

# Role of Rasayan in Post Covid Era - A Review Article

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## ABSTRACT

*Rasayan* is an compressive disciplines of Ayurveda, it embraces a specified use of herbs, herbomineral preparations, food articles, and regime along with self-restraint with social decorum to attain the finest state of tissues and systems of the physique. It can be stated as nourishing dynamics for rejuvenation of physique and psyche. Covid is a severe respiratory disorder characterized by pneumonia, lymphopenia. It causes severe effects on the physical and mental state of the individual. Defining the *Rasayan* for the post covid -19 crisis

**Key Words** *Rasayan*, Covid-19

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## INTRODUCTION

*Rasayan* can be a pathway or method to acquire *Rasa* or sufficient nutrition for the body. These therapy or modality provides proper nourishment to every cell or tissue of body. It also maintains cell functions and restores health at molecular level. *Rasayan* can be classified into various types like *Achara Rasayan* deals with conducts, behavior and social etiquette of an individual, *Medhya Rasayan* is indicated in neurological dysfunction. *Kutipraveshika* (therapy in specialized compartment or room) and *Vatatapika* (along with routine activities) are methods for *Rasayan* therapy with well-known effects<sup>1</sup>. Wide variety of single herbs

and compound formulation that can be used as *Rasayan*. These can have sphere of actions on different systems of body according to their indications<sup>2</sup>. *Rasayan* drugs are also available according to nourishment of specific dhatus and the *Prakriti* of a person<sup>3</sup>. *Rasayan* plays a significant role in disorders related to work related stress, sedentary life style, non-communicable diseases and, improper food habits, especially in this modern era. According scientific background *Rasayan* can be its accepted as anti-oxidant, nutraceutical and immuno-modulators. So, *Rasayan* is a unique part of Ayurvedic treatment which provide physical as well as mental health to a person<sup>8</sup>.

## REVIEW ARTICLE

COVID-19 a respiratory disease with causative agent coronavirus 2 (SARS-CoV-2), which is a severe acute respiratory syndrome. Minor to modest symptoms were witnessed, but about 5% ultimately develop acute respiratory distress syndrome (ARDS) and nearly 15% progress to severe pneumonia and septic shock, multiple organ failure. The pillar of clinical treatment contains of symptomatic treatment and oxygen therapy, with mechanical ventilation for patients with respiratory failure. As *Rasayan* has sphere of action on different systems of body like respiratory, gastrointestinal, neurologicaletc. So it can be used in post covid era like respiratory distress due to fibrosis caused by the covid 19 is found in majority. So *Rasayan* can be used to fulfill the imbalances caused in body due to disease and maintains the equilibrium of health<sup>5</sup>.

### TYPES OF RASAYAN

#### 1. *Sharir Rasayan* and *Manas Rasayan*

*Sharir Rasayan* – *Rasayan* which helps to increase the *dhatu* the body parts and removes the impurities of *strotas*

*Manas Rasayan* – Immunity can be influenced by *manovahstrotas*. To avoid the progression of disease or to develop the disease negative thoughts should be avoided. As someone has positive thinking towards life then that person has good immunity and he/she is less prone to disease

*Aachar Rasayan* – It is described under *Manas Rasayan*. During the *Rasayan* usage do's and don'ts are strictly followed. Some rules and regulations are given for do's and don'ts during *Rasayan* which is called as *Aachar Rasayan*

*Medhya Rasayan* - To nurture *dhi*, *druti*, *smruti*, *medha* and *bhudhimedhya Rasayan* is used. eg-*vacha*, *jatamansi*, *shankpushpi*, *bramhi*, *ghee*

#### 2. *Kamya Rasayan*, *naimithik Rasayan* and *aajastrik Rasayan*

According to *Dalhan*, commentator of *Sushrut Samhita* explains the following types of *Rasayan*

- *Kamya Rasayan*- *Rasayan* which has been focused on specific purpose i.e. when a *Rasayan* is given for specific *dhatu* or *strotas* to enhance or to maintain its function is called as *Kamya Rasayan*

