



RESEARCH ARTICLE

CONCEPT OF RASAYANA IN MEDIEVAL WORKS W. S. R. TO NAIMITTIKA RASAYANA

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ABSTRACT

The human beings have to pass through various changes and stages in their life time. Ageing and its physical and mental changes are so obvious and inevitable. Ayurveda being the science of life has thrown considerable light on the biology of ageing and related aspects. That knowledge is described under the discipline of *Rasayana tantra*. The medicine which is able to delay the ageing and cures diseases is called *Rasayana*. It has a comprehensive influence on the body and mind resulting into a physical, physiological and psychological improvement of an individual with prevention of ageing, improvement of mental faculties and development of immunity. *Charaka* has given top priority to the *Rasayana* and included it in *Chikitsa sthana* first four subchapters and in detail. *Sushruta* mentioned it in middle of *Chikitsa sthana* i.e. 27th to 30th chapters, whereas *Vagbhata* emphasized it in the end of the *Samhita* i.e. 39th chapter in *Uttara tantra*. *Charaka* dedicated four elaborated chapters to the *Rasayana*, while *Sushruta* described it in four medium sized chapters, but *Vagbhata* quoted it in a single chapter. Above description suggesting notable fall in the significance of this specialized branch due to the remarkable increase in the disease incidence and there by authors of the books forced to concentrate on the curative aspect of the diseases rather than preventive aspect. Keeping this in view, the study has been taken up to pickup most efficacious *Rasayanas* which are able to cure the diseases (*Naimittika Rasayanas*) as well as providing long and healthy life, especially from the medieval works.

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INTRODUCTION

Rasayana therapy is as old as *Vedas*. One can see many references available in *Vedas* especially *Atharva Veda*. *Rasayana chikitsa* (rejuvenation) is one of the eight original branches of *Āyurveda*. In the context of *Āyurveda*, *rasa* denotes the preservation, transformation, and replenishment of energy. The word *ayana* also has various meanings; here it connotes "to increase" or "to circulate". Thus, we can understand a *rasayana* substance as one which will increase and promote the circulation of the vital essence or juices of life. *Rasayana Chikitsa* is a basic therapy for rejuvenation since it attains longevity, memory, intellect, freedom from disease, youth and excellence of lusture. In *Ayurveda*, this therapy is advocated for a specific purpose like: Nootropic perspective, Curative perspective, Immunological perspective, Psycho-behavioural perspective, Anabolic and Anti-ageing effect. A detailed classification of *Rasayana* is the contribution of *Sushruta* and further elaboration was done by *Dalhana*. The concept of *rasayana* is classified into different categories basing on various criteria and the present paper is limited to the concept of *Naimittika Rasayana yogas* in the medieval works.

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Naimittika rasayana is a type of *Rasayana* therapy utilized for specific curative purpose. It hastens the recovery from prevailing diseases. The chief purpose of *Naimittika Rasayana* is to cure specific diseases and restoring the body's health through determined procedures. Determination of place in carrying out *Naimittika rasayana* is significant and based on it. It is further sub-classified into *Vatatapika Rasayana* (an outdoor procedure) and *Kutipravesika Rasayana* (indoor therapy). Basing on the diet and life-style, *Naimittika rasayana* is further classified into: a) *Ahara rasayana* b) *Vihara rasayana* and c) *Achara rasayana*. Literally the term *Rasayana* refers to the means of obtaining the optimum nourishment to the *dhatu* (**Ch.Chi. I-1/7**). In the history of *Ayurveda*, Medieval period (8th - 16th cent. A.D) is considered as golden period of Intellectual activity. The works like *Vrindamadhava*, *Chakradutta*, *Vangasena*, *Gadanigraha*, *Sarangadhara Samhita*, *Rasaratna Samucchaya*, *Vaidya Chintamani*, *Basavarajiyam*, *Bhavaprakasha* and *Yogaratanakara* are some of the important & popular compilations pertaining to the treatment aspect of the diseases. These works consist of a number of simple, practicable and successful *Rasayana yogas* for different purposes apart from the conventional formulations for the management of diseases.

Naimittika Rasayana Yogas of Medieval Texts

Vrindamadhava

Vrinda (9th cen. A.D) has described most useful and viable *Rasayanas* in detail in *Rasayanadhikara* (69th chapter) as follows:

Table 1. Rasayana Yogas in Vrindamadhava

S.No.	Indication	Rasayana yoga
1.	Karshya	Ashvagandha <i>Rasayana</i>
2.	Balya	Ashvagandha <i>Rasayana</i> , Bhallataka Taila, Bhringaraja <i>Rasayana</i> , Hasti karna <i>Rasayana</i>
3.	Khalitya-palitya	Ambu nasya, Dhatri <i>Rasayana</i> , Jalapana, Krishna –Tiladi <i>Rasayana</i> , Vriddhadaru <i>Rasayana</i>
4.	Deerghayu	Ambu nasya, Amrita Bhallataka <i>Rasayana</i> , Bhallataka Taila, Bhringaraja <i>Rasayana</i> , Gokshura <i>Rasayana</i> , Hasti karna <i>Rasayana</i> , Jalapana, Krishna –Tiladi <i>Rasayana</i> , Punarnava <i>Rasayana</i> , Varahikanda <i>Rasayana</i> ,
5.	Kushta	Somaraji <i>Rasayana</i>
6.	Varnya	Bhringaraja <i>Rasayana</i> , Somaraji <i>Rasayana</i>
7.	Swarya	Vacha <i>Rasayana</i>
8.	Medhya	Guduchyadi <i>Rasayana</i> , Hasti karna <i>Rasayana</i> , Vacha <i>Rasayana</i> , Vriddhadaru <i>Rasayana</i>
9.	Vali-palita	Vriddhadaru <i>Rasayana</i>

Chakradutta: *Chikitsa Sangraha* popularly known as *Chakradutta*, written by Chakrapanidutta is 11th cen. A.D work which has set a historical land mark in the development of medical principles and practices in India. He quoted almost all *Rasayana yogas* of *Vrinda* and also he added some recipes like *Sarasvatadi ghrita*, *Shiva gutika* etc. (66th Chapter-*Rasayanadhikara*).

Triphala Rasayana: According to *Chakradutta Triphala* should be taken in the following manner. One *Haritaki* in the morning (i.e. on empty stomach), Two *Vibhitaki* fruits before meal and **Four** *Amalaki* after supper with honey and *ghrita*.

