



PROCEEDING OF



INTERNATIONAL CONFERENCE

on 19 & 20 November 2021

**Theme- Geriatric Diseases – Care and Cure
to Celebrate**



**WORLD AYURVEDA
DAY - 2021**

jointly organized by
Gujrat Board of Ayurvedic &
Unani System of Medicine &
Parul University

NISHKRUTI

**Organized by : Department of Dravyaguna Vigyana
Parul Institute of Ayurved, Parul University**

PHARMAAYURVED ONLINE RESEARCH JOURNAL FOR PHARMACY, AYURVED AND ALLIED SCIENCES

**A special issue On “Nishkruti” organized by Gujarat Board of Ayurvedic
& Unani System of Medicine and Parul University (Department Of
Dravyaguna)**

<http://www.pharmaayurved.in/>

FOREWORD

I feel honoured to be requested to write the foreword for this excellent work as special add on by the efforts from the Department of Dravyaguna Vigyana on conducting Pre International conference Nishkriti under Azadi ka Amrut Mahotsav on 16/10/2021 presiding eminent guest speakers – Dr Parkash Hegde and Dr Bhupesh R Patel.

I am indeed happy to write a foreword to the book entitled “Dravyaguna vigyana.- combined efforts from the department of Dravyaguna Vigyana. It has taken a herculean task to compile this book after referring voluminous literature of past and present with reference to Geriatric practice: cure and care by the scholars. This is a genuine work compiling original references by the authors from Ayurveda and contemporary sciences. The resources provide comprehensive knowledge about the subject prepared in accordance with the diseases , drugs involved and and its etiopathogenesis. Ayurvedic system of medicine has been practiced in the country and globally from time immemorial and has stood the test of many adversities over centuries.

This book of special additional edition on Dravyaguna vijnana will be a timely contribution to students, practitioners, Scholars and researchers of ayurvedic medicine. The purpose of this book will be served by the progressive discussions and constructive feedbacks from the readers. I am sure the readers will be benefited immensely by this book. I wish the department to get more such opportunities to convert such intricate subject into an interesting and readable one.

Dr Komal Patel
Managing trustee
Parul University

PHARMAAYURVED ONLINE RESEARCH JOURNAL FOR PHARMACY, AYURVED AND ALLIED SCIENCES

A special issue On “Nishkruti” organized by Gujarat Board of Ayurvedic & Unani System of Medicine and Parul University (Department Of Dravyaguna)

<http://www.pharmaayurved.in/>



**Gujarat Board of Ayurvedic &
Unani System of Medicine**
& **Parul University** Jointly organising



निष्कृतिः

Pre-International Conference
Theme Geriatric Diseases –Care and Cure

Organized by : Department of Dravyaguna, Faculty of Ayurved, Parul University
Date : 16th October 2021 | Time : 9:30am onwards



Patrons



Dr. Komal Patel
Director – Medical & Paramedical
Member of BOG, Parul University



Dr. Hemant D. Toshikhane
Dean - Faculty of Ayurved,
Parul University



Dr. Bhagwan G. Kulkarni
Principal - Parul Institute of
Ayurved & Research, Parul University

Eminent Speakers



Dr. Prakash L Hegde
Professor & HOD,
Department of Dravyaguna,
SDM College of Ayurveda,
Hassan, Karnataka



Dr. Bhupesh R Patel
Associate Professor,
Department of Dravyaguna,
ITRA,
Jamnagar, Gujarat

Chief coordinator : Dr Rekha Parmar

Professor, Dravyaguna Vigyana,
Parul Institute of Ayurved, Faculty of Ayurved, Parul University

Link to join: <https://meet.google.com/cdd-khnm-tan>

Associate Partners :



PHARMAAYURVED ONLINE RESEARCH JOURNAL FOR PHARMACY, AYURVED AND ALLIED SCIENCES

A special issue On “Nishkruti” organized by Gujarat Board of Ayurvedic & Unani System of Medicine and Parul University (Department Of Dravyaguna)

