

Department :- Ayurved Samhita & Siddhant

Topic: Rasayana



WELCOME

RASAYANA TANTRA - one of the eight most important clinical branches of Ashtanga Ayurveda.

- तद्यथा शल्यं शालाक्यं कायचिकित्सा, भूतविद्या कौमारभृत्यं, अगदतन्त्रं, रसायनतन्त्रं, वाजीकरणतन्त्रमिति

Su.Su.1/3

- तस्यायुर्वेदस्याङ्गान्यष्टौ तद्यथा कायचिकित्सा, शालाक्यं, शल्यापहर्तृकं, विषगरवैरोधिकप्रशमनं, भूतविद्या, कौमारभृत्यकं, रसायनं, वाजीकरणमिति

Ca.Su.30/28



ETYMOLOGY OF RASAYANA

“Rasayana” word is derived from two words ‘रस् and अयन

रस्

- First dhatu of body.(Ca.Chi.15/16)
- Sense of taste – perceived by tongue.(Ca.Su.1/64)
- Svarasa, one of the kasaya kalpana.
- Mercury(Hg - Parada), has the property to demolish aging & death
- Nutritional fluid in body.(Su.Su 14/13)

अयन

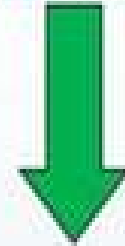
- अप्ययन - Nourishment
- उपाय - Method



DEFINITION OF RASAYANA

- लाभपायो हि शस्तानां रसादीनां रसायनम् । Ca.Chi 1/8 & A.H.U 39/2

The means by which one gets the excellence of **RASA**



- the nourishing fluid which is produced immediately after digestion

SO ANY BENEFIT ????

we can obtain the most favourable nourishment to all dhatus.

- Harita defines - rasavana increases the strength of body indriva &

- रसायनतन्त्रं नाम वयःस्थापनमायुर्मैधाबलकरं रोगापहरणसमर्थं च । Susruta

Rasayana helps to achieve three types of action.

- i. Protect youthfulness and avoid senility*
- ii. Encourage life span, intellect and potency*
- iii. Check and cure disease*

यज्जराव्याधिविध्वंसि वयःस्तम्भकरं तथा।चक्षुष्यं बृंहणं वृष्यं भेषजं तद्रसायनम् ।

Rasayana therapy lightens vyadhi, jara, and stabilizes youth.

Yogaratanakara & Bhavaprakasha included the chakshushya, brmhana,

• रसायनं च तत्क्षेयं यज्जराव्याधिनाशनम् ।

यथामृता रुदन्ती च गुग्गुलुश्च हरीतकी ।

Sa.Pu.4/13

The drug which prevents ageing is known as rasayana

- *amrita* (Tinospora cordifolia)
- *rudanti* (wild Bengal gram plant)
- *guggulu* (gum resin of commifera mukul)
- *haritaki* (Chebulic myrobalan)





CLASSIFICATION OF RASAYANA

CLASSIFICATION OF RASAYANA

PREVENTIVE

प्राणकाम्य

प्राणकाम्य

श्रीकाम्य

मेधका
म्य

CURATIVE

कुटीप्रावेशिकम्

कुटीप्रावेशिकम्

वातातपिक
म्

- Charaka & Vagbhata has classified Rasayana into two types based on the mode of administration.

1. वातातपिक (Outdoor Regimen)
2. कुटीप्रावेशिकम् (Indoor Regimen)

- Acharya Dalhana has divided Rasayana

1. on the basis of utility
2. based on process of administration
3. based on description in the chapter
4. according to the nutritional level
5. according to the specific action

वातातपिक रसायन

Vatatapika Rasayana is given to common citizens who can't pursue the limitation of kutipravesika.

It is easier to apply in comparison to kutipravesika, as there is no much limitation.

