

REVIEW ARTICLE ON ANTI AGING PROPERTY OF RASAYANA

Neenu Jessy Sabu¹, Anoop A K², P.P. Kirathamoorthy³

Second Year PG Student, Assistant Professor, Professor & HOD,
Dept. of Basic Principles, VPSV Ayurveda College, Kottakkal, India

Email: dranoopak86@gmail.com

ABSTRACT

Rasayana (rejuvenation therapy) being a unique branch of *Ayurveda* aims at prevention of aging and maintenance of health. Different types of *Rasayanas* (rejuvenation therapy) are mentioned in *Ayurveda*. As per utility, *Rasayana* (rejuvenation therapy) is of two types – *Naimithika* (therapy against a disease) and *Kamyas Rasayana* (therapy which promote normal health). *Naimithika* (therapy against a disease) promotes vitality in specific disease and *Kamyas Rasayana* (therapy promotes health). *Kamyas Rasayana* (therapy promote health) is again divided into *Pranakamyas* (promote vitality and longevity), *Medhakamyas* (promote intelligence) and *Shrikamyas* (promote complexion). In aged person, there is impairment of immunity and anabolism. So they are more susceptible to diseases and impairment of other higher mental functions like memory, intellect etc. Aging makes a person dependent on others both mentally and physically. With this therapy, a person attains longevity, freedom from diseases, and excellence of complexion, clear voice, enhanced memory power and preservation of youth. It enhances the immune modulation, destroys free radical formation, enhances the cellular detoxification, repair of the damaged cells, and induces the cell proliferation. It improves longevity, memory, intelligence, health, youth, lusture, colour, clarity of sound, strength of body and sense organs. So the need of *Rasayana* (rejuvenation therapy) is relevant in the current medical scenario.

Keywords: *Rasayana, Naimittika, Kamyas, Prana, Medha, Shri Kamyas.*

INTRODUCTION

The aim of *Ayurveda* is prevention and promotion of health and cure of the disease¹. Various cells and tissues of the body undergo changes as age progresses. It is necessary to rejuvenate the body for better harmony of the *sareera* (body), *satva* (mind) and *atma*² (soul). *Rasayana chikitsa* (Rejuvenation) is known as Rejuvenation therapy. It is one of the eight branches of the *Ayurveda*³.

PROBLEMS OF THE AGED

Intellectual impairment, mental impairment, sleep disorders, depression, infectious and metabolic disorders, Side effects of therapeutic drugs, Alzheimer's disease, Cardiac disorders, Diabetes mellitus, Weakening of immune Systems, hearing and vision decline, decreased muscle strength, blood vessels become less flexible, blood pumping from heart declines, protective function of immune systems and endocrine system, sensitivity decreases and

functions of testes and ovaries declines - are the main problems of aging⁴. These problems can be addressed with *Rasayana* (rejuvenation) therapy.

DEFINITION

Word '*Rasayana*' is derived from two words *Rasa* (fluid) and *Ayana* (pathway). *Rasa* means fluids and *Ayana* means pathway. Hence the word *Rasayana* (rejuvenation) means the path of the juice. *Rasayana* means getting maximum nourishment to the *dhatu*.

Acarya Caraka says the substance which produces best quality of *rasa* (primary waters of body like lymph, interstitial fluid, plasma and non-cellular portion of blood), *rakta* (blood) and other *dhatu* (tissues) in a healthy person⁵.

Sushruta Acarya mentions substances which decreases the aging process, increases the longevity and increases the mental as well as physical strength and which destroys the diseases process⁶. Drugs, diet and regimen which removes age and disease and keeps the body healthy is known as *Rasayana* (rejuvenation therapy).

CLASSIFICATION

The main classifications of *Rasayana* (rejuvenation therapy) as per scope of use:

Kamyā Rasayana (therapy which promotes health): used to full fill a wish or desire or to serve a special purpose. It is also used to promote general physical and mental health. It is administered in those desire long life, great intelligence and wealth. It is again divided into 3 types⁷.

1. *Prana kaamyā* (therapy promote vitality and longevity): aimed at increasing Ayu-Vitality and longevity⁸.
2. *Medha kaamyā* (therapy promote intelligence): It is used for enhancing the memory and intellect⁸.
3. *Srikamyā* (therapy promote complexion): Promotes the complexion⁸.

