

# Rasayan for Swastha: A Daily Regimen Essential for Today's Lifestyle- A Review

**Suresh Singh Lodhi**, PG Scholar, Department of Swasthavritta and Yoga Rani Dullaiya Smriti Ayurved PG College and Hospital, Bhopal.

**Mamata P. Tirankar**, Associate Professor, Department of Swasthavritta and Yoga Rani Dullaiya Smriti Ayurved PG College and Hospital, Bhopal.

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## Abstract

Rasayan has been explained in detailed by Acharyas in their respective Samhitas with their specific roles that they play in keeping the body healthy and delaying the degeneration of the cells that takes place with age. Rasayan kalpanas are not only used for daily regimens but can also be used as medicines in chronic disorders in which other medications have failed to provide relief. With the methods described by the Acharyas for the intake of rasayan in rogi as well as in nirogi, these methods can still be applied in the present era with a few modifications such as the dose of the drug. There are many factors that are to be kept in consideration while administering rasayan Kalpana. Here we are going to discuss about the various aspects of rasayan for swastha and its mode of administration considered with their occupation and lifestyle.

**Keywords:** Rasayan, Swastha, Lifestyle

## Introduction

Rasayan has been explained in detailed by Acharyas in their respective Samhitas with their specific roles that they play in keeping the body healthy and delaying the degeneration of the cells that takes place with age. Rasayan kalpanas are not only used for daily regimens but can also be used as medicines in chronic disorders in which other medications have failed to provide relief. With the methods described by the Acharyas for the intake of rasayan in rogi as well as in nirogi, these methods can still be applied in the present era with a few modifications such as the dose of the drug. There are many factors that are to be kept in consideration while administering rasayan Kalpana. Here we are going to discuss about the various aspects of rasayan for swastha and its mode of administration considered with their occupation and lifestyle.

## Rasayan Sevan Vidhi [1]

Acharya Charak mentioned 2 methods for rasayan sevan

- Kuti- praveshik
- Vatatapik
- Kuti- praveshik

It involves the trigarbha kuti, with interrupted ventilation. All the required objects are kept in the kuti so that the person administered with rasayan does not have to leave the kuti for the required time. The person is kept in isolation till the rasayan Kalpana is being administered. Specific routine is being set for the person. [1,2]

## Vatatapik

A very common and feasible type of method for rasayan sevan. The person does not need to be in isolation and can administer rasayan while continuing with their daily lifestyle. They need to therefore, follow some special regimen according to the requirements of the rasayan Kalpana. [1, 2]

## Rasayan Sevan Kala

Vasant ritu is the best ritu for rasayan sevan. However, rasayan sevan kala is decided based upon various factors such as:[3]

- 1) Desha
- 2) Kala
- 3) Prakruti
- 4) Rasayan sevan vidhi
- 5) Occupation of the person
- 6) Ahara, etc.

Rasayan sevan vidhi also depends upon the above factors and also according to the lifestyle of the person. [4]

### **Rasayan Sevan In Present Era**

With the change in lifestyle, health has become the second priority for people. The race for the success has led to decline in the race for a healthy soul and body. With this busy lifestyle it is near to impossible to administer rasayan sevan through kuti- praveshik vidhi. Therefore, vatatapik method is still favourable. With the lifestyle today, people are more prone to chronic metabolic disorders, cardiac diseases, etc. Rasayan sevan can prevent this when taken by following proper regimen. [5]

In present era with emerging development there are emerging diseases. Diseases that attack on the immune system to make it weak and wear down the body i.e., causing dhatu kshaya. With globalization, there is an increase in tech advancements for easy lifestyle, diagnosis and possible treatments such as non- invasive surgeries, etc. but there is no technology that supports a healthy living. Health is a major worry for population, especially the new generation. Awareness of how to co- exist and balance the work and health is important. [6]

With rising workload, it brings mental as well as physical exertion. It is important for one to make time for personal growth, have a healthy mind, soul and body so as to be more productive towards their projects. [7]

Rasayan kalpanas mentioned in ayurvedic treatises have many formulations which affects and enhances not only psychological factors but also physical factors. It helps to keep the dhatus of the body in samavastha. For overall well- being rasayan kalpanas are the trump card. [8]

### **Discussion**

Rasayan is not just one formulation but a group of formulations mentioned in the ayurvedic treatises created for every person according to their requirements. As mentioned above, rasayan kalpanas can help lead a healthy life to those who are already in good health and also to those who are diseased. The rasayan sevan should be done keeping in mind about the factors that influence its action and also those which oppose them. [9]

It is expected from the people to not miss their doses of rasayan and have faith in the formulations. With the schedule that people follow today it is better for them to use the vatatapik method for rasayan sevan as it is easily manageable. However, the Kutipraveshik method is more effective than the other. [10]

Rasayan intake is important, but it should be consulted with the practitioner as there are a few formulations which uses visha as their main ingredient. Thus, should be careful while self- medicating. People should be made aware about the same. [6,8]

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