



A WAY TOWARDS HEALTH THROUGH ACHARA RASAYANA – A REVIEW ARTICLE

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ABSTRACT

Ayurveda is the ancient Indian and traditional system of medicine. Achara rasayana is the unique concept of ayurveda and this is the fundamental contribution of Acharya Charaka. It is the holistic science that means it not only cures but also prevents the occurrence of diseases. In 'Ayurveda' concept of rasayana, ahara and vihara are very important factors to maintain the healthy state of body and mind. In present era, ongoing medical science is aware about the health and dietary requirement. Any substance of nutritional value which provide health benefits is used as nutraceuticals. According to Ayurveda, the best medicine is the one we consume every day, which is food. The term Rasayana (rejuvenation) refers to nutrition or nourishment it acts essentially on natural dynamics and rejuvenate the body on both physical and mental levels. Achara Rasayana is one such entity which helps maintain health without use of external medication and just by following a code of conduct advised by acharyas.

KEYWORDS : Rasayana, Achara rasayana, Ayurveda Health, Rejuvenation**INTRODUCTION**

Ayurveda is the science of life focusing equally on body, mind and soul. The main motive of ayurveda is Swasthasthya swasthya rakshana and aturasthya vikarprashamanam cha. To maintain the health of a healthy person and cure the condition of diseased. A healthy status of person is maintained via healthy life style, Ahara, Vihara, code of conduct, and a diseased person is cured by different *samshodhana* (purification) and *samshamana* (medicamental) therapies.²

According to Acharya Charaka *sarvamanyat paritajya shariram anupalayet, tadvhabe hi bhawanam sarvabhava hi sharirinam*, which explains that maintaining the health of the body is of utmost importance. The main end goals of ayurveda, Dharma (moral values, righteousness); Artha (economic values, prosperity); Kama (psychological values pleasure, love); and Moksha (spiritual values, liberation) these four purushartha chatustaya can be achieved through good health.³

According to WHO, Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.⁴

Component of health

Health (Swastha)	Physical & physiological	Samdosha Samagni Samadhatus Sammala	3 dosha(v,p,k) 13 agni 7 dhatus 3 mala	Swasthya (Healthy)
	Mental & psychological	Prasanna indriyas Prasanna mana	10 indriyas 1 mana	
	Spiritual	Prasanna atma	Atma	

Susruta states that the definition of health as "*Samadosha, samagnischa samadhatumala kriyaha prasanna atmenindriya manaha swasthya ityabhidheeyate*". The digestive fire, doshas, dhatus and mala must be in balance. The intellect, atma, and sensory and motor organs must all be in a physiological state. Such a person is referred to as a healthy person.⁵

MATERIAL AND METHODS

In the current study, information was gathered from archival texts, journals, and research papers on rasayana, swastha, and achara rasayana, as well as other available scientific publications. The Ayurvedic technique has been used to compile, analyse, and discuss all the data.

REVIEW & DISCUSSION

Rasayana Tantra is one of the principal division of astanga ayurveda. One of the main ways of presenting good health in Ayurveda has been

named Rasayana. It is made up two types rasa (first dhatu of the body) and ayana (pathway) e.g. a pathway to achieve the excellent quality of rasadi dhatus. Various activities foster good feelings and experiences, which in turn help the body produce Ojas, to promote health and happiness. Rasayana is the path to achieving longevity, memory, intelligence, freedom from disorder, youth, excellence of luster, complexion, and voice, as well as the peak state of physical strength and sense organs. Rasayana substances have an effect at the Dhatu (cellular) level.⁶

Classifications of Rasayana

- Medicamental-
 1. Dravyabhuta (drug & dietaries)
 2. Adravyabhuta (Achara rasayana)

Procedural-

- a) Kuti Praveshika (IPD basis)
- b) Vatatapika (OPD basis)

• Indication-

1. Kamyas Rasayana: further promotion of health for a healthy person e.g., medha (intellect), Aayu (longevity), Smriti (memory), prana (vitality).

It is again divide into 3 subtype-

- a) Prana kamyas: aim to longevity of life e.g. Haritaki, Triphala

- b) Medha kamyas: Enhancing intellect e.g. Shankhpushpi, Brahmi

- c) Shree kamyas: Accentuates luster, fortune and complexion

2. Naimittika Rasayana: specific rasayana used for specific disease e.g. Bhallataka in Amavata. Shilajatu in prameha, arjuna in hrid roga.

