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REVIEW ARTICLE

Rasayan – The Ayurvedic Perspective

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ABSTRACT

The Rasayan branch of Ayurveda deals specifically with and Rasayan formulations bestows upon the user, the longevity, with age stabilization, retaining youth for longer with maintaining strength of all organs optimally, enhanced intelligence, aphrodisiac prowess, improved complexion, voice and allied positive health attributes. Presently considerable research is being carried out on various Rasayan Products and the herbs to screen them for various therapeutic benefits. But the research is focusing only one or couple of aspects of Rasayan's therapeutic benefits. The exhaustive research on all therapeutic benefits of single Rasayan product will be more conclusive validation of claims of classical Ayurvedic texts. This perspective review also details main Rasayan formulations with emphasis on the herbs used in them, so that we could direct our focus of research on them and that too exhaustively.

Key words: Rasayan, Age stabilizer, Intelligence enhancer, Aphrodisiac

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INTRODUCTION

Rasayan is the seventh division of the eight divisions of Ayurved. The Rasayan drugs and formulations provides longevity, memory, intelligence, freedom from disorders, youthful age, excellence of luster, complexion and voice, oratory, optimum strength of physique and sense organs, respectability and brilliance [1]

Rasayan treatment of different kinds:

A. Classical methods [2]

1. Kutipravesika – Indoor : A special cottage is built on a auspicious ground, in the neighbourhood of holy people and where all conveniences are available. It has three rooms one after another, all-weather worthy. It must be sound proof.
2. Vatatapika – Open air :This method is outdoor method.

B. Kanya Rasayans (use oriented)

1. Medhya Rasayan: Promote intelligence – Specific formulation is prescribed.
2. Prana Rasayan: Promote age-stabilization, longevity and vitality- Most formulations are in this category.
3. Srikanya Rasayan: Promote complexion – Specific formulations are prescribed.

C. Rasayanas based on drug, diet and life style.

1. Aushdha Rasayana - Drug Based Rasayana.
2. Ahara Rasayana - Dietary Rasayana.
3. Achara Rasayana - Lifestyle Rasayana.

D. Naimittika Rasayans help to fight a specific disease.

Presently considerable research is being carried out on various Rasayan Products and the herbs to screen them for various therapeutic benefits. But the research is focusing only one or couple of aspects of Rasayan's therapeutic benefits. The exhaustive research on all therapeutic benefits of single Rasayan product will be more conclusive validation of claims of classical Ayurvedic texts. Some research on Rasayan drugs and formulations is briefly reviewed below.

Brahma Rasayan: This particular research showed that in the chickens, the supplementation of the Brahma Rasayan during the cold stress, brings about the enhanced action of the enzymatic and non-enzymatic antioxidant that nullify the undesired side effects of the free radicals, generated during the cold stress.[3]

Boerhaavia diffusa: This research work covered a wider spectrum and studied the antistress, adaptogenic and immunopotentiating activity of ethanolic extract of *Boerhaavia diffusa* in albino mice. The study found that *Boerhaavia diffusa* extract improved the stress tolerance by significantly increasing the swim endurance test and cold restraint stress. Immunomodulatory activity was evaluated by carbon clearance assay and delayed hypersensitivity test. The extract significantly increased carbon clearance indicating the stimulation of reticuloendothelial system. The extract also enhanced the DTH response to SRBC in mice, indicating stimulatory effects on the lymphocytes and accessory cells types required for the expression of the reaction.[4]

The six Rasayan plants namely *Tinuspora cordifolia*, *Asperagus racemosus*, *Emblica officinale*, *Withania somnifera*, *Piper longam* and *Terminalia chebula* were studied for their Adaptogenic properties as whole aqueous extracts were administered orally to the experimental animals. Then these animals were exposed to variety of chemical, physical and biological stressors. These plants were found to provide protection against these stressors, as judged by using the markers of stress response. In the cisplatin induced alterations in the gastrointestinal motility model, these plants exerted the normalizing effect. The plants also reversed the effect of cisplatin on gastric emptying.[5]

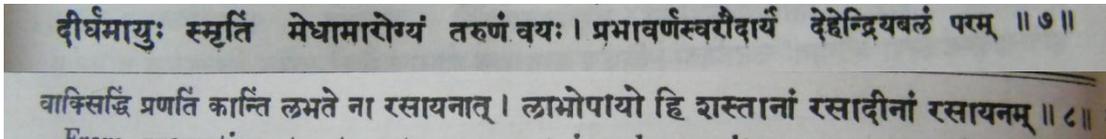
This study was undertaken to assess the potential of *Brahmi rasayana* as a memory enhancer was administered for eight successive days to both young and aged mice. Elevated plus maze and passive-avoidance paradigm were employed to evaluate learning and memory parameters. Scopolamine was used to induce amnesia in mice. The effect of Brahmi Rasayan on whole brain AChE activity was also assessed. Piracetam was used as a standard nootropic agent. Brahmi Rasayan significantly improved learning and memory in young mice and reversed the amnesia induced by both scopolamine and natural aging. BR significantly decreased whole brain acetyl cholinesterase activity. BR might prove to be a useful memory restorative agent in the treatment of dementia seen in elderly.[6]

