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A comprehensive review Concept of Aachara Rasayana in Ayurveda

Shende H RAssistant Professor, Dept Sanskrit Samhita Siddhant , Jupiter Ayurved Mahavidayala Shankarpur,
Nagpur.(India)**Abstract:**

Background: Ayurveda offers a holistic system for physical, mental, and spiritual well-being. Rasayan chikitsa is a branch of Ashtang Ayurveda that is extremely powerful and vital. Ajastrik rasayan, Kamyas rasayan, Naimittik rasayan, Kutipravesik rasayan, Vaatatapik rasayan are just a few of the numerous Rasayans documented in Ayurvedic ancient texts. All of the Rasayan can be used as a treatment or medicine to treat or maintain health. But there is Rasayan, which has nothing to do with drugs or medication, but rather with the secret factors of our personalities that are embedded in our bodies and minds. Understanding and obeying the Shastras helps to create Aachara, or virtuous behaviour (treatise). Aachara rasayana is the proper observance and application of Aachara and Vichara. Its practical use not only extends one's life span but also improves one's quality of life. It promotes mental and physical well-being. Longevity of life and excellent health would be impossible to obtain without a strong mental condition. When the nervous system is stimulated by external or internal stimuli, it activates a particular immunological response, which compromises the individual's emotional and mental well-being. It is thus essential to maintain physical and psychological immunity, and this objective may be reached with the assistance of Ayurveda knowledge. We can make life more enjoyable by minimising stress and the danger of various psychological problems. Aachara Rasayana is an Ayurvedic approach for managing social behaviour and ensuring a good existence in a healthy society.

Keywords: Rasayana, Chikitsa, Ashtang, Aachara, Psychosomatic-spiritual health**Corresponding Author:****Dr. Harsha Ramesh Shende**

B.A.M.S. M.A. Sanskrit Asst. Professor (Sanskrit)

Sanskrit Samhita Siddhant Dept.,

Jupiter Ayurved Mahavidayala Shankarpur, Nagpur.

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INTRODUCTION:

Ayurveda is a science that can help people live longer lives. On this issue, there were two schools of thought. For the maintenance of health and healing of ailments, Ayurveda takes a holistic psychosomatic-spiritual approach. The length of one's life is determined by two factors: fate (Karma) and effort (Dharma). Rasayana treatment has been defined as a systematic and scientific medicinal science in Ayurveda for this goal. One of Ayurveda's eight sections, Rasayana, is dedicated to the issue of achieving longevity, indicating that Rasayana Karma was practised as a prominent specialty in ancient times.^[1,2]

The Rasayana therapy has been classified as follows:^[3]

Kamyā Rasayana - Kamyā Rasayana is a type of yoga that promotes overall wellness, both physical and mental.

Namittika Rasayana - Sushruta has cited the Sarvopghata Shamaniya Rasayana in this category. These are used to treat a variety of ailments in addition to providing general Rasayana benefits.

Ajasrik Rasayana - These include milk and ghee, and are utilised in everyday life to enhance overall health.

Achāra Rasayana - The practise of excellent conduct and desirable behaviour in all aspects of life is a type of Rasayana therapy that offers a person with all of the Rasayana's benefits.

Achāra rasayan is an Ayurvedic concept that encompasses moral, ethical, and social behaviour and is known as "Sadavritt." It teaches us the value of good behaviour and how to examine the hormonal and physiological effects of the body's Dosha, Dhatu, and Triguna mechanisms, among other things. Achāra rasayan is mostly concerned with changing one's behaviour in order to reverse a sick state and restore equilibrium. The origin of the Achāra rasayan idea is to have a healthy mind that you can regulate and command. The rejuvenating impact of Achāra rasayan has been characterised by Achārya charak as excellent behaviour in Chikitsa sthan.^[4] By utilising Ayurveda's efficient advantages for addressing physical, mental, and social concerns, there are several approaches to achieve a healthy body and clever brain. Dinchārya, Ratrichārya (daily regimens), Rituchārya (seasonal regimens), Panchkarma (biopurification), Rasayan (rejuvenation),

Aachara Rasayan (code of ethics), and Sadvritta give correct food and lifestyle guidance (ideal routines). It is important to follow the Aachara rasayan and Sadvritta in order to sustain our bodily and mental wellness. They have a crucial and unique function in the prevention and treatment of psychosomatic illnesses. According to Maharshi Charaka, a person who follows the Aachara Rasayana guidelines can obtain all of the qualities of Rasyana chikitsa without taking any Rasayana.^[5] As a result, Aachara Rasayan plays a vital role in the treatment of chronic illness patients.