कुटीप्रावेशिक विधि (Rasayana taken all the time staying in a special hut)

- Cottage should face towards East or North, spacious, high roof
- 3 concentric rooms, small ventilation, Devoid of women
- Walls should be thick, pleasant to reside, pleasant to mind, Free from undesirable noise.
- Equipped with all required appliances, Physicians, medicines.
- on (auspicious day), with (auspicious constellation) person undergoing Rasayana should enter into cottage after shaving, endowed with, worshipping gods & brahmanas & having performed प्रदक्षिण of gods, cows, Brahmins.
- Therapy administered. The patient has to stay within kuti for entire phase of Rasayana.
- samsarjana krama should be given to the patient after therapy. By this

**Basis Of
The Utility**

- नैमित्तिक रसायन
- काम्य रसायन
- अजस्त्रिक रसायन

**Nutritional
Level**

- At the level of rasa
- At the level of Agni
- At the level of srotas

**Process Of
Administration**

- संशमन रसायन
- संशोधन रसायन

**Specific
Action**

- On Eye
- On Heart
- On Psyche
- On sapta dhatus

**Description
In The
Chapter**

- सर्वपघात शमनीय
- स्वभावप्रतिशेदनीय
- मेधायुष्कामीय

**Special
varieties**

- मेद्य रसायन
- आचार रसायन



RASAYANA YOGAS ACCORDING TO DIFFERENT AUTHORS

Bhava Prakasha

शीतोदकं पयः क्षौद्रं घृतकेकैकशो हितम् ।
त्रिशः समस्तमथवा प्राक्पीतं स्थापयेद्वयः ।

BP.U 2/4

Cold water, milk, honey and ghee, each one separately is beneficial.
These in the combination of any three or all consumed before meals
withhold aging.



CARAKA SAMHITHA

• ब्राह्म रसायनम्	• भल्लातक क्षीर रसायनम्	• केवलामलक रसायनम्
• च्यवनप्राशः	• भल्लातक क्षौद्र रसायनम्	• लौहादि रसायनम्
• चतुर्थामलक रसायनम्	• भल्लातक तैल रसायनम्	• ऐन्द्र रसायनम्
• हरीतक्यादियोग रसायनम्	• भल्लातक सर्पि रसायनम्	• मेद्य रसायनम्
• आमलकघृतशतपाक	• भल्लातक गुड रसायनम्	• पिप्पली रसायनम्
• आमलकघृतसहस्रपाक	• भल्लातक यूष रसायनम्	• पिप्पली वर्धमानरसायनम्
• आमलक अवलेह रसायनम्	• भल्लातक पल्लरसायनम्	• त्रिफला रसायनम्

SUSRUTA SAMHITHA

• आयुः काम्य रसायनम्	• श्वेतावल्गुज रसायनम्	• सुवर्ण रसायनम्
• विडङ्ग तण्डुल रसायनम्	• मण्डूकपर्णी रसायनम्	• वास रसायनम्
• काश्मरी रसायनम्	• ब्राह्मी रसायनम्	• यावक रसायनम्
• बला रसायनम्	• ब्राह्मी घृत रसायनम्	• शतावरी घृत रसायनम्
• वरीहीखाण्ड रसायनम्	• वचा रसायनम्	• गोचन्दनादि रसायनम्
• बीजकसार रसायनम्	• बिल्व रसायनम्	• सोम रसायनम्

CHAKRADATTA

• पथ्या रसायनम्	• धात्रीचूर्ण रसायनम्	• सारस्वत घृत रसायनम्
• ऋतुहरीतकी रसायनम्	• किंशुकक्षारभावित पिप्पली	• पयुषितपानीय रसायनम्
• त्रिफला कल्क रसायनम्	• चत्वारि रसायनम्	• जलनस्यम्

YOGA RATNAKARA

• मण्डूकपर्ण्यादि रसायनम्	• अश्वगन्धा रसायनम्	• ब्राह्म्यादि रसायनम्
• त्रिफला रसायनम्	• आमलक्यादि रसायनम्	• आमलकी रस रसायनम्
• ऋतुहरीतकी रसायनम्	• कृष्णतिलादि रसायनम्	• लेह गुग्गुलु रसायनम्
• पुनर्नवा रसायनम्	• सितादि रसायनम्	• गन्धक रसायनम्
• भृङ्गराज रसायनम्	• धात्रीतिलादि रसायनम्	• वर्धमान भल्लातकरसायनम्
• शतावर्यादि चूर्ण रसायनम्	• गुडूच्यादि रसायनम्	• सितादि रसायनम्

