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, improves the status of dhatus, 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 saptadhatus 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
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)\(^1\). Rasayana Tantra is one among the eight major division of Astang Ayurved.\(^2\) 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 carak samhita definition of Rasayana is described as drug which improve optimum quality of dhatus in healthy individuals.\(^3\)

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.\(^4\) 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 caraka 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.
1. Kutipraveshika
2. Vatatapika
1. Kutipraveshika:- 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 (strotras) 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 Rsayan shows that Rasayan works as immune modulator in healthy and diseased condition. So Rasayana drugs should be used in immune deficient diseases.
REFERENCES