According to Acharya Charak, persons who are truthful and free of anger, who are free of alcohol and sex indulgence, who do not engage in violence (Hinsa) or exhaustion, who speak in a peaceful and pleasing manner, who practise Japa (incantation, etc.) and cleanliness, who are Dhira (stable and steady), who regularly practise charity and taps (penance); who regularly offer prayers to the gods, cows, Brahmanas; those who are experts in the knowledge of rationality, who are free of ego, whose conduct is good, who are not narrow minded, who have a love for spiritual knowledge, who have excellent sense organs, who have reverence for seniors,

Astikas (those who believe in the existence of God and the validity of the knowledge of the Vedas), and persons with self-control and who regularly study scriptures, benefit the most from rejuvenation therapy.^[6,7,8]

Detailed view of Aachara Rasayana:

According to Charaka's description of Aachara Rasayana, anybody who wishes to live a long life should follow the following rules:

Satyavadinam : If a person is not honest in any aspect of daily life, his or her thoughts will be diverted by a sense of shame. Because the brain is linked to the rest of the body, it can cause a variety of physiological problems, which can lead to disease. When we live in integrity, our bodies achieve harmony and balance within themselves, which aids in the healing of underlying imbalances.^[9]

Akrodham: Anger does not promote mental peace and calm, which are essential for good health and recovery. Anger increases Pitta dosha in the body and vitiates Raktadosha; if this process continues, the digestive fire becomes vitiated, which is the root of all sickness. It raises the Raja guna of the mind, which can lead to a variety of mental problems. Anger activates the body's fight or flight reaction, causing a stressful situation to occur.

Madya Nivрати : Refrain from using alcohol and keep your chastity. Bramhacharya provides mental and physical strength and calmness. Alcohol alters the chemistry of the brain when consumed on a regular basis. It reduces serotonin levels in the brain, which is a critical neurotransmitter in depression. So, if one is free of any addictions such as alcohol or sexual desire, his social life will improve, and he will have more energy, money, and time to devote to his own well-being. Don't drink alcoholic beverages. Laghu, Ushna, Tikshna, Sukshma, Amla, Vyavaayi, Ashuga, Ruksha, Vikashi, and Vishada are the properties of Alcohol. All of these attributes are diametrically opposed to those of Ojas. As a result, it has an immediate impact on our sattva.

Maithuna Nivрати : By examining Kala, age, strength, and other factors, Ayurveda gives clear recommendations for performing sex with a partner. Dhatukshyaavastha is the immunocompromised state of the body caused by excessive indulgence. Our immunity, or ojas, is what protects us from illness. As a result, it's better to engage in sexual activity when both partners are healthy and well-nourished.^[10]

Ahimsa :Violence can take many forms, both physical and mental. Killing animals or eating non-vegetarian food can also aggravate the Tama guna of mind, causing a person to become unable to make decisions. Healing is impossible when the body is not in a state of serenity and tranquillity. Violence has an impact on the character of a neutral mind and a tranquil body.

Anayasaka: Everything should be attempted to the best of one's ability. If not done correctly, it is known as Atisahasa, which primarily vitiates Vatadosha and causes a loss of strength. It can also be applied to mental effort.

Prashantam: The best healer of the body is the mind. One might sit and think on what he has done today in his head. Meditation and pranayama may be used to improve Satwikaguna of mind, which assists us in moving forward in our lives. When the mind is at peace, it is unaffected by events or obstacles, and it retains an inner calm and clear judgement in all circumstances. When the mind is calm and not in a state of emergency, the body cures itself. A calm and serene mind makes accurate decisions that benefit both the doer and others.

Priyavadinam: Verbal abuse should be avoided since it can be emotionally damaging. When we communicate in a pleasant manner, we convey feelings of love and sympathy to others and to ourselves. Doctors and other health professionals may provide healing and comfort just by speaking properly. To live in peace with ourselves and others, we must avoid physical, emotional, or verbal violence.

Japa Soucha para: Mantra from the Vedas Chanting and meditating on a daily basis improves memory, relaxes the mind, and promotes mind-heart synchronisation; meditation relieves stress, opens the mind to consciousness, and improves intellect. Cleanliness of the body and surrounding surroundings, keeping sanitary, having patience in all situations, and maintaining a consistent demeanour create a good outlook on life. External sources of germs, such as bacteria and viruses, may be avoided if we maintain clean and pure. People who are neat and tidy are frequently healthier and happier.

- Dheera - Determined in her ideas and bold in her acts.
- Dana – Donating additional items and a portion of his earnings to others in need receives praise and prayers, as well as

being beneficial to social relationships, and all of this makes him feel psychologically happy and fulfilled. Giving brings valuable gifts and grace, which opens the heart to unselfish service. We aren't only here to consume and accumulate money. The delight of living for the sake of others is a real healer.