Naimittika Rasayana (therapy against disease): used in the context of treatment of diseases- aimed at arresting further progress and at the same time maintenance of health status. For example *dhatri rasayana* (rejuvenation therapy mainly containing *Emblica officinalis*), *triphala rasayana* (rejuvenation

therapy mainly containing *Emblica officinalis*, *Terminalia bellirica*, *Terminalia chebula*), *silajatu rasayana* (rejuvenation therapy mainly containing *Asphaltum*), *tuvaraka rasayana* (rejuvenation therapy mainly containing *Hydnocarpus laurifolia*) and *bhallathaka rasayana* (rejuvenation therapy mainly containing *Semecarpus anacardium*).

Prana kaamyā Rasayana (therapy promotes vitality and longevity): It is used for attaining or maintaining the best quality of *Prana/Ayu* (life sustaining elements) in the body. Here *Prana* (life sustaining elements) refers to the vitality and *dhatu* (tissues). Good *Prana* (life sustaining elements) denotes the long life and all the physiological functions are up to the level. Good *dhatu* (tissue) functions denote the wellbeing of the body. Various *Prana kamyā rasayanas* (therapy promoting vitality and longevity) are mentioned such as *Amalaki* (*Emblica officinalis*) and *Haritaki* (*Terminalia chebula*). These *rasayana* drugs will promote the longevity. It is good for the general health. It eliminates the *doshas* (fundamental body bio elements) and stimulates the digestion and is carminative in nature. It promotes the sense perception and vitality. *Prana kamyā rasayana* (therapy promote vitality and longevity) will act upon *dhatu* (tissue), *agni* (entity that is responsible for digestion) and *srotas* (channels of the body to carry out the functional and physiological activity). These drugs will bring about the proper uptake, growth and improvement of *sapthadhatu* (seven body tissues). When *Rasayana* (rejuvenation therapy) drugs of different *rasas* is taken, they are digested by the *Jatharagni* (digestive fire in the body that is responsible for metabolising food) followed by *bhutaagni* (fire that is present in the basic elements). This qualitative *ahara rasa* (food) will produce pure *Rasa dhatu* (bodily fluids) which then continues the production of chain of other *raktadidhatu* (blood) with the help of *dhatvagni* (fire that is present in tissue). Well-formed *dhatu* (tissues) will nourish the body. *Rasayana* (rejuvenation therapy) drugs act at the level of the *Rasa* (bodily fluid) producing good *rasadi dhatu* (*rasa* and other body tissues) and so on. Some *Prana kamiya* drugs act at the *Agni* (digestive fire)

and srotas (channels) level by improving the digestion and metabolism⁹. Drugs having *ushna*(hot), *laghu* (light), *ruksha* (rough), *katu* (pungent), *tikta* (bitter) and *kashaya* (astringent) rasa act at the level of *agni* (digestive fire) leading to the formation of *good dhatus* (tissue elements).

Prana kamyas Rasayana (promote longevity and vitality) drugs act at the Physiological level. All the benefits of this *rasayana* type can be correlated with the physiological level benefits such as improvement of *Agni*, formation of *rasadi dhatus* and proper elimination of *malas* (waste materials) and good *indriya balam* (good sense perception).

Medha Rasayana (Promote intelligence): *Medha* (intelligence) is to have proper correlation and understanding about the knowledge of the existing objects. Due to *medha* a person will be able to obtain the knowledge of existing object and person becomes learned. *Medhya* drugs mainly act by their *Achintya veerya* (unexpected property/potency) i.e. *Prabhava*. The *medhya* drugs in different levels of *agni*, *srotas* and *rasa*⁹. In the *Agni* level it enhances stimulating and improving the *agni*. In the *Srotas*, these drugs improve the circulation of *Rasa* by opening and cleaning the channels and then ultimately improve the function of *medha*. These drugs have beneficial effects on mind and body. Various *medhya rasayana* are mentioned in *Susrutha Samhitha* such as *mandukaparni* (*Centella asiatica*), *Shankapushpi* (*convolvulus pluricaulis*), *Guduchi Swarasa* (*Tinospora cordifolia*), etc. *Medhya rasayana* drugs may act by *Panchabhoutika* (five great elements that is earth, water, fire, air and ether) composition. Some by *Rasa* (taste), *Guna* (attribute) *Veerya* (potency) and *Vipaka* (final outcome of biotransformation). *Panchamahabhootas* have characteristic of three *Mahaguna* like *Satva* (mental illumination), *Raja* (goal oriented endeavour) and *Tama* (clouded mental faculty). *Medha* are attributed to predominance of *satvaguna*, hence *akashiya*, *taijasiya*, *apya* drugs having *satva guna* predominance, hence improve *medha*. On the basis of *rasa*, *tikta rasa* has a direct action on *medha* due its *laghu guna*, *deepana* (carminative) and *srotoshodaka* action (purifying