ASHTANGA HRIDAYAM

• ब्राह्म रसायनम्	• नलदादि घृत रसायनम्	• तुवरक रसायनम्
• च्यवनप्राशः	• पञ्चारविन्द रसायनम्	• सोमराजी रसायनम्
• भल्लातक रसायनम्	• चतुःकुवलयं घृतं रसायनम्	• लशून रसायनम्
• पिप्पली रसायनम्	• ब्राह्मयादि घृत रसायनम्	• हरीतकी रसायनम्
• त्रिफला रसायनम्	• नागबल रसायनम्	• नरसिंह रसायनम्

ASHTANGA SANGRAHA

• ब्राह्म रसायनम्	• आमलक रसायनम्	• पलाण्डु रसायनम्
• पिप्पली रसायनम्	• सुवर्ण रसायनम्	• कुक्कटी रसायनम्
• त्रिफला रसायनम्	• पद्मबीजीदि रसायनम्	• मर्त्यामृता घृत रसायनम्
• शिलाजतु रसायनम्	• पञ्चारविन्द रसायनम्	• सोमामृत घृत रसायनम्
• नागबल रसायनम्	• चतुष्कुवलय घृत रसायनम्	• गुग्गुलु रसायनम्
• तुवरक रसायनम्	• ब्राह्म्यादि रसायनम्	• शिव गुटिका रसायनम्
• सोमराजी रसायनम्	• अमृत भल्लातक रसायनम्	• ताप्य रसायनम्
• लशून रसायनम्	• भल्लातक तैल रसायनम्	• वृद्धदारक रसायनम्
• हरीतकी रसायनम्	• वर्धमान पिप्पली रसायनम्	• आचार रसायनम्

भल्लातक रसायन विधि



Properties & Importance of Bhallataka

भल्लातकानि तीक्ष्णानि पाकीन्यग्निसमानि च ।
भवन्तमृतकल्पानि प्रयुक्तानि यथाविधि ।
कफजो न स रोगो अस्ति न विबन्धो अस्ति कश्चन ।
यं न भल्लातकं हन्याच्छीघ्रं मेधाग्निवर्धनम् ।

Ca.Chi 1:2/17,19

Fruits-tiksna, (sharp), paki (corrosive) & like fire (Agni Sama). But when prepared according to the prescribed methods, they work like amrta (ambrosia). Promotes intellect, power of digestion, & metabolism

- **Importance-** there is no disease caused by kapha, and no vibandha (constipation) which are not instantaneously cured by the administration of bhallataka.

Bhallataka Kshira/Vardhamana Bhallataka Rasayana

a. Collection Of Bhallataka Fruit

Fruits which are not damaged, free from physical defects, full of rasa (taste), of full size, ripe in potency (virya) & which resemble ripe fruits of jambu, should be collected in the months of suci/jyestha (may-june) and sukra/asadha (june-july), stored inside a heap of yava/masa. For 4 months & thereafter in the month of sahas/agrahayana (Nov-Dec)/sahasya, i.e. pausa (Dec-Jan) collected.

b. Pathya- Bhallataka Rasayana

After digestion, the person should take the rice of Sali or swastika + milk & ghee. After the administration for a few days, the person should take milk only twice per day.