Vangasena Samhita: *Chikitsasara Sangraha*, popularly known as *Vangasena Samhita* is an immensely valuable comprehensive 12th century work of *Vangasena* which has exhaustively dealt with description of diseases and still more comprehensive presentation of their treatment. *Vangasena* has contributed some special formulations to the *Rasayana* therapy in 77th Chapter on *Rasayanadhikara*. He has incorporated *Rasayanas* according to the dosas (viz. *Amritakhya Rasayana-Vata kapha shamana*), disorders (viz. *Amavata, Vatarakta, Sirahshoola, Shvasa, Rajayakshma and Grahani hara Rasayanas*) and some other *Rasayanas* like *Guggulu Rasayana, Gandhaka Rasayana, Kharpura Rasayana, Jyotishmati taila panam, Asthamangala ghrita* etc. in his work.

Table 2. Rasayana Yogas in Chakradutta

S.No.	Indication	Rasayana yoga
1.	Agnimandhya, Arochaka	Agastya Haritaki, Yogaraja <i>Rasayana</i>
2.	Amlapitta	Shiva Gutika, Tamra <i>Rasayana</i> , Tamra <i>Rasayana</i> (2)
3.	Apasmara	Yogaraja <i>Rasayana</i>
4.	Arshas	Agastya Haritaki, Kshara bhavita Pippali <i>Rasayana</i> , Paryushita Jala Prayoga, Sarasvata Ghrita, Tamra <i>Rasayana</i> (2)
5.	Atisara	Paryushita Jala Prayoga, Shiva Gutika
6.	Balya	Amrita Bhallataka, Kushmanda <i>Rasayana</i>
7.	Bhagandara	Loha <i>Rasayana</i>
8.	Chardi	Kushmanda <i>Rasayana</i>
9.	Gala roga	Kshara bhavita Pippali <i>Rasayana</i> , Paryushita Jala Prayoga
10.	Grahani	Agastya Haritaki, Shiva Gutika, Tamra <i>Rasayana</i> , Tamra <i>Rasayana</i> (2)
11.	Gudaroga	Yogaraja <i>Rasayana</i>
12.	Gulma	Chitraka <i>Rasayana</i> , Kshara bhavita Pippali <i>Rasayana</i> , Sarasvata Ghrita
13.	Hridroga	Agastya Haritaki, Chyavanaprasha
14.	Jwara	Kushmanda <i>Rasayana</i> , Paryushita Jala Prayoga
15.	Kamala	Loha <i>Rasayana</i> , Yogaraja <i>Rasayana</i>
16.	Karshya	Ashvagandha <i>Rasayana</i>
17.	Kasa- Shvasa-Hikka	Agastya Haritaki, Chitraka <i>Rasayana</i> , Chyavanaprasha, Jala Nasya, Kshara bhavita Pippali <i>Rasayana</i> , Kushmanda <i>Rasayana</i> , Paryushita Jala Prayoga, Sarasvata Ghrita, Yogaraja <i>Rasayana</i>
18.	Katishula	Paryushita Jala Prayoga
19.	Khalitya-palitya	Amrita Bhallataka, Bhringaraja <i>Rasayana</i>
20.	Klaibya	Hasti karna <i>Rasayana</i> , Sarasvata Ghrita
21.	Krimi	Chitraka <i>Rasayana</i>
22.	Kshata-Kshina	Chyavanaprasha, Kushmanda <i>Rasayana</i>
23.	Kushta & related	Jala Nasya, Paryushita Jala Prayoga, Sarasvata Ghrita, Yogaraja <i>Rasayana</i>
24.	Medhya	Guduchyadi <i>Rasayana</i> , Medhya <i>Rasayana</i>
25.	Murcha	Loha <i>Rasayana</i>
26.	Mutraghata	Paryushita Jala Prayoga
27.	Pandu	Kshara bhavita Pippali <i>Rasayana</i> , Loha <i>Rasayana</i> , Yogaraja <i>Rasayana</i>
28.	Pinasa	Agastya Haritaki, Chitraka <i>Rasayana</i> , Jala Nasya, Kshara bhavita Pippali <i>Rasayana</i>
29.	Prameha	Loha <i>Rasayana</i> , Sarasvata Ghrita, Shiva Gutika, Yogaraja <i>Rasayana</i>
30.	Raktapitta	Kushmanda <i>Rasayana</i> , Shiva Gutika
31.	Sarvaroga hara	Amritasara Loha, Shilajatu <i>Rasayana</i>
32.	Shira- Kama-Akshi roga	Amrita Bhallataka, Paryushita Jala Prayoga
33.	Shotha	Jala Nasya, Kshara bhavita Pippali <i>Rasayana</i> , Loha <i>Rasayana</i> , Paryushita Jala Prayoga, Tamra <i>Rasayana</i>
34.	Shula	Shiva Gutika, Tamra <i>Rasayana</i> , Tamra <i>Rasayana</i> (2)
35.	Sthoulya	Loha <i>Rasayana</i>
36.	Swarabheda	Kshara bhavita Pippali <i>Rasayana</i>
37.	Swarya	Dhatri <i>Rasayana</i> , Jala Nasya, Kushmanda <i>Rasayana</i>
38.	Trishna	Kushmanda <i>Rasayana</i>
39.	Udara roga	Loha <i>Rasayana</i> , Paryushita Jala Prayoga, Pippali Vardhamana <i>Rasayana</i> , Shiva Gutika, Tamra <i>Rasayana</i>
40.	Udavarta	Chitraka <i>Rasayana</i>
41.	Unmada	Loha <i>Rasayana</i>
42.	Vali-palita	Jala Nasya, Vriddhadaru <i>Rasayana</i>
43.	Vandhyatva	Sarasvata Ghrita
44.	Vatarakta	Chyavanaprasha, Kshara bhavita Pippali <i>Rasayana</i>
45.	Visha / Gara Visha	Loha <i>Rasayana</i> , Yogaraja <i>Rasayana</i>
46.	Vishama Jwara	Agastya Haritaki, Kshara bhavita Pippali <i>Rasayana</i> , Yogaraja <i>Rasayana</i>
47.	Yakshma / Kshaya	Agastya Haritaki, Chitraka <i>Rasayana</i> , Tamra <i>Rasayana</i> , Tamra <i>Rasayana</i> (2), Yogaraja <i>Rasayana</i>