In this research of proving that Rasayan bestows longevity[7], the *Drosophila melanogaster*, the well-known fruit fly, is used. Its genome is sequenced, and humans and *Drosophila* are known to have 13,601 genes in common. [8] Gene sequences known to be associated with human diseases have been identified.[9] It constitutes a suitable system for testing myriad hypotheses. [8] This research quotes the results from an ongoing series of experiments on lifespan extension by appropriately modified Ayurvedic Rasayanas in animal models. The data are presented indicating lifespan extensions of 51-55% (up to 70-95% in the pilot experiment) in a standard strain of *Drosophila melanogaster* (Oregon-K) using a standard Rasayana, suitably adapted for insects. In a first experiment, two groups of 20 unmated *D. melanogaster* strain Oregon-K kept at 22°C received either Rasayana or standard yeast diet; days of death were recorded. Another experiment investigated possible sex differences. Life lengths of all controls were in the strain's usual range: in Experiment 1, control life lengths were minimum 40 to maximum 53 days; experimental group figures were 81-91 days; groups were completely separated, experimental group minimum life length being 28 days more than control group maximum life length. The results are conclusive: the Rasayanas in question

increase D. melanogaster strain Oregon-K life length. The complexity of the formulation suggests that multiple mechanisms are involved - worth further investigation

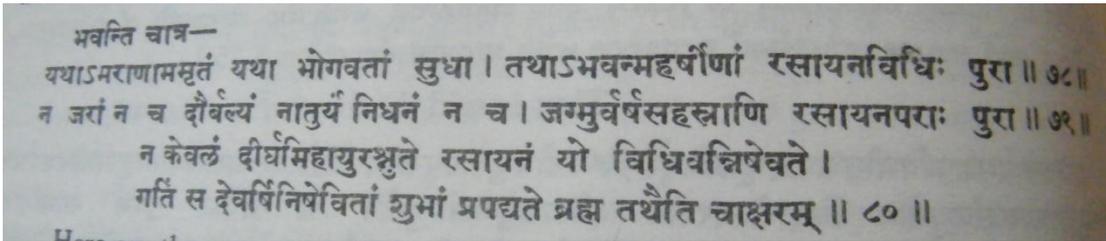
Another study demonstrated that Chyavanaprasha (An Ayurvedic Rasayan formulation) can provide good radioprotection at a very low non-toxic dose. The study was conducted using 50% Ethanol extract of Chyavanaprasha on the survival of mice exposed to 10 Gy of gamma-radiation. Treatment with Chyavanaprasha extract, consecutively for five days before irradiation, delayed symptoms of radiation sickness and onset of mortality when compared with the non-drug treated irradiated controls. All doses of chyavanaprasha provided a significant protection against gastrointestinal (GI) death. Chyavanaprasha also provided a significant protection against the bone marrow death.[10]

RASAYAN-THE DEFINITION [1]



From the rasayan treatment, one attains longevity, memory, intelligence, freedom from disorders, youthful age, excellence of luster, complexion and voice, oratory, optimum strength of physique and sense organs, respectability and brilliance. It means the attaining the excellent Rasa etc.

RASAYAN BENEFITS [11]



As was the nectar to the gods and ambrosia for the serpents so was the Rasayan for the great sages in early times. The persons using Rasayan treatment in early ages lived very long life unaffected by old age, debility, illness untimely death.

One who uses the Rasayan treatment methodically attains not only long life but also the auspicious status enjoyed by the godly sages.

RASAYAN CLASSICAL PRODUCTS AND REFERENCES:

All the verses have been translated freely and partially to emphasize the Rasayan properties of Herbs and Ayurvedic formulations. The quantities of herbs and the processing

details have not been taken into consideration. These verses quotes should be referred only for this limited context.