- *Naimithik Rasayan* – *Rasayan* which is given for specific time period is called as *Naimithik Rasayan*. *Strotovaigunya* caused by disease after treatment is cured by *Naimithik Rasayan*. eg. After *Jwaraguduchi* and *suvarnaklapa* is used as *naimithik Rasayan*

- *Aajastrik Rasayan* – *Rasayan* which is consumed on the daily basis is called *Aajastrik Rasayan*

For *Dhatuwardhan*, *ghrut* along with milk consumption, balanced diet, exercise comes under these *Rasayan*

## REVIEW ARTICLE

### 3. Vardhman Rasayan

It's also called as *Utkarsh Rasayan*. Its dose is consumed in increasing quantity of medicine, so it is also called as *Vardhman Rasayan*. Precisely when *ushnatikshnagunadravya* like *Pippali*, *Bhalattaka* has to be given it is advised to give the dose of dravya in increasing order. It is started with low dose and increased day by day in small amount. When proper effect of the drug is achieved then only stop the consumption of the drug that too in the decreasing order.

### 4. Dravyaroopa Rasayan and Adravyaroopa Rasayan

In *Dravyaroopa Rasayan* *ayurvedic dravya* are used to treat the disease along with *Adravyaroopa Rasayan* which is not in dravya

form like *Aachar Rasayan*, in which the rules and regulations of *Rasayan* consumption are described.

### 5. Vatatpeeka Rasayan and Kutipraveshik Rasayan

*Kutipraveshik Rasayan* – In specific *Kuti* (Room) the diseased has to live for weeks by practicing etiquette mentioned in the classical ayurvedic literature. So practically it is not possible now a days to follow such a *Rasayan Chikitsa*

*Vatatpeeka Rasayan* – It can be followed along with daily chores. By following proper diet, *Rasayan* *Dravya* has been consumed

**Table 1** Some of the *Rasayan Kalpas* are as follows:

Sr.No.	Name of Rasayan	Reference	Key ingredients	Action
1.	<i>Bramha Rasayan</i> <sup>9</sup>	<i>Ashtang Hrudaya Uttarsthana</i> 15.21-23	<i>Laghupanchamoola</i> , <i>Bruhatapanchamoola</i> , <i>punarnavadipanchamoola</i> , <i>jeevaniyapanchamoola</i> , <i>trunapanchamoola</i>	Memory enhancer, improves speaking ability, rejuvenation, antioxidant, improves strength respiratory system, immunomodulatory reproductive system of both male and females, anti allergic good for skin, lungs, cancer, improves physical and mental health. It rejuvenates the body and has a good anti aging formula which also acts as an antioxidant. Reduces degenerative process of cells. Prevents falling and greying of hairs. It improves memory and strengthens the body. It is a natural remedy for stress and chronic tiredness. Improves intelligence, memory and immune power
2.	<i>Chyawanprash</i> <sup>7</sup>	<i>Charak Samhita Chikitsa Sthana</i> 1.1/62-74	<i>Bilva</i> , <i>Agnimantha</i> , <i>Shyonaka</i> , <i>Kashmarya</i> , <i>Patala</i> , <i>Bala</i> , <i>Shalparni</i> , <i>Priashnaparni</i> , <i>Meshparni</i> , <i>Mudgaparni</i> , <i>Pippali</i> , <i>Shvadamstra</i> , <i>Brihati</i> , <i>Kantakari</i> , <i>Shringi</i> , <i>amalki</i> , <i>Draksha</i> , <i>Jivanti</i> , <i>Puskara</i> , <i>Aguru</i> , <i>Abhya</i> , <i>Ridhi</i> , <i>Jivaa</i> , <i>Rishabhaka</i> , <i>Shati</i> , <i>Musta</i> , <i>Punanrnv</i>	<i>Jevaneeya</i> , <i>Rasayana</i> , <i>medhya</i> , <i>balya</i> , anti aging, eases constipation, strengthens immune system, improves memory and concentration, calms nervous system, enhances fertility, keeps menstruation regular, purifies blood, improves complexion, fights against bacterial skin infection, antidepressant, promotes absorption of calcium so makes bones strong, improves muscle tone