Table 3. Rasayana Yogas in Vangasena Samhita

S.No.	Indication	Rasayana yoga
1.	Agnimandhya, Arochaka	Gandhaka <i>Rasayana</i> , Guda-Takra / Shukta, Madhu Haritaki Madhu Shukta, Madhukakhya <i>Rasayana</i> , Masha Shukta, Paniya Bhakta Vati (3), Paniya Bhakta Vati (4), Paniya Bhakta Vati (6), Paniya Bhakta Vati (7), Sarvatobhadra Loha, Shiva Gutika, Tama –Amruta <i>Rasayana</i> , Tamraka
2.	Ajirna	Tamraka, Abhraka (3)
3.	Ama Vata	Abhraka (3), Abhraka Kalpa, Amrita Bhallataka, Gandhaka - Rasa -Parpati, Madhukakhya <i>Rasayana</i> , Mahabala Vidhana Abhraka, Paniya Bhakta Vati (2), Paniya Bhakta Vati (5), Paniya Bhakta Vati (7), Sarvatobhadra Loha, Vriddhadaru Kalpa
4.	Amlapitta	Abhraka (3), Abhraka Sandhana, Gandhaka - Rasa –Parpati, Paniya Bhakta Vati, Paniya Bhakta Vati (5), Paniya Bhakta Vati (6), Paniya Bhakta Vati (7), Tamra, Vriddhadaru Kalpa
5.	Apasmara	Brahmi Ghrita, Shiva Gutika
6.	Arshas	Abhraka (3), Abhraka Kalpa, Abhraka Sandhana, Gandhaka - Rasa –Parpati, Madhu Haritaki, Paniya Bhakta Vati (6), Sarasvata Ghrita, Shiva Gutika, Tamra <i>Rasayana</i> , Vidanga Kalpa
7.	Ashmari	Mahabala Vidhana Abhraka, Narasimha Churnam
8.	Atisara	Madhu Haritaki, Mahabala Vidhana Abhraka, Shiva Gutika
9.	Ati-sweda	Shiva Gutika
10.	Balya/ Brimhana	Ashvagandha <i>Rasayana</i> , Bhringaraja <i>Rasayana</i> , Gandhaka Druti, Jyotishmati Taila (Paana), Paniya Bhakta Vati (7)
11.	Bhrama	Madhu Haritaki
12.	Bhagandara	Mahabala Vidhana Abhraka, Narasimha Churnam, Shiva Gutika
13.	Chardi	Bala Kalpa, Madhu Haritaki, Paniya Bhakta Vati (7), Sarvatobhadra Loha, Shiva Gutika
14.	Deerghayu	Guggulu <i>Rasayana</i> , Hasti karna Palasha, Loha –abhraka
15.	Gandamala/ Galaganda	Shatapaka Vacha Ghrita, Shiva Gutika
16.	Grahani	Abhraka (3), Abhraka Kalpa, Abhraka Sandhana, Gandhaka - Rasa –Parpati, Madhukakhya <i>Rasayana</i> , Mahabala Vidhana Abhraka, Paniya Bhakta Vati (2), Paniya Bhakta Vati (6), Paniya Bhakta Vati (7), Pippali & Bhallataka Kalpa, Sarvatobhadra Loha, Shiva Gutika, Tamra <i>Rasayana</i> , Tamraka
17.	Granthi / Arbuda/ Apachi	Pippali & Bhallataka Kalpa, Shatapaka Vacha Ghrita, Shiva Gutika
18.	Gudaroga	Paniya Bhakta Vati (7)
19.	Gulma	Gandhaka - Rasa –Parpati, Madhukakhya <i>Rasayana</i> , Mahabala Vidhana Abhraka, Paniya Bhakta Vati (2), Paniya Bhakta Vati (7), Sarasvata Ghrita, Shiva Gutika
20.	Hridroga	Abhraka Kalpa, Paniya Bhakta Vati (7), Shalaparni kalpa, Shiva Gutika, Vriddhadaru Kalpa
21.	Jwara / Purana Jwara	Draksha Ghrita, Madhu Haritaki, Shiva Gutika
22.	Kamala	Abhraka Sandhana, Gandhaka - Rasa –Parpati, Kaliyaka Ghrita, Tamraka
23.	Kapha Roga	Bhallataka <i>Rasayana</i>
24.	Kapha-Pitta roga	Madhukakhya <i>Rasayana</i> , Mahabala Vidhana Abhraka
25.	Karshya	Bala Kalpa, Mahabala Vidhana Abhraka, Tamra <i>Rasayana</i>
26.	Kasa- Shvasa-Hikka	Abhraka Kalpa, Agastya Haritaki & Bhallataka Kalpa, Agastya Haritaki <i>Rasayana</i> , Brihati Ghrita, Chyavana prasha Avaleha, Madhu Haritaki, Madhukakhya <i>Rasayana</i> , Mahabala Vidhana Abhraka, Narasimha Churnam, Paniya Bhakta Vati (7), Sarasvata Ghrita, Shiva Gutika, Tamra –Amruta <i>Rasayana</i> , Tamra <i>Rasayana</i> (2), Tamraka (2), Vriddhadaru Kalpa
27.	Katishula	Sarvatobhadra Loha, Vriddhadaru Kalpa
28.	Khalitya-palitya	Bhringaraja <i>Rasayana</i> , Krishna Tiladi & Dhatri <i>Rasayana</i> , Uma bhasita Abhraka
29.	Klaibya	Sarasvata Ghrita, Shiva Gutika
30.	Krimi	Vidanga Kalpa
31.	Kshata-Kshina	Abhraka Kalpa
32.	Kushta & related	Abhraka Kalpa, Brahmi Ghrita, Haridra Kalpa, Khadirashtaka Ghrita, Madhu Haritaki, Mahabala Vidhana Abhraka, Narasimha Churnam, Paniya Bhakta Vati (7), Sarasvata Ghrita, Shiva Gutika, Shveta Avalguja <i>Rasayana</i> , Somaraji <i>Rasayana</i> , Tuvaraka, Bhallataka, Vidanga, Somaraji & Gandhaka Kalpa
33.	Medhya	Ashtamangala Ghrita, Chatush kuvalaya Ghrita, Sarasvata Ghrita
34.	Mutra-Roga	Mahabala Vidhana Abhraka, Shiva Gutika
35.	Netra roga	Bhringaraja <i>Rasayana</i> , Bijaka Kalpa, Jyotishmati Kalpa, Kharpara <i>Rasayana</i> , Madhu Haritaki, Shatavari Kalpa, Triphala Kalpa, Vacha <i>Rasayana</i> , Yashtimadhu Kalpa
36.	Pandu	Abhraka Kalpa, Abhraka (3), Gandhaka - Rasa –Parpati, Loha <i>Rasayana</i> , Madhu Haritaki, Shiva Gutika, Shveta Avalguja <i>Rasayana</i> , Somaraji <i>Rasayana</i> , Tamra –Amrita <i>Rasayana</i> , Tamraka
37.	Pitta – Kapha Roga	Paniya Bhakta Vati (6)
38.	Pinasa / Pratisyaya	Narasimha Churnam, Shiva Gutika
39.	Prameha	Amalaki & Haridra Kalpa, Kaliyaka Ghrita, Mahabala Vidhana Abhraka, Sarasvata Ghrita, Shilajatu
40.	Raktapitta	Bala Kalpa, Draksha Ghrita, Kashmarya Kalpa, Madhu Haritaki, Mahabala Vidhana Abhraka, Sarvatobhadra Loha
41.	Rakta Vikara	Abhraka Kalpa
42.	Sarva Roga hara / Amaratvam	Dasa <i>Rasayana</i> Loha, Gandhaka Kalpa (2), Gandhaka Yoga, Loha –abhraka, Loha Guggulu, Nagarjuna Loha, Narasimha Churnam, Parpatakhya <i>Rasayana</i> , Pippali Ghrita, Shilajatu <i>Rasayana</i>
43.	Shira- Karna-Akshi roga	Bhringaraja <i>Rasayana</i> , Madhukakhya <i>Rasayana</i> , Mahabala Vidhana Abhraka, Narasimha Churnam, Shiva Gutika,
44.	Shleepada	Mahabala Vidhana Abhraka, Shiva Gutika
45.	Shotha	Abhraka Kalpa, Abhraka (3), Shatapaka Vacha Ghrita, Vriddhadaru Kalpa
46.	Shula	Madhu Haritaki, Paniya Bhakta Vati, Paniya Bhakta Vati (2), Paniya Bhakta Vati (7), Sarvatobhadra Loha, Tamra <i>Rasayana</i> , Tamraka, Vriddhadaru Kalpa
47.	Sthoulya	Guggulu, Haritaki Kalpa, Shiva Gutika
48.	Swarya	Guduchyadi Ghrita, Sarasvata Ghrita -2, Shatapaka Vacha Ghrita, Vacha <i>Rasayana</i>
49.	Tridoshaja Vikara	Abhraka Kalpa, Vriddhadaru Kalpa
50.	Trishna	Sarvatobhadra Loha
51.	Udara roga	Abhraka (3), Gandhaka - Rasa –Parpati, Madhukakhya <i>Rasayana</i> , Mahabala Vidhana Abhraka, Narasimha Churnam, Paniya Bhakta Vati (6), Paniya Bhakta Vati (7), Pippali <i>Rasayana</i> , Sarvatobhadra Loha, Shiva Gutika, Shveta Avalguja <i>Rasayana</i> , Somaraji <i>Rasayana</i> , Tama –Amruta <i>Rasayana</i> , Vardhamana Pippali <i>Rasayana</i> , Vriddhadaru Kalpa
52.	Unmada	Brahmi Ghrita, Shiva Gutika
53.	Uru-sthambha	Shiva Gutika
54.	Vali-palita	Ashvagandhadi Churna, Narasimha Churnam, Taila <i>Rasayana</i> , Vriddhadaru <i>Rasayana</i>
55.	Vandhyatva	Sarasvata Ghrita
56.	Varnya	Gandhaka Druti
57.	Vata-kapha roga	Paniya Bhakta Vati, Amritakhya <i>Rasayana</i>
58.	Vata roga	Bala, Guggulu, Nagabala & Rasona Kalpa, Madhu Haritaki, Madhukakhya <i>Rasayana</i>
59.	Vatarakta	Guduchi Ghrita, Shiva Gutika
60.	Visha/Gara visha	Shiva Gutika, Brahmi Ghrita
61.	Vishama Jwara	Brahmi Ghrita, Kharpara <i>Rasayana</i> , Mahabala Vidhana Abhraka, Tamra –Amruta <i>Rasayana</i>
62.	Yakshma / Kshaya	Brihati Ghrita, Shiva Gutika, Mahabala Vidhana Abhraka, Madhukakhya <i>Rasayana</i> , Nagabala, Pippali, Rasona & Shilajatu Kalpa, Narasimha Churnam, Vriddhadaru Kalpa

