical texts and modern research.

BIOLOGY OF AGING²⁴

Aging is characterized by the progressive accumulation of random molecular defects within cells and tissues over time. Despite the body's repair and maintenance mechanisms, these defects eventually lead to age-related functional decline in tissues and organs.

Key factors contributing to aging include:

1. Genetic variants: Changes in genes involved in DNA repair, telomere length, and insulin signalling can influence aging.
2. Nutritional and environmental factors: These factors account for approximately 75% of the variation in human lifespan.
3. Reactive oxygen species (ROS): ROS production at the cellular level is thought to play a significant role in aging, causing oxidative damage to various cellular components.

These factors contribute to the aging process, leading to declines in physical and functional abilities over time.

ESSENTIALITY OF RASAYAN IN JWARAVASTHA

Rasayana assists in the formation of Dhatus (tissues) with the best properties. It corrects the required potential form of Rasa Dhatu and its Ayana- Sanvahana (circulation) through Srotas. This process makes the nutritive property of Rasa Dhatu available to all body elements. As a result, Rasayana prevents metabolic losses and enhances Bala-Arogya (strength and health) maintenance. Ultimately, this helps to address the inherent deficiency of Preenana (nourishment) in the Aadya Rasa Dhatu, which is essential for maintaining health and longevity. Rasayana therapy effectively combats aging by delaying the anti-aging process, thereby increasing the lifespan of the body's cells. To attain a long and healthy life, free from diseases, individuals can adopt Ayurvedic principles, including Dincharya, Ritucharya, Ahar Vidhi Vidhan, and Achara Rasayana. Additionally, non-medicinal approaches like Achar Rasayana are also beneficial, offering the same benefits as Dravya Rasayana. Ultimately, rejuvenation therapy encompasses all aspects of health, as defined by the World Health Organization (W.H.O.), including physical, mental, social, and spiritual wellbeing, effectively alleviating diseases and promoting overall wellness.

Rasayana drugs possess two key properties: immunomodulation and antioxidant activity. As antioxidants, they neutralize free radicals, which are highly reactive atoms or molecules with unpaired electrons. By quenching free radicals, Rasayana drugs reduce oxidative damage, thereby protecting the body from harmful chemical modifications and promoting overall health.²⁵

The body produces free radicals naturally as a byproduct of metabolic processes, such as converting food into energy. Additionally, exposure to external factors like cigarette smoke, air pollution, and sunlight can also lead to the formation of free radicals in the body.²⁶

The body has a natural defense mechanism to neutralize free radicals, which includes antioxidant enzymes like superoxide dismutase, catalase, and glutathione peroxidase, as well as nutrient-derived antioxidant small molecules such as vitamin E, vitamin C, carotenes, flavonoids, glutathione, uric acid, and taurine.²⁷

Rejuvenating drugs, such as Rasayana, help prevent or delay cell death in the body, with many, like Guduchi, Ashwagandha, and Amla, acting as antioxidants, while others serve as immunomodulators, strengthening immunity by boosting WBC count, immune function, and increasing T cells and B cells to combat infections.²⁸

Antioxidants have been proven to offer protection against various diseases, including heart disease, diabetes, cancer, and age-related muscular dystrophy, and can also help slow down the aging process by reducing cellular oxidative damage.

RASAYANA IN CURRENT PERIOD

Details of description are available about Rasayana in classical Ayurvedic treatises. In light of newer techniques of researches some of very well-known Rasayana medicines are explored. Ashwagandha is well known medicinal herb used as Rasayana. It has shown to reduced levels of dopamine (DA), 3,4-dihydroxy-phenylacetic acid (DOPAC) and homovanillic acid (HVA); antioxidants: glutathione (GSH) and glutathione peroxidase (GPx); and lipid peroxidation marker (TBARS) and GPx and induced thiobarbituric acid reactive substance (TBARS) level, proving it potential drug in treating catecholamines, oxidative damage and physiological abnormalities.²⁹

Root extract of Ashwagandha has also shown good effect in relieving pain disability caused in patients of osteoarthritis of knee.³⁰ Also, extract of leaves of Amalaki (*Embllica officinalis*) is found to exert rapid protective effects against lipid peroxidation by scavenging of free radicals and reducing the risk of diabetic complications.³¹ Amalaki is considered the best Vayasthapana medicine, while Triphala, a versatile medicine, also exhibits Rasayana effects, and has been shown to