3. Ajastrika Rasayana: dravyas used on daily basis that provide rasayana effect e.g. Ksheer-Ghritaabhyas.

• Effect-

1. Sanshamana rasayana
2. Sanshodhana Rasayan

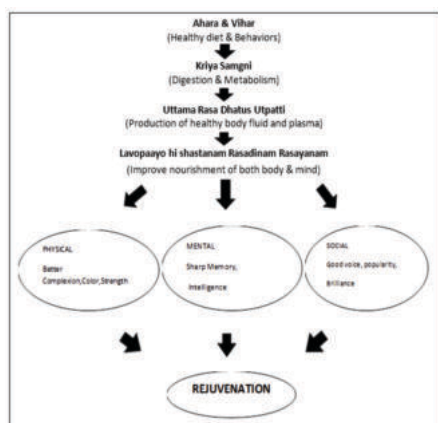
• Indicated per decade-

1. Balya- swarna, vacha, ghrita etc.
2. Vriddhi- aswagandha, bala etc
3. Chhavi- lauha, amalaki etc.
4. Medha- brahmi, shankhapuspi etc.
5. Twak- bhringaraj, haridra etc.
6. Drishti- jyotismati, triphala etc.
7. Shukra - aswagandha, kapikachhu etc.
8. Vikrama- bala, amalaki etc.
9. Buddhi- mandukaparni, shankhapuspi etc.
10. Karmendriyas- Bala, aswagandha, Sharkara, etc.

DIFFERENT ASPECTS OF ACHARA RASAYANA

A. PSYCHOLOGICAL ASPECTS 1) Satyavadinama 2) Akrodhama 3) Ahimsakam 4) Anayasama 5) Prashantama 6) Priyavadinama 7) Japa para D. FOOD & NUTRITIONAL ASPECTS 1) Nitya ksheer ghritha ashinama 2) Asamkirnam	B. SOCIAL & BEHAVIORAL ASPECTS 1) Satyavadinam 2) Nivrita Madya 3) Nivrita Maithuna 4) Deva-Gau-Brahmana-Acharya-Guru-Vruddha archaneratam 5) Anrashamsya parama 6) Nitya karuna vedinam 7) Anahamkritama 8) Upasitarama vriddhanama 9) Astikanaam 10) Jitatmananama 11) Shastacharama 12) Asamkirnama	C. SPIRITUAL ASPECTS 1) Dharma Para 2) Shastra para 3) Addhyatma Pravarendriyama 4) Tapaswin 5) Dana nityam E. PERSONAL ASPECTS 1) Soucha Para 2) Dheera 3) Sama Jagrana swapnama 4) Desha-Kala-Pramanagyama 5) Yuktigyama 6) Jitaatmanaam
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Achar rasayana is exclusively in Charaka Samhita. Achara means behaviour, Rasayana meaning the pathway to obtain excellent rasadi dhatus in the body. Therefore, Achara Rasayana means behavioral therapy to obtain benefits of Rasayana. People who speak truth, remain calm and composed, avoid intake of alcohol, are free from physical indulgences, do not pertain to violence, do not over exert themselves in physical activities, are peace loving, speak in a soothing & pleasing voice or do not speak ill about others, practice religious chanting for a stable mind, maintain proper cleanliness and hygiene of body and mind, are patient, engage in charities and penances, respects deities, cows, teachers and elderly people, do not practice cruelty, are compassionate towards others, who are asleep & awake regularly at routine timings, intake milk and dairy products in daily routine, are well-acquainted with place and time, have a logical mindset, are not egoistic, have a good behaviour, are not narrow minded, take interest in spiritual knowledge, whose sense organs are in proper functioning condition, believes in existence of God, have control over their wants & needs, who study religious literatures and scriptures, intake rejuvenating medicines regularly ; such people when practice the use of rasayanas obtain the maximum benefit out of it.⁷

Physiological importance of Achara Rasayana**A Review of achara rasayana****1) Satyavadinam—truthfulness**

Being truthful removes unnecessary burden from mind and person feel stress free.