**REVIEW ARTICLE**

			<i>a, Ela, Meda, Chandana, Utpala, Vidari, Vrusha, kakoli, Kakanasika<sup>6</sup></i>	
3.	<i>Agastya haritakiaveleh</i>	<i>Charka Samhita .Chikitsashana .17.57-62</i>	<i>Dashmoola</i> (group of ten herbs used to treat inflammation) , <i>Bala ,Atmagupta ,Yava , Gajapippali , PippaliMoola,Hareetaki ,Bharangi, Pushkaramoola ,Chitrka,Shati,Apamarga</i> are some of ingredients which is helpful to relax the respiratory spasm and expels with mucous out of the respiratory tract and eases breathing	Its regular use will greatly reduce instances of breathlessness and help you lead a healthier life , acute and chronic respiratory disorders , builds the immunity and can be used in disorders like hiccups ,chronic <i>gulma ,grahani</i>
4.	<i>Kushmandaka Rasayan</i>	<i>BhaishjyaRatnavali.Raktapittaadhya ya. 45-51</i>	<i>Kushmanda ,Pippali ,Ginger ,white caraway ,Cinnamon , Patra,Cardamom,Black pepper ,Coriander , Ghee ,Honey ,Sugar</i>	Cough, dyspnea/asthma, chest wound/Injured chest/disease of Lungs, Chronic fever, bleeding disorder, Emesis, thirst, fever, deficiency of Semen, weakness, emaciation, hoarseness of voice
5.	<i>VardhamanPippali</i>	<i>Charak Samhita Chikisthana 1</i>	<i>Pippali</i>	<i>Rasayana,Brimhana,Swarabhedanashaka, Ayuhitakari,PilhaNashini ,UdaraVinashanam,Vayasthapanam,Medhya</i>
6.	<i>Triphala Rasayan</i>	<i>Ashtanghrudhayauttaryan 39.42-45</i>	<i>Triphala</i>	<i>Vaysthan</i> , immunity modulator, relieves constipation
7.	<i>Shilajatu Rasayan</i>	<i>Charakvimansthana1.3.65</i>	<i>Shilajatu ,suvarna / rajat/tamra / loha Lohashilajatu</i> is considered best among all	<i>Sarvaroghar, Rasayan , vajikaran , mutravahstrotas vikar</i>
8.	<i>Bhalatakkshir</i>	<i>Charakchikitsa 1.2.19</i>	<i>Bhalatak ,milk ,ghee</i>	<i>Kaphavyadhi(covid) ,vayasthapan ,medhavardhan , agnivaradhan</i>
9.	<i>Abhayaamlaki Rasayan</i>	<i>Charakchikitsasthan 1.1</i>	<i>Abhaya , saindhava,amlaki ,guda, vacha , vidhanga , rajani,pippali , vishwabhashaja</i>	<i>Vishmajwar , shiroroga , hrudroga, atisar , pandu, gulma , grahani, kasa, prameha , shosha , udavarta , mada, anaha , vaiswaryam ,vaivarnyam , kamla,krimi,tamakashwas,strotovibhanda,s mruti ,bhudivardhak</i>
10.	<i>Amlaki Rasayan</i>	<i>Charakchikitsasthan 1.1.36-37</i>	<i>Amlaki ,raktachandhan , krushnaagaru , dhava, tinduk , khadir , shinshpa , asan , triphala , vacha , chavya , chitrak , vidhang</i>	<i>Sarva rog nashak,jaravyadhinashan , bhudhiandindriyavardhan</i>
11.	<i>Medhya Rasayan</i>	<i>Charakchikitsasthan 1.3</i>	<i>1.Mandhukparni swarasawith honey 2.Yashtimadhu with</i>	<i>Dee,druti,smrutivardhak , Ayushyavardhan, sarvavyadhinashak, agnibalavardhak , swaravardhak</i>

REVIEW ARTICLE

milk  
3. *Guduchi*  
swaraswith honey  
4. *Shankpushpi Kalka*  
with root and fruit  
with milk