Alleviate bromobenzene-induced nephrotoxicity by boosting antioxidant enzymes and reducing lipid peroxidation and kidney damage markers.³² Triphala has also exhibited anti-inflammatory effects in animal model.³³ Another famous Rasayana medicine Bilva has also shown strong antitumor and antioxidant activities.³⁴ Also, Bilva has shown to

possess gastro-duodenal protective and anti-ulcerogenic properties through its

antioxidant mechanism³⁵ Some of classical Ayurvedic formulations such as Laxmivilas Ras, Agnitundi Vati, Ajmodadi Churna, Tribhuvankirti Rasa and Sitopladi Churna, when tested for their antioxidant effect, they were found to possess efficient scavenger of superoxide radical and all medicines were found to possess scavenging activity and inhibitory concentration 50% (IC50).³⁶

2. DISCUSSION

Rasayana is one of the eight branches of Ayurveda, is an ancient specialty that focuses on rejuvenation and geriatric care, with detailed descriptions found in all major Ayurvedic texts.³⁷

Rasayana Chikitsa holds significant importance in both preventive and curative aspects of disease management, and its prominence is underscored by the placement of its chapters at the forefront of the Chikitsa Sthana in Charaka Samhita.³⁸

While Charaka Samhita prioritizes Rasayana by describing it in the first padas of Chikitsa Sthana, Sushruta Samhita covers it later, in chapters 27-30 of Chikitsa Sthana.³⁹

"Unlike other texts, Ashtang Hridaya does not give Rasayana a prominent place in Chikitsa Sthana, instead providing only a brief description in the 39th chapter of Uttar Tantra.⁴⁰

"This indicates a decline in the importance of Rasayana therapy, even during the Samhita period." Sushruta Samhita, known for its precision and practicality, dedicates four chapters to Rasayapurtra, with two of these chapters focusing on 'Divya Rasayapurtra', or divine drugs, which are largely unavailable today.⁴¹

Acharya Vaghabhatta, in Ashtang Hridaya, has excluded the description of Divine Rasayanas and instead included various medicinal drugs, such as Rasana and Palandu, for therapeutic use.⁴⁰

"The golden era of Rasayana Tantra, which flourished during the time of Charaka and Sushruta, gradually declined over time as diseases became more prevalent. Specifically, indoor Rasayanas lost popularity, and eventually, Rasayana ceased to be an independent specialty, becoming instead a subset of Chikitsa, particularly Kayachikitsa.

Since ancient times, humanity has cherished the idea of living a long and healthy life. Ayurveda, the ancient holistic science of life, offers a comprehensive approach to achieving this goal. With its guiding principle of maintaining health in the healthy and alleviating disorders in the diseased, Ayurveda provides a timeless and universal path to wellness.⁴¹

Despite the advancements of modern urbanization, Ayurveda remains a vibrant and essential healthcare system, demonstrating its enduring vitality and strength. Even in its classical period, Ayurveda was a well-established medical science, practiced as Astang Ayurveda, comprising eight specialized branches: Kayachikitsa, Shalakya, Shalya, Visha, Bhoot, Kaumar, Rasayan, and Vajikaran Tantras.⁴²

Rasayana, a specialized branch of Ayurveda, effectively fulfills the two-fold aim of Ayurveda. Who wouldn't want to stay forever young and healthy, increasing their lifespan? Rasayanas, or vitalizers, make this possible by replenishing our body's vital fluids, thereby protecting us from diseases and promoting overall well-being.

Rasayana, a vital specialty in Ayurveda, focuses on rejuvenation, geriatric care, mental acuity, enhanced immunity, and overall well-being, enabling individuals to live a long and healthy life. As a key to maintaining positive health and longevity, Rasayana prioritizes the preservation and promotion of health and vigor. Unlike other branches that focus on curing illnesses, Rasayana is primarily concerned with promotional health, empowering even healthy individuals to boost their physical strength, overall health, and resistance to diseases, thereby protecting them from future ailments.

Given the prevalence of various health issues stemming from stress, degenerative changes, and aging, which can compromise the immune system, it is timely and essential to revisit the ancient concept of Rasayana, with the aim of enhancing and fortifying the immune system.

