



Review article

Integrative role of *Rasayana* therapy and *Swasthavritta* practices in promoting immunity and preventing lifestyle disorders

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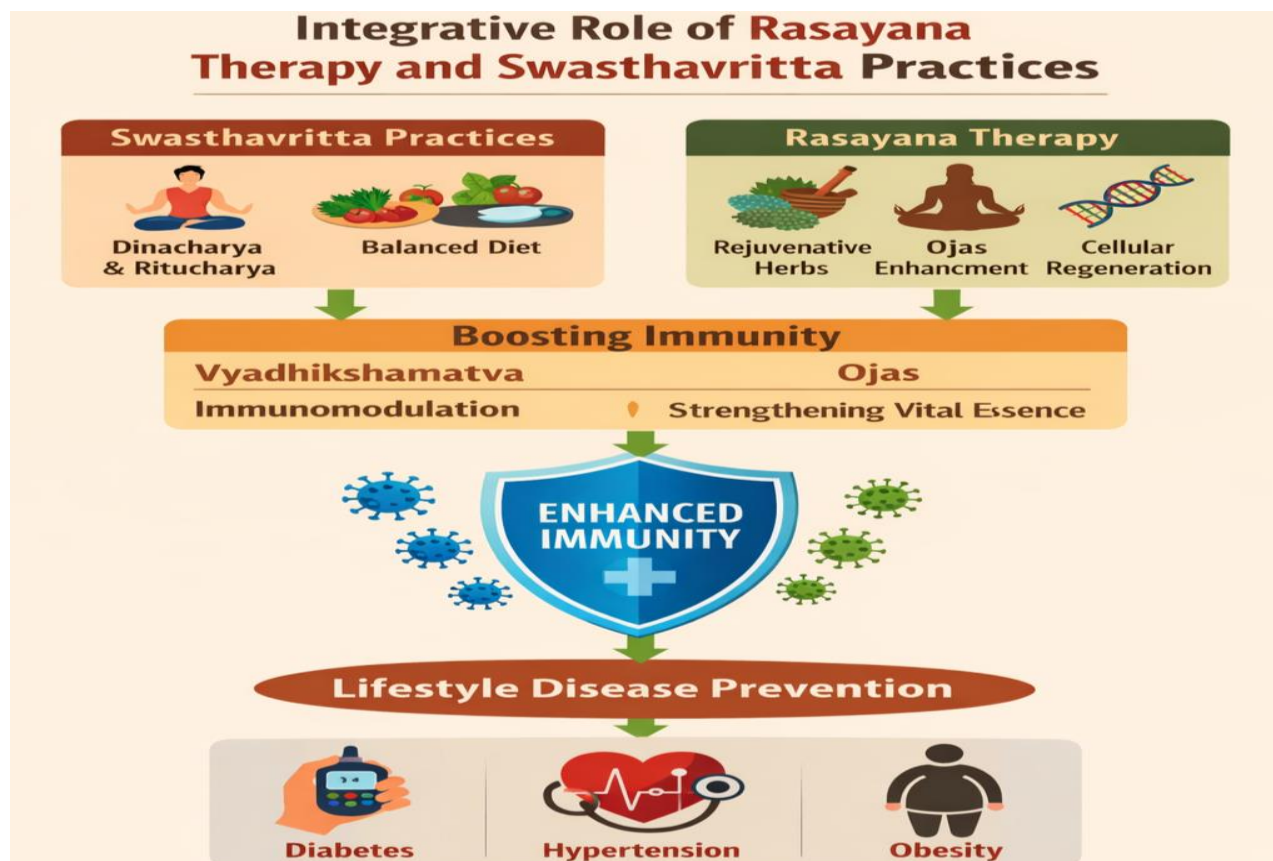
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ABSTRACT

Lifestyle disorders such as diabetes mellitus, hypertension, obesity and cardiovascular diseases are increasing worldwide due to sedentary lifestyle, unhealthy diet and psychological stress.



