

## Rasayana therapy in Ayurveda: A key to preventing lifestyle disorders and promoting longevity


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Rasayana therapy, a fundamental concept in Ayurveda, aims to promote physical and mental well-being, prevent diseases, and enhance longevity. This review explores the significance of Rasayana therapy in maintaining a healthy lifestyle, preventing non-communicable diseases (NCDs), and promoting overall well-being. Various Rasayana formulations, including Brahma Rasayana, Amalaka Avaleha, and Lauhadi Rasayana, are discussed, highlighting their benefits in promoting strength, immunity, and longevity. The review emphasizes the importance of adopting Ayurvedic principles, including nutritional food and healthy lifestyle habits, to prevent lifestyle disorders and NCDs. By incorporating Rasayana therapy into daily life, individuals can experience enhanced physical and mental vitality, ultimately leading to a longer and healthier life.

**Keywords:** Rasayana therapy, Ayurveda, lifestyle disorders, non-communicable diseases, longevity, well-being

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## Introduction

As was nectar for the gods and ambrosia for the serpents, so was the *Rasayana* for the great sages in early times, people using *Rasayana* treatment in early times lived for thousand years unaffected by old age, debility, illness and death and one who uses *Rasayana* treatment methodically attains not only long life but also the auspicious status enjoyed by the godly sages and finally one ness with god. In early times, old sages like *Chyawana* who desired vital strength, attained immeasurable life span by using these beneficial *Rasayanas* formulations.

## Aim

Exploring the role of Ayurvedic Rasayana in disease prevention and longevity enhancement for a healthier, sustained life.

## Objective

1. To evaluate the benefit of *Rasayana* in maintaining healthy life.
2. To evaluate the benefits of *Rasayana* in disease free and long life.

## Materials and Methods

Materials - *Ayurvedic* classic texts, journal, internet  
Methods - Literary Review

### Rasayana

Therapies in *Ayurveda* is of 2 types - which promotes strength and immunity in healthy person i.e., *Swasthya Ojaskara* and which alleviates diseases i.e. *Vyadhi Hara*.<sup>[1]</sup> *Rasayana* therapy is included in first type which is *Swasthya Ojaskara*.<sup>[2]</sup>

From *Rasayana* treatment, one achieves long life, good memory, intelligence, freedom from many life style disorders, physical strength including good skin and hair.<sup>[3]</sup>

In *Ayurveda*, there are two ways or methods to use *Rasayana* treatment- *Kutipraveshika* which means indoor method and second is *Vatatapika* which is open air method.<sup>[4]</sup>

**Shodhana (Purification) before taking Rasayana** Before using *Rasayana* treatment, a person should go through cleansing process which is *Shodhana*.<sup>[5]</sup>

Hot water should be taken with powder of *Haritaki*, rock salt, *Amalaka*, jaggery, *Vacha*, *Vidanga*, *Haridra*, long pepper and dry ginger and after that person should be given barley preparations with ghee for three days, five days and seven days or till the faeces are eliminated.<sup>[6]</sup>

### Brahma Rasayana

First *Rasayana* is *Brahma Rasayana*, in this type of *Rasayana* use five root pentads are taken along with fresh fruits of *Amalaka* and *Haritaki* in number of three thousand and thousand respectively each 400 grams (pentads).<sup>[7]</sup>

This *Rasayana* should be taken in proper time and dose at same specific time which does not disturb the time of digestion of food, when the drug is digested, person should take *Shasti* rice along with milk.<sup>[8]</sup>

**Uses of Brahma Rasayana:** person attains good life span, excellence and intelligence is achieved, person becomes free from drowsiness and exhaustion, free from diseases.<sup>[9]</sup>

**Second Brahma Rasayana:** Another way of using *Brahma Rasayan* is also mentioned- *Amalaka* fruit is taken in 1000 quantity and is steamed on vapour of milk like flour taste. Add *Bhasma* of gold, silver, copper, coral, iron in one- eighth quantity, should be taken in a dose of 5 grams, after drug is digested *Shasti* rice is taken along with milk and ghee.<sup>[10]</sup>

**Uses of this method of Brahma Rasayana:** person becomes disease free, long lived and gives great strength. Person becomes charming in looks and becomes intelligent; person is able to digest poison.<sup>[11]</sup>

### Amalaka Avaleha:

Second useful *Rasayan* is *Amalaka Avaleha* - one thousand fruits of *amalaka* along with one thousand fruits of *Pippali* are taken. Mix them with four times honey and *Ghee* and one fourth of sugar is added then use daily in forenoon and should not be taken in afternoon.<sup>[12]</sup>

**Uses of Alamalaka Rasayana:** person achieves a stable life span of hundred years without being old and disease free.<sup>[13]</sup>

### Kevala Amalaka Rasayana

Another important *Rasayana* is *Kevala Amalaka Rasayana* - in this type of *Rasayana* use,

Person should live in midst of cows and survive on cow milk diet, meditating *Savitri Mantra*, following celibacy and control his sense organs for one year. [14] At the end of the year, person should fast for three days and then should enter into the forest of *Amalaki* trees on full moon day of the month of *Pausha*, *Magha* and *Falgun*. [15]

During this period, nectar really lies in fruits of *amalaka* and the fruit becomes sweet like sugar and honey. [16]

**Uses of Kevala Amalaka Rasayana:** person attains youthfulness, lives for hundred years, becomes intelligent. [17]

### Lauhadi Rasayana

Another important *Rasayana* is *Lauhadi Rasayana*-paper like pieces of sharp iron are taken which are four fingers long, thin like sesamum seeds should be heated till red hot and then should be dipped in decoction of *Triphala* and cow urine. [18]

This powder mixed with honey and juice of *Amalaka* should be kept in a jar for one year and after the end of year, it should be consumed with honey every morning. [19]

**Uses of Lauhadi Rasayana:** one who uses the iron *Rasayana*, overcomes diseases and premature death, sense organs becomes strong and person becomes wealthy. [20]

## Discussion

In today world, due to bad diet and other environmental factors like including smoking and alcohol in youth life makes life more depressing and prone to diseases like cancer, coronary heart diseases and other life style diseases like hypertension. So to combat these diseases, *Rasayan* plays a very major role as mentioned in our *Samhitas* (Ayurvedic texts). Most *Rasayan* produce their benefits by promoting *Agni Bala*, some produce their effect by balancing doshas in body and some by purification of channels.

## Conclusion

*Ayurveda* has always been an underrated medicinal system for disease treatment and prevention. But it has always proven its role and importance in the area of lifestyle disorders and maintain long and healthy life.

Nutritional food and healthy life style is also mentioned in ayurvedic texts. Lifestyle diseases or non-communicable diseases occurs because of the environmental and life style modification factors. *Rasayana* therapy helps in maintain body dosha in balance so that person should be prevented from major diseases like hypertension, cardiac diseases and even cancer. So, everyone should adopt *Ayurveda* in their life.

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