<http://www.pharmaayurved.in/>



**Gujarat Board of Ayurvedic &
Unani System of Medicine**
& **Parul University** Jointly organising



निष्कृतिः

Pre-International Conference
Theme Geriatric Diseases –Care and Cure

Organized by : Department of Dravyaguna, Faculty of Ayurved, Parul University
Date : 16th October 2021 | Time : 9:30am onwards



Patrons



Dr. Komal Patel
Director - Medical & Paramedical
Member of BOG, Parul University



Dr. Hemant D. Toshikhane
Dean - Faculty of Ayurved,
Parul University



Dr. Bhagwan G. Kulkarni
Principal - Parul Institute of
Ayurved & Research, Parul University

Eminent Speakers



Dr. Prakash L Hegde
Professor & HOD,
Department of Dravyaguna,
SDM College of Ayurveda,
Hassan, Karnataka



Dr. Bhupesh R Patel
Associate Professor,
Department of Dravyaguna,
ITRA,
Jamnagar, Gujarat

Chief coordinator : Dr Rekha Parmar

Professor, Dravyaguna Vigyana,
Parul Institute of Ayurved, Faculty of Ayurved, Parul University

Link to join: <https://meet.google.com/cdd-khnm-tan>

Associate Partners :



PHARMAAYURVED ONLINE RESEARCH JOURNAL FOR PHARMACY, AYURVED AND ALLIED SCIENCES

**A special issue On “Nishkruti” organized by Gujarat Board of Ayurvedic
& Unani System of Medicine and Parul University (Department Of
Dravyaguna)**

<http://www.pharmaayurved.in/>

Faculty details with Photographs



Dr Rekha Parmar , Professor and HOD
Chief coordinator
PIA



Dr Pooja Modh, Assistant Professor
Scientific committee
PIA



Dr Anjana J , Assistant Professor
Registration committee
PIA



Dr Satej Banne ,Associate Professor
Registration committee
PIA



Dr Sonesh Utkar , Associate Professor
Souvenir committee
PIA



Dr Parth Akahani , Assistant Professor
Souvenir committee
PIA

PHARMAAYURVED ONLINE RESEARCH JOURNAL FOR PHARMACY, AYURVED AND ALLIED SCIENCES

A special issue On “Nishkruti” organized by Gujarat Board of Ayurvedic
& Unani System of Medicine and Parul University (Department Of
Dravyaguna)

<http://www.pharmaayurved.in/>

Dr Prakash Hegde :



- Sir has completed his Bachelors degree from University of Mysore, Karnataka , M.D in Dravyaguna from Rajiv Gandhi university of health sciences , Bangalore Karnataka and PhD from Rajasthan Ayurveda University Jodhpur in 2010. Sir secured **II Rank** from Mysore University in Final Year B.A.M.S and **Gold Medal** for securing Highest marks in **Dravyaguna**. **Sir has** Attended more than 100 conferences and delivered speeches as a resource person in more than 50 national and International Conference in India and abroad.
- **Best Teacher** – Ayur Guru award from SDM College of Ayurveda, Hassan for the Year 2012
- Sir is a reviewer for two leading Ayurvedic journals from the states of Gujarat and Rajasthan.
- Sir has around 60 publications in national and international platforms under his name.
- Sir also delivers his University responsibilities as PhD guide, PhD Examiner, MD Examiner and Under graduate examiner.
- Sir has authored a book on Dravyaguna as Text Books on Dravyaguna Vijnana, Volume I, II & III from Chaukhambha Publications, Varanasi and New Delhi, which are been extremely appreciated by all Ayurvedic scholars.
- Sir has given many radio talks and television programmes on several topics for the benefit of public covering Karnataka state.
- Apart from academics sir is also a champion in sports and athletics
- He has a deep interest in Research activities , likes visiting botanical gardens and treks in the forest for the search of new plant.