Ayurveda emphasises preventive healthcare through the principles of *Swasthavritta* and rejuvenative therapies such as *Rasayana*. *Swasthavritta* includes daily regimen, seasonal regimen, dietary discipline and ethical conduct that maintain equilibrium of *Dosha*, *Dhātu* and *Mala*. *Rasayana* therapy promotes tissue nourishment, improves metabolic efficiency and enhances *Ojas*, thereby strengthening *Vyādhikṣamatva* (immunity). Modern studies have demonstrated immunomodulatory and antioxidant properties of several *Rasayana* drugs, supporting their role in preventive healthcare. The integration of *Rasayana* therapy with *Swasthavritta* practices offers a holistic strategy for enhancing immunity and preventing lifestyle-related disorders.

Keywords: Ayurveda, Immunity, Lifestyle disorders, *Ojas*, *Rasayana*, *Swasthavritta*.

INTRODUCTION

Ayurveda, the ancient system of medicine, emphasises preservation of health and prevention of disease through appropriate diet, lifestyle regulation and rejuvenative therapies. The concept of *Swasthavritta* forms an important component of preventive medicine in Ayurveda. Daily regimen (*Dinacharya*) and seasonal regimen (*Ritucharya*) are described in classical Ayurvedic texts. These practices help maintain the equilibrium of *Dosha*, *Dhātu* and *Mala* and promote overall well-being. In addition to lifestyle regulation, Ayurveda describes *Rasayana* therapy as a specialised approach that promotes longevity and enhances immunity. *Rasayana* therapies nourish body tissues and improve metabolic efficiency. These therapies enhance *Ojas*, which represents the essence of all *Dhatus* and contributes to vitality and disease resistance [1].

The concept of *Vyādhikṣamatva* described in Ayurveda is closely associated with tissue strength and the presence of *Ojas*. Proper functioning of digestive fire (*Agni*), adequate tissue nourishment and balanced lifestyle practices help maintain *Vyādhikṣamatva* and overall health. Rapid urbanisation, sedentary lifestyle, unhealthy dietary habits and psychological stress have resulted in a significant rise in lifestyle disorders such as diabetes mellitus, hypertension, obesity and cardiovascular diseases. These conditions are associated with chronic inflammation and metabolic disturbances. Preventive strategies focusing on lifestyle modification and immune enhancement are therefore increasingly emphasised in modern healthcare [2].

Principles of *Swasthavritta* and *Rasayana* therapy together provide a comprehensive framework for health promotion and disease prevention. Modern studies have demonstrated immunomodulatory and antioxidant properties of *Rasayana* drugs. These findings support their role in preventive healthcare and management of lifestyle-related disorders [3].

MATERIALS AND METHODS

The present review article was undertaken to explore the integrative role of *Rasayana* therapy and *Swasthavritta* practices in promoting immunity and preventing lifestyle-related disorders. The study was conducted through a comprehensive review of both classical Ayurvedic literature and modern scientific publications [4].

Classical references related to *Swasthavritta*, *Rasayana*, *Ojas*, and *Vyādhikṣamatva* were collected from authoritative Ayurvedic texts, including *Charaka Samhita*, *Sushruta Samhita*, and

Ashtanga Hridaya. These classical sources were critically analysed to understand the principles of preventive healthcare, rejuvenation, and immunity described in Ayurveda [5].

In addition to classical literature, modern scientific data were collected from peer-reviewed journals and electronic databases such as PubMed, Google Scholar, and Scopus-indexed journals. Relevant articles published in English were searched using keywords such as *Rasayana*, *Swasthavritta*, immunity, lifestyle disorders, preventive healthcare, and Ayurveda. Studies related to immunomodulatory effects of *Rasayana* drugs and the role of lifestyle regulation in disease prevention were included in the review [6].

Inclusion criteria

Classical Ayurvedic references describing *Rasayana*, *Swasthavritta*, *Ojas*, and *Vyādhikṣamatva*.

Research articles discussing immunomodulatory and antioxidant properties of *Rasayana* drugs.

Studies related to preventive healthcare and lifestyle disorders.

Exclusion criteria

Articles lacking scientific relevance to *Rasayana* or *Swasthavritta*.

Duplicate publications and non-peer-reviewed sources.

