

## IMPORTANCE OF VAYA STHAPANA MAHAKASHAYA IN LONGEVITY – A REVIEW STUDY

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### ABSTRACT

**Background:** The ancient text of Ayurveda *Charka Samhita* (1500BC) explains the component of standard formulation used for regarding the untimely ageing called *vayasthapana mahakashay* formulation (VSM). This formulation consists of plants namely *Guduchi* (*Tinospora cordifolia* Wild), *Haritaki* (*Terminalia chebula* Retz), *Amla* (*Phyllanthus embelica*), *Yukta* (*Pluchea lanceolata*), *Shweta* (*Clitoria ternatea*), *Jivanti* (*Leptadenia reticulata*), *Atirasa* (*Asparagus recemosus*), *Mandookparni* (*Centella asiatica*), *Sthira* (*Desmodium gangeticum*), *punarnava* (*Boerhavia diffusa*). **Aims and objective:** 1. To evaluate the efficacy of *vayasthapana mahakashay* 2. To verify the probable mode of action of *mahakashay* 3. To do combination assessment of *vayasthapana mahakashay* in long life. **Material and methods:** the authentic subjective material has been reviewed from Ayurveda and modern medical literature. **Discussion:** This *mahakashay* has mainly got five different action - *Vayasthapana*, *Ayushkara*, *Balakara*, *Medha balakara*, *Rog-apaharana*. India is Rich in medicinal and aromatic plants covering an extensive area with different environmental condition. The geomorphology the presence of Flora of past geological areas and the coexistence and interplay of biotics and non-biotics factor have defined it as a region of high plant diversity and endemism a fact that also impact category of medicinal and aromatic plants. **Conclusion:** In Indian traditional *Ayurvedic* system use of VSM is in regular practice for mainly combating age related disorders and diseases as many of the components of the *mahakashay* are known for their radicle scavenging activity the study has validated the potential use of VSM as an anti-oxidant to fight age related problems.

**Keywords:** Medicinal plants, *vayasthapana mahakashay*

### INTRODUCTION

*Ayurveda* is a science of life and longevity and *jara chikitsa* being an integral part of *Ashtanga-Ayurveda* is *Anadi* in nature. On historical point of view, it has been considered that old age as recorded *Ayurveda* itself.

there are humorous theories advanced to explain reason of old age, but no conclusive proof is yet available, perhaps all the theories<sup>1</sup>.

According to Morden Science enzyme are recognised as catalysis to monitor specific reactions in the body it is possible that after a certain age certain enzyme acting may cause. Theory the aging may be due to functional changes or the protein synthesizing mechanism, it is also possible that the non-functioning of genes necessary for continuation of life could be accelerated by inadequate nutrition, malnutrition and stress etc<sup>2</sup>. According to *Ayurveda* in old age *vata dosha* is physiologically in a dominant and *Rasadi dhatus* (body tissues) are in a deficient state<sup>3</sup>. this is responsible for the various degenerative changes and the process of decay in the body. In present scenario due to changing and faulty dietary habits, sedentary lifestyle excessive stress and lack of exercise the process of Aging starts at early age. These factors cause various degenerative changes in body.

The ancient text of *Ayurveda Charka Samhita* explains the component of a standard formulation used for retarding the untimely ageing process called *Vayasthapana mahakashay* drugs including (charka sutra -4/18).<sup>4</sup>

**1. Amruta, 2. Abhaya, 3. Dhatri, 4. Yukta, 5. Shewta, 6. Jivanti, 7. Atirasa, 8. Mandukparni, 9. Sthira, 10. Punarnava**

This *kashya* has mainly got five different action mainly -

1. *Vayashapana* delaying process of ageing.
2. *Ayushkara* i.e. increase in the life span.
3. *Balakara* i.e. Having anabolic properties to strengthen the body.
4. *Medha balakara* i.e. Improvement of cognitive ability.
5. *Rog-apaharana* i.e. Gaining immunity and curing from diseases.

These properties of herbal help the Longevity of Life.

**Aim and Objective -**

1. To evaluate the efficacy of *Vayasthapana mahakashay*.
2. To Verify the probable mode of action of *mahakashay*.
3. To do combination assessment of *Vayasthapana mahakashay* in long life.

## Material and Method

A critical study of Ageing *jara* and its management in our ancient *Samhita* was collected along with journals, Google search, *vayasthapana gana*, *Mahakashay* were studied in detail from *Charka Samhita sutrasthana*. its commentaries *Nighantu* and various books of *Dravyguna*.

