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## Review Article

### A REVIEW ON RASAYANA YOGAS OF YOGARATNAKAR

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#### ABSTRACT

The treatise "Yogaratanakara" describes entire Ayurveda in a very organized and unique style. The aushadhis (medicines) which delays the process of ageing, prevents body from disease, strengthen eyes, increase rasadi dhatus (major structural components of the body) and virya (virility) is known as rasayanam (rejuvenation). By consumption of rasayana (rejuvenation), human being can acquire long life, memory power, intelligence, healthy body, youthfulness and strength in sense organs. In yogaratnakar, eighteen rasayanas are mentioned. In mandukaparnayadi yoga, there are four elements specified; nevertheless, shankapushpi is said to be more effective in terms of medhya vardhaka (increase intellect) activity. Triphala (*Terminalia chebula*, *Terminalia bellirica*, *Emblia officinalis*) rasayana (rejuvenation) is more potent when taken with one of these components—Vamshalochan (*Bambusa arundinacea*), Pippali (*Piper longum*), Saindhava lavana (rock salt), or Sita (sugar candy). Pippali (*Piper longum*) is indicated in shula (pain), chardi (vomiting), kasa (cough), jvara (fever). Lavana (salt) is having snigdha (unctuousness), laghu (light) guna (qualities) and shitala (coldness). Ritu (season) haritaki (*Terminalia chebula*) yoga (formulation) is indicated with different ingredient in specific season. Haritaki itself is mentioned as rasayana (rejuvenation) and it has shown clinically effective results in common cold, fever and improve good quality of life. In other formulations also herbal or mineral ingredients with rasayana (rejuvenation) properties are present. Rasayana (rejuvenation) is only helpful when administered in the right dose, at the right time, and with the suitable pathya.

**Keywords:** Rasayana, Yogaratnakar, Yogas, Ayurveda

#### INTRODUCTION

The treatise "Yogaratanakara" is one that covers all of Ayurveda in a very organized and unique style. Anyone who wants to understand Ayurveda, whether a student or a practitioner, has enough time to read through all the works, and accessibility to all kinds of reading for everyone has always been an issue. So, the wise author of "Yogaratanakara" gathered all the essential scientific information required for an Ayurveda student or practitioner in one book. Concept of rasayana (rejuvenation) is mentioned in different classics by different acharya's. In yogaratnakar, in total 18 rasayanas are mentioned.

Rasayana (rejuvenation) is a well-thought-out important branch among the eight branches of ayurveda. The aushadhis (medicines) which delays the process of ageing, prevents body from disease, strengthen eyes, increase rasadi dhatus (major structural components of the body) and virya (virility) is known as rasayana (rejuvenation) <sup>1</sup>. The rasayana (rejuvenation) can be used by healthy person to improve and maintain healthy state of the body or by diseased individual to get rid of disease. It is moreover helpful in boosting immunity <sup>2</sup>. By consumption of rasayana (rejuvenation), human being can acquire long life, memory power, intelligence, healthy body, youthfulness and strength in sense organs <sup>3</sup>.

Table 1: Rasayana yoga <sup>4</sup>

SN	Rasayana yoga	Ingredients	Sevana vidhi (Method of consumption)	Indications
1.	Mandukaparnayadi yoga	Mandukaparni ( <i>Centella asiatica</i> ) swarasa, Yasthimadhu ( <i>Glycyrrhiza glabra</i> ) churna, Guduchi ( <i>Tinospora cordifolia</i> ) rasa, Shankapushpi ( <i>Convolvulus pluricaulis</i> ) kalka with roots and flower	Individual drug should be consumed every day in morning time.	Ayurvedhaka (increases life span), Roga nashaka (eradicates disease), Bala (increase strength), agni (increase metabolic factors), varna (complexion), svarya vardhak (beneficial for voice), medhaya (improves intellect) and rasayana (rejuvenation)
2.	Triphala rasayana	Haritaki ( <i>Terminalia chebula</i> ), Vibhitaki ( <i>Terminalia bellirica</i> ), Amalaki ( <i>Emblia officinalis</i> )	Triphala rasayana (rejuvenation therapy) is said to be taken in equal quantity but it is more effective if it is taken with vamshalochan ( <i>Bambusa atundinacea</i> ),	Rasayana (rejuvenation)