The collected information was critically analysed and synthesised to establish a correlation between classical Ayurvedic principles and contemporary biomedical findings related to immunity and lifestyle disorders.

Concept of *Swasthavritta*

The concept of *Swasthavritta* occupies a central position in Ayurvedic preventive medicine. Ayurveda defines health as the equilibrium of *Dosha*, *Dhātu* and *Mala* along with balanced *Agni* and a pleasant state of mind and senses.

Swasthavritta includes lifestyle practices such as daily regimen (*Dinacharya*), seasonal regimen (*Ritucharya*), dietary regulation, hygiene and ethical behavioural practices that preserve health and prevent disease [7]. *Dinacharya* includes daily practices such as waking during *Brahma Muhurta*, oral hygiene (*Dantadhavana*), tongue scraping (*Jihva Nirlekhana*), nasal therapy (*Nasya*), oil massage (*Abhyanga*), exercise (*Vyayama*) and bathing (*Snana*), which maintain physiological balance and promote health. These practices help maintain metabolism and overall well-being. *Ritucharya* refers to the adaptation of lifestyle and diet according to seasonal variations.

Proper seasonal practices prevent seasonal disorders and maintain the equilibrium of *Doshas*. Ayurveda also emphasises *Sadvritta*, which represents ethical conduct promoting psychological and social well-being. Behavioural practices such as compassion, truthfulness and emotional control are important for mental health. The concept of *Āchāra Rasayana* highlights the importance of behavioural discipline in maintaining longevity and immunity [8].

Concept of Rasayana therapy and its role in immunity

Rasayana therapy is an important branch of Ayurveda aimed at promoting longevity and enhancing vitality. It improves tissue quality and supports mental and physical well-being. *Rasayana* therapy improves the quality of *Rasa Dhatu*, which subsequently nourishes other *Dhatu*s. Proper nourishment ultimately leads to the formation of *Ojas*, which supports vitality and immunity. Classical texts describe types of *Rasayana* such as *Kutipraveshika Rasayana*, *Vatatapika Rasayana*, *Ajasrika Rasayana* and *Achara Rasayana*. *Rasa Shastra* contributes to *Rasayana* therapy through processed mineral preparations known as *Rasaushadhi*. These formulations enhance metabolic efficiency and rejuvenate tissues. Modern scientific research has also supported the traditional concept of *Rasayana* therapy. Several studies have reported immunomodulatory and antioxidant properties of *Rasayana* drugs. These pharmacological effects contribute to improved immune responses and physiological resilience [12]. Experimental and clinical studies have also suggested that *Rasayana* therapy may play an important role in preventive healthcare and the management of lifestyle-related disorders [9].

Role of Rasayana and Swasthavritta in promoting immunity

Ayurveda explains immunity through the concepts of *Ojas* and *Vyādhikṣamatva*. *Ojas* represents the essence of all *Dhātus* and supports vitality and resistance against disease. Depletion of *Ojas* results in weakness and susceptibility to disease. *Vyādhikṣamatva* refers to the body's ability to resist disease and combat pathogenic factors. *Rasayana* therapy improves tissue nourishment and enhances *Ojas*. *Swasthavritta* practices such as *Dinacharya* and *Ritucharya* maintain equilibrium of *Doshas* and optimise *Agni*.

Several *Rasayana* drugs demonstrate antioxidant and immunomodulatory properties supporting immune function. These effects promote health and longevity [10].

Important *Rasayana* drugs and their reported immune modulatory effects are summarised in Table 1.

Role of Rasayana and Swasthavritta in the prevention of lifestyle disorders

Lifestyle disorders such as diabetes mellitus, hypertension and obesity are major global health concerns. *Swasthavritta* emphasises a disciplined lifestyle, a balanced diet and seasonal adaptation, which help maintain metabolic balance. *Rasayana* therapy improves tissue regeneration and metabolic efficiency. Several *Rasayana* herbs such as *Amalaki*, *Ashwagandha*, *Guduchi* and

Shilajatu possess antioxidant and adaptogenic properties. These properties support their role in preventive healthcare [11].

