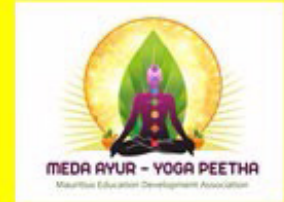


AYURVEDA & YOGA FREE AWARENESS WORKSHOP

By Specialist / PhD Gyaneshwarsing Guddoye



Method 6: Rasayana (Science of Rejuvenation)



Benefits: Slow down your aging process



Address : Shivala (Kovil) Lane, Grand-Bay, Mauritius | Website: medaayuryoga.com |

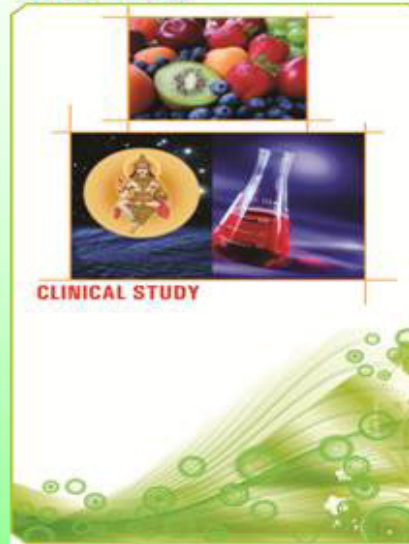
M: 5806 4336

METHOD



METHOD 6

Method



Definition of Rasayana

⊕ Rasayana is the measure which prolongs longevity, develops positive health & improves mental faculties & provides resistance against disease

OR

⊕ Rasayana is the measure to obtain good quality of dhatu

OR

⊕ Drugs which destroy the ageing process & disease is known as rasayana.

The Selection Of Rasayanas

<i>Decade of life</i>	<i>Loss of impact</i>	<i>Desirable rasayanas</i>
1-10	Balya	Vaca, Svarna
11-20	Vrddhi	Kasmari, Bala
21-30	Chavi	Amalaki, Lauha
31-40	Medha	Sankhapushpi
41-50	Tvak	Jyotismati
51-60	Dristi	Jyotismati
61-70	Sukra	Atmagupta, Ashvagandha
71-80	Vikrama	Amalaki, Bala
81-90	Buddhi	Brahmi
91-100	Karmendriya	Bala rasayana

The Selection Of Rasayanas

<i>Decade of life</i>	<i>Loss of impact</i>	<i>Desirable rasayanas</i>
<i>1-10</i>	<i>Babya</i>	<i>Vaca, Svarna</i>







*Environmental Weeds
of Australia*



The Selection Of Rasayanas

<i>Decade of life</i>	<i>Loss of impact</i>	<i>Desirable rasayanas</i>
<i>11-20</i>	<i>Vrddhi</i>	<i>Kasmari, Bala</i>



Gambhari



Greenworld Nursery Co., Ltd
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The Selection Of Rasayanas

<i>Decade of life</i>	<i>Loss of impact</i>	<i>Desirable rasayanas</i>
<i>21-30</i>	<i>Chavi</i>	<i>Aamalaki, Lauha</i>





The Selection Of Rasayanas

<i>Decade of life</i>	<i>Loss of impact</i>	<i>Desirable rasayanas</i>
<i>31-40</i>	<i>Medha</i>	<i>Sankhapushpi</i>





The Selection Of Rasayanas

<i>Decade of life</i>	<i>Loss of impact</i>	<i>Desirable rasayanas</i>
<i>41-50</i>	<i>Tvak</i>	<i>Jyotismati</i>







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The Selection Of Rasayanas

<i>Decade of life</i>	<i>Loss of impact</i>	<i>Desirable rasayanas</i>
<i>51-60</i>	<i>Dristi</i>	<i>Jyotismati</i>







The Selection Of Rasayanas

<i>Decade of life</i>	<i>Loss of impact</i>	<i>Desirable rasayanas</i>
61-70	<i>Sukra</i>	<i>Aatmagupta, Ashwagandha</i>







The Selection Of Rasayanas

<i>Decade of life</i>	<i>Loss of impact</i>	<i>Desirable rasayanas</i>
<i>71-80</i>	<i>Vikrama</i>	<i>Aamalaki, Bala</i>





The Selection Of Rasayanas

<i>Decade of life</i>	<i>Loss of impact</i>	<i>Desirable rasayanas</i>
<i>81-90</i>	<i>Buddhi</i>	<i>Bramhi</i>





The Selection Of Rasayanas

<i>Decade of life</i>	<i>Loss of impact</i>	<i>Desirable rasayanas</i>
<i>91-100</i>	<i>karmendriya</i>	<i>Bala rasayana</i>



The Selection Of Rasayanas

<i>Decade of life</i>	<i>Loss of impact</i>	<i>Desirable rasayanas</i>
1-10	Balya	Vaca, Svarna
11-20	Vrddhi	Kasmari, Bala
21-30	Chavi	Amalaki, Lauha
31-40	Medha	Sankhapushpi
41-50	Tvak	Jyotismati
51-60	Dristi	Jyotismati
61-70	Sukra	Atmagupta, Ashvagandha
71-80	Vikrama	Amalaki, Bala
81-90	Buddhi	Brahmi
91-100	Karmendriya	Bala rasayana