Chwayanprash [12]

This is one Rasayan product that is most famous and is still in use commercially. This is rare product that is named on the consumer for whom it was created. Ashwini Kumars created this Rasayan formulation for sage Chwayan Rishi to bestow youth, strength and aphrodisiac power on him in his extreme old age. This product bestows- free health, strength of the senses, enhanced digestive capacity, complexion and longevity even to the aged. This product includes the following herbs. Five hundred fruits of *Emblica officinale* and forty grams of each of *Aegle marmelos*, *Premna integrifolia*, *Oroxylum indicum*, *Myrica nagi*, *Patla*, *Sida cordifolia*, four leaves herbs i.e. *Desmodium gangeticum*, *Aglaia odorata*, *Phaseolas trilobus* and *Teremnus labialis*, *Piper longam*, *Tribulus terrestris*, *Solanum indicum*, *Bombax ceiba*, *Pistacia integerrima*, *Garcinia morella*, *Vitis vinifera*, *Celtis orientalis*, *Pushkarmool*, *Aquilaria agallocha*, *Terminalia chebula*, *Tinuspora cordifolia*, *Riddhi*, *Bryonia grandis*, *Rishbhak*, *Stychnos nux-vomica*, *Stereospermum suaveolens*, *Borhavia diffusa*, *Leptadonia reticulata*, *Elateria cardamomum*, *Crocus sativus*, *Kaempferia rotunda*, *Desmodium gangeticum*, *Acorus calamus* roots, *Fritillaria roylei* and *Asclapias curassavica*.

The decoction is made of these herbs in water and then it is fried in Sesame oil and clarified butter, adding sugar and preparing lintus. Honey is added after cooling. The four flavoring herbs i.e. *Mesua ferrea*, *Cinnamomum zeylinicum*, *Elateria cardamomum* and *Cinnamomum ires* are added in the final stage.

Brahmarasayan [13]

This formulation is very important although it is not as well known as earlier one. As per the Ayurvedic texts, the famous Rishies of Vaikhanas and Balkhilya group used this Brahmarasayan and attained immeasurable life span, acquired youth replacing aged physique, endowed with great memory, intellect, concentration and physical strength. The detailed process is being given in this case as this formulation is very important.

This Rasayan contains following herbs. Four hundred grams of each of the root pentad of five groups, given below are boiled in ten times water and reduced to one tenth.

Vidharigandhadi group... *Solanum indicum*, *Bombax ceiba*, *Trbulas terristris*, *Desmodium gangeticum* and *Aglaia odorata*

Bilwadi group.. *Aegle marmelos* *Premna integrifolia*, *Oxoxylum indicum*, *Myrica nagi* and *Patla*,
Punarnavadi group.. *Borhavia diffusa*, *Mugdhaparni*, *Teramnus labialis*, *Sida cordifolia* and *Ricinus communis*.

Jivakadi group.. Bryonia grandis, Rishbhak, Leptadonia reticulate, Celtis orientalis and Asperagus racemosus Sharadi group. Erianthus munia, Saccharum officinarum, Saccharum arundinaceum, Saccharaum spontaneum and Oryza sativa.

One thousand fresh fruits of Terminalia chebula and three thousand fresh fruits of Emblica officinale are deseeded, crushed and added to the decoction of the pentads. Additionally following herbs, each one hundred sixty grams, are also added to the same. Bacopa monnieri, Piper longam, Convolvulus penicaulis, Plava, Mushta, Emblica ribes, Crocus sativus, Aquilaria agallocha, Madhuka indika, Acorus calamus, Curcuma longa, Mesua ferrea, Elatteria cardamomum and Cardamomum zeylinicum. Also added are sugar forty four kilogram, Sesame oil five kilo one hundred twenty grams and clarified butter seven kilo six hundred eighty grams. It is cooked to form linctus. Finally three kilo eight hundred forty grams honey is added.

Haritiki Rasayan [14]

कुष्ठं गुल्ममुदावर्त शोषं पाण्ड्वामयं मदम् । अर्शांसि ग्रहणीदोषं पुराणं विषमज्वरम् ॥ ३१ ॥
हृद्रोगं सशिरोगमतीसारमरोचकम् । कासं प्रमेहमानाहं प्लीहानमुदरं नवम् ॥ ३२ ॥
कफप्रसेकं वैस्वर्यं वैवर्ण्यं कामलां क्रिमीन् । श्वयथुं तमकं छर्दिं क्लैब्यमङ्गावसादनम् ॥ ३३ ॥
स्रोतोविषन्धान् विविधान् प्रलेपं हृदयोरसोः । स्मृतिबुद्धिप्रमोहं च जयेच्छीघ्रं हरीतकी ॥ ३४ ॥
(अजीर्णिनो रूक्षभुजः स्त्रीमद्यविषकर्शिताः । सेवेरन्नाभयामेते श्लुत्तृष्णोष्णादिताश्च ये ॥ ३५ ॥)
तान् गुणांस्तानि कर्माणि विद्यादामलकेष्वपि । यान्युक्तानि हरीतक्या वीर्यस्य तु विपर्ययः ॥ ३६ ॥
अतश्चामृतकल्पानि विद्यात् कर्मभिरीदृशैः । हरीतकीनां शस्यानि भिषगामलकस्य च ॥ ३७ ॥

Terminalia chebula possesses five tastes (Rasa), only devoid of saline taste. It is hot, carminative, light, appetizer, digestive, life promoting, tonic, age stabilizer, strengthens all body organs, provides immunity against all diseases, alleviates skin disorders including leprosy. It cures anemia, piles, phthisis, chronic intermittent fevers, head and heart disease. Additionally it cures impotency, lassitude in the organs, enhances memory and intellect by curing disorders. Emblica officinale has the same properties as Terminalia chebula, except that it is cold.