PHARMAAYURVED ONLINE RESEARCH JOURNAL FOR PHARMACY, AYURVED AND ALLIED SCIENCES

**A special issue On “Nishkruti” organized by Gujarat Board of Ayurvedic
& Unani System of Medicine and Parul University (Department Of
Dravyaguna)**

<http://www.pharmaayurved.in/>

Dr Bhupesh R Patel:



- Sir has completed his graduation ,Post graduation and PhD from Reputed Gujarat Ayurveda University.Sir has an experience of PG Teaching and research of 17 yrs and a total of 28 yrs of professional experience.
- Sir is an approved guide for MD,PhD, MPharma (Ayurveda) and Msc (Medicinal plants)
- Sir has authored more than 100 research articles.Also he authored and published a book named – Source plants for substitutes and adulterants. From Chuakhamba Varanasi.
- Sir has attended, organised and coordinated many ROTPs and TOTs. Sir was a resource person for more than 6 Rotps
- Sir is deputed as consultant to Traditional complementary and intergrative medicine department – WHO Geneva from 2019 to 2020 .

PHARMAAYURVED ONLINE RESEARCH JOURNAL FOR PHARMACY, AYURVED AND ALLIED SCIENCES

A special issue On “Nishkruti” organized by Gujarat Board of Ayurvedic & Unani System of Medicine and Parul University (Department Of Dravyaguna)

<http://www.pharmaayurved.in/>



Gujarat Board of Ayurvedic & Unani System of Medicine

& **Parul University** Jointly organising



निष्कृतिः

Pre-International Conference
Theme Geriatric Diseases –Care and Cure

Organized by : Department of Dravyaguna, Faculty of Ayurved, Parul University
Date : 16th October 2021 | Time : 9:30am onwards



Patrons



Dr. Komal Patel
Director – Medical & Paramedical
Member of BOG, Parul University



Dr. Hemant D. Toshikhane
Dean - Faculty of Ayurved,
Parul University



Dr. Bhagwan G. Kulkarni
Principal - Parul Institute of
Ayurved & Research, Parul University

Eminent Speakers



Dr. Prakash L Hegde
Professor & HOD,
Department of Dravyaguna,
SDM College of Ayurveda,
Hassan, Karnataka



Dr. Bhupesh R Patel
Associate Professor,
Department of Dravyaguna,
ITRA,
Jamnagar, Gujarat

Chief coordinator : Dr Rekha Parmar
Professor, Dravyaguna Vigyana,
Parul Institute of Ayurved, Faculty of Ayurved, Parul University

Link to join: <https://meet.google.com/cdd-khnm-tan>

Associate Partners :



Pharmaayurved.in

PHARMAAYURVED ONLINE RESEARCH JOURNAL FOR PHARMACY, AYURVED AND ALLIED SCIENCES

A special issue On “Nishkruti” organized by Gujarat Board of Ayurvedic & Unani System of Medicine and Parul University (Department Of Dravyaguna)

<http://www.pharmaayurved.in/>



**Gujarat Board of Ayurvedic &
Unani System of Medicine**
& **Parul University** Jointly organising



निष्कृतिः

Pre-International Conference
Theme Geriatric Diseases –Care and Cure

Organized by : Department of Dravyaguna, Faculty of Ayurved, Parul University
Date : 16th October 2021 | Time : 9:30am onwards



Patrons



Dr. Komal Patel
Director - Medical & Paramedical
Member of BOG, Parul University



Dr. Hemant D. Toshikhane
Dean - Faculty of Ayurved,
Parul University



Dr. Bhagwan G. Kulkarni
Principal - Parul Institute of
Ayurved & Research, Parul University

Eminent Speakers



Dr. Prakash L Hegde
Professor & HOD,
Department of Dravyaguna,
SDM College of Ayurveda,
Hassan, Karnataka



Dr. Bhupesh R Patel
Associate Professor,
Department of Dravyaguna,
ITRA,
Jamnagar, Gujarat

Chief coordinator : Dr Rekha Parmar

Professor, Dravyaguna Vigyana,
Parul Institute of Ayurved, Faculty of Ayurved, Parul University

Link to join: <https://meet.google.com/cdd-khnm-tan>

Associate Partners :



PHARMAAYURVED ONLINE RESEARCH JOURNAL FOR PHARMACY, AYURVED AND ALLIED SCIENCES

**A special issue On “Nishkruti” organized by Gujarat Board of Ayurvedic
& Unani System of Medicine and Parul University (Department Of
Dravyaguna)**

