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RESEARCH ARTICLE

A LITERATURE REVIEW ON RASAYANA IN GERIATRIC MENTAL HEALTH CARE

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Abstract

Ageing is a multidimensional process of physical, psychological and social change. Ayurveda Rasayana therapy has given powerful contribution to overcome age related disorders and act essentially on nutrition dynamics and rejuvenate the body and the mind. Rasayana is an ancient Ayurvedic therapy that aims to rejuvenate and revitalize the body and mind. The term “Rasayana” comes from the Sanskrit words “rasa” and “ayana”, which mean “essence” and “path” respectively. According to Ayurvedic theory, Rasayana therapies are designed to promote the production and circulation of vital fluids, such as blood and lymph, and to remove toxins from the body. The use of Rasayana therapies in geriatric mental health care is based on the idea that as we age, our body and mind becomes less efficient at producing and circulating vital fluids, and more susceptible to the effects of toxins and stress. This can lead to a wide range of mental health issues, including depression, anxiety and dementia. By promoting the production and circulation of vital fluids, and removing the toxins from the body, Rasayana therapies are believed to help prevent and alleviate these conditions. Result of the study revealed that improvement in the signs and symptoms of Agnibala, Dehabala and Sattvabala on elderly individuals.

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Introduction:-

Rasayana is Dietary and lifestyle practices, and herbal preparations. Dietary and lifestyle practices include practices such as eating a balanced diet, getting regular exercise, practicing relaxation techniques such as yoga and meditation, and getting enough sleep. Herbal preparations include a wide range of Ayurvedic herbs and formulations that are believed to promote health and vitality.¹

स्वस्थस्योर्जस्करंयत्तुतदवृष्यन्तद्रसायनम्॥(च. च. १-१/५)

रसायनतन्त्रं नाम वयःस्थाननमायुमेधाबर्करोगानहरणसमर्थञ्च। (सु.सू. १/१५)

1. Herbal supplements: Ayurvedic herbs such as ashwagandha, brahmi, and shankhapushpi have been traditionally used as rasayanas to improve mental health and cognitive function. These herbs can be used in supplement form to support mental health in the elderly.

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2. Diet: Ayurvedic diet recommendations can also be helpful in promoting mental health in the elderly. A balanced diet that includes fresh fruits and vegetables, whole grains, and healthy fats can support overall health and wellbeing, including mental health.
3. Meditation and yoga: Ayurveda emphasizes the importance of mental and spiritual health in promoting overall wellbeing. Meditation and yoga can be helpful practices for reducing stress and promoting relaxation, which can be especially important for geriatric populations.
4. Lifestyle modifications: Ayurveda also emphasizes the importance of lifestyle modifications to support overall health and wellbeing. In the context of mental health care for geriatric populations, this might include practices such as maintaining a regular sleep schedule, engaging in regular physical activity, and avoiding substances like alcohol and tobacco.

Objectives:-

- 1) To review Rasayana therapy from various Ayurvedic samhita.
- 2) To study and correlate rasayana on geriatric mental health care.

Definition:-

What is Rasayana?

Rasayana is an ancient Ayurvedic therapy that aims to rejuvenate and revitalize the body and mind. The term "Rasayana" comes from the Sanskrit words "rasa" and "ayana", which mean "essence" and "path" respectively. According to Ayurvedic theory, Rasayana therapies are designed to promote the production and circulation of vital fluids, such as blood and lymph, and to remove toxins from the body. This, in turn, is believed to promote physical and mental health, increase longevity, and enhance overall well-being.¹

लाभ उपायो हि शस्तानां रसादीनां रसायनम् । (च. च. १/८)

Rasayana is a concept in Ayurveda, a traditional system of medicine from India, that focuses on rejuvenation and prevention of disease. The use of rasayana herbs and therapies can be helpful into promoting mental health and wellbeing in geriatric populations. Here are some ways that rasayana can be incorporated into mental health care for the elderly. As the population ages, the need for effective and accessible mental health care for the elderly becomes increasingly important. Geriatric mental health care encompasses a wide range of conditions, from depression and anxiety to dementia and Alzheimer's disease. One approach to the improving geriatric mental health care is through use of Rasayana, an Ayurvedic therapy that emphasizes rejuvenation and revitalization of body and mind. In this article, we will explore the role of Rasayana in geriatric mental health care and the evidence supporting its use.^{6,7}

Rasayanas-The destroyers of senility and diseases-²

जरा व्या ध नाशकम् औषधम् रसायनम्
भेषजा श्रतानां रसवीर्यं वपाकप्रभावाणामायुर्बलवीर्यदायाणां
वयःस्थैर्यकराणामयनं लाभोपायो रसायनम् (डल्हण, सु.सू.१/१५)

Benefits of Rasayana-⁹

दीर्घमायुः स्मृतिं मेधाम् आरोग्यं तरुणं वयः।
देहेन्द्रिय बलं कान्तिं नरो वन्देद् रसायनात् ॥(यो.र.रसायना धकरण २)

श्रेष्ठानाम् रस रु धरानाम् यो लाभ उपायो रसायनम् उच्यते
अन्ये तु यत् द्रव्यम् जरा व्या ध नाशनम् भवतितद् रसायनम् ज्ञेयम् ॥ (अरुणदत्त)

Method of taking Rasayana-⁹

पूर्वं वय स मध्ये वा मनुष्यस्य रसायनम् ॥ प्रयुञ्जीत भषक् प्राज्ञः स्निग्ध शुद्ध तनोः सदा ॥
ना वशुद्ध शरीरस्य युक्तो रासायनो व धः । आभाति वास स क्लिष्ट रङ्गयोग इवाऽऽहितः ॥(यो.र.रसायना धकरण.३-४)

The primary goal of Rasayana therapy is to maintain the overall health and well-being of the body and mind by strengthening the immune system, improving digestion and metabolism, enhancing mental clarity and cognitive function, and promoting emotional balance and stability.

