

Cha. Chi. 1. Rasayana Adhyaya

Charaka Chikitsā Sthāna — Adhyāya 1: Rasāyana Adhyāya

Aim of the chapter: You will understand the classical foundations of Rasāyana (rejuvenation) in four padas (quarters), its classifications, benefits (including a brief contrast with Vājīkaraṇa), indications and cautions for key drugs (Harītakī, Āmalakī, Pippalī etc.), conduct-based Rasāyana (Ācāra Rasāyana), and the ethical ideal of the **Prāṇācārya** physician.

1. Abhayāmalakīya Rasāyana Pada

1.1 Bhaiṣajya Paryāya (synonyms) and classification; benefits of Rasāyana & Vājīkaraṇa; types of Rasāyana

Bhaiṣajya / Abhaiṣajya. In Chikitsā, *bhaiṣajya* (medicine) is that which restores *dhātu-sāmya* (homeostasis) and cures disease; *abhaiṣajya* is its contrary and is to be avoided. Charaka states: “अभेषजमिति ज्ञेयं विपरीतं यदौषधात् । तदसेव्यं, निषेव्यं तु प्रवचामि यदौषधम् ॥” — *Cakrapāṇi on Chi.1 Abhayāmalakīya* (sense: what is opposite to medicine is **abheṣaja** and should not be used).

Definition of Rasāyana.

“रसायनं तु तज्ज्ञेयम् यज्जराव्याधिनाशनम् ॥” — *Chi.1* (Rasāyana is that which destroys ageing and disease).

Benefits (phala) of Rasāyana. Classical outcomes repeatedly described include: *dīrghāyu* (longevity), *smṛti-medhā* (memory & intellect), *ārogya* (health), youthfulness, radiance, excellence of voice and complexion, strength of body and senses, resistance to disease, and stability of tissues. These are the very targets for an exam answer on Rasāyana phala.

Vājīkaraṇa vs Rasāyana (in brief). Both aim at *bala* (strength) and *ojas* enhancement. Rasāyana primarily rejuvenates tissues and immunity; Vājīkaraṇa emphasizes *śukra* (semen/ovum) and reproductive vigor, fertility, and *vṛṣyatā*. In practice and exams, mention that Rasāyana optimizes *agni* and micro-nutrition (*rasa→dhātu*), while Vājīkaraṇa optimizes the *śukra-dhātu* axis.

Classical classifications of Rasāyana (remember this table):

Axis	Types	Core idea	Typical examples
By purpose	Kāmya (promotive: <i>Prāṇakāmya</i> , <i>Medhākāmya</i> , <i>Śrikāmya</i>), Naimittika (disease-specific support)	Promote desired qualities vs. support in specific disorders	Kāmya: Āmalakī, Harītakī regimens; Naimittika: Pippalī in <i>Kāsa/Śvāsa/Rājayakṣmā</i>
By mode	Kuṭīpraveśika vs Vātātapika	Secluded, intensive regimen vs. open routine compatible	Kuṭīpraveśika for maximum <i>rasāyana-siddhi</i> ; Vātātapika for householders
By substance	Dravyabhūta vs Adravyabhūta	Drug-based vs conduct/diet-based	Dravya: Brahma Rasāyana, Cyāvanaprāśa; A-dravya: Ācāra Rasāyana
By dietary base	Ājāsrika (daily nutritive rasāyana)	Sustained tissue nourishment from routine diet	Kṣīra (milk), Ghṛta, Triphalā at bedtime, Āmalakī preparations
By tissue focus	Medhya Rasāyana (for higher functions)	Enhances <i>dhi-dhṛti-smṛti</i>	Maṇḍūkapaṇī, Yaṣṭimadhu, Guḍūcī, Śaṅkhaṣuṣṭi, etc.

Exam tip: If a short note asks “**Rasāyana—classification**”, reproduce the above axes with two examples each.



