

### Single Rasayana Drugs:

- ★ Guduchi (*Tinospora cordifolia*)
- ★ Amalaki (*Emblca officinalis*)
- ★ Ashwagandha (*Withania somnifera*)
- ★ Brahmi (*Bacopa monnieri*)

### Compound formulations:

- ★ Brahmi Rasayan
- ★ Amalaki Rasayan
- ★ Triphla Rasayan
- ★ Brahm Rasayan
- ★ Chyavanprash

Further information can be obtained from :

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# RASAYANA

UNIQUE AYURVEDIC APPROACH  
FOR YOUTHFULNESS & LONGEVITY



Guduchi  
(*Tinospora cordifolia*)



Amalaki  
(*Emblca officinalis*)



Ashwagandha  
(*Withania somnifera*)



Brahmi  
(*Bacopa monnieri*)



CENTRAL COUNCIL FOR RESEARCH IN AYURVEDIC SCIENCES  
Ministry of AYUSH  
(Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy)  
Government of India

# RASAYANA

AN UNIQUE AYURVEDIC APPROACH FOR BETTER HEALTH

## BENEFITS OF RASAYANA

- ★ Freedom from disease
- ★ Youthfulness
- ★ Increase of immunity
- ★ Prevention of degeneration
- ★ Optimum strength of body and sense organs
- ★ Anti-Oxidant action
- ★ Excellence of lusture
- ★ Complexion and voice
- ★ Body glow
- ★ Improved memory and intelligence
- ★ Longevity