**Table 2** Active constituents of a number of the herbs utilised on prime of mentioned *Rasayana*

Sr. No.	Herbs with Latin names	Active constituents	Properties
	<i>Amalaki</i> ( <i>Embllica officinalis</i> )	Ellagic acid, quercetin, flavonoids, glycosides, and proanthocyanidins	
1.	<i>Haritaki</i> ( <i>Terminalia chebula</i> )	Tannins	Antiageing, immune enhancing, tonifying, hepatoprotective, antibacterial
2.	<i>Bilva</i> ( <i>Aegle marmelos</i> )	Coumarins, Vitamin C, and Vitamin B2	Astringent, stomachic, laxative, and tonic, woundhealing, antiasthmatic
3.	<i>Shyonak</i> ( <i>Oroxylum indicum</i> )	Alkaloids, tannins, flavonoids, and anthraquinones	Analgesic, microfilarial, antidyslipidemic, radioprotective, antihyperglycemic, antidiabetic, anticancer,
4.	<i>Patala</i> ( <i>Stereospermum suaveolens</i> )	Flavonoids, terpenoids, saponins alkaloids, tannins, carbohydrates, steroids, and gums. Dehydro- $\alpha$ -lapachone and lapachol	Immunomodulation
5.	<i>Gambhari</i> ( <i>Gmelina arborea</i> )	Flavonoids (apigenin)	Immunosuppressive
6.	<i>Shalparni</i> ( <i>Desmodium gangeticum</i> )	Caffeic acid and chlorogenic acid	Immunomodulatory
7.	<i>Gokshura</i> ( <i>Tribulus terrestris</i> )	Saponins	Antioxidant, antiarthritic, antiviral, antiasthmatic
8.	<i>Erand</i> ( <i>Ricinus communis</i> )	Tannins, alkaloids, carbohydrates, steroids, and flavonoids	Immunostimulant
9.	<i>Jivanti</i> ( <i>Leptadenia reticulata</i> )	Apigenin, tocopherol, saponin, flavonoids, lupanol-o-diglucoside $\alpha$ -amyrin, $\beta$ -amyrin, ferulic acid, $\beta$ -sitosterol, stigmasterol, luteolin, hentriacontanol	Immunomodulatory, anti-inflammatory
10.	<i>Kasa</i> ( <i>Saccharum spontaneum</i> )	Thiocyanate, DPPH, No radical	Galactagogue, antimicrobial, immunostimulatory

