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Roll on Rasayan Therapy and Immunomodulatory Drugs to Improve Immunity for Better Health

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Abstract

Ayurveda has two purposes first one is "Swasthasya Swasthya Rakshanam" and second purpose is "Aturasya Vikar prasmanamch". Rasayan therapy serves both these purpose. Rasayan is a specific process that is used in the form of revitalizing recipes, food plans, and unique conduct and behavior that promotes health, known as Achar Rasayan. It is not a pharmacological therapy. The Rasayanas are covered in a variety of Ayurvedic classical literature under different titles such as definition, kinds, indications, etc. Charaka samhita Chikitsasthana have given foremost place to the Rasayana. Sushruta Samhita, Ashtanga Hridaya, etc. have included a number of Rasayanas for therapeutic purposes. Rasayana Chikitsa promotes longevity and the prevention of disease, as well as mental clarity, youthful vitality, and physical stamina. "Rasa" denotes fluid or plasma, while "Ayan" denotes a road. Thus, rasayana literally means "fluid pathway." Various types of Rasayana dravyas acts at the cellular level metabolism i.e. dosha, dhatu, Agni, srotas, etc. of the different kinds of Rasayana dravyas that Acharya describes.

Keywords: Ayurveda, Ashtanga Ayurveda, Rasayan, Rasayan Tantra

Introduction

Ayurveda is an upaveda of Atharvaveda. Ayurveda is oldest Indian medical system. It play a significant part in both the prevention and treatment of disease.

Rasayana tantra is branch of Ashtanga Ayurveda [1-2].

Even in the primeval classical period Ayurveda was already a well-developed science of medicine and was practiced in the form of Ashtanga Ayurveda i.e. Medicine with eight specialties viz, Kayachikitsa, Shalakya, Shalya, Visha, Bhoot, Kumar, Rasayan and Vajikaran Tantras. The method of maintaining youth for a longer period of time, the method of increasing longevity, the power of the methods of increasing the body natural immunity are described it is called Rasayan Tantra³. Every man wants to live long and healthy. This is made possible by encouraging the body's live tissue to regenerate, heal, and rejuvenate itself. Rasayana therapy in Ayurveda is used to achieve this.

Definition of Rasayan: Rasayana is that promotive treatment which is meant for attaining premium or quality Rasa and other Dhatus. Thus, it can be considered as an accelerated and

appropriated nutrition leading to improved biological competence of the body [4].

Etymology (Nirukti): The word Rasayana (Rasa+Ayana) refers to nutrition and its transportation in the body. Rasayana is essentially defined as nutrition at the microcellular level. Rasa represents nutrition, and Ayana implies microcellular conduits for transfer. Furthermore, Ayana (Vardhan) denotes sustenance or food, while the word Rasa refers to all of the Dhatus.

Benefits of Rasayan: Rasayana therapy provides longevity, good memory, intellect, proper health and youthfulness. It also provides excellent luster, complexion and voice. The strength of body and sense organs is increased. Rasayana therapy also fosters respectability, intelligence, and perfection in thought. [Cha.Sa.Chikitsa Sthana 1/1/7-8 [5]]
Some of the benefits of Rasayana include:

- **Improved Sleep Quality:** Rasayana can help relieve stress and prepare the body and mind for sleep.
- **Increased Immunity:** Rasayana can help keep you away from disease.

- **Anti-aging:** Rasayana is believed to have anti-aging properties.

Studies have shown that Rasayana drugs can help manage a variety of disorders, including:

Infections, diabetes, cancers, inflammations, neuro-degenerative conditions, and atherosclerosis.

This treatment treats emaciation, lassitude, weariness, excessive sleep, and drowsiness. It offers stability, eases muscle laxity, stimulates internal digestion, and restores dosha equilibrium. [Cha.Sa.Chikitsa Sthana 1/2/3] ^[6]. The person can achieve blissful health. [Cha.Sa.Chikitsa Sthana 1/1/78-80] ^[7]

Classification of Rasayan

- Indoor Admission Regimen (Kutipraveshika):** A specifically designed chamber (kuti) is used to give the rasayana therapy. The individual is by themselves in the room. Strict guidelines on nutrition, mental, and physical activities are recommended in an appropriately regulated environment. [Sthana, Cha.Sa. Chikitsa 1/1/17-23]. The entire goal of the therapy is to elevate the patient on a physical, mental, and spiritual level while avoiding any outside influences that can compromise their health.[Cha.Sa.Chikitsa Sthana1/3/8]
- Outdoor Regimen (Vatatapika):** In this type, the rasayana therapy is administered in the outdoor regimen. The person is exposed to the external atmosphere (vata) and sunlight (Atapa the person is exposed to the outside atmosphere (vata) and sunlight (Atapa). The patient undergoing rasayana therapy is free to engage in their regular social interactions. By contrast, there aren't as many restrictions. The Vatatapika outdoor regimen is less effective than the kutipraveshika indoor regimen. [Cha.Sa.Chikitsa Sthana1/4/28]

Classification Based on Effect

- Kamya rasayana:** Its goal is to get desired, particular rewards like money, longevity, and high intelligence.
- Naimittika Rasayana:** This treatment is meant to address particular medical conditions.
- Ajasrikam:** The patient is acclimated to this therapy, which is recommended to be followed every day to the substance. [Dalhana on Su.Sa.Chikitsa Sthana 27/2] ^[8]

Classification Based on Treatment Principle

- Attaining rasayana effect through purification therapies (samshodhana)
- Attaining rasayana effect by pacifying the aggravated dosha or disease (samshamana) [Dalhana on Su.Sa.Chikitsa Sthana 27/2]

Medicine: Rasayan also called a Rejuvenation therapy is one considered under Ashtang Ayurveda. Rasayan medications are those that can strengthen the system of healthy individuals and import superior Rasas and Dhatus into the body.