1.2 Harītakī prayoga — indications, cautions; key classical yogas (Brahma Rasāyana, Cyāvanaprāśa, Harītakī-yoga)

Harītakī (Pathyā). Considered universally *pathyā* (wholesome), Harītakī supports *ānulomana* (downward movement), digestion, and detox. **Indications:** habitual constipation (*anāha*), *grahaṇī*, adjuvant in *kāsa/śvāsa* (e.g., *Agastya-Harītakī Rasāyana*), skin disorders with *kapha-vāta* bias, and as a gentle daily *rasāyana* in small dose at night with *ghṛta/honey*. **Cautions:** marked *pitta-prakopa* (burning, bleeding tendencies), acute dehydration, and during severe diarrhoea; titrate dose in pregnancy and in emaciated patients (use physician discretion).

Brahma Rasāyana (Medhya focus). A classical *avaleha* designed to sharpen *smṛti-medhā* and delay senility; the formulation places Āmalakī as a central *rasa-pradoṣa hara* with *ghṛta*, *madhu* and medhya herbs.

Cyāvanaprāśa (Chi.1 context). A household *rasāyana* credited to sage Cyāvana; *avaleha* with heavy Āmalakī base, *daśamūla*, *aṣṭavarga* group (classically), *Pippalī*, *ghṛta*, *madhu*; promotes youthfulness, immunity, voice, and *ojas*.

Harītakī-yogas. Practical exam-friendly patterns:

- **Nitya-Harītakī:** small bedtime dose with *ghṛta/honey* (*ānulomana* + daily *rasāyana*).
- **Agastya-Harītakī Rasāyana:** adjuvant in *kāsa/śvāsa* with long-term use (mention indication in viva).

2. Prāṇakāmiya Rasāyana Pada

2.1 Grāmya Āhāra & Vihāra and their effects on health

Grāmya-āhāra/vihāra denotes socially prevalent but unwholesome diet-lifestyle—heavy, incompatible combinations, late nights, day sleep, sedentariness, over-salt/over-sour, excess fermented and reheated foods, etc. These vitiate *kapha-medas*, blunt *agni*, pollute *srotas*, and predispose to metabolic disorders (e.g., *prameha*, dyslipidaemia patterns), premature ageing, and poor *ojas*. The *prāṇakāmiya* section essentially warns that **no drug-rasāyana works unless āhāra-vihāra are corrected**; first line is *nidāna-parivarjana*.

2.2 Rasāyana-yogas in this pada

Āmalakī Rasāyana (ghee-honey method). Charaka describes an Āmalakī-centric procedure with expressed juice, medicated fats and honey. An example instruction reads:

“... तत्रामलकचूर्णानामादकं शतभावितं स्वरसेनैव दातव्यं क्षौद्रस्याभिनवस्य च ...” (Āmalakī powder hundred-times impregnated with its own juice mixed with fresh honey, within a *ghṛta-taila* base). — *Chi.1.4.19-20*

Nāgabala Rasāyana. *Nāgabala* is included among divine *rasāyana* herbs in this section; indicated for *bala*, convalescence, and vitality. (Learn to quote its listing with Indra-taught *rasāyanas* below.)

Bhallātaka Rasāyana. A potent *rasāyana* (*Semecarpus anacardium*) with strong *dīpana-pācana* and immunomodulatory action; used cautiously (after *śodhana*, test-dose), traditionally for skin disorders (*kuṣṭha*), *arśas*, and as a restorative in selected conditions. Avoid in strong *pitta* states and during pregnancy; strict physician supervision is mandatory.

3. Kārapratīcītiya Rasāyana Pada

Remember this pada for **named regimens**—you will often get short notes/MCQs on these.

3.1 Important named Rasāyanas (salient points for each)

- **Āmalakayāsa / Kevala Āmalakī Rasāyana:** Pure Āmalakī-based course with *śata-bhāvita cūrṇa*, *ghṛta-madhu*,

aiming at *rājayakṣmā-kṣaya* support, voice, complexion, and *ojas*. Cite the *Chi.1.4.19-20* idea of repeated *bhāvanā* as above.