Gadanigraha

Gadanigraha, a noteworthy and important medieval Ayurvedic work of *Shodhala* is composed in two distinct parts and contains about 10,054 (2,700+7,354) verses. The first part is a collection of formulae arranged according to the several types of pharmaceutical preparations and the second one is a comprehensive text dealing with both *Nidāna* and *Chikitsā*, arranged as for the *Aṣṭāṅgas* (8 major divisions) of Ayurvēda.

The diseases are arranged systematically, which is a new feature and their order differs from *Mādhavanidāna*. The author has allocated 5 chapters for *Rasayana*. Around 22 yogas related to *Rasayana* are quoted. Among those *Suvarna*, *Amlavetasa*, *Kakamachi*, *Shatavari*, *Lasuna*, *Palandu*, *Chitraka*, *Tuvaraka*, *Eranda kalpas* are specially mentioned.

Triphala Rasayana: *Sodhala* explained this in a different manner. i.e. Three *Haritaki* fruits, Six *Vibhitaki* fruits and *Twelve Amalaki* fruits should be taken to get *Rasayana* effects.

Table 4. Rasayana Yogas described in Gadanigraha

S.No.	Indication	Rasayana kalpa
1.	Agnimandhya, Arochaka	Haritaki Kalpa
2.	Arshas	Amlavetasa Kalpa, Bhallataka Kalpa, Haritaki Kalpa, Pippali Kalpa, Triphala Kalpa
3.	Ashmari	Kumkuma Kalpa
4.	Atisara	Haritaki Kalpa
5.	Balya	Shatavari Kalpa
6.	Bhagandara	Kumkuma Kalpa
7.	Bhagna	Lasuna Kalpa
8.	Bhrama	Guduchi Kalpa
9.	Chardi	Haritaki Kalpa, Pippali Kalpa
10.	Dushta / Nadi Vrana	Guggulu Kalpa
11.	Gala roga	Pippali Kalpa
12.	Grahani	Bhallataka Kalpa, Haritaki Kalpa, Pippali Kalpa
13.	Gudaroga	Haritaki Kalpa
14.	Gulma	Amlavetasa Kalpa, Haritaki Kalpa, Lasuna Kalpa, Triphala Kalpa, Vriddha daru Kalpa
15.	Hridroga	Bhallataka Kalpa, Haritaki Kalpa
16.	Jwara	Shatavari Kalpa
17.	Kamala	Haritaki Kalpa
18.	Kapharakta hara	Triphala Kalpa
19.	Kapha vata hara	Haritaki Kalpa
20.	Kasa- Shvasa- Hikka	Bhallataka Kalpa, Guduchi Kalpa, Haritaki Kalpa, Pippali Kalpa,
21.	Katishula	Guduchi Kalpa
22.	Khalitya-palitty	Shatavari Kalpa
23.	Klaibya	Guggulu Kalpa
24.	Koshtagata roga	Chitraka Kalpa
25.	Krimi	Bhallataka Kalpa, Haritaki Kalpa, Lasuna Kalpa, Tuvaraka Kalpa
26.	Kshata-Kshina	Shatavari Kalpa
27.	Kushta & other related	Bhallataka Kalpa, Chitraka Kalpa, Haritaki Kalpa, Haritaki Kalpa, Kakamachi Kalpa, Somaraji Kalpa, Triphala Kalpa, Tuvaraka Kalpa
28.	Mutra Roga	Kumkuma Kalpa
29.	Naktandhata	Shatavari Kalpa
30.	Pandu	Pippali Kalpa
31.	Pitta kapha hara	Amalaki Kalpa
32.	Prameha	Bhallataka Kalpa, Haritaki Kalpa, Kumkuma Kalpa, Pippali Kalpa, Triphala Kalpa
33.	Rakta Roga	Eranda Kalpa
34.	Rasayana	Bijapur Kalpa, Gokshura Kalpa, Kushta Kalpa
35.	Sarva roga hara	Suvarna Kalpa
36.	Shira- Karna- Akshi roga	Haritaki Kalpa, Triphala Kalpa
37.	Shotha / Shopha	Haritaki Kalpa, Pippali Kalpa
38.	Shula	Eranda Kalpa, Haritaki Kalpa
39.	Sthoulya	Bhallataka Kalpa, Guduchi Kalpa, Guggulu Kalpa, Triphala Kalpa
40.	Swarya	Haritaki Kalpa, Shatavari Kalpa, Tuvaraka Kalpa
41.	Tridosha hara	Shatavari Kalpa
42.	Trishna	Guduchi Kalpa
43.	Udara roga	Haritaki Kalpa, Pippali Kalpa, Vriddha daru Kalpa
44.	Udavarta	Guduchi Kalpa
45.	Varnya	Haritaki Kalpa