channels). *Madura rasa* promotes the formation of *ojas* (essence part of all body tissues) there by nourishing five senses, mind and *medha*. Most of the *rasayana* drugs have *tiktha* and *madura rasa*. *Amla* (sour), *lavana* (salt) and *katu* (pungent) rasa are having least importance in *Medha* drugs. *Ushna veerya* (hot potent) drugs stimulate *sadhaka pitta* (type of *pitta* that is located in heart) which promote the *medha*. *Ushna veerya* drugs improve *grahana shakthi* (grasping power) and *smrithi* (retention power). Majority of the *rasayana dravyas* are having *madura vipaka* which nourishes *medha* by formation of *Ojas*. So, all the *medha rasayana dravya* improve mental faculties, mental function and intellect.

Medha kamyas Rasayana act at the level of Psychology. It increases the *Medha*, improves the *Grahana sakthi* and *smrithi*.

Sri kamyas Rasayana(promote complexion)

Promoter of complexion. It increases the *ojas* and their by increases the *Vyadhikshamatva* (immunity). The good *ojas* will keep the people strong in all seasons and all stages of life. It is giving good physical and mental fitness. *Ojas* gives bright complexion, high performance and pleasure. Production of good *Rakthadi dhatu* will lead to good *Ojas* which leads to increased *sareera bala*⁹ (strength of the body).

Srikamyas Rasayana will act at the immunological level. These drugs act as immune-modulator by strengthening the immunity. *Rasayana* acts as antioxidant which prevents many diseases. It is an interesting fact that all 3 of these are interrelated. These three act upon the level of *agni*, *srotas* and *dhatus*. With the usage of proper *rasayana* desired effect can be obtained. By the use of these *rasayanas*, there is complete excellence of *Agni*, *rasadhi dhatu* and correct the function of *srotases*.

PROBLEMS OF OLD AGE-

Let us examine the problems of old age. These may be classified into 3 levels i.e. Physiological (*Prana* level), Psychological (*Medha* level) and Immunological (*Sri* Level) depending upon the impact on each level.

Table 1

Disorders	Prana	Medha	Sri
Intellectual impairment	+	+++	+
Mental impairment	+	+++	+
Sleep Disorder	++	+++	+
Depression	++	+++	+
Infectious and metabolic disorders	++	+	+++
Diabetic Mellitus	+++		++
Cardiac Disorder	+++		++
Weakening Of Immune Systems			+++
Alzheimer's Disease	++	+++	+
Hearing And Vision Decline	+++	++	+
Muscle Strength Lessens	+++		++
Blood Vessels Less Flexible	+++		++
Sensitivity Decreases,	+++		++
Genetic Functions Of Testes And Ovaries impairs	+++		++

Dravyas used in Rasayana

Various drugs are used for *rasayana* purposes such as *bala* (*Sida cordifolia*), *aswagandha* (*Withania somnifera*), *bakuchi* (*Psoralea corylifolia*) etc are mentioned in our *samhitha*. In *Sarangadara Samhitha* various drugs are mentioned for improving the effects of aging according to the Age¹⁰.

1. *Balyam*(young age) – *vacha* (*Acorus calamus*), *swarna bhasma* (fine powder of gold).
2. *Vrddhi* (middle age) - *aswagandha* (*Withania somnifera*), *bala* (*Sida cordifolia*).
3. *Chavi* (complexion) – *amalaki* (*Emblica officinalis*), *lauha bhasma* (fine powder of iron).
4. *Medha*(memory) – *sankhapusphi* (*Convolvulus pluricaulis*), *vyothishmati* (*Celastrus paniculatus*).
5. *Twak* (skin) - *bhringaraja* (*Eclipta prostrate*), *vyothishmati* (*Celastrus paniculatus*).
6. *Drshiti* (eye sight) – *triphala* (*Emblica officinalis*, *Terminalia bellirica*, *Terminalia chebula*), *satawari* (*Asparagus racemosus*).
7. *Shukra* (semen) - *atmagupta* (*Mucuna pruriens*), *ashwagandha* (*Withania somnifera*).
8. *Vikaram* (power)- *amalaki* (*Emblica officinalis*), *bala* (*Sida cordifolia*)
9. *Buddhi* (intelligence) – *brahmi* (*Bacopa monnieri*).