Thus looking into these actions, the fruits of Terminalia chebula and Emblica officinale should be considered as Nector.

The Second Brahma Rasayan [15]

यथोक्तगुणानामामलकानां सहस्रं पिष्टस्वेदनविधिना पयस ऊष्मणा सुस्विन्नमनातपशुष्कमर्क
चूर्णयेत् । तदामलकसहस्रस्वरसपरिपीतं स्थिरापुनर्नवाजीवन्तीनागबलाब्रह्मसुवर्चलामण्डूकपर्णीशतकं
शङ्खपुष्पोपिप्लीवचाविडङ्गस्वयङ्कुतामृताचन्दनागुरुमधुकमधूकपुष्पोत्पलपद्ममालतीयुवतीयूथिकाचूर्ण
भागसंयुक्तं पुनर्नागबलासहस्रपलस्वरसपरिपीतमनातपशुष्कं द्विगुणितसर्पिषा क्षौद्रसर्पिषा वा क्षुद्रशु
कृतिं कृत्वा शुचौ हृदे घृतभाविने कुम्भे भस्मराशेरधः स्थापयेदन्तर्भूमिः पक्षं कृतरक्षाविधानमथर्ववेदिक
पक्षात्यये चोद्धृत्य कनकरजतताम्रप्रवालकालायसचूर्णाष्टभागसंयुक्तमर्धकपर्षवृद्ध्या यथोक्तेन विधिना प्रा
तः प्रयुञ्जानोऽग्निबलमभिसमीक्ष्य, जीर्णे च पष्टिकं पयसा ससर्पिष्कमुपसेवमानो यथोक्तान् गुण
समश्नुत इति ॥ ५८ ॥

This formulation is prepared by steaming the Emblica officinale on milk vapours. They are dried in shed, powdered after removing seeds and again added in juice of Emblica officinale along with other herbs i.e. Piper longam, Borhavia diffusa, Asperagus racemosus, Tinospora cordifolia, Acorus calamus, Desmodium gangeticum, Bacopa monnieri, Convolvulus pluricaulis, Tribulus terrestris, Aquilaria agallocha and other herbs. The resultant product is soaked in juice of Sida veronicaefolia and dried in shed.

This is the Second Brahma Rasayan, used by great sages in ancient times and provides immunity against diseases, great strength and the long life. It is great detoxifier and provides mind like sages and rock like firmness of body.

Terminalia chebula-Fifth Rasayan formulation.[16]

हरीतक्यामलकबिभीतकपञ्चमूलनिर्युहे पिप्लीमधुकमधूककाकोलीक्षीरकाकोल्यात्मगुप्ताजीवकपर्षभक
क्षीरशुक्लाकल्कसंप्रयुक्तेन विदारीस्वरसेन क्षीराष्टगुणसंप्रयुक्तेन च सर्पिषः कुम्भं साधयित्वा
प्रयुञ्जानोऽग्निबलसमां मात्रां जीर्णे च क्षीरसर्पिर्भ्यां शालिषष्टिकमुष्णोदकानुपानमश्रुत्रान्याधिपापाभिचार
व्यपगतभयः शरीरेन्द्रियबुद्धिबलमतुलमुपलभ्याप्रतिहतसर्वारम्भः परमायुरवामुयात् ॥ ७६ ॥
(इति पञ्चमो हरीतकीयोगः ।)

The decoction of the Triphala (Terminalia chebula, Terminalia bellerica and Emblica officinale) alongwith Panchmool (five root pentads) with addition of paste of Piper longam, Tribulus terrestris, Puerraria tuberosa and some other herbs and cooked in milk and clarified butter. This Rasayan product frees one from fear of old age, diseases, helps attain unique strength of body, senses and intellect and the consumer enjoys maximum longevity.