REVIEW ARTICLE

11.	<i>Darbha</i> ( <i>Imperata cylindrica</i> )	Glycosides, alkaloids and flavonoids	NO radical scavenging, reduction potential
12.	<i>Ikshu</i> ( <i>Saccharum officinarum</i> )	Carotene, thiamine, vitamin C, riboflavin, glucose, flavone C	Anticancer
13.	<i>Sankhapushpi</i> ( <i>Convolvulus pluricaulis</i> )	Alkaloids, flavanoids and coumarins	Anticancer, antimicrobial, stomachic medication, laxative, and anti-inflammatory
14.	<i>Vacha</i> ( <i>Acorus calamus</i> )	Flavonoids, tannins, sugar and proteins	Antidepressant, anxiolytic, tranquilizing, antistress, anti-amnesic, phytochemicals, hypolipidemic, antifungal neurodegenerative, analgesic, immunomodulatory, antibacterial, medicine, anticatonic, antiulcer hepatoprotective,
15.	<i>Vasa</i> ( <i>Adhatoda vasica</i> )	Aasicoline, adhatodine, Vasicine, aasicinone, Vasicine acetate	Anti-inflammatory, antiulcer medication and anti-oxidant
16.	<i>Bael</i> ( <i>Aegle marmelos</i> )	Quercetin, and rutin	Antiulcer, expectorant, cholagogue, anti-allergic, metastasis disorders
17.	<i>Aguru</i> ( <i>Aquilaria agallocha Roxb</i> )	Aquilarone derivatives and phenylethylchromones, Kusunol, jinkohol, 10-epi- $\gamma$ -eudesmol, vanillic acid	Radioprotective, anti-diarrheal, anti-ulcerative, gastroprotective
18.	<i>Vanshalochana</i> ( <i>Bambusa ruginosa</i> )	Waxes, oxalic acid, resins, benzoic acid, diferuloylarabinoxylanhexasaccharide, taxiphyllin, and sugar	Anti-inflammatory, antiasthmatic, analgesic, antimicrobial, carminative
19.	<i>Punarnava</i> ( <i>Boerhavia diffusa</i> Linn.)	Flavonoids, alkaloids, glycosides, rotenoids, steroids, and triterpenoid	Astringent, stimulant, antiulcer, aphrodisiac, emmenagogue
20.	<i>Tejpatra</i> ( <i>Cinnamomum tamala</i> Nees and Ebrn.)	Essential oil, o-cymene, camphor, linalool, p-cymene and 1,8-cineole, Jeolikote, (E)-cinnamaldehyde, (E)-innamaldehyde, (E)-cinnamyl acetate, 1,8-cineol, and eugenol	Antioxidant, antiaging, antipyretic, diuretic, hematinic medicine
21.	<i>Dalehini</i> ( <i>Cinnamomum zeylanicum</i> )	$\alpha$ -bergamotene, $\delta$ -cadinene, $\alpha$ -copaene, $\alpha$ -humulenetetradecanol and viridiflorene, eugenol, $\beta$ -caryophyllene, Linalool, (E)-cinnamaldehyde, (E)-cinnamyl	Antiulcer, stimulant, antimicrobial, anticancer, digestive, hepatoprotective, antidepressant medicine
22.		$\alpha$ -bergamotene, $\delta$ -cadinene, $\alpha$ -copaene, $\alpha$ -humulenetetradecanol and viridiflorene, eugenol, $\beta$ -caryophyllene, Linalool, (E)-cinnamaldehyde, (E)-cinnamyl	Gastroprotective, Hematinic, digestive, appetizer, antinociceptive hepatoprotective

REVIEW ARTICLE

23.	<i>Kachur</i> ( <i>Curcuma zedoaria</i> Rose)	acetate, $\alpha$ -terpineol, (E)-caryophyllene, and its compound, tetradecanal, $\alpha$ -cadinol and globulol	
24.	<i>Nagarmotha</i> ( <i>Cyperus rotundus</i> Linn)	8,9-dehydro-9-formyl-cycloisolongifolene, 6-ethenyl-4,5,6,7-tetrahydro-3,6-dimethyl-5-isopropenyl-trans-benzofuran, eucalyptol and $\gamma$ -elemene	Useful in flatulence and dyspepsia, antidiarrheal
25.	<i>Shalparni</i> ( <i>Desmodium gangeticum</i> )	Amentoflavone, ginkgetin, isoginkgetin, sciadopitysin, Cyperene, Humulen and Selinene, Zierone, Campholenic chemical compound, Pinene, Longiverbenone, Vatirenene, Copaene, Limonene, Terpeneol, Azulene, Selinene, Myrtenol, Calacorene, Fokienol, Isogermacrene D, and Isolongifolene	Antirheumatic, stimulant, hepatoprotective, stomachic, antispasmodic, carminative, diuretic, anti-inflammatory, emmenagogue
26.	<i>Elaichi</i> ( <i>Elettaria cardamomum</i> )	N-dimethyltryptamine, hordenine, Hypaphorinecaudicine, Gangetin-3H, desmodin and Gangetinin	Neuroprotective, general debility, fatigue, cardiovascular and respiratory disorders
27.	<i>Amalaki</i> ( <i>Emblica officinalis</i> )	1,8-cineole, $\alpha$ -terpinyl acetate, sabinene, 4-terpinen-4-ol, and myrcene	Appetizer, stimulant, stomachic, tonic, useful in nausea, intestinal spasms, heartburn
28.	<i>Gambhari</i> ( <i>Gmelina arborea</i> Roxb.)	Galic acid, ellagic acid, 3,6-di-O-galloyl-D-glucose, 1-O galloyl-beta-D-glucose chebulinic acid, quercetin, corilagin, 1,6-di-O-galloyl beta-D-glucose, chebulagic acid, 3-Ethylgallic acid, and isostrictinin	Antioxidant, immunomodulatory, neuroprotective, cardioprotective, rejuvenative, hepatoprotective, cognition and promotes longevity, enhance general vitality
29.	<i>Pushkarmul</i> ( <i>Inula racemosa</i> Hook)	(Z)-3-hexenol, nonanal, heptacosanehexanol, pentacosane, 1-octen-3-ol, 1-pentacosene, and (E)-2-decenal	Promotes lactation, virility, strength
30.	<i>Jivanti</i> ( <i>Leptadenia reticulata</i> )	Eudesmanolide, germacranolide, elemanolide, sesquicaranolide, guainolide, heptadeca-1,8,11,14-tetraene and humulane	Antihistaminic, cures cough, cold, asthma and is a bronchodilator
31.	<i>Pippali</i> ( <i>Piper longum</i> Linn)	$\alpha$ & $\beta$ amyryn, diosmetin, ferulic acid, luteolin, rutin, $\beta$ -sitosterol, hentriacontanol, simiarenol, stigmasterolapigenin, reticulon, deniculatin, leptaculatin, luteolin, lupanol 3-O diglucoside and diosmetin	Anticancer, stimulant, nutrient, aphrodisiac, restorative, improves vision, life expectancy, immunity
		Isoflavonoidscinnamic acids and	