- Tapaswin - Penance and meditation practised on a regular basis for a healthy and tranquil life.
- Samadara – Our instructors and sages have undergone the rigorous training necessary to acquire such knowledge and wisdom. Respecting their path and process is the same as respecting our own existence.^[11]
- Sama Jagrana – A person whose sleeping and waking times are fixed and described in a treatise; it maintains his circadian rhythm and keeps all physiological activities of his organs and systems in lane; it makes him feel more energetic and healthy by balancing his neuroendocrine system; it boosts his immune power and mental strength.^[12]
- Nitya ksheer ghrishinah – Milk and filtered butter should be included in one's regular diet. These food items are Satvika

and convert readily to Ojas. This improves the quality of Rasa and serves as a Rasayana for the body. Milk nourishes and tones the body's innermost tissues. The only dairy product that is considered healthy for those with high cholesterol is ghee. It boosts the good cholesterol (HDL) while keeping the bad cholesterol at the same level (LDL). Cow Ghrita is good for memory, intelligence, digesting power, semen, Ojas, Kapha, and obesity.^[13]

- Desha-Kala-Pramanagya – In order to preserve one's health, one should be aware of their surroundings and the passage of time. If you've moved, you'll need to take care of your health, and depending on the season, you'll need to adjust your diet to stay in shape. When we live in tune with the environment and the seasons, we enjoy better physical, mental, and spiritual health. With the same objective, Ayurveda had established principles to follow in each season (Rutucharya).^[14]
- Anahamkari – On the other hand, success should not be accompanied by ego. In today's world, the human race is attempting to become a superior race, as evidenced by a competitive environment.

However, it is important to remember that the cosmos is balanced by a single supreme force.

- Shastachara - A person who strives to learn about moral principles and rules and to live by them. Understanding gained from vedic literature sharpens the mind, and knowledge of literature might help one avoid Prgyapradha.^[15]
- Addhyatma Parayanam – Constantly studying religious texts, he should be conscious of his habits and prepared to follow optimal progress, as shown by many sciences, and use it for the benefit of humanity. With knowledge of literature, one can avoid Pradnyaparadha, which, according to Ayurveda, is the underlying cause of epidemics.^[16]
- Asamkiranam and Nitya Karuna vedinam and Danavan– Be helpful and compassionate, and have a generous spirit. The more one gives, the more he gets in return. If you have anything valuable, share it with your family and friends, your neighbours and coworkers, the destitute, and the ill. Everyone should share all that is beneficial to mankind in

order to aid the human race in a time of need.^[17]

Discussion:

Mind and body are closely intertwined; mental health is just as vital as physical health, and longevity is impossible without a sound mind. A happy and pleased mind may contribute to a happy and healthy existence, which will lead to longevity, and it can be gained by exercising good conducts from a young age. Many useful behavioural guidelines for pleasant and healthy social, spiritual, and mental wellbeing have been described in Ayurvedic literatures. One of them is the Aachara Rasayana. Truth, nonviolence, personal and public cleanliness, mental and personal hygiene, dedication, compassion, and a yogic lifestyle are all examples of Aachara Rasayana, a unique notion in Ayurveda that suggests moral, ethical, and beneficent behaviour.^[18] The body-mind system is rejuvenated by these behaviours. The advantages of Rasayana treatment can be obtained without physically eating any material Rasayana cure or recipe, while it can be used alone or in conjunction with material substance Rasayana therapy. The goal of Aachara Rasayana is to alter our habits in order to reverse sickness and

maintain equilibrium. From the above explanation, it is clear that sadvrta instils mental, character, social, religious, and personal discipline in order to promote happiness and good in society as a whole. It has the potential to become a mandatory course for children and public education at all levels. Such education will not only enhance an individual's physical, mental, and spiritual health, but also that of society as a whole, resulting in a happy and healthy existence both while alive and after death. We must follow that Sadvrta, Samajik Acharan because human is a social factor for creating a well-being society culture (Social behaviour). The Satyavachan, according to our elder, is an ornament worn by noble people. As a result, someone who always speaks the truth is a fantastic person.^[19] It simply means they are Satva-guna complete and free of all bad energy like as greed, over-possessiveness, worry, or rage. Long-term activation of the stress-response system and excessive exposure to stress hormones can cause practically any system to malfunction. This raises the risk of a variety of health issues, including anxiety, depression, digestive issues, migraines, weight gain, and so on. As a result, learning appropriate

strategies to cope with life's challenges is critical. By strengthening psycho-neuro-immunity, Aachara Rasayana may work as a Rasayana (rejuvenating agent) in improving personality, improving social relationships, and improving physical health. Gaining knowledge of Vedic literature, which sharpens our mind, is also described in Aachara Rasayana. One can avoid prajnaparadha if they have a good understanding of literature.^[20]

Conclusion:

Achara Rasayana is a form of Adravyabhoota Rasayana in which no medicinal measures are taken into account. This is a technique for rejuvenating physical tissues, improving mental health, and other areas of human existence. It boosts the body's and mind's immunity, which is crucial for living a healthy life. It is also stated in achara Rasayana as gaining Vedic literary knowledge that sharpens our mind. The practical application of Aachara Rasayana improves not only life span but also quality of life. It is a cost-effective technique for reducing global illness burden. Clinically, Aachara Rasayana has proven quite beneficial. It's a cognitive behavioural treatment that focuses on modifying habitual negative beliefs that can

intensify and contribute to emotional problems, sadness, and anxiety.

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