- **Lauhādi Rasāyana:** Classical iron-based rejuvenators (processed *lauha* with *rasāyana* vehicles) used to combat *pāṇḍu* and debility, under strict *saṃskāra* and dosing.
- **Medhya Rasāyana:** Group aimed at *dhi-dhṛti-smṛti*—Maṇḍūkapaṇṇī, Yaṣṭimadhu, Guḍūcī, Śaṅkhapuṣpī—important in geriatric cognition and student performance.
- **Pippalī Rasāyana:** Improves *agni*, *prāna-vaha srotas*, voice, *bālyā*; special pattern below.
- **Pippalī Vardhamāna Rasāyana (know the verse):**
“क्रमवृद्ध्या दशाहानि दशपैप्पलिकं दिनम् ।
वर्धयेत् पयसा सार्धं तथैवापनयेत् पुनः ॥३६॥ ...
पिप्पलीनां सहस्रस्य प्रयोगोऽयं रसायनम् ॥३७॥ ...
बृहणं स्वयमायुष्यं ... पिप्पलीनां रसायनम् ॥४०॥” — *Chi.1 Kārapratīcitiya* (increase 10 Pippalī/day with milk up to day 10; then taper likewise; total ≈1000 Pippalī; yields *brīhmaṇa*, longevity, voice, spleen-abdomen benefits, *medhyatā*, anti-ageing).
- **Triphala Rasāyana:** Nightly Triphalā with *ghṛta*/honey as a gentle *ājāsrika rasāyana*—vision, bowel regulation, skin radiance, and anti-ageing; note Triphalā’s listing in the Indra-taught group.
- **Śilājatu Rasāyana:** *Yogavāhī*, tissue-penetrating; enhances *ojas*, strength, and mitigates *jāra*; best after purification and combined with *kṣira*/*ghṛta*; caution in *pitta* excess.

How to write a short note: Name → classical reference/verse (if you recall one) → dose pattern/vehicle → 3-4 key indications → 2 cautions.

4. Āyurveda Samutthāniya Rasāyana Pada

4.1 Indrokta Rasāyana & Ācāra Rasāyana

Indra-taught (Indrokta) Rasāyana: This fascinating sub-section lists divine herb sets for rejuvenation. Learn to quote at least one couplet:

“बल्यानां जीवनीयानां बृहणीयाश्च या दश ।

वयसः स्थापनानां च खदिरस्यासनस्य च ॥३३॥

... खजूराणां मधुकानां मुस्तानामुत्पलस्य च ।

... शतावर्याः पयस्यायाः पिप्पल्या ... नागबलायाः ... ॥३५॥” — *Chi.1.4.13-15* (lists *balyā*, *jīvanīya*, *brīhmaṇīya*, *vayaḥ-sthāpana* drugs incl. Āmalakī/Triphala line, Śatāvārī, Pippalī, Nāgabala, etc.).

Ācāra Rasāyana (behavioral rejuvenation). Charaka’s unique *adravyabhūta* Rasāyana—truthful, calm, soft-spoken, non-violent, free from anger and intoxication, disciplined in sleep-wake, devoted to *japa-sauca-tapas-dāna*, respectful to elders/teachers, compassionate to beings, and regular with milk-*ghṛta* in moderation. A compact line often cited is:

“सत्यवादिनम् अक्रोधं अहिंसकं प्रशान्तचित्तम् प्रियवादिनम् जपशौचपरं धीरं दाननित्यं तपस्विनम् ... — इत्याचर रसायनम् ।” — *Chi.1.4 Ācāra Rasāyana* (sense).

Why it matters: Even when drug-Rasāyana is not feasible (time, cost, adherence), **conduct itself** can confer Rasāyana benefits by protecting *ojas*, pacifying *rājasa-tāmasa*, and stabilizing *agni*.

4.2 Prāṇācārya Vaidya & ethical aspects of Chikitsā

Charaka’s ideal clinician is **Prāṇācārya**—one who protects life by knowledge, compassion and ethical restraint. For your long answer, connect:

- **Sādhana:** mastery of *tattva-jñāna*, *yukti* (reasoned application), relentless observation, and humility.
- **Sadvṛtta:** truthfulness, confidentiality, service-mind, freedom from greed/anger, reverence to teachers—these are **Ācāra Rasāyana** in the physician.



- **Chikitsā-nīti:** never exploit the patient, avoid *abhaiṣajya* (harmful measures), obtain compliance through gentle counsel, align diet-lifestyle first, use Rasāyana judiciously.

