



A Review- Role of *Vayasthapan Mahakashya* (Group of Rejuvenating Drugs) in Geriatrics

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ABSTRACT-

A particularly difficult field of study is geriatrics. Old age is an unwelcome but unavoidable stage of life. When explaining the *Swabhavabalapravritta Vyadhi* (naturally occurring illnesses), *Acharya Sushrut* saw *Jara* (Ageing) as a natural phenomenon. The many degenerative alterations and the body's decaying process are caused by the interaction of the *vata dosha's* dominant condition with the degeneration of *Rasadidhatu*, *strotas*, and *agni*. *Rasayana* is an example of the *Ayurvedic* notion of anti-ageing. Ageing and its negative consequences are prevented by *rasayana* treatment. In addition to increasing mental and intellectual capacity, it promotes lifespan and disease immunity. Many distinct single and combined medications, such as *Vayasthapan Mahakashya*, which has *Rasayana* qualities, have been referenced in ancient treaties that aid in the general nourishing of various *dhatu's*. The anti-oxidant properties of *rasayana* medicines are substantial. Ageing, stress, diabetes, and autoimmune illnesses may all be fought off with the help of this practise. For preserving youth and controlling ageing and its associated negative consequences, *Acharya Charaka* accorded *Vayasthapan Mahakashya* special priority.

Keywords – *Ayurveda*, Ageing, Geriatrics, *Rasayana*, *Vayasthapan Mahakashya*.

Introduction –

The definition¹ of ageing is the progressive biological degradation of normal functioning, most likely as a result of cellular and structural changes. As a result, these modifications would directly affect how well organs functioned and how biological symptoms appeared.

Ayurveda has a three-pronged strategy to combat ageing and its associated negative consequences. The first technique is to employ *Vayasthapan* medications (age stabilisers) to combat ageing and its negative consequences. The second way is to utilise *Jeevneeya* drugs (vitalisers) to regenerate the old body. The third approach is *Jarachikitsa*, or age reversal. Among the eight disciplines used to treat geriatric illnesses, *Rasayana Chikitsa* (Rejuvenating process and formulations) is one of the most well-developed. In the *Rig Veda* and *Atharva Veda*, like with *Soma* and other texts, *Rasayana* was also expanded. *Rasayana* essentially strengthens the immune system and *Oja*, the vital energy of life, helping the person to stay healthy. *Rasadi dhatus* (body tissues) are physiologically in a deficient state as people age and *vata dosha* is in a dominating state. The body's decay process and different degenerative changes are caused by this. In the modern world, ageing begins early owing to poor dietary practises, an unhealthy lifestyle, excessive stress, and a lack of exercise. Numerous degenerative changes in the body are brought on by these variables. Geriatrics is rising as a key difficult speciality, because of the continuously expanding number of elderly people all over the world including India. Population Aging is affecting the globe in dramatic and fundamental ways. A string of social, economic, public health, and medical triumphs over sickness have boosted life expectancy.

Except for the medically limited therapy of particular old age disorders, the modern medical system does not have much to recommend it for geriatric care. Therefore, there is a need to raise public knowledge of both the potential benefits of *Ayurveda* in geriatric health care and the consequences of population ageing (the rise in the number and proportion of older people in society).

The idea of ageing

Ageing is a complex process that involves changes in the body, mind, and society. In *Vridhdhavastha*, several deteriorating changes are taking place.

^{2,3}Once a person reaches the age of sixty, they are considered elderly. In old age, there is a steady decline in *dhatu* (body tissues), strength of sense organs, vitality, masculinity, and courage. There is also a decline in comprehending power, memory, speech, and the ability to analyse information.

⁴According to *Acharya Vagbhata*, additional characteristics of ageing include *kasa* (cough), *shvasa* (dyspnea), *valita* (wrinkle), *khalitya* (alopecia), *agnisada* (looseness of muscles, joints, and bone), *twakapaurushya* (skin becomes rough), *avanama* (body bends forward), *vepathu* (tremors), etc. The

successive bio-loss brought on by ageing that takes place over the course of several decades of life is described in the ⁵*Sharangadhara Samhita* and ⁶*Ashtanga Sangraha*. Ayurveda holds that "Swabhava" and "Parinama" "*Kalasyaparinamena Jaramrityunimittajaha*" are the main causes of *Jara* (Ageing).