46.	Vata kapha hara	Bhallataka Kalpa
47.	Vatarakta	Eranda Kalpa, Pippali Kalpa
48.	Vata Roga	Chitraka Kalpa, Eranda Kalpa, Guduchi Kalpa, Lasuna Kalpa, Palandu Kalpa, Vriddha daru Kalpa
49.	Visha / Gara Visha	Haritaki Kalpa, Kumkuma Kalpa, Suvarna Kalpa, Vriddha daru Kalpa
50.	Vishama Jwara	Guduchi Kalpa, Haritaki Kalpa, Pippali Kalpa, Triphala Kalpa
51.	Vrishya	Shatavari Kalpa
52.	Yakshma / Kshaya	Haritaki Kalpa, Kumkuma Kalpa, Pippali Kalpa, Triphala Kalpa

Apart from the above mentioned Single Rasayana drugs with specific indications Shodhala has also mentioned following 28 compound preparations with Rasayana property in his work Gadanigraha.

Ashvagandha Yoga
 Brahma Rasayana
 Brihat Sarasvata Churna
 Chitraka Yoga
 Chyavana prasha
 Dhatri Yoga (2)
 Haritaki Rasayana (3)
 Hasti karna Palasha
 Krishna Tila Yoga
 Laghu Chyavana prasha
 Lohayoga Rasayana (2)
 Medhya Rasayana
 Narasimha Churna
 Narasimha Ghrita
 Nimba Taila Nasya
 Pathyadi Churnam (2)
 Pippali Vardhamana Yoga
 Pippalyadi Yoga
 Punarnava Yoga
 Shitodaka Yoga
 Suvarna Yoga
 Tambulasava
 Triphala Rasayana (3)
 Triphaladya Gutika
 Vachadi Yoga
 Varahi Yoga
 Vidangadi Yoga (2)
 Vijaya Gutika

Sarangadhara Samhita

Sharngadhara samhita, a very popular treatise of medieval period and classified under *Laghutrayi* category of Ayurveda is assigned to early part of 14th century A.D. Designed to serve a practitioner's hand book as claimed by the author himself, this book is written in simple language and consists of 3 sections, 32 chapters, 2,600 verses with prime focus on pharmaceuticals and pharmaco-therapeutics apart from dealing all aspects of Ayurveda including *Panchakarma* for the benefit of physicians. *Sarangadhara* clearly defined *Rasayana* as a measure which prevents aging and disease. He has mentioned *Amrita*, *Rudanti*, *Guggulu* & *Haritaki* (*S.S.P.K.4/13*) as important *Rasayana* drugs, and also described *Triphala churna*, *Chandraprabha guggulu*, *Yogaraja Guggulu*, *Kaishora Guggulu* (*M.K. 6/9-11; 7/42-49; 57-69; 70-81*) etc. as important formulations, which are having *Rasayana* effect.

Rasaratna samucchaya

Rasaratna Samucchaya is a work of 13th century on Rasa Shastra the authorship of which has been ascribed to Vriddha Vagbhata. Though there are no distinct sections, first 11 chapters are ear marked for Materia medica, Pharmacology and Pharmaceutical operations including that of mercury. The treatment part is dealt in chapters 12 – 30. Though it is not an original work but a compilation, this book is of great value and proves to be handy as extremely scattered and disintegrated subject matter has been organized, arranged and presented in a comprehensive manner making it one of the best works of *Rasa Shastra*. There is an organized description of *Rasayana Chikitsa* available in *Rasaratna Samucchaya* and two chapters numbering **26 and 28** are exclusively dedicated to Rejuvenation therapy. Out of which the 28 deals with the formulations containing *Loha* as principle component and having the Rejuvenation quality. After thorough screening a total of **31** were identified. The specific nomenclature for each was not available only chronological numbering is given and are described these in terms of their content, dose, and therapeutic use.

These *Kalpa yogas* impart *Balakara, Vayah Stambhana, Sarva-vyadhihara, Rasayanavaram, Amrutopamam, Aushupradata, Bala-virya Karta, Shreshatatama Rasayana* and if taken for longer duration it attains *Drudhadehasiddhi*, which bestows *Rukjanma* and *Jara nashana* property (5/136-139).

Vaidya Chintamani

Vaidya Chintamani of Indrakanti Vallabhacharya is an important Ayurvedic work of 15th century composed in 2 volumes, 25 vilasa and 73 chapters. It is not a compilation work but an independent treatise like *Charaka Samhita, Sushruta Samhita* etc where the subject matter is arranged systematically with wide range of Ayurvedic formulations with elaborative description and is considered as the best hand book for Scholars, Students & Practitioners of Ayurveda.