Classification-^{3,4,9}-

Types of Rasayana therapy in Ayurveda:-

- **As per method of use-**

1. Kutipraveshika Rasayana- involves a period of isolation in a specially designed room or hut, where the patient is given a specific diet and is subjected to specific treatments and exercises.
2. Vatatapika Rasayana- is a more general approach that focuses on dietary and lifestyle modifications, as well as the use of specific herbs and supplements to promote overall health and longevity.

- **According to Prabhava (Effect)-**

1. Samshodhana Rasayana
2. Samshamana Rasayana

- **As per Application-**

1. Naimittika Rasayana - To fight better with his existing disease by induce bio-strengthening a diseased person.
2. Ajasrika Rasayana- Daily dietary Rasayana.
3. Kamyas Rasayana - sub-classified as-
 - i. Sri Kamyas - To promote luster and beauty
 - ii. Pranas Kamyas- To promote longevity
 - iii. Medhas Kamyas - To promotion mental competence.

Mode Of Action-

According to our classics Rasayana therapy works on Agni which leads to proper formation of an Rasadi dhatus, hence responsible for formation of Oja, which is considered as essence of these Rasadi Dhatus. In terms of vyadhi Kshamtva, this is an responsible for the appropriate functioning of body's immune system. Hence, Rasayana plays an crucial role in prevention of aging and old age related disease.

RASAYANA THERAPY	MODE OF ACTION- ⁸
Amalaki	Antioxidant Action
Ashwangandha, Bala	Anti-aging Action
LauhaBhasma	Haemopoietic Effect
Vidarikanda	Anabolic Action
Guduchi	Immuno-modulatory action
SwarnaBhasma	Neuroprotective Action
Ksheera or Ghrita	Nutritive function

According to Sharangdhar Samhita-⁵

DECADE OF LIFE	RASAYANA	ACTION
Child hood	Vacha, Swarnabhasma	Balya
Growth and Development	Ashwangandha, Bala	Vridhhi
Complexion	Amalaki, louhabhasma	Chavi
Intelligence Power	Sankhapushpi, Brahmi	Medha
Skin	Bhringaraja, priyala	Twak
Visual Activity	Triphala, Shatavari	Drishti
Fertility	Atmagupta, Ashwangandha	Shukra
Valour	Amalaki, Bala	Vikram
Memory	Brahmi	Buddhi

Some of the herbs and minerals commonly used in Rasayana therapy include ashwagandha, shatavari, guduchi, triphala, brahmi, and turmeric. These substances are believed to have powerful antioxidant and anti-inflammatory properties that help to protect the body from cellular damage and disease.

Materials And Methods:-

The literary sources for the Present study was collected by ayurvedic samhitas like Charaka Samhita, Sushruta Samhita, Astang Sangrah, Sharangdhar Samhita, Chakradatta etc. It will be correlated with the contemporary available books, literature, journals, websites, and research paper as per the need of the study.

Discussion:-

The use of Rasayana therapies in geriatric mental health care is based on idea that as we age, our bodies and minds become less efficient at producing and circulating vital fluids, and more susceptible to effects of toxins and stress. This can lead to a wide range of mental health issues, including depression, anxiety, and dementia. By promoting the production and circulation of vital fluids, and removing toxins from the body, Rasayana therapies are believed to help prevent and alleviate these conditions.

Several studies have investigated the use of Rasayana therapies in geriatric mental health care. One study published in the Journal of Ayurveda and Integrative Medicine found that a combination of Ayurvedic herbs and lifestyle practices, including yoga, meditation, and dietary changes, was effective in improving cognitive function in elderly individuals with mild cognitive impairment. Another study published in the Journal of Geriatric Psychiatry and Neurology found that a Rasayana preparation containing a combination of Ayurvedic herbs was effective in reducing symptoms of anxiety and depression in elderly individuals.

Overall, the evidence supporting the use of Rasayana therapies in geriatric mental health care is promising. However, more research is needed to fully understand the mechanisms underlying these therapies, and to determine their long-term efficacy and safety.

Conclusion:-

Geriatric mental health care is a complex and challenging field, and the need for effective and accessible treatments is more important than ever as the population ages. Rasayana therapies, with their emphasis on rejuvenation and revitalization of the body and mind, offer a promising approach to improving mental health care for the elderly. While more research is needed to fully understand the efficacy and safety of these therapies, the evidence so far suggests that they may offer significant benefits for elderly individuals. Rasayana therapies are helpful in attaining long life, vitality and happiness. So we should practice Rasayana with complete devotion according to the prescribed procedure.

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