

REVIEW ARTICLE ON RASAYANA THERAPY OF AYURVEDA W.R.S TO AGEING

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INTRODUCTION

Ageing is described as the process that reduces the number of healthy cells in the body, and for which the body loses its ability to respond to a challenge (external or internal stresses) to maintain homeostasis. The body loses its ability to reproduce some of its cells and as cells are destroyed they are not always replaced. Ayurveda has two aims i.e. prevention and promotion of health and secondly cure from disease. Everyone wants to give the impression of being young forever and increase life span by staying healthy. But various cells and tissues of the body undergo changes as age advances. By age 50-60 related changes to begin to reflect like reduced power of muscle, reduced vision, memory, locomotion function, there is gradual decline in homeostasis and immune function predisposes them to infection, digestive problem and malignancy. So it is necessary to rejuvenate the body systems for a better harmony of the body, mind and soul. Anti oxidant nutrients and Rasayana or vitalizes both are act as same.

Effect of Anti- oxidant on Ageing

It has been proven that anti-oxidants found in wine, tea, coffee, blueberries, grapes and other fruits and vegetables can help prevent ageing and increase life span's you age your cell division and replacement of dead or damaged cells slows down. Anti – oxidants can speed up the cell division and cell replacement process, which can help to slow the overall effects of ageing and prevent specific age-related diseases. Anti oxidants neutralize harmful free radicals in our body which can cause several serious or life threatening diseases and health problems including heart disease, cancer, immune dysfunction, diabetes and de generative brain disorders including dementia and Alzheimer's disease. Free radicals are very reactive molecules or fractions of molecules, formed mainly from oxidation products of foods under the influence of radiation or food additives or when the food are not sufficiently protected by certain vitamins. Free radicals chain reactions take place in our body countless times a day. cigarette smoking, pollutants, chemicals, pesticides, alcohol, drugs, unhealthy food, sunlight, radiations and even emotional stress can cause free radicals formation and free radicals chain reactions. Tens to thousands of free radicals are produced in the body every second. They damage DNA nucleic acid bases (adenine, thymine, guanine and cytosine) that hold the double strands of the helical shaped DNA molecules. Free radicals cause oxidation of fatty compounds (lipids) that are vital components of hormones and cell membranes. On damaging of cellular

membranes the cells are grow out of control forming cancer cells. Free radicals also fuse proteins together, cross-linking them so that they do not function normally.

Free radicals are the sole cause of only few diseases these are,

- Ageing disorders of premature ageing, immune deficiency of ageing.
- Cancer.
- Heart diseases.
- Auto immune diseases.
- Rheumatoid Arthritis.
- Radiation injury.
- Retinopathy.
- Parkinson's disease.

Rasayana therapy

Rasayana therapy may be employed for fulfill of both the aim of Ayurveda, i.e. protection or prevention and promotion of health and secondary cure from diseases. Rasayana therapy has been described in Ayurveda as a systematic and scientific medical discipline. Rasayana drugs are those medicines which are capable of imparting superior Rasas and Dhatus to the body and toning up the system of healthy persons. Rasayana aid in increasing natural immunity, enhancing general wellbeing, improving the functioning of all fundamental organs of the body and keep the signs of early ageing at bay. The main purpose of Rasayana therapy is to impede the ageing process and to delay the degenerative process

in the body. Rasayana is the term given to special herbs, fruits or any other form of medication that are known to promote positive health and longevity. It basically boosts the Oja (Vital force of life) and the immune system. The word "Rasayana" is composed of two words that are Rasa and Ayana. 'Rasa' means fluid or juice and 'Ayana' means pathway. Hence, the word Rasayana means 'path of the juice'. It also means by which one Rasayana may be defined as, According to Acharya Charaka, the substance which invigorates a healthy person by producing the best quality of Rasa, Raktadhatu and other Dhatus are called as Rasayana.

According to Acharya Sushruta, the substance which decreases the ageing process increases the longevity and increases the mental as well as physical strength and which destroys the disease process is called as Rasayana. That means by taking Rasayana we always remain healthy and young. This did not mean that you will not die. It means that even when you are in 80yrs or 90yrs, you are able to perform your normal duties and you don't have to depend on others.