^{7,8}Age is split into three categories, according to *Acharya Charaka*: *balyavastha* (young age), *madhyamavastha* (middle age), and *jirnavastha* (old age). After the age of seventy, one is said to be old if their *dhatu*s (body tissues), sensory and motor organs, strength, vigour, and enthusiasm steadily deteriorate. As a person ages, they develop skin wrinkles, hair greying, baldness with other issues, and a reduction in functioning ability.

Materials and Methodology-

Material-

Using Google search, we gathered relevant information about ageing, *jara*, and its management in our ancient *Samhitas*. The *Charak Samhita Sutrasthana* chapter 4 and its commentaries, as well as a number of *Dravyaguna literature*, were used to study *vayasthapana* medicines in depth.

Methodology-

Vayasthapan Mahakashaya –

⁹ *अमृताऽभयाधत्रीमुक्ताश्वेताजीवन्त्यतिरसा*

मण्डूकपर्णीस्थिरापुनर्नवा इति दशेमानि वयःस्थापनानि भवन्ति ॥ च. सु. 4/50

¹⁰Age Associated Physiological changes:

Sensory System - Change in vision and hearing etc.

Nervous System - Decrease in neurons and slow neurotransmitter, changes in sleep cycles.

Musculoskeletal System -Sarcopenia, gradual loss of bone mass, and joints becomes less lubricated.

Gastrointestinal Systems - Decreased tone of intestine and stomach result in slow peristaltic movement and diminished enzymes, gastric juices, nutrients result in malabsorption.

Cardiovascular System - the heart less able to pump efficiently, Left ventricular and atrial hypertrophy, Sclerosis of atrial and mitral valves.

Respiratory System- Decreased volume and expansion of lungs may lead to decreased function.

Renal and Genitourinary Systems- Decreases in kidney mass, blood flow, GFR,

Decreased drug clearance, reduced bladder elasticity and muscle tone capacity.

Immune System -Immune response dysfunction with increased susceptibility to infection,

Reduced efficacy of vaccination, chronic inflammatory state.

Vayasthapana Mahakashaya Drugs^{11, 12-}

Sanskrit Name	Latin Name	Rasa	Guna	Virya	Vipaka	Dosha Action
<i>Amrita</i>	<i>Tinospora cordifolia</i> (Willd)	<i>Tikta, Kashaya</i>	<i>Guru, Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridosha Shamaka</i>
<i>Abhaya</i>	<i>Terminalia Chebula Retz</i>	<i>(Pancharas) Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridosha Shamaka (Vata Shamaka)</i>
<i>Dhatri</i>	<i>Emblica officinalis Gaertn.</i>	<i>(Pancharas) Amla</i>	<i>Guru, Ruksha</i>	<i>Shita</i>	<i>Madhura</i>	<i>Tridosha Shamaka (Pitta Shamaka)</i>
<i>Yukta (Rasna)</i>	<i>Pluchea lanceolata</i>	<i>Tikta</i>	<i>Guru</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vata Shamaka</i>
<i>Shweta</i>	<i>Clitoria ternatea Linn.</i>	<i>Katu, Tikta</i>	<i>Laghu, Ruksha</i>	<i>Shita</i>	<i>Katu</i>	<i>Tridosha Shamaka</i>

Jiwanti	<i>Leptidena reticulata</i> W.&A.	<i>Madhura</i>	<i>Laghu, Snigdha</i>	<i>Shita</i>	<i>Madhura</i>	<i>Vata-Pitta Shamaka</i>
Atirasha	<i>Asparagus recemosus</i> Willd.	<i>Madhura, Tikta</i>	<i>Guru, Snigdha</i>	<i>Shita</i>	<i>Madhura</i>	<i>Vata-Pitta Shamaka</i>
Mandookparni	<i>Centella asiatica</i> Linn.	<i>Tikta, Kashaya</i>	<i>Laghu</i>	<i>Shita</i>	<i>Madhura</i>	<i>Kapha-Pitta Shamaka</i>
Sthira	<i>Desmodium gangeticum</i> DC.	<i>Madhura, Tikta</i>	<i>Laghu</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridosha Shamaka</i>
Punarnava	<i>Boerhavia diffusa</i> Linn.	<i>Madhura, Tikta</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridosha Shamaka</i>

1. Amrita- 1. Being comparable in quality to *rasa dhatu*, the two *gunas* of *guru* and *snigdha* are nourishing in action when present. The action of the herb is more anabolic than catabolic in nature, and from an energetic perspective, it counteracts the catabolic nature of ageing. The heating *Virya* not only stimulates proper digestive fire while treating *mandaagni* and *vishamaagni*, but when combined with its *tikta rasa* it also does not aggravate *pitta* while digesting ama-toxins.