Table 5. Rasayana Yogas in Rasaratna Samucchaya

S.No.	Indication	Rasayana yoga
1.	Agnimandhya, Arochaka	Kamala Vilasa Ras
2.	Apasmara	Kamala Vilasa Ras
3.	Balya	Narikela Paaka, Paakshika Rasayan, Shanmasika Rasayan, Triphala Rasayan (1), Vaarshika Rasayan
4.	Chakshusya	Triphala Rasayan (1), Vaarshika Rasayan
5.	Deerghayu	Ashta Masika Rasayan, Hemadri Rasayan, Pippalyadi Rasayan, Sahasra Varshaayushka Rasayan, Shadanga Rasayan, Shanmasika Rasayan, Tripurushayushkara Rasayan, Trivaarshika Rasayan, Vaarshika Rasayan
6.	Kamala	Triphala Rasayan (4),
7.	Kapha vata roga	Kamala Vilasa Ras
8.	Kasa- Shvasa- Hikka	Kamala Vilasa Ras
9.	Klaibya	Narikela Paaka
10.	Kushta & related	Triphala Rasayan (4), Kamala Vilasa Ras
11.	Medhya	Narikela Paaka
12.	Mukha Roga	Kamala Vilasa Ras
13.	Pandu	Triphala Rasayan (4), Kamala Vilasa Ras
14.	Pitta kapha roga	Triphala Rasayan (4)
15.	Prameha	Kamala Vilasa Ras, Narikela Paaka, Triphala Rasayan (4)
16.	Sarva roga hara	Pippalyadi Rasayan, Sarva Roga hara Rasayan, Tapyadi Vataka
17.	Swarya	Pathai Ghrita
18.	Vandhyatva	Narikela Paaka
19.	Vaardhakya	Masika Rasayan, Narikela Paaka, Shadanga Rasayan, Shanmasika Rasayan, Triphala Rasayan (1), Triphala Rasayan (2), Triphala Rasayan (3), Udayaditya Ras, Vaardhakya hara Rasayan
20.	Varnya	Lakshmi Vilas Ras

21.	Vata Roga	Narikela Paaka
22.	Vidrathi	Kamala Vilasa Ras
23.	Yakshma Kshaya	/ Kamala Vilasa Ras, Lakshmi Vilas Ras, Narikela Paaka, Triphala Rasayan (4)

S.No.	Indication	Rasayana kalpa
1.	Agnimandhya, Arochaka	Ashvagandha Rasayana, Bharngi guda haritaki Rasayana, Gandhaka Rasayana (2), Khandamalaka Rasayana, Kharjuradi Rasayana, Kshudra Haritaki Lehya, Mahaparnjadi Rasayana, Mriganka rasa, Navaratna raja mriganka rasa
2.	Ajirna	Kharjuradi Rasayana
3.	Amlapitta	Ashvagandha Rasayana, Khandamalaka Rasayana, Kharjuradi Rasayana, Shatavari Rasayana
4.	Apasmara	Brahmi Ghrita, Jambiradi Rasayana, Maha Bhallataka Rasayana, Navaratna raja mriganka rasa, Pancha Loha Rasayana
5.	Arshas	Amritabhallataka Avaleha, Bharngi guda haritaki Rasayana, Gandhaka Rasayana (1), Kshudra Haritaki Lehya, Pancha Loha Rasayana
6.	Ashmari	Pancha Loha Rasayana
7.	Balya	Ashvagandha Rasayana, Gandhaka Rasayana (2), Kshudra Haritaki Lehya, Navaratna raja mriganka rasa, Sarasvata Ghrita, Shigru-pushpa Rasayana
8.	Bhagandara	Gandhaka Rasayana (1), Kshudra Haritaki Lehya, Mahaparnjadi Rasayana
9.	Bhrama	Kharjuradi Rasayana
10.	Chardi	Khandamalaka Rasayana
11.	Deerghayu	Sarasvata Ghrita, Shatavari Rasayana
12.	Gala roga	Kshudra Haritaki Lehya, Shailushadi Rasayana
13.	Gandamala	Gandhaka Rasayana (1)
14.	Grahani	Mriganka rasa, Navaratna raja mriganka rasa, Pancha Loha Rasayana
15.	Granthi	Shailushadi Rasayana
16.	Gulma	Bharngi guda haritaki Rasayana, Kshudra Haritaki Lehya, Maha Bhallataka Rasayana
17.	Hridroga	Khandamalaka Rasayana
18.	Jwara	Ashvagandha Rasayana, Jambiradi Rasayana, Kharjuradi Rasayana, Maha Bhallataka Rasayana, Navaratna raja mriganka rasa, Shailushadi Rasayana
19.	Kamala	Ashvagandha Rasayana, Pancha Loha Rasayana, Navaratna raja mriganka rasa, Shatavari Rasayana
20.	Kapha roga	Shailushadi Rasayana
21.	Kasa- Shvasa- Hikka	Bharngi guda haritaki Rasayana, Khandamalaka Rasayana, Kshudra Haritaki Lehya, Maha Bhallataka Rasayana, Mahaparnjadi Rasayana, Navaratna raja mriganka rasa, Pancha Loha Rasayana, Shailushadi Rasayana
22.	Katishula	Khandamalaka Rasayana
23.	Klaibya	Shatavari Rasayana, Shigru-pushpa Rasayana
24.	Kshata-Kshina	Jambiradi Rasayana, Pancha Loha Rasayana
25.	Kushta & other related	Amritabhallataka Avaleha, Gandhaka Rasayana (1), Gandhaka Rasayana (2), Gandhaka Rasayana (3), Maha Bhallataka Rasayana, Mahaparnjadi Rasayana, Shailushadi Rasayana
26.	Medhya	Jambiradi Rasayana, Sarasvata Ghrita
27.	Mudhagarbha	Gandhaka Rasayana (1)
28.	Murcha	Khandamalaka Rasayana, Shailushadi Rasayana
29.	Mutra Roga	Gandhaka Rasayana (1), Maha Bhallataka Rasayana, Narikela Rasayana, Shatavari Rasayana
30.	Netra roga	Gandhaka Rasayana (1), Jambiradi Rasayana, Kshudra Haritaki Lehya, Shigru-pushpa Rasayana
31.	Pandu	Ashvagandha Rasayana, Kshudra Haritaki Lehya, Pancha Loha Rasayana, Shatavari Rasayana
32.	Stree roga	Shailushadi Rasayana
33.	Prameha	Gandhaka Rasayana (1), Gandhaka Rasayana (2), Jambiradi Rasayana, Maha Bhallataka Rasayana, Mahaparnjadi Rasayana, Narikela Rasayana, Pancha Loha Rasayana, Shailushadi Rasayana, Shatavari Rasayana, Shigru-pushpa Rasayana
34.	Rakta-pitta	Ashvagandha Rasayana, Jambiradi Rasayana, Khandamalaka Rasayana, Kharjuradi Rasayana, Shailushadi Rasayana
35.	Rakta Roga	Amritabhallataka Avaleha
36.	Sarva roga hara	Shatavari Rasayana
37.	Shira- Karna- Akshi roga	Kshudra Haritaki Lehya