10. *Karmendriya* (strength of the motor organs)- *bala* (*Sida cordifolia*), *aswagandha* (*Withania somnifera*).

Rasayana drugs having their action particularly on sense and other organs are also mentioned in our *Samhithas*¹⁰

1. Eyes – *triphala*(*Emblica officinalis*, *Terminalia bellirica*, *Terminalia chebula*), *satawari* (*Asparagus racemosus*)
2. Nose – *anu taila nasya*.(medical preparation instilled in nose)
3. Skin – *bakuchi* (*Psoralea corylifolia*), *tuvaraka* (*Hydnocarpus laurifolia*).
4. Brain – *vacha* (*Acorus calamus*).
5. Heart- *swarna bhasma* (fine powder of gold), *guggulu*(*Commiphora mukul*).
6. Neuromuscular- *bala* (*Sida cordifolia*). Various dravyas acting on various tissues¹⁰.
 1. *Rasa* (fluid) – *draksha*(*Vitis vinifera*), *satawari*(*Asparagus racemosus*).
 2. *Raktha* (Blood) – *amalaki* (*Emblica officinalis*), *bhringaraja* (*Eclipta prostrate*),.
 3. *Mamsa* (flesh) - *masha* (*Vigna mungo*), *aswagandha* (*Withania somnifera*).
 4. *Meda* (Fat) - *guggulu* (*Commiphora mukul*), *shilajatu* (*Asphaltum*).

5. *Asthi* (bone) – *sukthibhasma* (pearl oyster), *kukkutandatvak bhasma* (egg shell calcium), *vamsalochana* (*Bambusa arundinacea*).
 6. *Majja* (bone marrow) – *Sankhapusphi* (*Convolvulus pluricaulis*), *lohabhasma* (fine powder of iron).
 7. *Sukra* (Semen) – *kapikacchu* (*Mucuna pruriens*), *vidarikanda* (*Pueraria tuberosa*).
- Drugs according to the Prakrithi¹⁰ (constitution)
1. *Vata- bala* (*Sida cordifolia*), *aswagandha* (*Withania somnifera*).
 2. *Pitta* – *amalaki* (*Emblica officinalis*), *guduchi* (*Tinospora cordifolia*), *satawari* (*Asparagus racemosus*).
 3. *Kapha- bhallathaka* (*Semecarpus anacardium*), *lasuna* (*Allium sativum*), *pippali* (*piper longum*)
- These *dravyas* (drugs) may be classified according to which system they act upon. Various drugs have various functions and each of these functions can be classified under Physiological, Psychological and immunological. Therefore the drug action can be classified into these 3 systems.

Table 2:

Drugs	Indications	System on which they mainly Act.
<i>Vaca</i>	<i>Jvarahara, Lekhaniya, Medhya, Unmada, Apasmara</i>	Physiological, Psychological.
<i>Aswagandha</i>	<i>Sopha, Svitra, Kshaya, Nidranasa, Granthi, Gandaroga, Apaci, Klaibya, Vandhyatva, Balya, Rasayana, Sukrala</i>	Immunological, Physiological
<i>Bala</i>	<i>Balya, Brahmana, Vrisya, Raktapitta Hara, Vatavyadhi Hara, Pramehahara, Kshayahara</i>	Physiological, Immunological
<i>Amalaki</i>	<i>Vayasthapana, Cakshusya, Pramehahara, Raktapittahara, Mutrakrcha Hara, Sula</i>	Physiological, Immunological
<i>Sankhapusphi</i>	<i>Medhya, Svarya, Bhrama Hara, Apsmarahara, Manasaroga Hara, Kushtahara, Krimihara, Visarogahara.</i>	Psychological
<i>Jyoshmati</i>	<i>Deepana, Medhya, Kushtahara, Vatavyadhihara, Udarahara, Gulmahara</i>	Psychological, Physiological
<i>Bringaraja</i>	<i>Keshya, Balya, Panduhara, Svasahara, Kasahara, Netrarogahara, Hrdroga Hara, Krimihara, Sothahara, Sirasula Hara.</i>	Physiological, Immunological
<i>Triphala</i>	<i>Vayasthapana, Cakshusya, Pramehahara, Raktapittahara, Mutrakrcha Hara, Sula, Anulomna, Lekhana, Vrshya, Chardhihara, Sothahara, Netrarogahara, Mutrakrchahara, Hrdrogahara, Swasakasahara.</i>	Psychological, Physiological, Immunological
<i>Satawari</i>	<i>Stanyajanana, Artavakshayahara, Raktapittahara, Atisarahara, Grahaninasanam, Kshayaharam, Gulmanashanam.</i>	Physiological, Immunological
<i>Atmagupta</i>	<i>Brhmana, Vajikarana, Vatavyadhihara, Klaibyahara, Mutrakrchahara.</i>	Immunological
<i>Brahmi</i>	<i>Medhya, Apasmarahara, Pramehahara, Kushtahara, Panduhara, Sothahara, Jwarahara, Kasahara.</i>	Psychological
<i>Bakuchi</i>	<i>Keshya, Tvacya, Kushtaghna, Balya, Kushtahara, Sophahara, Krimihara, Panduhara.</i>	Physiological
<i>Tuvaraka</i>	<i>Deepana, Kushtaghna, Krimighna, Grahi, Pramehahara, Netraroga Hara, Kanduhara, Krimihara.</i>	Physiological
<i>Guggulu</i>	<i>Medorogahara, Lekhana, Amavatahara, Vatavyadhihara, Pramehahara, Apacihara, Sothahara, Pitakanasanam.</i>	Physiological, Immunological
<i>Draksha</i>	<i>Brhmana, Cakshushya, Jwarahara, RakthaPittahara, Kamalahara, Rajayakshma Hara, Dahasamanam.</i>	Physiological, Immunological
<i>Masha</i>	<i>Brahmana, Sophahara, Mala Utpadaka, Sthanyajana, Krchraartavahara.</i>	Immunological

<i>Vidarikanda</i>	<i>Sthanyajnana, Mutrala, Varnya, Balya, Kshayahara, Dahahara, Mutrakrchra Hara.</i>	Physiological, Immunological
<i>Lasuna</i>	<i>Brhmana, Netrya, Sulahara, Gulmahara, Asthibhangahara, Hdrogahara, Kasahara, Rajayakshmahara, Sothahara, Krimihara.</i>	Physiological, Immunological
<i>Bhallathaka</i>	<i>Medhya, Vrshya, Arsahara, Kushtahara, Krimihara, Gulmahara, Grahanihara, Vativyadhi Hara.</i>	Physiological, Immunological

Since all these *rasayana dravyas* are having their action on the three systems which also get affected in the old age. So by the use of these *rasayana* drugs having their specific action on the Physiological, Psychological, Immunological level, Problems of aging can be dealt with. Hence *Rasayana* act as an anti-aging therapy

DISCUSSION

Rasayana drugs are used for preservation of positive health. *Rasayana* provides a healthy longevity including mental development and resistance against the diseases. It has specific effects on fundamental aspects of body such as *Dhatu, Agni* and *srotas*. It is a comprehensive mechanism involving the fundamental factors like *rasa samhavana* (carrying fluids), *dhatu, agni* and *srotas*. *Rasayana* drugs are having *madhura* (sweet), *guru* (heavy), *snigdha* (slimy) and *sheetha* (cold) properties. The example of such drugs may be *Satavari, madhuyashti* (*Glycoriza glabra*), *bala, dudgha* (milk) and *ghritha* (ghee) etc. *Rasayana* drugs have fundamental effect at the level of *agni* or digestion and metabolism. The *rasayana* drugs possessing the *ushana, laghu, ruksha* and *tiktha, kashaya* rasa may be acting at the level of *Agni*, vitalizing the organic metabolism leading to an improved structural and function pattern of *dhatu*s and production of *rasayana* effects.

Pippali, guggulu, rasona, bhallataka mainly act at level of *agni* to improve the digestion and creation of *saptadhatu*. *Rasayana* drugs like *vidanga, chitraka* and *hareetaki* increases the *agni* at *Jataragni* level. *Amalaki* and *Pippali* act at the level of *dhatu*s. It helps to promote the persons mental and physical capabilities. Intake of *rasayana* will increase the immunity power and keeps away the person from diseases. Increase in memory power, long life, good

health, youthfulness, glowing skin, modulated voice and calmness are the benefits of *rasayana*.