Amalaki ^[9]: Amalaki is the drug of choice of vayasthapan, promotion of longevity Amalaki is similar to Haritaki in terms of qualities and effects; the only difference is that whereas Haritaki is hot, Amalaki is cold (sheeta).

Haritaki ^[10]: Haritaki is all rasa Laghu, Deepan, Pachan guna With just a saline test, Haritaki's five Rasa are hot, healthy, carminative, light (laghu), digestive (Pachan), appetizer (Deepan), life-promoting, tonic, remarkable at sustaining young, and they relieve everything leprosy, gulma, udavarta,

anaemia, piles, disorders of Grahani, chronic intermittent fever, heart disease (Seera Roga), diarrhoea, anorexia, cough, premeha, hardness of bowels, spleen enlargement, sudden stomach problems, jaundice, bronchial asthma, and memory loss.

Chyawanprash ^[11]

The incredibly ancient Cyavana recovered her youth by utilizing this Rasayana. Even the elderly can get intelligence, memory, lustre, immunity to diseases, vigor in sexual relations, strength of sense, heightened Agni, and fairness of complexion if this Rasayana is administered indoors.

Brahma Rasayana ^[12]

If someone wants to live a long life, they should practice the Brahma Rasayana, which will grant them wonderful (youthful) age, long life, and their favorite pleasures.

Nagabala Rasayana ^[13]

It stabilizes life expectancy to 100 years without causing senility if taken consistently for a year.

Bhallataka Rasayana ^[14]

There is no disorders of kapha and obstruction (Sarita Arora) condition which is not ameliorated by Bhallataka quickly. Moreover it promotes intellect and Agni

Triphala Rasayana ^[15]

Triphala in addition to six items for a year, consuming Gold (Suvarna), Vacha, Vidanga and Pippali, or Lavana yaken with honey and ghee enhances intellect, memory, and strength, encourages excellence in life, and lessens the symptoms of aging and illness. Rasayana

Pippali ^[16]

Those who desire Rasayana e should take this with honey, especially to relieve coughing.

Indications

Rejuvenation therapy is indicated either in young age (Purva vaya i.e. 16 to 30 yrs) or middle age (Madhayam vaya i.e. 30 to 60 years) person, only after proper purification of the body., Just as dyeing a dirty cloth does not make the color shine bright,

For him, rejuvenatory therapy is inappropriate or ineffective since he has not received purificatory therapies prior to Rasayana.

Contraindications

Acharya Sushruta has said that Rasayanas are contraindicated to following seven types of people: ^[17]

- Anatmvan (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)
- Bhesajapmani (Those who do not trust on medicine)

Discussion

Ayurveda describes its objectives in two broad ways one is preservation of health and second is treating the disease. There includes a thorough discussion of steps like Dincharya, Ratricharya, Ritucharya, Sadvritta, and periodic seasonal Panch-Karma for maintaining health. There have been

descriptions of lifestyle, nutrition, exercise, and social and personal hygiene. Similar to this, the primary goals of Rasayana-Chikitsa, a distinct specialty branch of Ayurveda, are health promotion and preservation through strengthening immunity and metabolism. It has therapeutic potential in combating. The patient undergoing Rasayana therapy should not only be fit from physical point of view but also, he should be healthy from mind. The individual should be devoid of the Manasik Doshas, specifically Tama and Raja, and possess Satvik Manas, or positive psychological traits. A guarantee of mental purity must also exist prior to administering Rasayana therapy. Each person needs to have a specific Rasayana chosen for them in consideration of his Vaya, Prakriti, Satmya, state of Agni and Dhatus, Srotas and environmental factors like Desha, Kala etc. Rasayana is the mode through which excellent Rasadi Dhatus can be attained. Commenting on the eight ayurvedic specialties' chronological order, Arundatta states that because Rasayana can heal poisons and their severe side effects, it is placed first after Visha Tantra Ashtanga Hrudaya^[18]

Conclusion

Rasayana is a specialized branch of Ayurveda practiced in the form of drug, diet and special health promoting conduct and behaviour. Rasayana is a specific technique that is used in the form of rejuvenating recipes, dietary regimens, and unique conduct and behavior that promotes health rather than just being a pharmacological therapy. Rasayana is very helpful to maintain healthy body and mind in today's environmental condition and life style. According to Ayurveda, a healthy individual has an anatomy and physiology that is in balance with respect to Dosha, Dhātu, and Mala, and who is in a state of sensorial, mental and spiritual well-being^[19].

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