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 (Phyllanus embelica), Yukta (Pluchea lanceolate), Shweta (Clitoria ternatea), Jivanti (Leptadenia reticulata), Atrasa (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 chikitxa 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 theories¹.
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. According to Ayurveda in old age vata dosha is physiologically in a dominant and Rasadi dhatus (body tissues) are in a deficient state. 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 Charaka Samhita explains the component of a standard formulation used for retarding the untimely ageing process called Vayasthapana mahakashay drugs in including (charka sutra -4/18).


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 Charaka Samhita sutrasthana. its commentaries Nighantu and various books of Dravyaguna.

**DISCUSSION**

1. Amruta [Guduchi]

**Botanical Name** - Tinospora cordifolia

**Family** - Menispernaceae

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

**Botanical Name** - Terminalia chebula

**Family** - Combretaceae


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 [sontasthapana], Anti-inflammatory, Laxative, Prajasthapana, Nerve tonic, Wound healing, Antioxidant and Purgative etc.

3. Dhatri [Amalki]

**Botanical Name** - Phyllanthus emblica,
Famaliy- Euphorbiaceae,  
Rasapanchak- Guna- Laghu, Rukhsa, Rasapancharasa Amla pradhanana, Vipaka- Madhura, Virya-Shita,  
Karma- Rasayana, Madhya, Balya, Prajasthapana, Vayastha, Ampachana,  
According Charka Samhita and Astanga Hrdaya 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]  
Botanical Name - Pluchea lanceolata C.B. Clarke  
Family - Asteraceae  
Rasapanchak- Guna- Guru, Rasa-Tikta, Vipaka-Katu Virya-Ushna,  
Karma-Vayasthapana, Vednasamak, Ampachana, Kaphavatathara  
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 anitxic properties can remove the toxins from body. Acharya Charka has been called Agraysangrahaniya Adhyaya-25, the drug alleviating vata dosha.  
5. Shewta [Aprajita]  
Botanical Name- Clitoria ternatea Linn,  
Family- Fabaceae  
Rasapanchaka - Guna-Rukhsa, Laghu, Rasa-Tikta, Kashaya, Vipaka-katu, Virya-shita,  
Karma-Tridoshaghana, Deepan pachan, krumighana, vishapaha.  
Aprajita processes tranquilizing effect on the brain hence it is used in the brain weakness. Has an antibacterial, antioxidant etc.  
Botanical Name - Leptadenia reticulata  
Family - Aesclepiadaceae,  
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 dhatus. Jivanti prosses anti-fungal, anti-septic, and anti-inflammatory, antioxidant.  
7. Atiras[Shatatvari][2]  
Botanical Name- Asparagus recemosus Wild  
Family- Asparagaceae  
Rasapanchak- Guna- Guru, Snigdha, Rasa-Madhura, Tikta, Vipaka- Madhura, Virya-shita,  
Karma- Vata-pittaghana, Shamak, Balya, Bruhan, Rasayana, Shukravuddhikarta  
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 algescics, 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[3]  
Botanical Name-Centella asiatica Linn,  
Family- Umbelliferae  
Rasapanchak- Guna- Laghu, Rasa-Tikta, Madhura, Vipaka-Madhura, Virya-shita  
Karma- Tridoshamak, Rasayana, Vayasthapana, Ampachana, Medhya  
Mandukparni 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 Mandukparni prosses oxidative adaptogen detoxifier.
nervine tonic anti-inflammatory and wound healing etc properties.

9. Sthira[Salparni]14
Botanical Name- Desmodium gangeticum D.C.
Family-Leguminosae
Rasapanchak-Guna- Guru, Snigdha, Rasa- Madhura,
Vipaka- Madhura, Virya- Ushna
Karma- Tridosagahana, Deepan Pachan, Rasayana,
Balya, Bruhan, Vrshyha, 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, cardiotonic effective in treating heart conditions cause by mental stress such as heart palpitation.

10. Punarnava15
Botanical Name- Boerhavia diffusa Linn
Family-Nyctaginaceae
Rasapanchak-Guna- Laghu, Rukhsa, Rasa-Madhura,
Tikta, Kashaya, Vipaka- Madhura, Virya- Ushna
Karma-Rasayana, Vayasthapana, Tridoshahar,
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 action16, 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 drugs17. 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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