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Preparations 5. Aak (Calotropis spp.) 6.

Akrakara (Anacyclus pyrethrum) 7. Amalaki

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Anantmul (Hemidesmus indicus) 9.

Ashwagandha (Withania somnifera) 10

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Bhalatak (Semecarpus anacardium) 14.

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Rasayana. The key
ingredient of
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is Ashwagandha
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October 2002 . Pub.
location London .

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Treatment for

Longevity. Ayurvedic
medicine is divided into
eight basic sections. The
Rasayana Tantra is the
Ayurvedic section on
rejuvenating medicines.
Study in this section
focused on two
areas—the lives of sages,
and the uses and

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benefits of the
rejuvenating or divine
plants (Bajracharya
1995).

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Herbs for Rejuvenation.

Destroys ama or toxins
in the body and keeps
you healthy and young.

Strengthens nervous
system, bone marrow,
and sense organs. As a

brain tonic, improves

memory and pacifies
vitiated sadhaka pitta.

Helpful for balanced
elimination, liver health,
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Rasayana

Top 7 Ayurvedic Herbs for

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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

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word rasayana 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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It is considered as the science of the restoration of youth and relief of the suffering and degradation that accompanies aging and bestows longevity. It is believed in ayurveda that the qualities of rasa dhatu influence the health of all the other dhatus of the body; hence, any medicine that enhances the quality

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It is considered as the
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that the qualities of rasa dhatu influence the health of all the other dhatus of the body; hence, any medicine that enhances the quality of rasa is a a Rasayana.

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The most common and effective Rasayana herbs are: 1. Embilica

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officinalis – Amalaki
(Amla) Amalaki is probably the single most often mentioned herb in the Charaka Samhita (ancient Ayurvedic texts).

Rasayana herbs & lifestyle for anti-ageing & longevity

Achara Rasayana
(behavioural modalities)
are positive behaviours

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that enhance health, happiness and longevity aimed for psychological and spiritual health.

Ahara Rasayana (dietary modalities) includes rules relating to eating, types of food and their properties, etc. Aushada Rasyana are specific herbs and their combinations for various ailments.

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Three classic
preconception herbal
rasayanas are
chyawanprash,
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herbs have been used
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support preparation for
pregnancy. The
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Puri, H.S. "RASAYAN:
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& Francis, London,

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2003. Gives monographic account and illustrations of 57 plants used as Rasayana in India, along with old as well as new Rasayan formulations. Puri, H.S. Ayurvedic Minerals, Gems and Animal Products for Longevity and Rejuvenation.

Rasayana - Wikipedia

Rasayana is a sanksrut

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word that means ‘the path of essence.’

Ayurveda, in case you didn't know, is an ancient holistic approach to health: body, mind, and spirit. Alchemy

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Ancient Indian Herbs
for Beauty and ...**

Rejuvenate with
rasayanas The eight

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major branches of Ayurveda range from pediatrics to longevity. The branch that deals with longevity is called rasayana, meaning rejuvenation. A rasayana is also a category of herbal preparations designed to rejuvenate the body, mind, and self at the deepest possible level.

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**Anti-Aging and
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herb for brain health
that supports memory,
focus and concentration.

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