

# RASAYANA IN AYURVEDA: CONCEPTUAL FOUNDATIONS AND THE THERAPEUTIC SIGNIFICANCE OF TRIPHALA RASAYANA: A REVIEW STUDY

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## ABSTRACT

*Ayurveda*, the ancient Indian system of medicine, emphasizes the maintenance of equilibrium between the body, mind, and spirit to promote health and prevent disease. The fundamental objectives of *Ayurveda* are the preservation of *Swasthya* (health) and the management of *Aatura* (disease). These objectives are comprehensively achieved through the judicious application of *Rasayana* therapy, which plays a pivotal role in both health promotion and disease prevention. *Rasayana* therapies are systematically classified to suit different stages of life and pathological conditions, aiding in the replenishment of age-related physiological decline and the restoration of tissue homeostasis (*Dhatu Samya*). In addition to medicinal *Rasayana*, *Achara Rasayana*-which encompasses ethical conduct, mental discipline, and healthy lifestyle practices-enhances *Satva Guna*, thereby strengthening cognitive function, emotional stability, and overall mental well-being. Contemporary scientific research has substantiated many traditional *Rasayana* concepts, recognizing their potent rejuvenate and adaptogenic properties. Among these, *Triphala Rasayana* is one of the most esteemed polyherbal formulations in *Ayurveda*. It consists of equal proportions of *Terminalia chebula*, *Terminalia bellerica*, and *Emblca officinalis*. Extensively utilized in *Ayurvedic*, *Siddha*, and *Unani* systems of medicine, *Triphala* is renowned for supporting gastrointestinal health and systemic balance. Owing to its *Tridoshic* nature, *Triphala* effectively harmonizes *Vata*, *Pitta*, and *Kapha*, thereby promoting physiological equilibrium. It is rich in bioactive constituents such as flavonoids, tannins, and phenolic acids, which contribute to its wide spectrum of pharmacological activities, including antioxidant, anti-inflammatory, immunomodulatory, hepatoprotective, cardioprotective, and antidiabetic effects. Thus, *Rasayana* therapy-particularly *Triphala*-represents a significant and enduring contribution of *Ayurveda* to global health and preventive medicine.

**Keywords-** *Rasayana, Triphala, Immunity*

## INTRODUCTION

### RASAYANA

The oldest medical science is *Ayurveda*, the science of life. *Rasayana* (Rejuvenation) is one of the eight branches that our acharyas have identified. The terms "*Rasa (Rasa Dhatu = nutrition)*" and "*Ayana (circulation and promotion)*".<sup>1</sup>

combine to make *Rasayana*. According to *Acharya Sharngadhara*<sup>2</sup>

रसायनं च तज्ज्ञेयं यज्जराव्याधिनाशनम् ।  
यथाऽमृता रुदन्ती च गुग्गुलुश्च हरीतकी ॥

According to *Acharya Charaka*<sup>3</sup>

स्वस्थस्योर्जस्करं यत्तु तदृष्यं तदसायनम् ॥

That which is usually a *Vrishya* and which is usually a *Rasayana*, which is mostly a cure for the disease of the patient, is called '*Swasthorjaskar*', and that which is a destroyer of the disease of the second *Artha*, is usually a fever reducer and is a *Rasayana* and *Vajikarana*.

The functions of *Rasayana*:<sup>4</sup>

दीर्घमायुः स्मृतिं मेधामारोग्यं तरुणं वयः ।

प्रभावर्णस्वरौदार्यं देहेन्द्रियबलं परम् ॥

वाक्सिद्धिं प्रणतिं कान्तिं लभते ना रसायनात् ।

लाभोपायो हि शस्तानां रसादीनां रसायनम् ॥

By consuming alchemical medicines, a person attains long life, memory (power of recollection), intellect, health, youthfulness, radiance with beauty (a graceful body), excellence in complexion (superior complexion such as fair skin), excellence in voice (superiority), strong (excellent) body and senses, speech accomplishment (veracity—whatever is spoken is true), humility (modesty, worthiness of respect in society), and brilliance. Indeed, the method to obtain metals, minerals, and other substances endowed with excellent qualities is called alchemy.

The Importance of *Rasayana*<sup>5</sup>

यथाऽमराणाममृतं यथा भोगवतां सुधा । तथाऽभवन्महर्षीणां रसायनविधिः पुरा ॥

न जरां न च दौर्बल्यं नातुर्यं निधनं न च । जग्मुर्वर्षसहस्राणि रसायनपराः पुरा ॥

न केवलं दीर्घमिहायुरश्रुते रसायनं यो विधिवन्निषेवत ।

गतिं स देवर्षिनिषेवितां शुभां प्रपद्यते ब्रह्म तथेति चाक्षयम्' ॥ (ch.chi.1-1-78-80)

Just as nectar is for the gods and as soma is for the serpents, similarly, in ancient times, there was the science of alchemy for the sages. In ancient times, sages who consumed alchemy according to the proper method did not experience old age, weakness, illness, or death for thousands of years. One who consumes alchemy in the prescribed manner not only attains long life in this world but also achieves the highest state served to the gods and sages; similarly, one also attains the imperishable (eternal) *Brahman*.

