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Acara Rasayana. - A concept from Sanskrit Literature for Holistic Health.

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The present day life is full of competition. To cope up with the psychological problems people turn to different types of healing systems. Rasayana is the rejuvenation therapy to prevent old age and diseases and it enhance good memory power, intelligence, strength and longevity. Sanskrit medical Literature has described certain rules and regulations to be followed by an individual to keep a sound mind and a sound body. This study is aimed to find Sanskrit revelation for a specific treatment method mentioned in Ayurveda authentic books for complete physical, mental and social well being of a human life. Ayurveda Samhitas in Sanskrit were used in the study to collect information. Acara rasayana is a rejuvenation method which helps to gain all the above benefits by good behavioral changes and good code of conduct; but without any involvement of drug usage. Samhitas elaborate detailed instructions regarding Acara rasayana. It advices to uplift the good qualities of human life while improving the personality. Also this code of good conduct according to Acara rasayana improves individuals by developing social relationships, enabling individuals to obtain better physical health and enhance spiritual well being. According to Ayurveda a human creature is created with conjugation of Sharira, Indriya, Satva and Athma. Hence a set of virtuous acts are mentioned in the context of Acara rasayana relevant to sharira (body), indriya (sensory organs), satva (mind) and athma (soul) in order to obtain above mentioned benefits. The complete effect of rasayana cannot be achieved by purifying the body itself; there must be a method to purify the mind and soul. The knowledge of Acara rasayana which is in Sanskrit should be revealed to the world with the accurate meaning of their terminologies. Quality research which goes hand in hand with this knowledge will be helpful to bring out healthy nations worldwide.

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