38.	Shotha / Shopha	Kshudra Haritaki Lehya, Pancha Loha <i>Rasayana</i>
39.	Shula	Gandhaka <i>Rasayana</i> (2), Gandhaka <i>Rasayana</i> , Khandamalaka <i>Rasayana</i> , Kharjuradi <i>Rasayana</i> , Maha Bhallataka <i>Rasayana</i>
40.	Somaroga	Narikela <i>Rasayana</i> , Shatavari <i>Rasayana</i>
41.	Swarya	Bharngi guda haritaki <i>Rasayana</i> , Kharjuradi <i>Rasayana</i> , Kshudra Haritaki Lehya
42.	Trishna	Kharjuradi <i>Rasayana</i> , Shailushadi <i>Rasayana</i>
43.	Udara roga	Kshudra Haritaki Lehya, Maha Bhallataka <i>Rasayana</i>
44.	Unmada	Brahmi Ghrita Kharjuradi <i>Rasayana</i>
45.	Urustambha	Gunja-garbha <i>Rasayana</i>
46.	Vata roga	Gandhaka <i>Rasayana</i> , Gandhaka <i>Rasayana</i> (1), Kshudra Haritaki Lehya
47.	Vandhyatva	Ashvagandha <i>Rasayana</i> , Jambiradi <i>Rasayana</i> , Shatavari <i>Rasayana</i>
48.	Varnya	Bharngi guda haritaki <i>Rasayana</i>
49.	Vatarakta	Amritabhallataka Avaleha, Maha Bhallataka <i>Rasayana</i>
50.	Vata Roga	Amritabhallataka Avaleha
51.	Visha / Gara Visha	Sarasvata Ghrita
52.	Vrana / Vishpota	Gandhaka <i>Rasayana</i> , Gandhaka <i>Rasayana</i> (1), Shailushadi <i>Rasayana</i>
53.	Yakshma / Kshaya	Ashvagandha <i>Rasayana</i> , Bharngi guda haritaki <i>Rasayana</i> , Gandhaka <i>Rasayana</i> (2), Kharjuradi <i>Rasayana</i> , Kshudra Haritaki Lehya, Mriganka rasa, Navaratna raja mriganka rasa, Raja mriganka rasa, Shailushadi <i>Rasayana</i> , Shatavari <i>Rasayana</i>

Basava rajiya

Acharya Neelakanta Basavaraju (16th cen A.D.) not allocated particular chapter to *Rasayana*. But some *Rasayana* yogas like *Ardhanarishvara Rasa*, *Kramukadi Rasayanam Maha Vangeswara Rasa*, *Meha Kunjara Kesari Rasa*, *Pancha Loha Rasyana* and *Purna Chandra Rasa* are found in *Jwara*, *Pandu* & *Meha roga prakaranas*.

S.NO.	INDICATION	RASAYANA YOGA
1.	Agnimandhya, Arochaka	Purna Chandra Rasa
2.	Ajirna	Purna Chandra Rasa
3.	Amlapitta	Purna Chandra Rasa
4.	Apasmara	Pancha Loha Rasyana
5.	Arshas	Pancha Loha Rasyana
6.	Ashmari	Maha Vangeswara Rasa, Pancha Loha Rasyana, Vasanta Kusumakara
7.	Chardi	Kramukadi <i>Rasayanam</i>
8.	Grahani	Pancha Loha Rasyana, Purna Chandra Rasa
9.	Hridroga	Purna Chandra Rasa
10.	Jwara	Ardhanarishvara Rasa, Kramukadi <i>Rasayanam</i>
11.	Kamala	Pancha Loha Rasyana, Purna Chandra Rasa
12.	Kasa- Shvasa	Purna Chandra Rasa, Vasanta Kusumakara
13.	Katishula	Purna Chandra Rasa
14.	Kshata-Kshina	Pancha Loha Rasyana
15.	Mutraghata	Kramukadi <i>Rasayanam</i> , Vasanta Kusumakara
16.	Mutrakricchra	Maha Vangeswara Rasa, Pancha Loha Rasyana
17.	Pandu	Maha Vangeswara Rasa, Pancha Loha Rasyana, Purna Chandra Rasa, Vasanta Kusumakara
18.	Prameha	Kramukadi <i>Rasayanam</i> , Maha Vangeswara Rasa, Meha Kunjara Kesari Rasa, Pancha Loha Rasyana, Purna Chandra Rasa
19.	Raktapitta	Pancha Loha Rasyana
20.	Shotha	Pancha Loha Rasyana
21.	Shula	Vasanta Kusumakara
22.	Somaroga	Maha Vangeswara Rasa
23.	Udara roga	Vasanta Kusumakara
24.	Unmada	Vasanta Kusumakara
25.	Vatarakta	Purna Chandra Rasa
26.	Visha	Vasanta Kusumakara
27.	Yakshma / Kshaya	Kramukadi <i>Rasayanam</i> , Vasanta Kusumakara

Bhavaprakasha

Bhavaprakasha *Samhita* popularly known as Bhava Prakasha is 16th century Ayurvedic comprehensive work written in elegant style and simple language. Composed in 3 sections, 80

chapters and 10, 268 verses, Bhavaprakasha contain every requisite information and instructions for a student of Ayurveda. Apart from touching all aspects of Ayurveda, this work has also added new information based on the knowledge & tradition of that age and also his own experiences. The clarity in presentation style, excellence of arrangement of subject matter, systemic classification of diseases & drugs, and also resolving of many obscure and disputed passages of earlier works has made this great work a thesaurus of all useful information reaped from the vast field of millenniums of Ayurvedic literature.

Bhavamishra has adopted the views of *Charaka* and allocated one chapter for *Rasayana* (U.K/ 2nd Chapter-*Rasayanadhyaya*). He introduced some new *Rasayan*s such as *Manjistha*, *Musali*, *Kumari*, *Shalmali*, *Parada* and *Gandhaka* etc.

S.No.	Indication	Rasayana yoga
1.	Amaratvam	Loha Guggulu
2.	Medhya	Guduchi, Mandukaparni, Shankhapushpi & Yashtimadhu <i>Rasayana</i>
3.	Sarvaroga hara	Ashvagandha <i>Rasayana</i> , Bhringaraja <i>Rasayana</i> , Punarnava <i>Rasayana</i>

Yogaratanakara

Yoga Ratnakara is one of the most renowned 17th century treatises of Ayurveda. It is an encyclopedia of Ayurveda that belongs to the rare and distinct group of Ayurvedic classics whose authorship is un-known or controversial. As the title itself reveals, Yoga Ratnakara is a treasure book of gem-like medicinal formulations which still remained un-explored. Among the available literature, Yoga Ratnakara is a unique book on Ayurvedic practices and formulations dealing with Ayurveda in entirety except for *Sharira* (Anatomy) & *Shalya Tantra* (Surgery) in a very organized and different way. Yogaratnakara contributed a separate chapter for *Rasayana* (*Rasayana Vignana-Uttarardha*), and he described *Taila Rasayana prayoga*, *Vardhamana Bhallataka*, *Gandhaka Rasayana* etc. Apart from *Shitala jala*, *Ghrita*, *Kshira*, *Madhu*, he has described 17 *Rasayana* yogas.