REVIEW ARTICLE

32.	<i>Kakdasingi</i> ( <i>Pistaciaintegerrima</i> )	derivatives, naphthalenes, phenanthrenes and derivatives, oxanes, phenol ethers, phenylpropanoic acids, pteridines and derivatives, steroid and its derivatives and pyridines and derivatives	Antitussive, bronchodilator, tonic, stimulant, bioavailability enhancer, respiratory infections, carminative, relieves and hepatitis
33.	<i>Raktachandan</i> ( <i>Pterocarpus santalinus</i> )	$\beta$ -pinene, $\alpha$ -pinenesabinene, Pistacienoic acids L –isomer, terpinen-4-ol, $\alpha$ -pinene, $\alpha$ -terpinol, Octadecan-9, $\beta$ -Sitosterol, Hydroxydecanyl arachidate, 11-diol-7-one, and Pisticialanstenic acid	Antitussive, bronchodilator, carminative, cholagogue, digestive, expectorant
34.	<i>Bala</i> ( <i>Sidacordifolia Linn.</i> )	Santalin A, B, and Y, pterocarptriol, $\beta$ -eudesmol, isoptercarpalone, pterocarpodiolones, cryptomeridiol, -sitosterol, lupeol, sesquiterpenes, $\beta$ epicatechin, lignans, pterostilbenes, acetophenones, phenylacetic acid, cinnamic acid, lignans, coumarins, xanthenes, 3-hydroxybenzoic acid, benzophenones, gentisic acid, $\alpha$ and $\beta$ resorcylic acid, and vanillic acid	Anti-diabetic, tonic, amorous, perspiration protective and antitumourantiparasitic effect on urogenital and respiratory mucosa
35.	<i>Kantakaari</i> ( <i>Solanumxanthocarpum</i> )	Ephedrine, sterculic, malvalic, coronaric acid, alkaloid, betaphenethylamine, ecdysterone, indole alkaloids, hypaphorine, hypaphorine, stearic and, hypaphorine $\beta$ -sitosterol	Aphrodisiac, cardiotoxic, strength promoter
36.	<i>Guduchi</i> ( <i>Tinosporacordifolia</i> )	Lupeol, ursolic acid oleanolic acid, $\beta$ -sitosterol, withanolide B campesterol, ergosterol	Anti-allergic, bronchodilator, expectorant, mucolytic, and relieves flu
37.	<i>Draaksha</i> ( <i>Vitisvinifera Linn</i> )	Tinosporine, tinosporaside, tinosporide, cordifolide, heptacosanol, cordifol, diterpenoid furano lactone, clerodanefuranoditerpene, tinosporidine, $\beta$ -sitosterol, columbin Berberine, palmatine, magniflorin, tembertarine, choline and tinosporin	Immunomodulator, General tonic, cytoprotective, adaptogenic, genoprotective
38.	<i>Go-ghrita</i> (Indian Cow Ghee)	Oleanolic and betulinic acids, stilbenoid, daucosterol, E-resveratrol, E- $\epsilon$ -viniferin, (-)-epicatechin, catechin, gallocatechin, 6'-O-acyl daucosterols, 1,2-di-O-acyl-3-O- $\beta$ -D-galactopyranosylglycerols, caffeic and ferulic acids, anthocyanidin-3-O-glucosides,	Aphrodisiac, cardiotoxic, nutritive, diuretic, demulcent, hepatoprotective, laxative, cures thirst and asthma