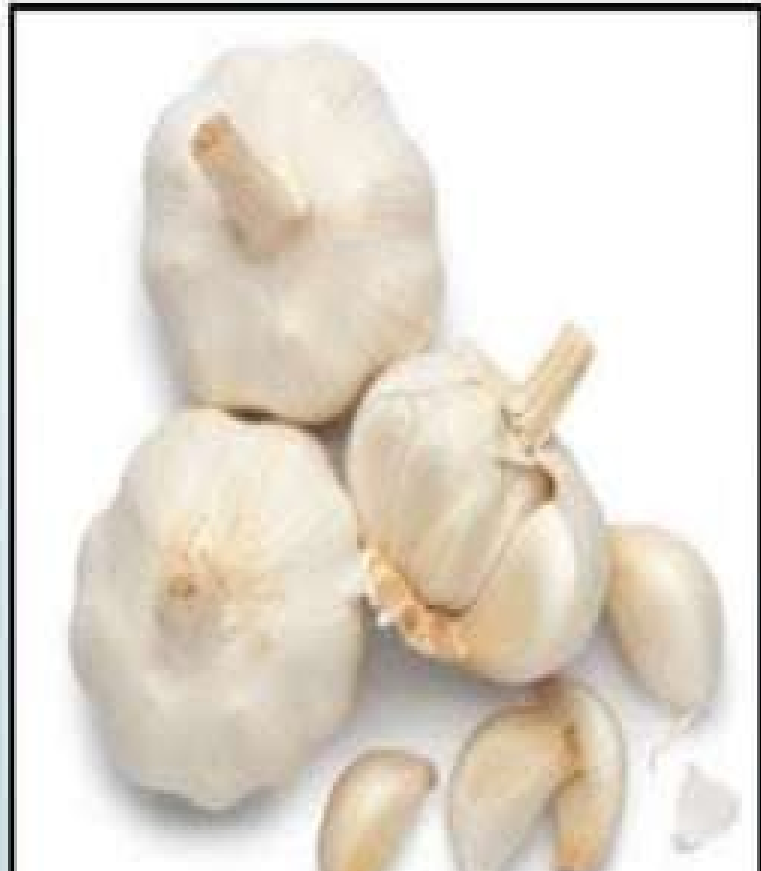
c. Benefits- Bhallataka Rasayana

d. Method of Administration - Bhallataka Rasayana

- 10 fruits + water (8 times the drug) [boiled]
- When $1/8^{\text{th}}$ of water remains, filtered, added milk & given to patient after his mouth smeared with ghee.
- These 10 fruits should be added everyday by 1 fruit till the number becomes 30
- Thereafter, it should be reduced by 1 fruit per day till it reaches the original position often.
- Maximum dose-30 bhallataka fruits.
- Following this procedure, 1000 bhallatakas can be administered.



लशून रसायन विधि



History (AH.U 39/111-112)

- Drops of nector which fell on the ground from the severed neck of Rahu who stole the nector become transformed into rasana
- the twice born (brahmanas) do not eat it because it is born from the body of a demon. Since it is actually born out of nector, it is a best Rasayana (rejuvenator)

Method of Administration

a. Time For Consumption Of Lasuna

- During cold season, even during spring if kapha is greatly increased, during rainy seasons by persons suffering from aggravation of vata, or at all seasons if the regimen advocated for summer is adhered to

Indications & Contra Indications - लशून रसायना विधि

INDICATIONS-LASUNA	CONTRA INDICATIONS-LASUNA
<ul style="list-style-type: none">disease due to cold, breeze & snow (शीतवातहिमदग्धतनूनां)	<ul style="list-style-type: none">who are fond of water, jaggery & milk (प्रियाम्बु गुडदुग्धस्य)
<ul style="list-style-type: none">whose body is rigid (स्तब्ध)	<ul style="list-style-type: none">who hate meat, wine, and sour(मांसमद्याम्लविद्विषः)
<ul style="list-style-type: none">fractured, curved, painful bone & joints (भग्नकुटिलव्यथितास्थ्याम्)	<ul style="list-style-type: none">who neglect indigestion.
<ul style="list-style-type: none">struck by aggravated vata	

b. Preparatory Measures

- The person should have his body oleated & purified, partake foods which are cold, sweet in taste etc. surrounded by attendants, gandusa should be done to purify the passage of the throat.
- Tubers of lasuna removed of its husk & soaked in madira in the night. Next morning it should be macerated with the same liquid, filtered through cloth.
- The filtered juice +3times its quantity of either wine, buttermilk, water of curd/gruel/oil, ghee, muscle, fat, marrow, milk, meat juice/any decoction of drugs appropriate/the filtered juice alone (morning)


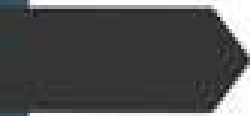

c. Paschat Karma (AH.U 39/129)

पित्तकोपभयादत्ते युञ्जान्मृदु विरेचनम् । रसायनगुणानेवं परिपूर्णं समस्रुते ।

At the end of Lasuna Rasayana, a mild purgation should be

d. *Pathya* (AH.U 39/121, AH.U 39/123, AH.U 39/124, AH.U 39/125)

- To get rid of burning sensation all over the body
 - ❖ शीतानुलेपनः
 - ❖ wear garland of pearls
 - ❖ camphor sprinkled with water.
- After its digestion, boiled rice of old Sali + soups, milk/juice of meat of animals(desert like lands)
- Wine + water only should be consumed to relieve the thirst; those not addicted to wine-drink fermented rice wash, fruit juices/gruel
- Lasuna Kalka + equal quantity of ghee (churning it inside a vessel) should be kept undisturbed for 10 days & consumed later, similarly vasa may also be added & used.