2) Akrodham—does not get angry

Anger triggers body's fight and flight response & alters brain and cardiac activities.

3) Madya Nivratī—does not indulge in alcoholic drinks

Regular consumption of alcohol decreases the levels of the brain chemical serotonin making a person prone to depression.

4) Maithuna Nivratī—observe celibacy and the sexual act**according to the code**

Brahmacharya is included in three standing base pillars for body stability and therefore it should be practiced.

5) Ahimsa—non-violence

A non-violent person remains calm & composed and is not usually triggered by anger.

6) Anayasaka—avoid over exertion

Over exertion may cause depletion of tissues due lack of nutrition value and reduce immune response of that individual.

7) Prashantam—be calm and peaceful in mind

A pleasant voice keeps the mind calm and stress-free.

8) Priyavadinam—speaks pleasantly/does not hurt others with their speech

Speaking pleasantly maintains the harmony of self as well as others.

9) Japa para—always remember God and recites prayers

Chanting and meditation enhance memory and increase coordination between mind and heart.

10) Soucha Para—maintains personal hygiene and purity of mind

Cleanliness of body and mind promotes positive attitude towards life.

11) Dheera—patience

Having patience bestows peace, one pointed mind, serenity and satisfaction.

12) Dana Nityam—engages in charity/does not hoard materialistic objects

Donating to needy gives praise and mental positivity.

13) Tapaswin—austerity/practises meditation and studies religion

A simple living helps an individual to focus on his work properly without heeding to distractions.

14) Deva-Gau-Brahmana-Acharya-Guru-Vruddha archaneratam—respects deities & religious objects)

The above said activities help a person gain knowledge and learn from the experiences of others.

15) Anrashamsya—is not be cruel to anyone/free from barbarous acts

A person who abstains from bad deeds and have kindness in his heart towards other individual can understand true situation of people and give benefits to the society.

16) Nitya karuna vedinah—compassionate/be merciful to all who are in need of help

Sympathy and compassion are essential for one's own evolution.

17) Sama Jagrana-swapna—maintain balance in waking and sleeping

This maintains the circadian rhythm and maintains all physiological activities of organs and system.

18) Nitya ksheer ghrithashinah—includes milk and ghee in moderation in your diet

This fulfills the requirement of micronutrients in body and enhances tissue excellence.

19) Desha-Kala-Pramanagya—has knowledge of place and time

It signifies a normal physical and mental orientation of a being.

20) Yuktigya—plans ahead to achieve the goals

It signifies a normal mental orientation and reasoning of individual.

21) Anahamkari—non egoistic

Being free from ego helps in taking right decisions and prevents unnecessary mental stress.

22) Shastachara—maintains good behavior as established by Apta

Well behaved and good manners keep a person happy and aid his social wellbeing.

23) Asamkiran—generous and sharing/broad-minded

Broad mindedness helps a person to take decisions without any partiality.

24) Addhyatma parayanam—is conscious to achieve an outcome

It helps strengthen temperament and person develops himself with spiritual virtues

25) Upasitarah vriddhanam—respect and serve your elders

The company of the wise develops social and moral values in an individual.

26) Astikanam—has a positive attitude/optimistic/respects people with positive attitude

Believing in God or deities helps to lead a path of righteousness.

27) Jitatmanam—has control over his senses/ respects people who have control over their senses

Control over senses keep away unnecessary attachment to things.

28) Dharma para—has devotion and faith in religious activities

Engaging in religious activities gives clarity and precision.

29) Shastra para—continually studies new sciences and utilizes them for the benefit of all human beings

Obtaining new knowledge about subjects helps in evolution of science thus benefitting society.

CONCLUSION

In modern era, there are many life style disorders occurring due to changes in environment, diet, lifestyle of man which affect and degrade the life quality in population.

Achara Rasayana stated in ayurveda provides the benefits of rasayana without intake of any rasayana drug and merely by following a certain code of conduct. It assesses the Psychological, Social, Behavioral, Spiritual, Personal, Food and Nutritional Aspects.

The proper knowledge of this aspect and its clinical application on a regular basis can help in maintaining the health of the general population and thus being of a great benefit to the society and decreasing the load on the present healthcare management system.

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