The Rasayan product made from selected herbs as detailed below [17]

हरीतक्यामलकबिभीतकहरिद्रास्थिराबलाविडङ्गामृतवल्लीविश्वभेषजमधुकपिप्लीसोमवल्कसिद्धेन
क्षीरसर्पिषा मधुशर्कराभ्यामपि च सत्रीयामलकस्वरसशतपरिपीतमामलकचूर्णमयधूर्णचतुर्भागसंप्रयुक्तं
पाणितलमात्रं प्रातः प्रातः प्राश्य यथोक्तेन विधिना सायं मुद्गयूपेण पयसा वा ससर्पिष्कं शालिषष्टिकाश्र-
मश्रीयात् , त्रिवर्षप्रयोगादस्य वर्षशतमजरं वयस्तिष्ठति, श्रुतमवतिष्ठते, सर्वाभयाः प्रशाम्यन्ति, विषमविषं
भवति गात्रे, नात्रमहमवत् स्थिरीभवति, अधृष्यो भूतानां भवति ॥ ७७ ॥

This Rasayan product is prepared by cooking selected herbs like Emblica officinale, Terminalia chebula, Terminalia bellerica, Tinospora cordifolia, Ginger officinale, Piper longum and other with clarified butter and treated further with honey and sugar with iron filings, Emblica officinale powder and juice.

If this Rasyan product is used regularly for three years, the person attains a life span of one hundred years, free from old age, acquires knowledge and the diseases are alleviated. Toxic substances are rendered ineffective by body which becomes muscular like stone and the person becomes invincible.

Special Rasayan product of Emblica officinale, Borhavia diffusa, Puerraria tuberosa with other herbs [18]

आमलकानां सुभूमिजानां कालजानामनुपहतगन्धवर्णरसानामापूर्णरसप्रमाणवीर्याणां स्वरसेन
पुनर्नवाकल्कपादसंप्रयुक्तेन सर्पिषः साधयेदाढकम्, अतः परं विदारोस्वरसेन जीवन्तीकल्कसंप्रयुक्तेन
अतः परं चतुर्गुणेन पयसा बलातिबलाकषायेण शतावरीकल्कसंयुक्तेन; अनेन क्रमेणैकैकं शतपाकं वा
सहस्रपाकं वा शर्कराक्षौद्रचतुर्भागसंप्रयुक्तं सौवर्णं राजते मार्सिके वा शुचौ दृढे घृतभाषिते कुम्भे स्था-
पयेत्; तद्यथोक्तेन विधिना यथाम्नि प्रातः प्रातः प्रयोजयेत्, जीर्णं चाक्षीरसर्पिर्भ्यां शालिषष्टिकप्रसो-
यात् । अस्य प्रयोगाद्दर्पशतं वयोऽजरं तिष्ठति, श्रुतमवतिष्ठते, सर्वाभयाः प्रशाम्यन्ति, अप्रतिहतमति-
स्त्रीषु, अपत्यवान् भवतीति ॥ ४ ॥

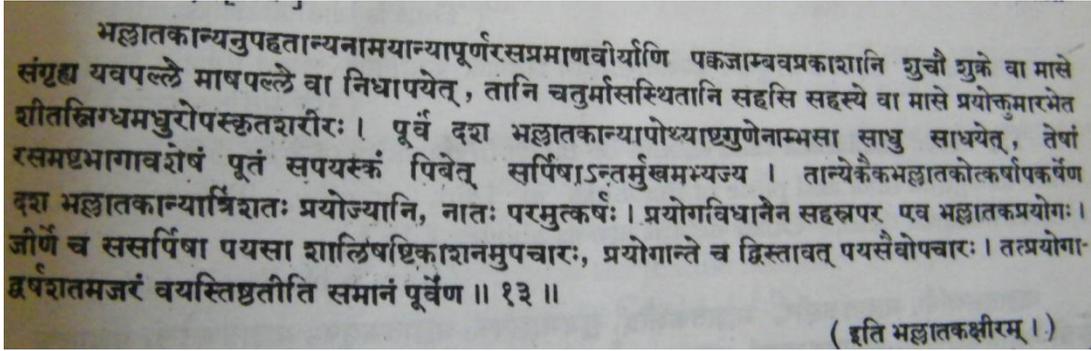
By its use, the life span increases to hundred years without the effect of weakness of any kind, memory and intelligence remains intact, immunity protects against the diseases and great aphrodisiac powers are bestowed upon.

Embelia ribes Lick-Vidang Avleh [19]

विडङ्गतण्डुलचूणानामाढकमाढकं पिप्पलीतण्डुलानामध्यर्धाढकं सितोपलायाः सर्पिस्तैलम-
ध्वाढकैः षड्भिरेकीकृतं घृतभाजनस्थं प्रावृषि भस्मराशाविति सर्वं समानं पूर्वेण यावदाशीः ॥ ९ ॥
(इति विडङ्गावलेहः ।)

The powders of Embelia ribes and Piper longum, sugar, sesame oil, clarified butter and honey are mixed in prescribed quantities and stored in a vessel coated with clarified butter internally. This product provides all the Rasayan benefits.