**TRIPHALA**

*Rasayana* is a medication that raises "*Ojas*" in healthy people, cures illnesses in sick people, and delays aging. *Amla*, *Haritaki*, and *Baheda* make up the "Three-Fruit Harmony" formulation, which is a well *Triphala* is a well-known mix with purifying and revitalizing qualities that is thought to improve immunity, promote digestion, and control metabolic processes.<sup>6</sup>

- 1) *Haritaki*, Terminalia chebula, Combretaceae family.
- 2) *Bibhitaki*: Terminalia bellerica Family: Combretaceae.
- 3) *Aamalaki*: Emblica officinalis Family: Euphorbiaceae



Sr. No.	Points	<i>Terminalia chebula</i>	<i>Terminalia bellerica</i>	<i>Emblica officinalis</i>
1	Similar words	<i>Hirada</i> , black/chebulic myrobalan	<i>Baheda</i> , Belliric myrobalan	<i>Amla</i> , Indian gooseberry
2	<i>Rasa</i> (Taste)	Main – astringent; sweet, sour, pungent, bitter	Astringent	Main – <i>Amla</i> (sour); sweet, pungent, bitter, astringent
3	<i>Guna</i> (Qualities)	Light and dry	Heavy and dry	Light and dry
4	<i>Virya</i> (Potency)	Ushna (hot)	Ushna (hot)	Sita (cold)
5	<i>Vipaka</i> (Post-digestive effect)	Sweet	Sweet	Sweet
6	<i>Prabhav</i> (Special action)	Tridosha hara (balances Vata, Pitta, Kapha)	Tridosha hara (balances Vata, Pitta, Kapha)	Tridosha hara (balances Vata, Pitta, Kapha)
7	Chemical composition	Tannin, chebulic acid, gallic acid, corilagin	Tannin, $\beta$ -sitosterol, gallic acid, tannic acid, ellagic acid	Gallic acid, tannic acid, albumin, vitamin C

### Properties of *Haritaki*, *Amlaki* and *Vibhitaki*:<sup>7</sup>

*Haritaki* (*Harad*) is renowned for possessing five tastes-sweet, sour, pungent, bitter, and astringent-while being free from saline taste. It is warm in potency, light in quality, wholesome, digestive, and capable of pacifying all three doshas. Revered as life-promoting and longevity-enhancing, *Haritaki* nourishes the body, strengthens intellect and sensory organs, and is esteemed for its virtuous and rejuvenate properties. Depending on the mode of administration, it is capable of alleviating virtually all diseases.

*Haritaki* is highly effective in conditions such as leprosy, abdominal tumors, mental distress, emaciation, anemia, intoxication, piles, gastric disorders, chronic intermittent fever, heart disease, headache, diarrhea, loss of appetite, cough, diabetes, splenic enlargement, newly arising abdominal diseases, excessive salivation or phlegm discharge, voice disorders, jaundice, worm infestations, inflammatory conditions, tuberculosis, vomiting, impotence, weakness of the limbs, and various obstructions of bodily channels that give rise to numerous systemic disorders. It also relieves heaviness or coating sensations in the heart and chest region, as well as confusion of memory and intellect. *Haritaki* acts swiftly in mitigating these ailments.

It is especially beneficial for individuals suffering from indigestion, those who consume dry or rough foods, and women. However, *Haritaki* should not be administered to individuals weakened by excessive hunger, thirst, heat, overindulgence in sexual activity, excessive alcohol consumption, poisoning, or extreme physical debility.

The qualities and therapeutic actions attributed to *Haritaki* are also found in *Amla* (*Amalaki*), with the primary difference being potency: *Haritaki* is heating in nature, whereas *Amla* is cooling. For this reason, learned physicians regard defect-free fruits of both *Haritaki* and *Amla* as equivalent to nectar due to their profound rejuvenate and disease-alleviating properties.

In *Baheda-Vipaka*, it has a pungent cold potency, is beneficial for hair, and in its qualities, it is somewhat similar to *Harad* and *Amla*.

### According to Acharya Charka:<sup>8</sup>

जरणान्तेऽभयामेकां प्राग्भुक्त्वाद् द्वे बिभीतके ।  
भुक्त्वा तु मधुसर्पिर्थ्या चत्वार्यामलकानि च ॥  
प्रयोजयन् समामेकां त्रिफलाया रसायनम् ।  
जीवेद्वर्षशतं पूर्णमजरोऽव्याधिरेव च ॥

After the food is digested (after the dinner is digested, that is, in the morning), taking one *Harad* (powder of one *Harad*), before meals two *Bibhitaki* (powder of *Baheda*), and after meals four *Amlas* (powder of *Amla*) with honey and ghee, if a person uses this *Trifala-Rasayan* for one year, they can live a full hundred years without old age and free from diseases.