Charaka prioritizes Rasayana and Vajikaran at the beginning of Chikitsa Sthana, with Rasayana taking precedence. According to Chakrapani, this is because Rasayana is considered Mahaphaldayi, offering extraordinary benefits, including enhanced strength, immunity, and a long, disease-free life spanning 100 to 1000 years.⁴³

Rasayana therapy plays a vital role in preventing premature wear and tear of body tissues and promoting overall health and well-being. Consequently, Rasayana Chikitsa holds significance from both a preventive and curative perspective, addressing the dual aspects of disease management. Charak has described therapeutics of two types: Swasthasya Urjaskar and Artasya Rognut.⁴⁴

Swasthasya Urjaskar-

The concept of Swasthasya Urjaskar refers to the promotion and maintenance of health in healthy individuals. The term "Urja" encompasses optimal well-being (Prashasta), strength (Bala), energy, and vitality (Pranan). Swasthasya Urjaskar includes Rasayana and Vajikaran therapies. According to Chakrapani's commentary, Rasayana therapy specifically addresses

natural, inherent disorders (Swabhavik Rogas) in healthy individuals, such as hunger, thirst, aging, premature death, and sleep patterns.

In contrast, Vajikaran therapy focuses on addressing sexual health issues, including decreased libido, sperm irregularities, and other related concerns. As Chakrapani explains, both Rasayana and Vajikaran therapies are considered Urjaskara because they provide and enhance the body's essential factors, ultimately enriching one's overall physical and mental structure.

Similarly, Gangadhar shares a comparable perspective, suggesting that this type of therapy, categorized under Swasthavritta, specifically aims to enhance Ojas, the vital energy that sustains life.⁴⁵

In a similar vein, Yogindranath elucidates that the term "Urjaskar" refers to therapies that enhance strength, improve complexion, and promote overall well-being.

In summary, while Rasayana and Vajikarana are traditionally believed to promote strength, vitality, and overall health, they are also employed in the management of various diseases. Notably, Rasayana has been found to be particularly beneficial in addressing such conditions.

Artasya Rognut

According to Chakrapani, the term "Arta" refers to painful conditions arising from various disorders, such as Jwara (fever) and Kushtha (skin diseases). Therefore, "Artasya Rognut" signifies a therapeutic remedy (Bheshaja) that alleviates and pacifies these painful conditions, effectively curing the underlying ailments and alleviating disorders.⁴⁴

According to Chakrapani, both groups of treatments, namely energy-promoting (Vrishya and Rasayana) and disease-curing, can serve both purposes. The energy-promoting group not only enhances aphrodisiac and rejuvenating properties but also alleviates diseases. Conversely, disease-curing treatments can also possess Rasayana or Vajikarana properties.

For instance, formulations like Sarpiguda, Yograj, and Agastya Haritaki, mentioned in various Ayurvedic texts, serve as both Rasayana and Vrishya, while many Rasayana drugs have been found effective in treating numerous diseases.

Chakrapani also cites other authors who propose that treatments providing strength, firmness, longevity, and disease alleviation can be considered Rasayanas. In contrast, treatments solely focused on curing diseases do not qualify as Rasayanas.⁴⁴

Gangadhar presents an alternative perspective, suggesting that Rasayanas, which fall under promotive therapy, play a crucial role in curing disorders. In contrast, Vrishya drugs, although having some effect on diseases, do not have a significant impact on alleviating them. This viewpoint highlights the distinct roles of Rasayanas and Vrishya drugs in addressing health disorders, offering a different interpretation of the term "Dwitiya".⁴⁴

Yogindranath concurs with Chakrapani's viewpoint and further elaborates his own theory. He suggests that promotive drugs, by establishing equilibrium among the bodily tissues (dhatus), inherently alleviate disorders. In contrast, remedial drugs focus on enhancing strength, improving complexion, and accomplishing other therapeutic objectives.⁴⁴

3. CONCLUSION

Although longevity is naturally limited due to aging, the proper use of Rasayana can help slow down the aging process and boost immunity by increasing Ojas.

Rasayana possesses antioxidant properties that help minimize oxidative stress and subsequent free radical generation, enabling us to potentially extend our lifespan and prevent diseases, but it is essential to undergo rejuvenation therapy only after the body has been cleansed through Panchakarma or Shodhana.

Rasayana therapy is essential for achieving its benefits, and it requires prior purification of the body. This therapy is suitable for all age groups and can prevent premature aging. Additionally, its immunity-boosting properties make it particularly beneficial during pandemics. With the help of Rasayana therapy, it is possible to create a disease-free society while also treating existing diseases.

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