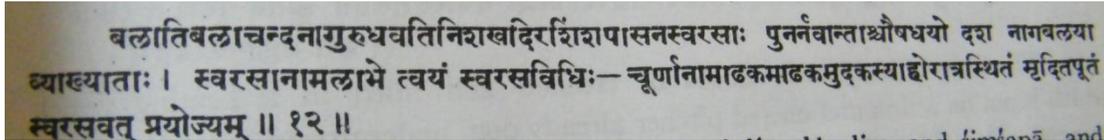
The Semecarpus anacardium Kheer (sweetened milk preparation) [20]



The best quality fruits of Semecarpus anacardium are collected in the late summer and are stored in the granary of barley. They are taken out in the early winter. AT first ten fruits are crushed and boiled with ten times water. When reduced to one eighth, it is mixed with milk. It is consumed after smearing the inner part of mouth with clarified butter. After the intake of the extract, one should have diet of special variety of rice with milk and ghee. This dose can be increased by one fruit daily to the maximum of thirty fruits. After one has completed course of one thousand fruits, one should continue the special diet.

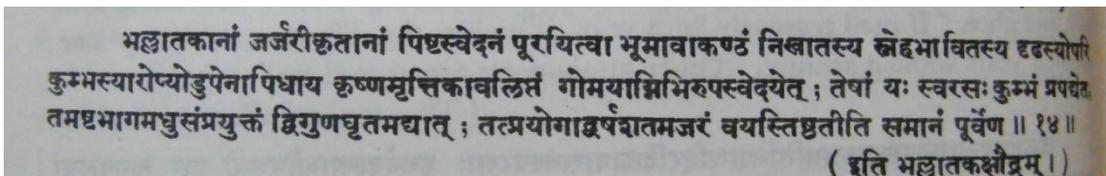
This treatment bestows the long age of one hundred years without senility. The benefits are same as mentioned above.

Rasayan formulation of Ten Age Stablizing herbs. [21]



The juice of Sida cordifolia, Santalum album, Aquilaria agallocha, Acacia catechu, Woodfordia floribunda, Ougeinia dalbergioides and all the ten herbs of Age Stablizing group are used to prepare this Rasayan product. These age stablizing herbs include Tinospora cordifolia, Emblica officinale, Terminalia chebula, Bacopa monnieri, Anogeissus latifolia, Asperagus racemosus, Pluchea lanceolata, Leptadonis reticulate, Shweta and Borhavia diffusa.

Semecarpus anacardium based Rasayan formulation Bhallatak Kshaudrum [22]



In this formulation, the fruits of *Semecarpus anacardium*, placed in a heating vessel which is placed under ground are heated and the extract is collected in another vessel placed below. This is mixed with honey and clarified butter in certain ratio.

The regular use of this product results in one hundred years of youthful age. The other benefits are as stated earlier.

Medhya Rasayan [23]

मण्डूकपर्ण्याः स्वरसः प्रयोज्यः क्षीरेण यष्टीमधुकस्य चूर्णम् ।
 रसो गुडूच्यास्तु समूलपुण्याः कल्कः प्रयोज्यः खलु शङ्खपुण्याः ॥ ३० ॥
 आयुःप्रदान्यामयनाशनानि बलाग्निवर्णस्वरवर्धनानि ।
 मेध्यानि चैतानि रसायनानि मेध्या विशेषेण च शङ्खपुष्पी ॥ ३१ ॥
 (इति मेध्यरसायनानि)

The Medhya Rasayan is specifically intellect promoting and bestows longevity. It also provides immunity against diseases, strength, complexion, voice and digestive capacity. The herbs used include juice of *Bacopa monnieri*, the powder of *Glycyrriza glabra* in milk, the juice of roots, stem and flowers of *Tinuspora cordifolia* and paste of *Convolvulus pluricaulis*.

Piper longam Rasayan (Pippalirasayan) [24]

पञ्चाष्टौ सप्त दश वा पिप्पलीर्मधुसर्पिषा । रसायनगुणान्वेषी समामेकां प्रयोजयेत् ॥ ३२ ॥
 तिस्रस्त्रिस्तु पूर्वाह्ने भुक्त्वाऽग्रे भौजनस्य च । पिप्पल्यः किंशुकक्षारभाविता घृतभर्जिताः ॥ ३३ ॥
 प्रयोज्या मधुसंमिश्रा रसायनगुणैषिणा । जेतुं कासं क्षयं शोषं श्वासं हिक्कां गलामयान् ॥ ३४ ॥
 अशांसि ग्रहणीदोषं पाण्डुतां विषमज्वरम् । वैस्वर्यं पीनसं शोफं गुल्मं वातबलासकम् ॥ ३५ ॥
 (इति पिप्पलीरसायनम् ।)

Piper longam is impregnated with alkali of *Butea frondosa* and then fried in clarified butter. These piper longam fruits should be taken with honey in dose of five, seven, eight or ten before or after meal for a year. This Rasayan alleviates cough, phthisis, dyspnoea, hiccup, throat disorders, piles, paleness, voice disorders, chronic rhinitis, swelling and intermitant fevers.

