

Contemporary Perspectives on Rasayana: A Conceptual Review

Dr. Vijay Prakash Jounjare¹, Prof. Dr. Pushpendra Kumar Pandey², Dr. Gaurav Purohit³

PG Scholar, Dept of Samhita Siddhant¹

Professor and HOD, Dept of Samhita Siddhant²

Associate Professor, Dept of Samhita Siddhant³

Lt. Pt. Dr. S.S. Sharma Ayurved Medical College and Hospital, Ratlam, India

Abstract: *Rasayana, a cornerstone of Ayurvedic medicine, is deeply rooted in the concepts of rejuvenation and vitality, focusing on the nourishment of essential bodily tissues such as Rasa, Rakta, and Ojas. This therapeutic approach not only aims to maintain physical health but also nurtures mental and emotional well-being, preventing aging and promoting balance in life. With the growing interest in holistic wellness, Rasayana finds significant relevance in modern science, aligning with contemporary ideas like antioxidants, adaptogens, and immunomodulators. Herbs like Withaniasomnifera (Ashwagandha), Tinospora cordifolia (Guduchi), and Phyllanthus emblica (Amalaki) are increasingly recognized for their antioxidant properties and ability to enhance immune function. These herbs help combat oxidative stress, support cognitive health, and improve overall vitality. As modern research continues to validate the benefits of Rasayana, its ancient practices offer a valuable, integrated approach to health maintenance and disease prevention in today's fast-evolving healthcare landscape*

Keywords: Rasayana, Antioxidants, Immunomodulators, Public Health