INDICATIONS OF RASAYANA THERAPY

Rasayana cannot be administered to all the individuals.

(Ca.Chi 1:4/27-29 & AH.U.39/179)

INDICATIONS

- who are able-bodied
- whose bodies are free from disease
- who are endowed with intellect
- who are self-controlled
- who have sufficient time to spare, who have adequate wealth.
- To the person who speak the truth
- who does not become angry
- who engages his sense organs (and mind) in the pursuit of knowledge of soul etc.



CONTRAINDICATIONS OF RASAYANA THERAPY

यथास्थूलमनिर्वाह्य दोषाच्छरीरमानसान् । रसायनगुणैर्जन्तुयुज्यते न कदाचनः ।
तदेतन्न भवेद्वाच्यं सर्वमेव हतात्मसु । अरुजेभ्यो अद्विजातिभ्यः शुश्रूषा नास्ति च ।

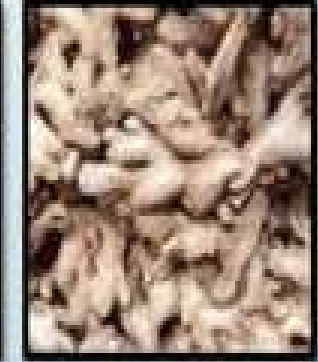
Ca.Chi1:4/36-38

- Charaka mentioned that, if a person who is not free from the mental and physical defects, does never gets the effects of Rasayana therapy. The physician should never describe or speak anything about these recipes to a person with evil designs, who is not free from disease, who is not a dvijati (brahmana, Kshatriya, and Vaisya) and who has no faith in this therapy.



SHODHANA PRIOR TO RASAYANA

- Person after snehana & svedana should take bath with hot water, the powder of haritaki (*Terminalia chebula*), + rock salt, amalaki (*Emblica officinalis*), turmeric, guda, vaca (*Acorus calamus*), vidanga, long pepper & dry ginger.



- After the body is cleansed and the rehabilitatory diet is administered, the

TIME FOR RASAYANA THERAPY



Different Acharya's have different opinion (Su.Chi 27/3)

- Susruta - either Poorva vaya or Madhya vaya.
 - *Poorva vaya(period of growth for individual, so give proper nourishment to body & help in the normal growth of tissue, organs)*
 - *Madhya vaya(there starts decrease in amount & quality of different dhatu & there is much need of rasayana drugs to improve dhatus during this stage)*
- Sarangadhara samhitha - Madhya vaya
- Charaka doesn't mentioned any restriction on age

Concept of rasayana is generally based on nourishment of tissue, irrespective of age.

BENEFITS OF RASAYANA THERPY



BENEFITS

Ca.Chi.1/7-8 & Ca.Chi.1:2/1-2, AH.U 49/410,AH.U 49/411

- Attains longevity, memory, intellect, freedom from diseases, preserves youth
- Excellence of luster, complexion and voice
- Excellent potentiality of the body and the sense organs
- vak siddhi (i.e., what he says comes true), respect & brilliance.
- The means by which one gets the excellence of rasa, Promotes life,,
- Maintains proper balance among vata, pitta & kapha, maintains health
- Cures morbid sleep, drowsiness, physical and mental fatigue, laziness& weakness
- Produces stability,Cures slothness of muscle.
- Stimulates enzyme responsible for digestion & metabolism
- Brings excellence in luster, complexion as well as voice
- Become free from the bondage of birth & death, enjoys long life in this



TREATMENT OF RASAYANAVIDHIBHRAMSHA

रसायन विधिभ्रंशाज्जायेरन् व्याधयो यदि ।
यथास्वमौषधं तेषां कार्यं मुक्त्वा रसायनम् ।

AH.U 39/178

- If by lapse or transgression of rules of rasayana, disease were to appear, then they should be treated suitably, suspending the use of rasayana recipes.



**Thank
You!!!**

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