Pippalivardhmanrasayan [25]

पिष्टास्ता बलिभिः सेव्याः, श्रुता मध्यबलैर्नरैः । चूर्णीकृता ह्रस्वबलैर्योज्या दोषामयान् प्रति ॥ ३८ ॥
 दशपैप्पलिकः श्रेष्ठो मध्यमः षट् प्रकीर्तितः । प्रयोगो यस्त्रिपर्यन्तः स कनीयान् स चाबलैः ॥ ३९ ॥
 बृंहणं स्वर्यमायुष्यं प्लीहोदरविनाशनम् । वयसः स्थापनं मेध्यं पिप्पलीनां रसायनम् ॥ ४० ॥
 (इति पिप्पलीवर्धमानं रसायनम् ।)

The intake of one thousand Piper longam over a period of time has Rasayan effect. On the first day, ten Piper longam fruits must be taken with milk. From second day onward, ten fruits should be increased daily. From eleventh day, the number of fruits should be reduced daily by ten fruits till it comes to ten. (nineteenth day) The person should take special diet of special variety of rice with clarified butter.

The use of this Rasayan product is beneficial for longevity, bulk promotion and voice. It also alleviates spleen enlargement. It stabilizes youth and promotes intellect.

Triphala Absolute Rasayan [26]

सर्वलौहैः सुवर्णेन वचया मधुसर्पिषा । विडङ्गपिप्पलीभ्यां च त्रिफला लवणेन च ॥ ४६ ॥
संवत्सरप्रयोगेण मेधास्मृतिबलप्रदा । भवत्यायुःप्रदा धन्या जरारोगनिवर्हणी ॥ ४७ ॥
(इति त्रिफलारसायनमपरम् ।)

Triphala alongwith six metals including gold and Acorus calamus or with Piper longum and Emblica ribes or with salt, and taken with honey and clarified butter i.e. ghee for a year provides intellect, memory and strength, protes life span and excellence and alleviates senility and diseases.

Shilajeet as Rasayan [27]

प्रक्षिप्तोद्धृतमप्येनत् पुनस्तत् प्राक्षिपेद्रसे । कोष्णे सप्ताहमेतेन विधिना तस्य भावना ॥ ६१ ॥
पूर्वोक्तेन विधानेन लोहैश्चूर्णीकृतैः सह । तत् पीतं पयसा दद्याद्दीर्घमायुः सुखान्वितम् ॥ ५२ ॥
जरान्याधिप्रशमनं देहदार्यकरं परम् । मेधास्मृतिकरं धन्यं क्षीराशी तत् प्रयोजयेत् ॥ ५३ ॥
प्रयोगः सप्त सप्ताहास्त्रयश्चैकश्च सप्तकः । निर्दिष्टस्त्रिविधस्तस्य परो मध्योऽवरस्तथा ॥ ५४ ॥
पलमर्धपलं कर्षो मात्रा तस्य त्रिधा मता ।

The earlier verses described that Shilajeet originates from four metals i.e. Gold, Silver, Copper and Iron. The potency of Shilajeet enhances if impregnated with the decoctions of drugs alleviating Tridosha, individually or collectively. These verses give the process. This preparation should be taken for seven weeks (superior), three weeks (medium) or one week. (inferior) The dose is also threefold i.e. forty, twenty and ten grams. This preparation bestows happy and long youthful life, immunity against diseases and promotes the memory, intellect and excellence.

Shilajeet Rasayan formulation [28]

शिलाजतुप्रयोगेषु विदाहीनि गुरुणि च । वर्जयेत् सर्वकालं तु कुलत्थान् परिवर्जयेत् ॥ ६१ ॥
ते ह्यत्यन्तविरुद्धत्वादग्मनो भेदनाः परम् । लोके दृष्टास्ततस्तेषां प्रयोगः प्रतिषिध्यते ॥ ६३ ॥
पर्यासि तक्राणि रसाः सयूषास्तोयं समूत्रा विविधाः कपायाः ।
आलोडनार्थं गिरिजस्य शस्तास्ते ते प्रयोज्याः प्रसमीक्ष्य कार्यम् ॥ ६४ ॥
न सोऽस्ति रोगो भुवि साध्यरूपः शिलाह्वयं यं न जयेत् प्रसह्य ।
तत् कालयोगैर्विधिभिः प्रयुक्तं स्वस्थस्य चोर्जा विपुलां ददाति ॥ ६५ ॥
(इति शिलाजतुरसायनम् ॥)

These verses specifically contraindicate the use of food that causes burning and hyperacidity and heavy food like horse gram while one is on Shilajeet Rasayan regimen. The milk, buttermilk, soups and water are udes to dissolve Shilajeet.