## DISCUSSION

### 1. Amruta [Guduchi]<sup>5</sup>

**Botnical Name** -*Tinospora cordifolia*

**Family**- Menispermaceae

**Rasapanchak**- *Guna*- *Guru*, *Snigdha*, *Rasa-Tikta katu*, *Vipaka*-*Madhura*, *Viry*- *Ushna*

**Karma**- *Tridoshaghana*, *Rasayana*, *Balya*, *Ampachana* etc.

The drug presence in action being similar in quality to *rasa dhatu*. the action of the herb is more anabolic than catabolic in nature and from an energetic perspective it counters the catabolic nature of ageing. It contains many different chemicals that effective the body. Some of these chemicals have an antioxidant effect. the *Rasayana* accords longevity, the memory improves the health, bestows youth, better complexion, voice, energy and lustre the skin, so it the most effective *Rasayana* and *rejuvenative*.

### 2. Abhaya [Haritaki]<sup>6</sup>

**Botnicalname**-*Terminalia chebula*

**Family** -*Combretaceae*

**Rasapanchak**- *Guna*- *Rusha*, *Laghu*, *Rasa*- *Kashaya Pradhan pancharasa*, *Vipaka* - *Madhura*, *Viry*-*Ushna*, *Prabhav* -*Tridosahar*, **KARMA**-*Vedanasthapak*, *Deepan pachan*, *Vayastha*, *Rasayana*, *Anulomana*.

It is recorded as being more *vata* pacifying and used in extensively in disorders *vata*. It is called *pathya* that means removing any obstructive material and clarifying the path [*srotasa*]. It is promotive [*Rasayana*] and other several medicinal properties Homeostatic [*sonitasthapana*], Anti-inflammatory, Laxative, *Prajasthapana*, Nervine tonic, Wound healing, Antioxidant and Purgative etc.

### 3. Dhatri [Amalki]<sup>7-8</sup>

**Botnicalname** - *Phyllanthus emblica*,

**Famaliy-** *Euphorbiaceae*,

**Rasapanchak-** *Guna- Laghu, Rukhsa, Rasa-pancharasa Amla pradhana, Vipaka- Madhura, Virya-Shita,*

**Karma-** *Rasayana, Madhya, Balya, Prajasthapana, Vayastha, Ampachana,*

According *Charka Samhita* and *Astanga Hridaya Uttara Sthana*[56] *Amalaki* is a component drug of *vayasthapana dusemani [chakra sutra-4/18]* which consists of ten drugs possessing age-sustaining or age stabilising medicinal properties, with resultant efficacy of age promotive, health promotive as a whole under *Rasayana* promotive therapy for restorative *rejuvenative* and alternative purposes thus.it is anti-inflammatory ,immunomodulator, aphrodisiac. *Amalaki Rasayana* is astringent, sweet, pungent, bitter, and sour. It is *Madhur Vipaka* and cool in potency .it is light and work on all body tissue that is known as *vayasthapak Rasayana*.

#### 4. Yukta [Rasna]<sup>9</sup>

**Botnical Name** - *Pluchea lanceolata* C.B. Clarke

**Family** - *Asteraceae*

**Rasapanchak-** *Guna- Guru, Rasa-Tikta, Vipaka-Katu Virya-Ushna,*

**Karma-***Vayasthapana, Vednasamak, Ampachana, Kaphavatahara*

*Rasna* is heavy in nature, bitter in taste, hot in potency and used to pacify *kapha dosha* in the body.It helps to stimulate fire and used to cure inflammation, asthmas, fever, poisoning etc. It is *Rasayana* and anti-ageing properties. The antitoxic properties can remove the toxins from body. *Acharya Charka* has been called *Agraysangrahaniya Adhyaya-25*, the drug alleviating *vata dosha*.

#### 5. Shewta [Aprajita]<sup>10</sup>

**Botnical Name-** *Clitoria ternatea* Linn,

**Family-***Fabaceae*

**Rasapanchaka** - *Guna-Rukhsa, Laghu, Rasa-Tikta, Kashaya, Vipaka-katu, Virya-shita,*

**Karma-***Tridoshaghana, Deepan pachan, krumighana, vishapanha.*

*Aprajita* processes tranquilizing effect on the brain hence it is used in the brain weakness. Has an antibacterial, antioxidant etc.

#### 6. Jivanti<sup>11</sup>

**Botnical Name** - *Leptadenia reticulata*

**Family** - *Asclepiadaceae,*

**Rasapanchak-** *Guna- Laghu, Snigdha, Rasa-Madhura, Vipaka- Madhura, Virya-shita,*

**Karma-** *Tridoshaghana, Balya, Rasayana, Ampachana, jivaniya.*

This herb is building and strength in its actions supporting the *kapha dosha* in maintaining stability of tissues. The nutritive effect supports function of *rasa dhatu* and immunity, ojas maintain health and *bala* immunity providing strength and energy and nourishes the remaining *dhatu*s. *Jivanti* posses anti-fungal, anti-septic, and anti-inflammatory, antioxidant.