S.No.	Indication	Rasayana yoga
1.	Agnimandhya, Arochaka	Amalaki rasa Yoga, Gandhaka <i>Rasayana</i> , Guduchi Swarasa, Mandukaparni Swarasa, Shankhapushpi Kalka, Yashtimadhu Churna
2.	Amlapitta	Amalaki rasa Yoga
3.	Arshas	Vardhamana Bhallataka Yoga
4.	Balya	Amalakyadi Yoga, Ashvagandha <i>Rasayana</i> , Bhringaraja <i>Rasayana</i> , Guduchi Swarasa, Mandukaparni Swarasa, Punarnava <i>Rasayana</i> , Shankhapushpi Kalka, Yashtimadhu Churna
5.	Chardi	Amalaki rasa Yoga
6.	Deerghayu	Bhringaraja <i>Rasayana</i> , Dhatri –Tiladi Yoga, Gandhaka <i>Rasayana</i> , Guduchi Swarasa, Lohadi Guggulu, Mandukaparni Swarasa, Shankhapushpi Kalka, Yashtimadhu Churna
7.	Khalitya-palitya	Amalaki rasa Yoga, Dhatri –Tiladi Yoga, Krishna-Tiladi Yoga
8.	Krimi	Vardhamana Bhallataka Yoga
9.	Kushta & related	Gandhaka <i>Rasayana</i> , Vardhamana Bhallataka Yoga
10.	Medhya	Amalakyadi Yoga, Guduchi-Apamargadi Yoga, Shankhapushpi Kalka, Shatavaryadi Churna, Vardhamana Bhallataka Yoga
11.	Netra roga	Amalaki rasa Yoga
12.	Prameha	Amalaki rasa Yoga, Gandhaka <i>Rasayana</i>
13.	Sannipataja roga	Gandhaka <i>Rasayana</i>
14.	Sarva roga hara	Guduchi Swarasa, Mandukaparni Swarasa, Shankhapushpi Kalka, Taila <i>Rasayana</i> , Triphala <i>Rasayana</i> , Yashtimadhu Churna
15.	Somaroga	Gandhaka <i>Rasayana</i>
16.	Swarya	Brahmyadi Yoga, Guduchi Swarasa, Mandukaparni

		Swarasa, Shankhapushpi Kalka, Yashtimadhu Churna
17.	Trishna	Amalaki rasa Yoga
18.	Udara roga	Gandhaka Rasayana
19.	Vali-palita	Amalakyadi Yoga, Taila Rasayana, Vardhamana Bhallataka Yoga
20.	Vandhyatva	Amalaki rasa Yoga, Bhringaraja Rasayana, Gandhaka Rasayana, Shatavaryadi Churna, Vardhamana Bhallataka Yoga
21.	Vardhakya	Amalakyadi Yoga, Amalaki rasa Yoga, Ashvagandha Rasayana, Shatavaryadi Churna
22.	Varnya	Gandhaka Rasayana, Guduchi Swarasa, Mandukaparni Swarasa, Shankhapushpi Kalka, Yashtimadhu Churna
23.	Vataroga	Gandhaka Rasayana

Conclusion

The *Rasayana* discipline is integral part of *Ashtanga* Ayurveda. The purpose of *Rasayana* is to give strength, immunity, ojus, vitality, will power and determination, and to strengthen the sense faculties, so that an individual is not exposed to sickness and disease. *Rasayana* therapy promotes the assimilation and delivery of nutrients needed by the body tissues for optimum structure and function. *Rasayana Chikitsa* boosts the *Ojus* and immune system helping a healthy person maintain good health or to re-establish impaired physical or mental health. *Rasayana* drugs are better known as tonics or science of rejuvenation. Directly or indirectly they have anti-oxidant, anti-ageing and anti-stress effect. The whole concept of *Rasayana* therapy is oriented to enhance quality of health in an individual which is the prime motto of Ayurveda. *Rasayana* drugs act as scavengers helping to prevent cell and tissue damage. The *Naimittika rasayana* yogas act as anti-oxidants and do prevent the cellular damage. The *Naimittika Rasayana* yogas described in Ayurveda are claimed to possess special nutritional supplement effect. The anti-oxidant property of the commonly used *Rasayana* yogas contributes to its action against pathological lesions. They also act at the level of dhatus and are the treatment of choice in degeneration. All therapies in Ayurveda aim to provide complete health - physical, mental, and spiritual so that people can engage in achieving the real goal of life-self-realization. The *Rasayana* therapy makes it easily possible with its remarkable benefits on health, immunity, and longevity. *Naimittika rasayana* (nimitt - Sanskrit for "cause") is given to combat or balance a specific cause, which is causing a disease in the body. The yogas prescribed for the purpose of *Naimittika Rasayana* therapy acts at the sub cellular level and having nutraceutical action along with regenerative action and immune- modulatory action.

On Critical Analysis of the above works it can be concluded that:

- Maximum numbers of simple *Rasayana* recipes were identified in the Vrindamadhava which are followed by later authors also. Vrindamadhava revealed most useful and efficacious remedies for different disorders in a simple manner.
- *Medhya Rasayanas*, *Pippali Rasayana*, *Bhallataka Rasayana* and *Ritu Haritaki* were found in all most all the works of medieval period.

- Maximum numbers of indication were identified with *Shiva gutika*.
- Metals and minerals like *Suvarna*, *Loha* and *Shilajatu* were incorporated by most of the authors. But maximum numbers of minerals were identified in Vangasena *Samhita*. Among 35 minerals 20 were found in *Rasayana* chapter itself. *Kharpara Rasayana* which consists of Zinc also identified in Vangasena. *Asthmangala ghrita*- can be considered as the best memory booster as claimed by the author himself. The same effect has been claimed for *Mandukaparnyadi Rasayana* of Yogaratakara.
- It is also observed that, though *Rasayana* yogas have been prescribed for almost all the diseases, chronic, resistant and debilitating diseases like *Yakshma*, *Prameha* etc. have been prescribed with maximum number of *Rasayana yogas* with different combinations majority of the *yogas* have been prescribed.
- *Nimba taila nasya* by Gadanigraha, *Jyotishmati taila pana* by Vangasena *Samhita* and *Taila Rasayana* (Oil extracted from the seeds of *Eranda*, *Nimba*, *Jyotishmati*, & *Palasha* cures *Vali-palita*) by Yogaratakara are noticed as important contributions.

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