A Review- Role of Vayahsthan Mahakshaya (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 Swabhavahalapapravittta 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-aging. 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 Vayahsthan Mahakshaya, which has Rasayana qualities, have been referenced in ancient treaties that aid in the general nourishing of various dhatus. 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, Aacharya Charaka accorded Vayahsthan Mahakshaya special priority.

Keywords – Ayurveda, Ageing, Geriatrics, Rasayana, Vayahsthan Mahakshaya.

Introduction –

The definition³ 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 Vayahsthan 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 vastadosha 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 specialty, 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 Vriddhavastha, several deteriorating changes are taking place.

Once a person reaches the age of sixty, they are considered elderly. In old age, there is a steady decline in dhuta (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.

According to Acharya Vagbhata, additional characteristics of ageing include kasa (cough), shvasa (dyspnea), valita (wrinkle), khalita (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 5Sharangadhara Samhita and 6Ashtanga Sangraha. Ayurveda holds that “Swahara” and “Puriname” “Kalasyaparinamena Jaramrityammittaahu” are the main causes of Jara (Ageing).

Age is split into three categories, according to Acharya Charaka: babyavastha (young age), madhyamavastha (middle age), and jirnavastha (old age). After the age of seventy, one is said to be old if their dhatus (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 Satrasthana chapter 4 and its commentaries, as well as a number of Dravyaguna literature, were used to study vayasthapana medicines in depth.

**Methodology**

Vayasthapan Mahakashaya –

3.अमृताओऽभयाधात्रीमुक्ताश्वेताजीवन्यत्वातस्य
   मण्डूकपर्णीस्थिरापुनननवा
   इति
   दशेमातन
   वयः
   थिापनात
   भवस्ि
   ॥
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**Age Associated Physiological changes:**

**Sensory System** - Change in vision and hearing etc.

**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.

**Vayahsthapana Mahakashaya Drugs**

<table>
<thead>
<tr>
<th>Sanskrit Name</th>
<th>Latin Name</th>
<th>Rasa</th>
<th>Guna</th>
<th>Virya</th>
<th>Vipaka</th>
<th>Dosha Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amrita</td>
<td>Tinospoara cordifolia (Willd)</td>
<td>Tikta, Kashaya</td>
<td>Guru, Snigdha</td>
<td>Ushna</td>
<td>Madhura</td>
<td>Tridosha Shamaka</td>
</tr>
<tr>
<td>Abhaya</td>
<td>Terminalia Chebula Retz</td>
<td>(Pancharas) Kashaya</td>
<td>Laghu, Raksha</td>
<td>Ushna</td>
<td>Madhura</td>
<td>Tridosha Shamaka (Vata Shamaka)</td>
</tr>
<tr>
<td>Dhatri</td>
<td>Emblica officinalis Guerin.</td>
<td>(Pancharas) Amla</td>
<td>Guru, Raksha</td>
<td>Shita</td>
<td>Madhura</td>
<td>Tridosha Shamaka (Pitta Shamaka)</td>
</tr>
<tr>
<td>Yukta ( Rasna)</td>
<td>Pluchea lanceolata</td>
<td>Tikta</td>
<td>Guru</td>
<td>Ushna</td>
<td>Katu</td>
<td>Vata Shamaka</td>
</tr>
<tr>
<td>Shweta</td>
<td>Clitoria ternatea Linn.</td>
<td>Katu, Tikta</td>
<td>Laghu, Raksha</td>
<td>Shita</td>
<td>Katu</td>
<td>Tridosha Shamaka</td>
</tr>
</tbody>
</table>
1. *Atirasa*- 1. Being comparable in quality to rasa dhata, 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 madhuagni and vishamaagni, but when combined with its tikta rasa it also does not aggravate pitta while digesting ama-toxins.

According morden Research:- Tinospora cordifolia Willd. Has immunomodulatory properties. It possesses antipretic, 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)\(^4\).

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, Pachha, 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."

3. *Dhatri* - 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.

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 Agreyaprakarana, Charak spoke "Rasnavatvaharanama." As a result, it is the greatest medication for vata.

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

Furthermore, contemporary study has found that Clitoria ternatea Linn. has antimicrobial properties\(^17\).

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 dhatus. It also supports the production of rasa dhata and ojas.

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 dhata as seen in its galactagogue function. It is a feeding and constructing plant that prevents tissue waste.

8. *Asparagus racemosus* Willd: Antioxidant, hepatoprotective, antiulcer, antidepressant, Hypoglycemic properties\(^19\).

8. *Mandookparni* - 1. Mandukaparni, also referred to as Bramhi, stimulates circulation to the brain and other peripheral tissues, earning it the moniker "Medhya Rasayanam" (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-aging effects.

2. *Centella asiatica* Linn. Oxidative stress, adaptogen, detoxifier nurvne tonic properties\(^20\).
Ageing is a complex process that involves changes in the body, mind and a decline in power, memory, speech and 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 Mahakshayu which plays good role in human health. These are Amrita, Abhaya, Dhatri, Rasna, Shweta, Jiwanti, Atirasha, Mandookaparni, Shhira, 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 vatadosha 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, Raktri dhatus in its ideal state, which determines age (Vayasthapana), lengthens life (Ayuskar), improves intelligence (Medhu), 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 Mahakshayu 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 dravyabhata and adravyabhata 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. Amliki 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-aging actions.

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

References-


16. DP.Bhagwat et al.; Immunomodulator properties of Pluche lanceolata leaves; 2010, IJP.