			pippali ( <i>Piper longum</i> ), saindhava lavan (rock salt) or sita (sugar candy).	
3.	Ritu haritaki	Saindhava lavana (rock salt), sarkara (sugar), sunthi ( <i>Zingiber officinale</i> ), kana ( <i>Piper longum</i> ), madhu (honey), guda (jaggery)	In monsoon (varsha) haritaki ( <i>Terminalia chebula</i> ) churna with saindhava lavana (rock salt), In autumn (sharad) season haritaki ( <i>Terminalia chebula</i> ) churna with sarkara (sugar), In late autumn (hemanta) haritaki ( <i>Terminalia chebula</i> ) with sunthi ( <i>Zingiber officinale</i> ), In winter (shishira) haritaki ( <i>Terminalia chebula</i> ) churna with pippali ( <i>Piper longum</i> ) churna, In spring (vasanta) haritaki ( <i>Terminalia chebula</i> ) churna with madhu (honey) In summer (grishma) haritaki ( <i>Terminalia chebula</i> ) churna with guda (jaggery)	Rasayana (rejuvenation), gada nasha (destroys all disease)
4.	Punarnava yoga	Punarnava ( <i>Boerhaavia diffusa</i> ), milk	24g punarnava ( <i>Boerhaavia diffusa</i> ) crushed with milk and consumed for half month or two months or six months or one year	Delays jirma (Old age)
5.	Bhringaraja rasa	Bhringaraja rasa ( <i>Eclipta alba</i> )	Bhringaraja ( <i>Eclipta alba</i> ) rasa should be consumed for one month every day and only milk should be consumed in that time period.	Bala virya yukta shatam jivanam (increases strength, semen and life span up to hundred years)
6.	Shatavaryadi churna	Shatavari ( <i>Asparagus racemosus</i> ), mundi ( <i>Sphaeranthus indicus</i> ), guduchi ( <i>Tinospora cordifolia</i> ), hastikarni ( <i>Leea macrophylla</i> ), palash ( <i>Butea monosperma</i> ), musali ( <i>Chlorophytum borivilianum</i> )	Churna of all ingredients are taken in equal quantity and given with anupana of goghrita (cow's ghee) or madhu (honey)	Old age disorder, amrityu (untimely death), bala virya yukta (increases strength and virility), prabhayukta (luster), buddhi vridhhi (increases intelligence)
7.	Ashwagandha yoga	Ashwagandha ( <i>Withania somnifera</i> )	For 15 days ashwagandha ( <i>Withania somnifera</i> ) churna is taken with payasa (milk) or ghrita (ghee) or taila (oil) or sukhoushana jala (lukewarm water) In winter (shishira) season for a month-ashwagandha ( <i>Withania somnifera</i> ) root powder with milk or cooked with milk and prakshepaka drugs, honey and ghee are added	For 15 days: Krishapusti (strengthen emaciated person)  For a month: Vridhha yuva bhavet (old person also gains strength like young person)
8.	Amalakayadi yoga	Goghrita (cow's ghee), amalaki ( <i>Embllica officinalis</i> ) churna, sharakara (sugar), tila ( <i>Sesamum indicum</i> ) churna, palasha ( <i>Butea monosperma</i> ) beej churna, madhu (honey)	All the ingredients are taken in equal quantity mixed with honey and consumed at night before sleeping	Valih palit varjit (stops wrinkles and graying of hairs), tarun (young), naga tulya (strength like naga), budhiman (intelligent)
9.	Krishna tiladi yoga	Asita tila ( <i>Sesamum indicum</i> ), bhringaraja ( <i>Eclipta alba</i> ) tender leaves	Both the ingredients and milk should be consumed continuously for a month	Chir jivi (attain long life span), Vyadhi mukta deha (disease free body), bramarsadrishya kesha (black hair like beetle)
10.	Sitadi yoga	Sita (sugar), vacha ( <i>Acrous calamus</i> ) churna, amalaki ( <i>Embllica officinalis</i> ) churna, triphala churna (powder of <i>Terminalia chebula</i> , <i>Terminalia bellirica</i> , <i>Embllica officinalis</i> ), ghrita, swarna bhasma (incinerated gold), loha bhasma (incinerated iron) and suddha gandhaka (purified sulphur)	Sita is mixed with one of them either vacha churna or amalaki churna or triphala churna. Then consumed after adding ghee, swarna bhasma (incinerated gold), loha bhasma (incinerated iron) and suddha gandhaka (purified sulphur) is in equal quantity.	Rasayana (rejuvenation)
11.	Dhatri tiladi yoga	Dhatri ( <i>Embllica officinalis</i> ), tila ( <i>Sesamum indicum</i> ), bhringaraja ( <i>Eclipta alba</i> )	All ingredients in equal quantity consumed every day.	Krishnakesha (black hair), vimale indriyas, nirvyadho marnam udhbhavo (disease free life till death)
12.	Vardhaman bhallatak yoga	Bhallataka ( <i>Semecarpus anacardium</i> ), ghrita (ghee)	Bhallataka ( <i>Semecarpus anacardium</i> ) kwatha (decoction) is prepared from five purified seeds. Ghrita (ghee) is applied to the oral cavity shortly after it has cooled, and kwatha (decoction) should be consumed. Bhallataka ( <i>Semecarpus anacardium</i> ) seeds should increase by five seeds each day until they reach seventy seeds, after	Rasayana (rejuvenation), medhya (promotes intelligence), vali – palita nashanam (cures wrinkles and grey hair), kustha (leprosy), arsha (hemorrhoids), krimi doshaghna (disease caused by worms), dusta sukra

