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Ayurveda rasayana therapy. Rasayana therapy ensures smooth running of human body mechanism and promotes positive health. Rasayana Therapy or Chikitsa is the specialized branch of Ayurveda using certain herbs and therapies, which prevents ageing and imparts longevity. It restores and revitalizes body functions.

Ayurvedic Rasayana Treatment for Longevity. ... According to Dr. Mana, "Among the six hundred Ayurvedic herbs that have been thoroughly tested and analyzed, Ayurvedic physicians used about fifty plants specifically for "immortal life" (longevity), and the rest for medicinal purposes.

What is Rasayana Therapy and Why is it So Important? Rasayana is one of the eight branches of Ayurveda and is the study of longevity, anti-aging, and rejuvenation. The word rasa means essence, juice, plasma-like substances, lymph, taste, and emotion. Ayana is a special study, path, or to enter. 1-3. A rasayana targets ability to break down a food into its nutrient parts (agnis), assimilate ...

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Therefore any herbal remedies, diet or regimes that improve the quality of rasa, promoting longevity by delaying aging and prevent disease are called Rasayana. Concept Of Rasayana Therapy/ Chikitsa. Rasayana Therapy/Chikitsa is all about rejuvenation and revitalization therapy, which is one of the eight major divisions of Astang Ayurveda.

#### Anti-Aging and Longevity in Ayurvedic Medicine

Focusing on Rasayana, the least understood branch of Ayurveda, this volume provides detailed information on the plants used in various polyherbal, polymineral Rasayana preparations and describes their therapeutic benefits for numerous disorders. It is a comprehensive reference suitable for anyone involved in medicinal and aromatic plant research.

Rasayana, one of the 8 limbs of Ayurveda - which also includes internal medicine, surgery, treatment of the ears/eyes/nose/throat, pediatrics, toxicology, psychiatry and spiritual healing - is a powerful practice for achieving vibrant health and longevity. Rasayana means "path of essence" and is the Ayurvedic therapy of rejuvenation of ...

Rasayana is a specific branch of Ayurvedic medicine that is focused on restoring vital essence, nourishing the dhatus and slowing the aging process to ultimately promote longevity. One of the most popular herbal rasayanas is Chyawanprash. Chyawanprash is a nutrient rich jam made up of many rasayana substances, including ashwagandha, shatavari ...

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A rasayana is also a category of herbal preparations designed to rejuvenate the body, mind, and self at the deepest possible level. In Ayurveda, stress is understood to be a causative factor in the disease process, in part because stress lodges toxins deep within the tissues of the body.

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The use of Ayurvedic herbs and preparations dates back to one of the oldest healthcare systems in the world, the traditional Indian medicine of Ayurveda. Offering a preventative holistic, whole-body approach to attaining and sustaining long-term health and wellness, Ayurveda is a Sanskrit term that translates "the knowledge or science of life and longevity."

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