Rasayana will have the following actions such as Ant aging action, Antioxidant, Immune modulatory, Haemopoetic, Anabolic action, Nutritive action, Neuro-protective

Anti-Aging effect

Aging is progressive procedure related with time. As time passes, by the age of 70 onwards there is reduced muscle tone, power, vision, memory, loco motor functions and immune functions. Free radicals will cause their effect on the tissue causing its damage such as hydroxyl free radicals will damage the cell membrane. Certain *rasayanadrugs* like *Ashwagandha* inhibit the oxidative protein modification, thereby decreasing the aging process. *Rasayana* acts as an antioxidant therapy for delaying the aging process. It enhances the immune modulation, destroys free radical formation, enhances the cellular detoxification, repair of the damaged cells, induces the cell proliferation, longevity, increase of memory, increase of intelligence, health, youth, lusture, colour, sweet sound, strength of body and sense organs, vocabulary and purified body elements. Hence it is an excellent anti-aging therapy.

CONCLUSION

Rasayana is purely Rejuvenation therapy. *Rasayana* can be given for preventing and curing the disease, promoting health and it also act as anti-aging therapy. In the present era, sedentary life style, dietetic regimen and social fabric influences early aging in people. Problems of aging can be classified in 3 levels - Physiological, Psychological and immunological level. *Rasayana dravyas* mentioned in our *samhitha* could address all these levels aging. In the current medical scenario, proper knowledge, practise and popularisation of *Rasayana* is significant.

REFERENCES

1. Vaidya Yādvji Trikamji Ācārya. Caraka Samhitha [Ayurveda Dipika.Chakrapanidatta Commentary] Varanasi: Chaukamba Sanskr̥t Sansthan; 2017; 187.
2. Vaidya Yādvji Trikamji Ācārya. Caraka Samhitha [Ayurveda Dipika.Chakrapanidatta Commentary] Varanasi: Chaukamba Sanskr̥t Sansthan; 2017; 11.
3. Vaidya Yadvji Trikamji Acarya. [Sarvangasundara, Ayurvedarasayana.Arunadatta, Hemadri Commentary] Varanasi: Chaukamba Sanskr̥t Sansthan; 2017; 5.
4. Thapar G D (2004). Approach to the problems of the aged. J. Indian Med Assoc. 2004 Feb ; 102(2);93-6.
5. Vaidya Yādvji Trikamji Ācārya. Caraka Samhitha [Ayurveda Dipika.Chakrapanidatta Commentary] Varanasi: Chaukamba Sanskr̥t Sansthan; 2017; 377-390.
6. Vaidya Yadvji Trikamji Acarya. Susrutha Samhitha [Nibandhasangraha.Dalhana. Commentary] Varanasi: Chaukamba Sanskr̥t Sansthan; 2017; 498-507.
7. Vaidya Yadvji Trikamji Acarya. Susrutha Samhitha [Nibandhasangraha.Dalhana. Commentary] Varanasi: Chaukamba Sanskr̥t Sansthan; 2017; 498-507.
8. K.R. Srikanthaa Murthy. Susrutha Samhitha [English Translation] Varanasi: Chaukamba Orentalia; 2012: Vol 2; 256-279.
9. Navada Guruprasad Concept of Rasayana therapy available from Krishnaayurvedainna.blogspot. 2012.
10. Mishra R.N Vayasthapaka. The Ayurvedic Anti -aging Drugs, International Journal of Research in Pharmaceutical and Biomedical Sciences 2012;3(1);234-249.
11. Sastry J.L.N. Illustrated Dravyaguna Vijnana: Chakumbha Orentalia;2008:vol 2.
12. Vayalil PK, Kuttan G, kuttan R (2002). Rasayana evidence for the concept of Prevention of diseases. Am. J. Chin. Med.30 (1); 155-71.
13. Mishra Yagyik etal. Role of Rasayana in Geriatric Care-A Review. J. Ayurveda Integr Med Sci 2016;1(1):52-55.
14. Dandekar Pradnya, Role of Rasayanachikitsa in Promotion of Health, UJAHM,2014;2014;02(01):6-10.
15. <http://www.who.int/topic/ageing/e>
16. <http://en.m.wikipedia.org/wiki/Geriatrics>

Source of Support: Nil

Conflict Of Interest: None Declared

How to cite this URL: Anoop A K et al: Review Article On Anti Aging Property Of Rasayana. International Ayurvedic Medical Journal {online} 2019 {cited May, 2019} Available from:

http://www.iamj.in/posts/images/upload/805_811.pdf