			which they should begin to decline by five seeds each day. This rasayana (rejuvenation therapy) should stop after the day when only five seeds are left.	vishodhana (effective in sperm related disease).
13.	Guduchyadi yoga	Guduchi ( <i>Tinospora cordifolia</i> ), apamaraga ( <i>Achyranthes aspera</i> ), vidanga ( <i>Embelia ribes</i> ), shankhini, vacha ( <i>Acorus calamus</i> ), abhaya ( <i>Terminalia chebula</i> ), shunthi ( <i>Zingiber officinale</i> ), shatavari ( <i>Asparagus racemosus</i> ), ghrita (ghee)	Each component is taken in equal amount, combined with ghrita (ghee), and given for licking.	After eating this rasayana (rejuvenation), a person can learn thousands of shlokas (verses)
14.	Brahmiyadi yoga	Brahmi ( <i>Bacopa moneri</i> ), vacha ( <i>Acorus calamus</i> ), abhaya ( <i>Terminalia chebula</i> ), vasa ( <i>Adhatoda vasica</i> ), pippali ( <i>Piper longum</i> ), madhu (honey), saindhava lavana (sodium chloride)	All ingredients are taken in equal quantity and should be consumed for 7 days	Kinnar saha giyate (melodious voice)
15.	Amalaki rasa	Amalaki ( <i>Emblica officinalis</i> ) rasa (juice)		Amalapitta (gastritis), vamana (vomiting), aruchi (loss of hunger), daha (burning sensation), moha (delusion), khalitya (hair fall), meha (a kind of diabetes), timir (condition disturbing visual acuity), arshas (hemorrhoids), sukra doshas (doshas of semen)
16.	Loha guggulu	Loha bhasma (incinerated iron), suddha guggulu (purified gum resin of <i>Commiphora mukul</i> ), vyosha (trikatu) churna, triphala ( <i>Terminalia chebula</i> , <i>Terminalia bellirica</i> , <i>Emblica officinalis</i> )	Take all ingredients in below mentioned quantity - Loha bhasma one pala (50 gm), suddha guggulu (150 gm), vyosha churna (240 gm), triphala (400 gm)	Amaratva (increases life span)
17.	Gandhaka rasayana	Suddha gandhaka (purified sulphur), payasa (milk), chaturjata (combination of tvak, ela, patra, nagakeshara), guduchi ( <i>Tinospora cordifolia</i> ), triphala kwatha ( <i>Terminalia chebula</i> , <i>Terminalia bellirica</i> , <i>Emblica officinalis</i> ), sunthi ( <i>Zingiber officinale</i> ) kwatha, bhringaraja swarasa ( <i>Eclipta alba</i> ), ardaraka ( <i>Zingiber officinale</i> ) kwatha, sita (sugar candy)	One karsha matra should be taken for six months	Virya pusthi (nourishes semen), deha vahni drida (strengthen body and increase metabolic factors), kandu (itching), kustha (leprosy), ugra visha dosha (accumulated poison), atisara (diarrhea), grahani (intestine disorder), sula yukta raktasrava (painful bleeding), jirna jvara (type of fever), prameha (type of diabetes), vata rogas (disease caused by vata), santan dayak (cures infertility), keshakrishnikar (blackening of hair)
18.	Taila rasayan	Eranda taila (oil of <i>Ricinus communis</i> ) Nimba taila (oil of <i>Azadirachta indica</i> ) Jyotismati ( <i>Celastrus paniculatus</i> ) phala (fruit) Palasha ( <i>Butea monosperma</i> ) phala (fruit)		Eranda taila (oil of <i>Ricinus communis</i> ) and nimba taila (oil of <i>Azadirachta indica</i> ) is rasayan (rejuvenation) and roghanasaka (destroys diseases) Jyotismati phala taila and Palash phala are vali palitya nasaka (controls wrinkles and graying of hair)