REVIEW ARTICLE

39. <i>Madhu</i> (Natural honey (derived from honey bees)	malvidin-3-O-glucoside, peonidin-3-O-glucoside and cyanidin-3-O-glucoside	Antioxidant, anticancer ,nutritive, strengthens the immunity, , improves overall mental physical strength
	Monounsaturated fats, inhibitors conjugated unsaturated carboxylic acid, , vitamins A, E, D, K, and beta carotene	
	Flavonoids (e.g., catechin, kaempferol, naringenin, luteolin, pinostrobin, apigenin), Phenolics (e.g., gallic, benzoic, protocatechuic, p-coumaric, transcinnamic, syringic, caffeic acids), carotenoids, cholines, kynurenic acid, enzymes (glucose , diastase, invertase, phosphatase, enzyme peroxidase), fructose, oligosaccharides (palatinose, isomaltose and alpha-cyclodextrin), vitamins (B1, B2, B3, B5, B6, B9, C, phyllochinon), elements /trace elements (Na, K, Fe, Mg, Ca, P, Zn, Cu, Cr, Mn, S, , Mo, Co, F, B, Se I, Si)	Antioxidant, anti-infective, immunomodulator, antiaging, relieves cough and cold, wound healing, antiseptic, antiulcer, sore throat
40. <i>Varahikand</i> ( <i>Dioscorea bulbifera</i> Linn )	Dioscoreanoides A-K, diosbulbisides A-C, diosgenin, diosbulbisin A-D, sinodiosgenin, , 8-epidiosbulbin E acetate, diosbulbin A-P Bafoudiosbulbin A-G, , neoxanthin, $\beta$ -sitosterol, catechin, quercetin-3-O- $\beta$ -dglucopyranoside ,vanillic acid, quercetin-3-O- $\beta$ -dglucopyranoside and quercetin-3-O- $\beta$ -dglucopyranoside ,glycoside derivatives	Antiulcer ,aphrodisiac, , promotes vigor and strength, tonic
41. <i>Ashwagandha</i> ( <i>Withania somnifera</i> )		
42. <i>Abhraka Bhasma</i>	Cuscohygrine, anahygrine, pseudotropine, tropine, withananine anaferine, isopelletierine, , withananine, pseudo-withanine, somniferine, somnine, somniferine, withanine, withasomnine, chlorogenic acid, visamine, and withaferin A	Antiinflammatory ,amorous , stress free , protection against injury, antiproliferative ,memory enhancer
43. <i>Shukti Bhasma</i>		
44. <i>Shringa Bhasma</i>	Ayurvedic mineral of incinerated biotite isinglass Nature : multimineral cocktail	Aphrodisiac. cardi tonic ,general debility, cellular regenerator, useful in digestive impairment, malabsorption syndrome , asthma and cough
45. <i>Makardhawaja</i>	Ayurvedic mineral of calcined genus <i>Pinctada</i> , Nature : Calcite	Antacid, antihistaminic ,antiarrhythmic, , neurotrophic, cardi tonic, calcium supplement