<http://www.pharmaayurved.in/>

EKALA AUSHADHI PRAYOGAS FOR ASTHIVAHA SROTAS IN BRUHATRYEE

AUTHORS

1. Mital A. Patel, MD scholar, Department of Dravyaguna, ITRA, Jamnagar
2. Vishwatej Parkhi, PhD scholar, Department of Dravyaguna, ITRA, Jamnagar
3. Bhupesh Patel, Associate Professor, Department of Dravyaguna, ITRA, Jamnagar

Abstract

Introduction- Osteoporosis is a major clinical problem in older women and men. It makes persons bones thin, lose density and increasingly fragile. This condition results in increase risk of bone fracture. In Ayurved, bone tissue is described as *Asthidhatu* and all the channels which provides nourishment to that *dhatu* known as *Asthivahasrotas*. Aim of this study is to find out single drug from eminent treatise of Ayurveda for prevention and cure of *Asthivahasrotas dushti*.

Materials & Methods- All the 3 treatise covered under *Bruhatrayee* i.e. *Charak Samhita*, *Sushrut Samhita* and *Asthanghrdaya* and *Asthanga Sangraha* were reviewed

Results- There were lots of diseased condition found in old aged related to *Asthivahasrotas*. All the *Vata Shamak Ausadhi* gives good result in this condition as *Vata dosha* is *sthan* of *asthivahasrotas*.

Conclusion- Medicines found for care and cure of *AsthiVaha Srotodusti* can be served effectively for geriatric patients in society.

For Corresponds:

Name of Author: **Dr. Mital A.**

Patel

Email: **mitalmpatel37@gmail.com**

For Corresponds:

Keywords: Geriatric, *Aasthivahasrotas*,
Ekalausadhi, Osteoporosis, *AsthiKshay*

INTRODUCTION

Just as a tree is dependent on the inner trunk, similarly the animal body is held by the rods in the form of *Asthi*.¹ *Asthi* is a strong structure of the body. The flesh is attached to the bones by the muscles or nerves.² By holding the *Marma* in itself, the bones are subjected to their external shocks or protects her from injuries.³ *Asthi* is one of the seven *Dhatus*.⁴ It is also one *Srotas* among thirteen.⁵ *Moola* of that *Srotas* is *Meda* and *Jaghan*.⁶ *Dusti* of that *Srotas* cause by *Vyayam*, *AtiSamkshobha*, *AtiVighajjanat* and most important *Vatasevan* in form of *Ahara* and *Vihara*.⁷ Imbalance(*Vrudhhi/Kshay*) in *Dhatu* cause *Vikara*.⁸ *Kesh*, *Shmshru*, *Rom* and *Nakha* are known as *Mala* of *Asthi Dhatu*.⁹ Symptoms which given by *Acharya Charaka* for *Asthi Dhatu Kshay* that is *Kesh-Lom-Nakha-Smshru-Dwij(Danta) prapatan*, *Shram*, *Sandhi Saithilya*.¹⁰ *Acharya Susruta* added *Asthitoda* and *Rokshya*.¹¹ When *Dhatukshay* occurs, substances that is similar to that substances are used for treatment.¹² Symptoms of *Asthi Vrudhhi* is *Adhiasthi* and *Adhidant*.¹³ Treatment for that increased *Doshas* is *Samshodhan* and *Kshpana*.¹⁴ For *Dhatu Pradoshaja Vikara Panchkarma*, *Basti*, *Tiktakshira* and *Tiktaghrita* was given for medication.¹⁵

Ekalaushadha have their specific affinity towards *Dhatu*, *Ashay*, *Avayav*. Aim of this study to find out *Ekala Aushadhi* for *Asthi Dhatu* related deformities in present era.

Material and Method -All the 3 treatise covered under *Bruhatrayee* i.e. *Charaka Samhita*, *Sushruta Samhita* and *Asthanghriday* and *Asthangsangraha* were reviewed with tika.

Result-*Ekalaushadha* from *Bruhatrayee* are tabulated as below.