Quick revision bullets (for viva)

- Rasāyana = anti-ageing & anti-disease measures; **not only drugs.**
- **Grāmya āhāra-vihāra** must be corrected; else Rasāyana underperforms.
- Know **Pippalī Vardhamāna** verse & counting logic (10↑ to day-10, then ↓; total ≈1000).
- Quote **Indrokta** lines at least once; it scores.
- **Ācāra Rasāyana** = ethical, social, personal code as therapy.

Assessment

A. MCQs (mark one)

1. “Rasāyanam tu tajjñeyam yajjara-vyādhi-nāśanam” defines Rasāyana as:
A. Aphrodisiac | **B. Anti-ageing & anti-disease measure** | C. Digestive | D. Analgesic. **Ans: B.**
2. Ācāra Rasāyana primarily belongs to: A. Dravyabhūta | **B. Adravyabhūta** | C. Kuṭīpraveśika | D. Naimittika. **Ans: B.**
3. Grāmya āhāra tends to vitiate chiefly: A. Vāta | **B. Kapha-Medas** | C. Rakta | D. Majjā. **Ans: B.**
4. In Pippalī Vardhamāna, the classical anupāna emphasized is: **A. Kṣīra (milk)** | B. Takra | C. Jala | D. Kañjī. **Ans: A.**
5. Indrokta lists belong to which pada? A. Abhayāmalakīya | B. Prāṇakāmīya | **C. Āyurveda Samutthāniya** | D. Kārapratīcītiya. **Ans: C.**
6. A daily gentle rasāyana taken at night is: **A. Triphalā with ghr̥ta/madhu** | B. Citraka churna | C. Śuddha Bhallātaka | D. Lavaṇa pāna. **Ans: A.**
7. Medhya Rasāyana chiefly enhances: **A. Dhi-Dhṛti-Smṛti** | B. Rakta dhātu alone | C. Māṃsa only | D. Śukra only. **Ans: A.**
8. A key caution with Bhallātaka Rasāyana: A. Safe in pregnancy | **B. Strict purification & physician supervision** | C. Always with lavaṇa | D. Free use in pitta-prakopa. **Ans: B.**
9. Kuṭīpraveśika Rasāyana means: **A. Secluded intensive regimen** | B. Day-to-day regimen | C. Post-operative care | D. Seasonal emesis. **Ans: A.**
10. Agastya-Harītakī Rasāyana is classically indicated in: **A. Kāsa/Śvāsa** | B. Pāṇḍu only | C. Arśa only | D. Sthaulya only. **Ans: A.**

B. Short answer (3-5 lines each)

1. List four **benefits of Rasāyana** relevant to geriatrics.
2. Differentiate **Dravyabhūta vs. Adravyabhūta Rasāyana** with one example each.
3. Outline **Pippalī Vardhamāna** counting and anupāna.
4. What is **Grāmya āhāra**? Give three examples and one effect on *srotas*.
5. Define **Prāṇacārya Vaidya** and link it to Ācāra Rasāyana.

C. Long answer (any one)

1. **Classify Rasāyana** comprehensively and discuss **Ācāra Rasāyana** with textual support. Add how it protects *ojas* in modern stress settings.
2. **Write notes on five named Rasāyanas:** Āmalakī Rasāyana (with *śata-bhāvanā* idea), Pippalī Rasāyana, Pippalī Vardhamāna (quote), Triphalā Rasāyana, Bhallātaka Rasāyana (indications, cautions).



Key Sanskrit you can safely quote in the exam

- “रसायनं तु तज्ज्ञेयं यज्जराव्याधिनाशनम् ।” — *Chi.1* (definition).
- **Pippalī Vardhamāna** verses — *Chi.1 Kārapratīcitiya 36-40*.
- **Indrokta listing** couplets — *Chi.1.4.13-16*.
- **Ācāra Rasāyana** (truthfulness, non-anger, etc., as compact line).

One-minute mnemonic: R.A.S.A. — **R**outines first (āhāra-vihāra), **A**chāra (conduct), **S**pecifics (named rasāyanas like Pippalī, Triphalā, Āmalakī), **A**dvance (kuṭīpraveśika when feasible).

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