Classification of Rasayana There are various classifications for Rasayana therapy. Some of them are as follows,

1. As per method of use

a) Kuti-praveshika Rasayana: Which can be administered by keeping the individual inside a cottage. It is also called as Indoor-Patient Department.

b) Vatatapika Rasayana: This can be administered even if the individual is exposed to the wind and the sun. It is also called as open air therapy or outdoors therapy or management in Out-Patient Department.

2. As per scope of use

a) Kamya Rasayana: Kamya Rasayana is used to fulfill a wish or desire or to serve a special purpose (Kama-desire). It is also used to promote general physical and mental health. It is of three types,

1. Pranakamya Rasayana- It is used for achieving or maintaining the best quality of prana(life energy) in the body.

2. Medhakamya Rasayana- It is used for enhancing the memory and intellect.

3. Srikamya Rasayana- Promoter of complexion.

b) Naimittika Rasayana: Naimittika Rasayana is given to combat or balance a specific cause, which is causing a disease in the body. Some examples of this Rasayana are Dhatri Rasayana, Mandookaparni Rasayana, Bramhi Rasayana and Triphala Rasayana.

3. As per contents of Rasayana

a) Aushadha Rasayana- Based on drugs and herbs. b) Achar Rasayana- Based on conduct and behavior.

c) Ahara Rasayana- Based on diet and nutrition. Rasayana therapy should be done after Samsodhana Karma - Snehana, Swedana and Panchakarma i.e. Vamana, Virechana, Basti, Nasya, Raktamokshana. The Samsodhana process detoxifies both body and mind. This

helps in the initial detoxification of the body and prepares it for the Rasayana therapy.

Benefits of Rasayana

Therapy According to Acharya Charaka, a person undergoing Rasayana therapy attains, It enhances the intelligence, memory power, will power, body strength, skin luster, sweetness of voice and physical strength.

- Rasayana invigorates the body in general by sustaining the required balance between anabolism and catabolism.

- Rasayana therapy which regulates the circulation of vital fluid and eliminates the waste materials, rejuvenates the nervous system and keeps vigour and stamina.

- It nourishes the blood, lymph, flesh, adipose tissue and semen and thus prevents chronic degenerative changes and illness. It gives freedom from chronic degenerative disorders like Arthritis and senile diseases.

- Rasayana is thought to improve metabolic process, which in the best possible biotransformation and produces the best quality bodily tissues and eradicates senility and other diseases of old age.

CONCLUSION

Antioxidants are a group of chemical compounds that can deactivate the free radicals and prevent their formation. They also stimulate the immune system to increase our protection against all diseases. Free radicals are very reactive molecules. Free radical chain reactions take place in our body countless times a day. Cigarette smoking, pollutants, sunlight radiations and even emotional stress can cause free radical formation and free radical chain reactions. Rasayana drugs act as antioxidants. These are used for preservation of positive health. Sushruta defines a healthy man as one who has equilibrium of Doshas, normal functioning of Agni, normal condition of seven Dhatus, besides his soul, the same organs and mind should be happy and cheerful. Rasayana stands as an answer to solve the problem of healthful longevity including mental development and resistance against disease. Rasayana is a specialized type of treatment influencing the fundamental aspect of body i.e. Dhatu, Agni and Srotas. Rasayana Chikitsa means rejuvenation therapy. Rejuvenation literally means to return to youthful conditions or to the normal from diseased state. Rejuvenation therapy helps to promote and preserve health and to cure disease in sick. So both anti-oxidants and Rasayana drugs have same effect on ageing. Ageing is progressive change related to passage of time. Ageing occurs as a result of constant biological activities throughout living period. This incessant activity is made possible by continuous process of both consumption and preservation of substances for energy. Although ageing has both the positive component of development and the negative component of decline, senescence refers only to the degenerative processes that ultimately make continued life impossible. Mainly at late age i.e. 50-60 age, related changes begin like reduced power of muscle, reduced vision, memory, locomotion function and graying of hair, baldness, digestive problem etc.

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