Table 1: Important *Rasayana* Drugs and Their Immuno-Modulatory Effects

Rasayana drug	Botanical name	Classical reference	Reported pharmacological action
<i>Amalaki</i>	<i>Emblica officinalis</i>	<i>Charaka Samhita</i>	Antioxidant, immune-enhancing
<i>Ashwagandha</i>	<i>Withania somnifera</i>	<i>Bhavaprakasha</i>	Adaptogenic, anti-stress, immunomodulatory
<i>Guduchi</i>	<i>Tinospora cordifolia</i>	<i>Charaka Samhita</i>	Immunomodulatory, anti-inflammatory
<i>Haritaki</i>	<i>Terminalia chebula</i>	<i>Sushruta Samhita</i>	Rejuvenative, antioxidant
<i>Shilajatu</i>	Mineral exudates	<i>Rasaratna Samuccaya</i>	Anti-ageing, metabolic enhancer
<i>Pippali</i>	<i>Piper longum</i>	<i>Charaka Samhita</i>	Bioavailability enhancer, Immuno-modulatory

RESULTS AND DISCUSSION

The present review highlights the significant role of *Rasayana* therapy and *Swasthavritta* practices in enhancing immunity and preventing lifestyle-related disorders. Classical Ayurvedic literature emphasises that maintenance of health depends upon the equilibrium of *Dosha*, *Dhātu*, and *Mala*, along with proper functioning of *Agni* and the presence of adequate *Ojas*. These factors collectively contribute to the concept of *Vyādhikṣamatva*, which represents the body's natural capacity to resist diseases [12].

The principles of *Swasthavritta* provide detailed guidelines for maintaining health through disciplined lifestyle practices such as *Dinacharya*, *Ritucharya*, proper dietary habits, physical activity, and ethical conduct. These practices help regulate biological rhythms, maintain digestive efficiency, and ensure proper tissue nourishment. By maintaining physiological balance, *Swasthavritta* plays a crucial role in preventing metabolic disturbances and lifestyle-related disorders [13].

Rasayana therapy complements these lifestyle practices by promoting tissue rejuvenation and enhancing physiological strength. Classical texts describe *Rasayana* as a therapeutic approach that improves the quality of body tissues and promotes longevity, memory, and vitality. Through its action on *Rasa Dhatu* and subsequent nourishment of other *Dhatu*s, *Rasayana* therapy ultimately enhances the formation of *Ojas*, which is considered the essence responsible for immunity and disease resistance.

Modern scientific studies also support these traditional concepts. Several *Rasayana* herbs, such as *Amalaki*, *Ashwagandha*, *Guduchi*, and *Haritaki*, have demonstrated antioxidant, anti-inflammatory, and immunomodulatory properties. These pharmacological effects contribute to improved immune responses, reduction of oxidative stress, and enhanced physiological resilience against diseases [14].

Furthermore, the increasing prevalence of lifestyle disorders such as diabetes mellitus, hypertension, obesity, and cardiovascular

diseases has highlighted the need for preventive healthcare strategies. The integrative application of *Swasthavritta* practices and *Rasayana* therapy provides a holistic approach to address these conditions by combining lifestyle regulation with rejuvenative therapies.

Thus, the integration of *Rasayana* therapy with *Swasthavritta* practices offers a comprehensive preventive healthcare model that aligns with both classical Ayurvedic principles and modern concepts of health promotion. This integrative approach has the potential to enhance immunity, improve quality of life, and reduce the burden of lifestyle-related disorders [15].

CONCLUSION

Principles of *Swasthavritta* and *Rasayana* therapy represent fundamental pillars of Ayurvedic preventive healthcare. *Swasthavritta* promotes healthy lifestyle practices while *Rasayana* therapy rejuvenates tissues and enhances *Ojas*. The integration of these principles strengthens *Vyādhikṣamatva* and helps prevent lifestyle disorders.

Modern research increasingly supports these traditional concepts. Integrating *Rasayana* therapy with *Swasthavritta* practices may therefore provide an effective strategy for promoting immunity and preventing lifestyle-related disorders. Further interdisciplinary research may provide deeper insights into these mechanisms and their applications in contemporary healthcare systems.

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