

Use of Rasāyana

- Any diet, lifestyle, conduct or medicine (Giloy, Tulasi, Amla, Śatāvarī etc.) which enhances strength of body tissues, promotes ability of body to fight or prevent diseases are called Rasāyana.
- The medicines which enhance the intelligence, power of retention and power of recollection or memory such as Brāhmī, Muleṭhī, Giloy and Śaṅkhaṣpī are called Medhya Rasāyana (Intellect enhancer). Regular intake of Medhya Rasāyana under medical advice gives strength to brain and enhances concentration power.
- Intake of suitable Rasāyana cures diseases and improves lifespan, strength, digestive strength, complexion, memory and voice. Regular following of daily regimen and seasonal regimen mentioned in Ayurveda is also beneficial as intake of Rasāyana.