## Therapeutic and Preventive Benefits of Triphala

### 1. Supports Digestive Health

Triphala enhances Agni (digestive fire), improves gut motility, relieves constipation, and reduces bloating. It soothes gastric irritation and is especially beneficial in IBS-C and chronic digestive discomfort.

### 2. Promotes Natural Detoxification

Acts as a gentle detoxifier of the liver and colon, facilitating the elimination of Amo (toxins) and heavy metals. Its potent antioxidants combat oxidative stress, supporting systemic rejuvenation.

### 3. Aids Weight Management

Regulates fat metabolism, balances blood glucose levels, and curbs unhealthy cravings. Clinical observations report reductions in body weight and waist circumference with regular use.

### 4. Boosts Immunity

Rich in vitamin C, tannins, and polyphenols, Triphala strengthens immune defenses by enhancing white blood cell activity and supporting healthy gut microbiota for long-term immune resilience.

### 5. Reduces Inflammation

Inhibits pro-inflammatory enzymes, helping alleviate joint pain, arthritis, and inflammatory disorders. It also lowers inflammatory biomarkers such as C-reactive protein (CRP).

### 6. Enhances Oral Health

When used as a decoction (Kavala or Gandusha), Triphala helps prevent plaque formation, gingivitis, and halitosis. Its antimicrobial action promotes healthy gums and oral hygiene.

### 7. Supports Mental Clarity and Nervous System Health

Triphala nourishes Majja Dhotu and balances Vatu, promoting mental clarity, memory, and stress resilience. Its antioxidant action protects neuronal health and supports cognitive function.

### 8. Protects Eye Health

Powerful antioxidants help prevent cataract formation and age-related eye disorders. Traditionally used as an Ayurvedic eyewash, it reduces dryness, irritation, and ocular inflammation.

### 9. Strengthens Heart Health

Helps regulate cholesterol levels, improves blood pressure, and protects against atherosclerosis, thereby supporting overall cardiovascular health.

### 10. Promotes Longevity (Rasayana Effect)

Triphala slows cellular ageing by protecting DNA from oxidative damage, enhances collagen synthesis, and promotes healthy skin, vitality, and lifespan.

### 11. Special Therapeutic Indication

Triphala is highly effective in Vishama Jwara (irregular intermittent fever) due to its Tridosha-shamaka, detoxifying, and immunomodulatory properties

**DISCUSSION** –*Rasayana* therapy primarily seeks to enhance rejuvenation, slow down the aging process, protect the body from various illnesses, regulate metabolism, and strengthen both mental and physical capabilities. Today, advanced drug analysis techniques have emerged, which can assist in validating *Rasayana* and their impact on health.

The two main goals of *Ayurveda* are the maintenance of health and the treatment of illness. There includes a thorough explanation of methods like *Dinacharya*, *Ratricharya*, *Ritucharva*, *Sadvritta*, and seasonal *Panchakarma* for maintaining health. There have been descriptions of lifestyle, nutrition, exercise, and social and personal hygiene. Similar to this, *Rasayana-Chikitsa*, a distinct specialty branch of *Ayurveda*, focuses on boosting immunity and reviving the metabolism in order to preserve and promote health. It has the potential to treat a number of terrible modern illnesses, including cancer, Alzheimer's, diabetes, atherosclerosis, dyslipidemia, stroke, and tuberculosis.

*Rasayana* may provide protection through immune modulation, free radical quenching, improving cellular detoxification processes, repairing damaged non-proliferating cells, stimulating cell proliferation and self-renewal of damaged proliferating tissues, and replenishing them by replacing damaged or mutated cells with new ones.

## CONCLUSION

In *Ayurveda*, *Triphala* is a powerful and highly regarded polyherbal compound that is widely utilized in a variety of therapeutic applications to preserve physiological homeostasis and to prevent and treat a wide range of disorders. Its traditional claims have been supported by several scientific and clinical investigations, offering compelling proof of its wide range of pharmacological effects. Numerous biological characteristics of *Triphala* include anticancer, antidiabetic, antibacterial, antioxidant, and anti-inflammatory activities. The treatment of diseases like AIDS, cataracts, depression, arthritis, and other chronic ailments has also been investigated. As a potent *Rasayana*, *Triphala* balances the *Vata*, *Pitta*, and *Kapha* doshas to improve longevity, strengthen immunity, and encourage rejuvenation. Acharya Charaka asserts that taking *Triphala* consistently throughout the year allows a person to live as a potent *Rasayana*, *Triphala* balances the *Vata*, *Pitta*, and *Kapha* Doshas to improve longevity, strengthen immunity, and encourage rejuvenation. According to *Acharya Charaka*, taking *Triphala* on a regular basis throughout the year prolongs life and prevents illness, delaying aging and maintaining vigor. *Triphala* is properly referred to as "the nectar of life" because of these amazing advantages.

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