2. **According morden Research**:- *Tinospora cordifolia* Willd. Has immunomodulatory properties. It possesses antipyretic, anti-inflammatory, and adaptogen effects. In rats with alloxan-induced diabetes, root extract's antioxidant activity has been documented (Prince P.S.M. et al; 1999)¹³.

2. Abhaya 1.- It is known to be more *vata*-pacifying and is frequently used to treat *vata*-related diseases. This can be as a result of the *vata*-refining heated *virya* and *madhura vipaka*. Its name, *Pathya*, refers to the clearing of the way (*srotasa*) and removal of any obstructions.

It is renowned for its rejuvenating effects, hence it is advised for long-term consumption when mixed with different substances during the various seasonal changes to encourage and strengthen its rejuvenating capabilities. Due to its ability to remove waste from tissues and organs, particularly the gastrointestinal tract, it is also known as "Digestive *Rasayana*."

2. ¹⁴*Terminalia chebula* Retz. possess, Antioxidant, antidiabetic, gentle purgative etc.

3. Dhatri-1. *Amalaki* is a rejuvenator for the *pitta dosha* because of its *madhura vipaka*, cooling property, and *virya*. Additionally, it balances *kapha* and *vata*. Its anabolic function, which stimulates the development and reinforcement of tissues to combat the degeneration brought on by ageing, is an expression of its *vata*-pacifying action brought on by *amla rasa* and *madhura vipaka*. decreasing the catabolic process delays ageing. They are referred to as "*Vayasthapak Rasayana*" (Adaptogenic tonic) as a result.

2. ¹⁵*Embelica officinals* Gaertn. possess antioxidant and anti-inflammatory effects. In mouse models of both acute and chronic inflammation, *emblica officinale* has an astringent (anti-inflammatory) action.

4. Yukta-1. The *Guru Guna* and the heated *virya* both demonstrate how *Rasna* has a *vata*-pacifying effect. *Vata* has a dissociative character, which is one of the causes of *jara*. In *Agrayaprakarana*, Charak spoke "*Rasnavataharanama*." As a result, it is the greatest medication for *vata*.

2 *Pluchea lanceolata* possesses Immunomodulator properties¹⁶.

5. Shweta- It is utilised in brain weakness because it has a calming impact on the brain.

Furthermore, contemporary study has found that *Clitoria turnatea* Linn. has antimicrobial properties¹⁷.

6. Jivanti- 1. *Shita virya*, *madhura rasa*, *madhura vipaka*, and *snigdha* quality are the primary characteristics of this herb, indicating that it is strengthening and building on its actions supporting the *kapha dosha* in preserving tissue integrity. The nutritional effect helps to preserve health and immunity, gives strength and energy, and nourishes the residual *dhatu*s. It also supports the production of *rasa dhatu* and *ojas*.

2. *Leptadenia reticulata* W. & A possesses Anti-fungal and antiseptic properties¹⁸.

7. Atirasa-1. *Pitta* is calmed by *shatavari madhura*, *tikta rasa*, and *shita virya*, and *Vata* is calmed by *madhura rasa*, *guru*, and *snigdha* characteristics, as well as by *madhura vipaka*. As breast milk is an *upadhatu* of *rasa* and hence reflects the quality of *rasa* in its production, it is a nourishing herb to *rasa dhatu* as seen in its galactagogue function. It is a feeding and constructing plant that prevents tissue waste.

2. *Asparagus racemosus* Willd: Antioxident, hepatoprotective, antiulcer, antidepressant,

Hypoglycemic properties¹⁹

8. Mandookparni- 1. *Mandukaparni*, also referred to as *Bramhi*, stimulates circulation to the brain and other peripheral tissues, earning it the moniker "*Medhya Rasayana*" (Brain Tonic). Its function as a *Vayasthapana*, which encourages memory recall, attention, and stress reduction, directly links to its effects on the mind. Its effects on blood vessel health and circulation may also have anti-ageing effects.

2. *Centella asiatica* Linn. Oxidative stress, adaptogen, detoxifier nurvine tonic properties²⁰.