REVIEW ARTICLE

46. <i>Loung(Eugenia caryophyllus Linn.)</i>	<p><b>Ayurvedic preparation of calcined ruminant horn,</b> Nature : orthophosphate</p> <p><b>Ayurvedic preparation having processed and sublimate gold, sulphur ,mercury and in 1:24:8 ratio,</b> Nature : HgS (with traces of gold)</p> <p><b>Acetyl eugenol, vanillin, <math>\beta</math>-caryophyllene, crategolic acid, salicylate, bicornin, seugenin, gallotannic acid, rhamnnetin, eugenitin, kaempferol, triterpenoids, campesterol, oleanolic acid, stigmasterol, sesquiterpenes, etc</b></p>	<p>and promotes bone strength</p> <p>Effective in pleurisy, pneumonia Expectorant, productive cough, tuberculosis,</p> <p>Aphrodisiac ,Antiaging, , cardiovascular tonic, erectile dysfunction, help to cure male impotency ,premature ejaculation</p> <p>Antimicrobial ,antiseptic,stimulant and anti-inflammatory</p>
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**Table 3** Rasayana and strotas

Sr. no.	Rasyana	Strotas	Action
1.	<i>Bramha Rasayan</i>	<i>Manovah</i>	To help in antiageing of brain and regeneration of tissues bairwith anti stress relief and memory enhancement effects
2.	<i>Chyawanprash</i>	<i>Annawah,rasvah,raktavah,mansavah,asthivah, Shukravah,manovah</i>	Eases constipation improves memory calms nervous system enhances fertility keeps menstruation purifies blood ,improves complexion antidepressant improves muscle tone absorption of calcium
3.	<i>Agastya haritakiaveleh</i>	<i>Pranvah, ,annavah, mansavah</i>	Reducebreathlessness can be used in disorders like hiccups ,chronic <i>gulma</i> , <i>grahani</i> acute and chronic respiratory disorders
4.	<i>Kushmandaka Rasayan</i>	<i>Pranvah,annavah,udakvah,rasvah,raktavah, ,shukravah</i>	Cough, Dysponea/Asthma, Chest wound/Injured chest/ Chronic fever Blood disorders, vomiting , dehydration, Pyrexia, Oligospermia, generalisedWeakness,
5.	<i>VardhamanPippali</i>	<i>Annawah,Raktavah,manovah</i>	<i>Medhya</i> <i>PilhaNashini</i> <i>,UdaraVinashanam,</i>
6.	<i>Triphala Rasayan</i>	<i>Annawah,purishvah,shukravah</i>	Relieves constipation

## REVIEW ARTICLE

Vaysthan ,

### DISCUSSION

Rasayan fetches the appropriate acceptance of nutrients, development and sustenance of saptadhatus (seven vital tissues). Rasayan endorses the endurance by postponing the ageing (jara nashanam) and averts the ailments (vyadhinashan) e.g. guduchi, haritaki. Consumption of Rasayan outcomes in Dirghaayu (longevity), smriti, aarogya (good health), medha, tarunvaya (youthfulness), prabha, (complexion), vaani, varna etc. Rasayan supports and revitalizes the composition of human being and creates immunity against ailments. Rasayan upsurges the immunity of an individual and benefits him to stay far from infections in daily routine. The potential roles of Rasayan in human being are nutrition, immunomodulation, anti-oxidation, anti-ageing, protective to nervous system and haemopoietic. Rasayan therapy performances on Rasa dhatu (performing on direct nutrient) level, jataragni (endorsing digestion and metabolism), srotasa (promoting microcirculation & tissue perfusion) and oja (enhances immunity). Rasayan can be consumed as a prophylactic

therapy, as a defensive and health promotive aspect in healthy human. Agastya haritaki Rasayan actions on pranvahstrotasasharitaki performances as a mucolytic agent.

### CONCLUSION

Post covid era will have ailments originated afterwards covid like diseases regarding different human systems like respiratory, nervous, digestive system etc.

To deal with such ailments Rasayan can be beneficial as an immunity modulator and it upgrades the immunity certainly. Rasayan can be used in integration to fight post covid by its achievement on varied systems physically and emotionally. Rasayan can be beneficial for sharirik vyadhi as well as manas vyadhi likewise.

So Rasayan can be valuable in Post Covid era as an immune modulator.

## REVIEW ARTICLE

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