

Concept of Rasayana with Special Reference to Amalki Rasayana Review Article

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Abstract--'Rasayana' is one of the eight Ayurvedic specialities that tries to maintain health and is referred to as a medicine to avoid old age and lengthen life. [Sthana 30/28 Cha. Sa. Sutra] It seeks to ensure that blood (rakta), nutritive fluid (rasa), and other substances are properly nourished and transported. [Su.Sa. Sutra Sthana 1/7 Dalhana] Preserving health and preventing illness are the main goals of Ayurvedic knowledge of life. Rasayana therapies are crucial for maintaining health, preventing illness, and promoting a quick recovery and rehabilitation from illnesses. Antioxidant, immunomodulatory, adaptogenic, anabolic, nutraceutical, and anti-aging treatments are all regarded as types of rasayana therapy in modern practice. For the best results, Ayurveda suggests cleansing the body before administering rasayana therapy. Materials and Procedures: The traditional Ayurvedic writings.

Journals and research publications from Google Scholar, Pubmed, and other sources, as well as traditional literature of Ayurveda and contemporary medicine, were chosen for the study. In summary: Amalaki is a popular Ayurvedic medication and an important rasayanadravya. With the exception of *Lavana rasa*, *Laghu*, *ruksha gunas*, *Madhura vipaka*, and *Sheeta virya*, Amalaki's pharmacodynamics covers all rasas. Doctors utilise amalaki to treat a variety of illnesses because of its many therapeutic benefits. It is commonly used to treat bleeding problems, immunosuppressive diseases, diabetes, anaemia, and jaundice.

Keywords--Ayurveda, Immunity, Amalaki, Rasayana

I. INTRODUCTION

The primary goal of Ayurveda is "Swasthaya swastha rakshanama aturasyavikarprasamanamch" [1]. Rasayana is the only and most effective form of therapeutic therapy to accomplish this goal for a longer and healthier life. "'Ayan' signifies pathway, while 'Rasa' denotes fluid or plasma. As a result, rasayana literally means "fluid pathway." Rasa, which is produced when food is digested, gives nourishment, boosts immunity, and keeps life going. Rasayana is the therapeutic approach that keeps the body's rasadi dhatus intact. Numerous Rasayana dravyas, such as dosha, dhatus, agni, srotas, etc., function at the cellular level of metabolism.

One of nature's most priceless gifts to humanity is amalaki. Vitamin C is abundant in amalaki and is necessary for the production of collagen, which is responsible. It is in charge of holding the body's cells together. Amalaki's vitamin C content is one of the key components that can aid in replenishing the body's depleted energy. Therefore, Amalaki's ability to replenish new energy is regarded as a natural refresher. Several experimental studies have demonstrated the antioxidant [2], hepatoprotective [3], hypcholesterolemic, and anti-inflammatory properties of amalaki fruit. Amalaki is an effective iron-absorbing agent. Amalaki has a lot of ascorbic acid, which helps to lessen iron deficiency. According to reports, Amalaki Churna's treatment considerably raises the haemoglobin percentage.

II. MATERIALS AND METHODS

Concept of amalakirasayan

According to Acharya Amalaki is the best drug for rejuvenation (vayasthapana)^[4]. Amalaki has the same properties and actions as haritaki, only the virya is contrary that as Amalaki has sheetavirya^[5]

Synonyms

Vayasya, Vaystha, Vrushya, Jatiphalarasa, Shivam, Dhatriphalam, Shreephalam, Amrutphalam, Dhatri, Tishyaphala, Amruta.

Latin name – *Emblica officinalis*

Family – Euphorbiaceae

Rasa – contains all rasa except *Lavana rasa*.^[6]

Virya – Sheet

Vipaka – Madhur

Amalaki is similar in properties to Haritaki, but still especially useful in bleeding disorders, diabetes, as vrushya and rasayana. It pacifies vata dosha by its sour taste, pitta dosha by its sweet taste and cold potency, and kaphadosha by dryness and astringent taste. Thus, the Dhatri fruit pacifies all the three doshas^[7].

1. Chyavanprasha^[8]

It is made by *Amalaki* and *mahapanchamula*, *tranapanchamula*, *kshudrapachmula*, *jivaniyapanchamula* etc. In each quantity of 40gms. It alleviates cough and dyspnoea, useful for the wasted, injured and old people and promotes development of children. By using this rasayana the extremely old Chyavanarishi regained youthful age.

2. Chaturthaamakalarasayan^[9]

By the use, the sages regained youthfulness and attained disease free life for many years, and endowed with the strength of physique, intellect and senses practiced penance with utmost devotion.