#### 7. Atirasa[Shatavari]<sup>12</sup>

**Botnical Name-** *Asparagus recemosus* Wild

**Family-***Asparagaceae*

**Rasapanchak-** *Guna- Guru, Snigdha, Rasa-Madhura, Tikta, Vipaka- Madhura, Virya-shita,*

**Karma-** *Vata-pittaghna, Shamak, Balya, Bruhan, Rasayana, Shukravruddhikarta*

The drug *Satavari* is mainly effective as *Rasayana* [promotive or restorative], *Vajikaran* (aphrodisiac), especially *Sukarajana [charka sutra 4]* *Balya*, and *Brnhana* [Body promoting]. The drug acts as analgesic, intellect promoting[*medhya*]. Nervine tonic and galactagogue. It is building and nourishing help countering the wasting of tissue. *Asparagus recemosus* Antioxidant, hepatoprotective, antiulcer, anti-depression properties immunomodulatory activity.

#### 8. Mandukparni<sup>13</sup>

**Botnical Name-***Centella asiatica* Linn,

**Family-***Umbelliferae*

**Rasapanchak-** *Guna- Laghu, Rasa-Tikta, Madhura, Vipaka-Madhura, Virya-shita*

**Karma-** *Tridoshamak, Rasayana, Vayasthapana, Ampachana, Medhya*

*Mandukaparni* promotes circulation to the peripheral tissues as well as the brain [brain tonic]. Its action as a *vayasthapana* relates directly to the actions on the mind as it promotes memory recall, concentration and reduces stress and blood vessel health can also be *Mandukaparni* posses oxidative adaptogen detoxifier

nervine tonic anti-inflammatory and wound healing etc properties.

### 9. Sthira[Salparni]<sup>14</sup>

**Botanical Name-** Desmodium gangeticum D.C,

**Family-**Leguminosae

**Rasapanchak-Guna-Guru, Snigdha, Rasa- Madhura, Vipaka- Madhura, Virya- Ushna**

**Karma- Tridoshaghana, Deepan Pachan, Rasayana, Balya, Bruhan, Vrushya, Anulomana**

Salparni is sweet and bitter in taste, heavy and unctuous is properties, hot potency and sweet after final digestion. It pacifies all the three body humors. It is alternative and promotive, anti-toxicant or detoxicant, anthelmintic anti-spasmodic, anti-inflammatory and strengthening body or tonic nervine toxic, cardiotoxic effective in treating heart conditions cause by mental stress such as heart palpitation.

### 10. Punarnava<sup>15</sup>

**Botanical Name-** Boerhavia diffusa Linn

**Family-**Nyctaginaceae

**Rasapanchak-Guna- Laghu, Rukhsa, Rasa- Madhura, Tikta, Kashaya, Vipaka- Madhura, Virya- Ushna**

**Karma-Rasayana, Vayasthapana, Tridosahar, Krumighana, etc.**

The drug name *punarnava* means *rejuvenation*, itself by making the body new or by *rejuvenating* it on account of promotive restorative and preservation properties and effects which jointly perform *Rasayana* activity as its resultant drug action<sup>16</sup>. *punarnava* is specific drug effective as diuretic, anti-oedema, herbs action or urinary system and blood circulatory system. The drug acts a various organs and system and effecting whole body used as stomachic carminative, *pungent*, antioxidant, thus it is good *Rasayana* drugs<sup>17</sup>.

*Vayasthapana mahakashay* having *Rasayana* properties have been mentioned in ancient treaties which helps in overall nourishment of different *dhatu*. Due to *Guru Snigdha Guna* properties. They strengthen the body and *Madhur Rasa* where us promotes body building thus ensures Longevity of life. India is Rich in medicinal and aromatic plants covering an extensive area with different environmental condition. The geomorphology the presence of Flora of past geological areas and the coexistence and interplay of biotics and

non-biotics factor have defined it as a region of high plant diversity and endemism a fact that also impact category of medicinal and aromatic plants.

## CONCLUSION

In Indian traditional *Ayurvedic* system use of *Vayasthapana mahakashay* is in regular practice for mainly combating. Age related disorders of the *mahakashay* are known for their free radical scavenging activity the study has validated the potential use of *VSM* as an antioxidant to fight age related problems and Longevity.

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