## DISCUSSION

The second-to-last chapters, “rasayanadhikara,” in Yogaratnakar, rasayana yogas (rejuvenation) are mentioned. All of the yogas are mentioned for various illnesses, conditions or to enhance a healthy person's state of health. Four elements are listed in mandukaparnayadi yoga, but shankapushpi being thought to be more effective on meda vardhak (increase intellect) action than the other three<sup>5</sup>. It has been verified that mandukaparni improves short-term memory and intellectual capacity<sup>6</sup>. Triphala (*Terminalia chebula*, *Terminalia bellirica*, *Emblica officinalis*) is recognized in the triphala rasayana to balance all the tridoshas (vata, pitta, kapha). But when taken with one of these components—Vamshalochan (*Bambusa atundinacea*), Pippali

(*Piper longum*), Saindhavalavana (rock salt), or Sita (sugar candy)—this rasayana is more potent<sup>7</sup>. Vamshalocha (*Bambusa atundinacea*) is indicated in mutrakriccha (dysuria), prameha (diabetes) and kustha (leprosy)<sup>8</sup>. Pippali (*Piper longum*) is indicated in shula (pain), chardi (vomiting), kasa (cough), jvara (fever)<sup>9</sup>. Lavana (salt) is having snigdha (unctuousness), laghu (light) guna (qualities) and shitala (coolness). According to diseases predominance one can select ingredients in this rasayana (rejuvenation).

In Ritu (season) haritaki (*Terminalia chebula*) yoga (formulation) haritaki (*Terminalia chebula*) is indicated with different ingredient in specific season. Hritaki (*Terminalia chebula*) itself is mentioned as rasayana (rejuvenation) and it have kasa (cough),

shwasa (asthma), prameha, kustha etc indications<sup>10</sup>. In Punarnava yoga, punarnava (*Boerhaavia diffusa*) is the main ingredient which already have rasayana (rejuvenation therapy) properties<sup>11</sup>. Other formulations contain bhringaraja (*Eclipta alba*), satavari (*Asparagus racemosus*), Ashwagandha (*Withania somnifera*) with milk, amalaki (*Emblica officinalis*), guduchi (*Tinospora cordifolia*) all herbs have rasayana karma (rejuvenation action). In vata vyadhi (disease caused by vata), tila (*Sesamum indicum*) exhibits excellent therapeutic activity. Bhallataka (*Semecarpus anacardium*) is having anti cancerous, anti-inflammatory, hair growth promoter action<sup>12</sup>. Rasaushadhi's are also mentioned in some yogas (formulations) like sita yoga, loha guggulu and gandhaka rasayana which have rasayana (rejuvenation) properties.

## CONCLUSION

Rasayana (rejuvenation) is one that focuses on slowing down the ageing process, boosting intelligence and strength, extending life, and treating ailments. It denotes that the therapy known as rasayana chikitsa is effective in enhancing a person's state of health as well as in curing a diseased condition. Rasayana (rejuvenation) is only helpful when administered in the right dose, at the right time, and with the suitable pathya. In yogaratnakar, eighteen rasayana yogas are mentioned, and the ingredients of those have proven to have antioxidant and other therapeutic efficacy through various research works carried out.

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