3. AmalakiGhruta^[10]

If a person uses this formulation properly, he attains big body with great strength and compactness like the essence of mountains, firm and strong sense organs.

4. Amalakavaleha^[11]

It should take only in fore moon according to power of digestion. By its use, one attains the stable life-span of hundred years without being old.

5. Amalakichurn^[12]

This provides a stable life span of hundred years devoid of old age.

6. AmalakayasaBrahmarasayana^[13]

It provides a life span of one thousand years, alleviates senility and diseases and promotes strength of intellect and sense organs.

7. Kevalamalakarasayana^[14]

By proper use of this person regained youthfulness, becomes like God and Sri (goddess of wealth), vedas and personified knowledge attend to him themselves.

Concept of Rasayana

Therapy and its benefits *Rasayana* is the unique concept explained in various classical texts of *Ayurveda*.

Charak Samhita

Rasayana concept is explained in *Chikitsasthana* of *Charak Samhita*. *Acharya* explained *Rasayana* as the one of the types of *Swathsyaurjaskara Bheshaja*^[15], i.e. which promotion of strength including immunity and alleviation of disorders. *Rasyana* for longevity of life, youthful age, memory, immunity, intelligence, strength of body organs, excellence of luster and the way for attaining excellent rasa etc.

Sushrut Samhita

Acharya explained *Rasayanatantra* in *Chikitsasthana*. *Rasayantantra* is the branch which bestows *Vayahasthapan* property – age sustainer, imparts longevity, intellect and above that which is also able in curing diseases by enriching immune system.

Sharangdhar Samhita

Rasayana destroys senility and diseases. Eg. *Guduchi*, *Rudanti*, *Guggul*, *Haritaki*,^[16]

Bhavaprakash-

According to *acharyaRasayana* is the medicine which destroys ageing and diseases, sustains age and is body stoutening, beneficial for eyes and also is aphrodisiac.^[17]

AstangaHridya

Rasayana is the mode through which excellent *RasadiDhatus* can be attained. *Arundatta* while commenting on the chronological order of eight

Specialties of *ayurved* says that as *rasayan* is capable of treating poisons and their severe ill effects, it is listed after *VishaTantra AshtangaHrudya*^[18]. *Acharya Vaghbatta* explained the benefits of *Rasayana* as same as *charakacharya*

Haritsamhita –

Rasayana is the therapy which provides strength to all body organs, as well as which cures aging, graying of hair, hair fall. *Harit* also says that the disorders which are associated with complications can be dealt successfully^[19]

III. RESULTS

Findings The finest plant for rejuvenation is *amalaki*^[20]. and noted in particular that *Amalaki* is a wonderful *Rasayana* that aids in defence against illness and lessen the likelihood of premature ageing. *Charak Acharya*, and *Amalaki* has been revered by *Vaghbatta* as the preferred medication for *Vayasthapana Karma* referred to as *Agryadravya*. *Charak* possesses stated it as *Ayushya*, *Deepaniya* as well. *Pachaniya*, a digestant, and an appetiser. It is renowned for both its *Kesha* and *Bhavaprakash* and *Chakshushya* properties *Dhanwantri Nighantu* also brought up the *Amalaki's Rasayana* qualities. *Rasayana* Drugs have antioxidant properties. Oxidative Cell damage is significant occurrence during the ageing process.

Amalaki is regarded as one of the more potent antioxidant herbs in Ayurveda because of its low molecular weight hydrolysable tannins (*punigluconin*, *Emblicanin A*, and *Emblicanin B*). The compounds known as antioxidants lessen oxidative damage, including that brought on by free radicals. Numerous enzymes are well-known antioxidants, while other compounds including vitamin C, vitamin E, and beta-carotene can also counteract the harmful effects of oxidants. *Amalaki* is mostly composed of vitamin C, carotene, and riboflavin. Additionally, they aid in iron absorption, collagen fibrin synthesis, and fibrin creation. Since it can be used to treat nearly every illness, *Amalaki*, the *Rasayana*, was discovered by our *Acharyas* and is exquisitely crafted by nature.

IV. DISCUSSION

Ayurveda's special explanation of a long, healthy life is called *rasayana*. *Amalaki* is the best *vaysthapana* and *rasayana* dravya among the several *rasayana* dravyas described in *Ayurveda*.^[21] 1221 Since ancient times, *amalakirasayana* has been utilised as a traditional medicine due to its special qualities, which include anti-aging, anti-cytotoxic, and antioxidant effects.^[22] Research investigations on the trial medicine *amalakirasayana*, when taken with milk, have demonstrated highly significant results in treating symptoms such as sleeplessness, constipation, digestive weakness, and haemoglobin percentage. *Amalaki* is also more economically viable than other medications and has a high medical value.

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