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### Conceptual Review on Rasayana & its Impact on Oja

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#### ABSTRACT

*Ayurveda* is the most ancient medical science of the world. The main purpose of *ayurved* is to maintain the health of healthy individual and cure the disease of diseased one. *Rasayana Tantra* is one among the eight major division of *Astang ayurved*. *Rasayan chikitsa* helps in maintaining the healthy life style. *Ayurved* has describe various types of *Rasayana* which can provide protection against diseases, promotes physical health, improve the status of *dhatu*s, can confer immunity & rejuvenate the system. The purpose of the *rasayana* is to obtain strength, immunity, *oja*, vitality, will power & determination and it also strengthen the senses. According to *ayurveda oja* is an essence present in every *dhatu* & considered as *sara* of all *saptadhatu*s and responsible for strength of the body. Many herbs & dietary materials can act as *rasayan* & work as immune stimulant, anti-stress agent etc. one of the result of *rasayana* is it promotes *oja* in the body which is the factor responsible for *vyadhikshamatva* (immunity) so that person will not suffered from any diseases. Purpose of this paper is to discuss about the role of *rasayana* in enhancement of qualities of *oja*.

#### KEYWORDS

*Rasayana* , *Rasayan chikitsa* , *Vyadhikshamatva*, *Oja*



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## INTRODUCTION

Basic aim of *Ayurved* is to protect and maintain the health of healthy person (*Swasthasya swasthya Rakshanam*) and to help a patient by giving relief with the various treatments to overcome diseases. (ie. *Aaturasya vicar prashamanmch*)<sup>1</sup>. *Rasayana Tantra* is one among the eight major division of *Astang Ayurved*.<sup>2</sup> The word *Rasayan* is composed of two words ie. *Ras* & *Ayan*. *Ras* means essence or juice which provided nourishment to the body,boost immunity. *Ayan* means path or channels. In *charak samhita* definition of *Rasayana* is described as drug which improve optimum quality of *dhatu*s in healthy individuals.<sup>3</sup> The purpose of *Rasayan* is to give physical and mental strength,boosts *Oja* and the immune system,improve will power,longevity.*Rasayan* helps to maintain good health in healthy persons.It also strengthen the senses.<sup>4</sup> *Oja* is one of the result of *Rasayan* which is responsible for immunity.

*Oja* in *Ayurveda* is described as the essence (*sara*) of every *dhatu* starting from *Rasa* to *Shukra dhatu*.In *charaka samhita* words *Bala,Shleshma,Prakriti* are used as synonyms of *Oja*. Physical and mental strength depends on *Oja*. *Oja* nourishes all the body constituents and nourishes the

mind.It is very useful to maintain good health.It promotes strength,immunity and resistance when due to etiological factors such as stress,depression and other *oja* gets affected.The status of *Oja* in the body is important because one can't continue without *Oja*. Three stages of abnormalities of *Oja* occurs in diseased condition.They are *Ojovisrtansa,Ojovyapad* and *Ojakshaya*. Maintenance of *Oja* is depends on *Oja* nourishing food and proper digestion. *Oja* get nourishment after the digestion of food,Drugs having same qualities to *Oja*.

## AIMS & OBJECTIVES

**AIM:** To study the role of *Rasayana* in enhancement of *Oja*.

**OBJECTIVES:** To study the detail about *Rasayan* from *Ayurvedic* perspective.

To discuss how *Rasayan* therapy is beneficial for enhancement of *Oja*.

## MATERIALS AND METHODS

This concept is based on review of *ayurvedic samhitas* materials related to *Rasayana* have been collected and compiled.The main text used in this study are *charak samhita* and various text book,articles are studied for the topic.



## REVIEW OF LITERATURE

### CLASSIFICATION OF RASAYANA –

Based on method of administration two types of *Rasayanas* are described in *caraka samhita* <sup>6</sup>

1. *Kutipravesika*

2. *Vatatapika*

1. *Kutipravesika*:- In this method person lives in a specially prepared hut for long time and remains isolated from his routine life and various *Rasayana* preparations are provided to him during the process.

2. *Vatatapika*:- This type of *Rasayana chikitsa* is mainly for those people who can not dedicate long hours or for those people who are engaged in their busy life schedule. Various rejuvenation formulae are described in *samhita*.

In *caraka samhita*, one more variety of *Rasayana* has been mentioned i.e. *Acara Rasayan* which is non pharmacological form. In this method *sadvrutta* is followed strictly to get beneficial effects. It is like good habits, behavior etc.

### MODE OF ACTION OF RASAYANA DRUGS

Basically *Rasayan* promotes the nutrition through various ways viz.

1. By nourishing *Rasa* –Enriching the nutritional intake of body through diet and

improving the status of *rasa*. ex. consumption of *ghee*, milk

2. By improving the strength of *Agni* through *dipan, pachan* properties (digestion, metabolism).

3. By promoting capability of circulatory channels (*strotas*) through herbs.

## CONCLUSION

*Rasayana* therapy is a specialized part of treatment in *Ayurveda* which mainly deals with the disease prevention and promotion of health by revitalizing the metabolism and enhancing the *Oja* (power of immune system).

*Rasayana* drugs have immunomodulatory activity, and increase the *ojas*. *Rasayana* offer a huge potential for the development of health promotion and cure of diseases. Results of various studies on *Rasayan* shows that *Rasayan* works as immune modulator in healthy and diseased condition. So *Rasayana* drugs should be used in immune deficient diseases.



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