9. *Sthira*-1. The plant's energetic profile indicates that it is a herb that strengthens structures and feeds the *kapha* element of the *doshas*, while its heating *virya* prevents the overproduction of *kledakakapha* in the stomach. The plant is a nervine and cardiogenic that effectively treats cardiac disorders such as heart palpitations brought on by mental stress.

2. *Desmodium gangeticum* DC. Nervine and cardiogenic effective in treating heart conditions caused by mental stress²¹.

10. *Punarnava*- 1. Ama-toxins' characteristics are countered by the *laghu*, *ruksha*, and *ushana virya* attributes of *Punarnava*. It is a potent rejuvenative of the urinary system that supports kidney functions and enhances the nephrons' ability to regenerate. Nephrons are a functional unit of the kidneys.

2. *Boerhavia diffusa* Linn used as immunomodulator, adaptogen, anti-stress, anti-inflammatory.²²

Result-

From this review study we found that Ageing is a complex process that involves changes in the body, mind and a decline in power, memory, speech and analyse information, one is said to be aged if their *dhatu* sensory and motor organs, strength, vigour steadily deteriorate and stoppage of new cells formation. In *Ayurveda* there are *Vayasthapana* Drugs which plays great role in new cells formation, *Vayasthapana* means increases the life span and enables the persons to get rid of the diseases. *Vayasthapana* drugs are the *Rasayana*'s that keeps the person healthy and keeps away from the diseases. In *ayurvedic* literatures we found 10 drugs in *Vayasthapana Mahakshaya* which plays good role in human health.

These are *Amrita*, *Abhaya*, *Dhatri*, *Rasna*, *Shweta*, *Jiwanti*, *Atirasha*, *Mandookparni*, *Sthira*, and *Punarnava*. These drugs act according to their *Rasa*, *Guna*, *Virya*, *Vipaka*, and *Prabhava* and delay *kala jara* and avoid *akala jara*. In recent studies we also found that these *Vayasthapana* drugs showed many properties like- immunomodulator, anti stress, anti-inflammatory, de-toxifier, anti-oxidant, anti-ulcer, anti-depressant, anti-fungal, antiseptic and antibacterial properties. That's why it is recommended to explore and use the *Vayasthapana* drugs to show their efficacy in ageing.

Discussion and Conclusion -

Ageing is a stage of life that is ongoing, gradual, and unavoidable. *Swabhava* and *Kala*, according to *Ayurveda*, are to blame for ageing. In old age, *rasadi dhatus* are physiologically inadequate and *vata-dosha* is in a dominating state. *Ayurveda* recommends a superb strategy to prevent and delay *Akala-jara* (premature ageing) and *Kala-jara* (natural ageing). Drug *Vayasthapana*. *Rasayana* is the means by which one achieves *Rasa*, *Raktadi dhatus* in its ideal state, which determines age (*Vayasthapana*), lengthens life (*Ayuskar*), improves intelligence (*Medha*), and gives one more strength (*Bala*), as well as enabling one to be free of ailments. Thus, with proper treatment of ageing, it may be argued that *Ayurveda* helps to slow down the process of ageing and lessen the severity of diseases that arise with ageing. As a result, this evaluation of *Vayasthapana Mahakshaya Dravya* and its possible applications in old age care shows that all of these *Dravyas* are capable of stabilising the process of ageing before its time, protecting the body, and preventing geriatric illnesses in old life. These medicines are classified as *Vayasthapana* Medicines in *Ayurveda*. Both particular and broad use of *Rasayana* therapy's many forms are beneficial. *Rasayanas* in their *dravyabhuta* and *adravyabhuta* forms are both crucial to promoting overall health and in particular aging-related disorders. These herbal medicines are known as "*Rasayana*" *dravyas* because they may keep a person young for a longer period of time if taken consistently. Some people could describe it as one that offers more than 100 years of healthy living. (*Su. Su. Dalhana*. *Amlaki* was regarded by *Acharya Charaka* as the ideal *vayasthapana dravya*. A significant amount of pharmacological testing of the majority of these *rasayana* and *vayasthapana* plants was also done in modern study. Here are some potential ways that *Rasayana*'s actions might be understood in light of contemporary issues. By removing the injured cells, immunomodulatory activity prevents recurrent infection. Actions that are adaptogenic keep the body-mind system in harmony. Growth of new cells is promoted by anti-ageing actions.

To demonstrate the effectiveness of *Ayurvedic Vayasthapana* medications in Geriatrics (Ageing), it is advised that extensive study be done on these medications.

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