The Shilajeet Rasayan provides immunity against all diseases. It provides great energy to the healthy person if one complies with the dose and schedule.

Indra's Absolute Rasayan formulation [29]

This Rasayan, described by chief of Devtas and also instrumental in bringing Ayurveda to the great sages, Indra, contains important herbs, metals including gold and silver, corals and pearls. Cow milk, clarified butter, sesame oil, juice of Emblica officinale and honey are used for processing. The important herbs, used for providing Rasayan activity include ten herbs of each of the groups of

Vitality promoting i.e. Pueraria tuberosa, Rishbhak, Asperagus racemosus, Withania somnifera, Phaseolus tribolus, Teamnus labialis, Leptadonia reticulata, Bassia latifolia

Strength promoting i.e. Citrullus cococynthis, Rishbhi, Atirasa, Rishyaprokta, Holostemma rheedianum, Withania somnifera, Sthira, Soymida febrifuqa, Sida cordifolia, Asperagus racemosus.

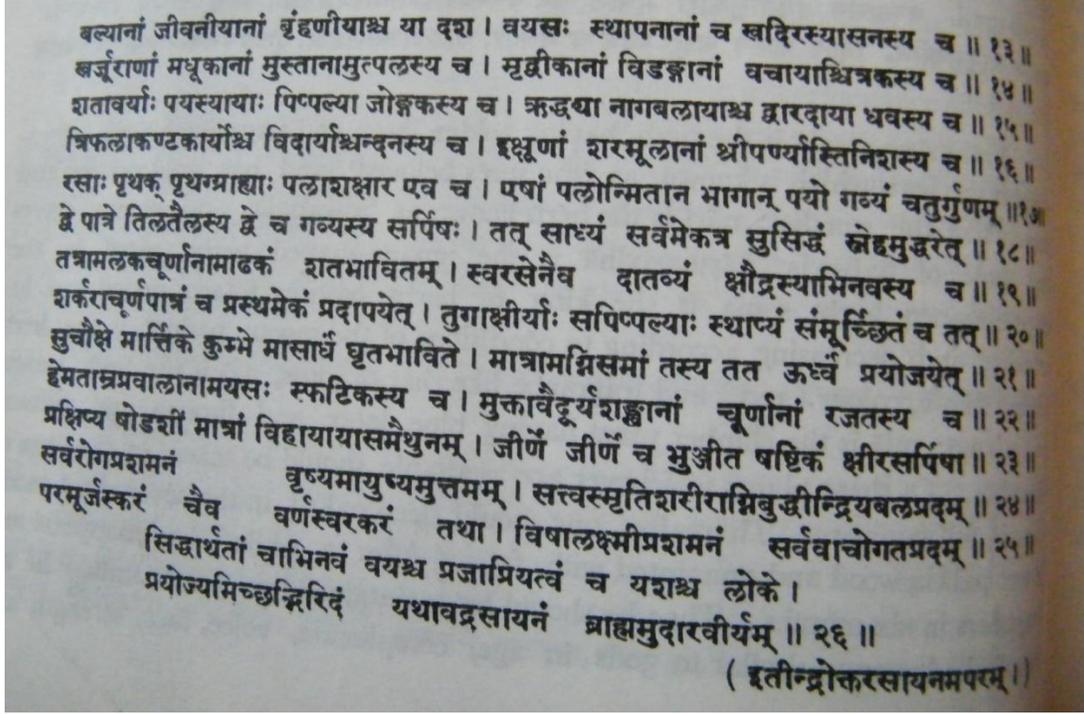
Bulk promoting i.e. Kshirini, Rajakshavak, Withania somnifera, Kakoli, Ksheerkakoli, Vatyayani, Bhadradauni, Bhardwaji, Payasya, Rishyagandha,

Age stablizing i.e. Tinospora cordifolia, Emblica officinale, Terminalia chebula, Bacopa monnieri, Anogeissus latifolia, Asperagus racemosus, Pluchea lanceolata, Leptadonis reticulate, SHWETA and Borhavia diffusa.

Plus other herbs used include acacia catechu, Pterocarpus marcipium, Phonix sylvestris, Madhuka, Mushta, Utpala, Mridvik, Vidang, Acocus calamus, Asperagus racemosus, Piper longam, Payasya, Agar, Riddhi, Nagbala, Dhava, Solanium xanthocarpum, Terminalia chebula,

Terminalia bellerica, Emblica officinale, Vidari, Santalum album, Saccharum officinarium, Shara, Gmelina arborea and Ougeinia dalbergioides.

Indra Rasayan is detoxifier and provides immunity against all diseases, promotes longevity, provides strength to psyche, memory, intellect, physique and senses. It is aphrodisiac. It promotes energy, complexion and voice.



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