Table-1: Showing *Ekalaushadhi* for *Asthi Dhatu Srotas* from *Bruhatrayee*.

Sr no.	Dravya	Rasa	Guna	Virya	Viapaka	Doshghnta
1.	<i>Guduchi</i>	<i>Katu, Tikta</i>	<i>Laghu, snigdha</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Tridoshshamak</i>
2.	<i>Jatamansi</i>	<i>Tikta, Kashaya, Madhur</i>	<i>Ruksh</i>	<i>shita</i>	<i>madhur</i>	<i>Tridoshshamak</i>
3.	<i>Musta</i>	<i>Tikta, Kashaya, Katu</i>	<i>Grahi</i>	<i>Shita</i>	<i>Katu</i>	<i>Pittakphashamak</i> , <i>Vatvardhak</i>
4.	<i>Kutaj</i>	<i>Tikta, Katu, Kashaya</i>	<i>Ruksh</i>	<i>Shita</i>	<i>Katu</i>	<i>Pittakphashamak</i> , <i>Vatvardhak</i>
5.	<i>Nimba</i>	<i>Tikta</i>	<i>Laghu, ruksh</i>	<i>Shita</i>	<i>Katu</i>	<i>Pittakphashamak</i> , <i>Vatvardhak</i>
6.	<i>Kirattikta</i>	<i>Tikta</i>	<i>Ruksha, shita</i>	<i>Shita</i>	<i>Katu</i>	<i>Pittakphashamak</i> , <i>Vatvardhak</i>
7.	<i>Shalparni</i>	<i>Tikta, Madhur</i>	<i>Laghu</i>	<i>Shita</i>	<i>Madhur</i>	<i>Tridoshshamak</i>
8.	<i>Patha</i>	<i>Tikta, Katu</i>	<i>Laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatshamak</i>
9.	<i>Patol</i>	<i>Tikta</i>	<i>Ruksha</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Tridoshshamak</i>

10.	<i>Dhavyasa</i>	<i>Madhur, Tikta, Kashay</i>	<i>Laghu, ruksh</i>	<i>Shita</i>	<i>Madhur</i>	<i>Pittakphashamak , Vatvardhak</i>
11.	<i>Amalaki</i>	<i>Amla, kashay, Madhur</i>	<i>Ruksha</i>	<i>Shita</i>	<i>Madhur</i>	<i>Tridhoshnashak</i>
12.	<i>Haridra</i>	<i>Tikta, Katu</i>	<i>Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Pittakphashamak , Vatvardhak</i>
13.	<i>Guggulu</i>	<i>Madhur, Katu, Tikta, Kashay</i>	<i>Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphvatshamank</i>
14.	<i>Katuki</i>	<i>Tikta</i>	<i>Ruksha, Laghu</i>	<i>Shita</i>	<i>Katu</i>	<i>Pittakphashamak , Vatvardhak</i>
15.	<i>Kokilaksha</i>	<i>Madhur, Amla, Tikta</i>	<i>Laghu</i>	<i>Shita</i>	<i>Katu</i>	<i>Vatshamak, Pittavardhak</i>

Discussion-

Ekala Ausadhi is very potent and target oriented medicine. But for *Kostha* and initial *Dhatu* that is very effective.

We can say that, Above 15 drugs given in *Samhita* for *AsthiDhatu* possess one or two *Bhav* for *Asthi*. Like There was one reference in *Susruta Samhita* that *Dosha Kupita* by one *Bhav*, two *Bhav* or three *Bhav* (वातस्यरुक्षलघुविशदविष्टम्भभागाः)¹⁶

i.e. *Vata Dosha* get aggravated by only *Ruksha Guna* or *Ruksha + Shita Guna* or *Ruksha + Laghu + Vishada Guna*.

When there are *Ruksh Guna Vriddhi* only *Snigdha Guna Pradhan* Drug enough for treatment.

Likewise in *Vriddhi* of *Ruksh + Shita, Snigdha + Ushna Guna Pradhan* Drug is appropriate for treatment.

Table 2-Probable mode of action of that 15 Drugs

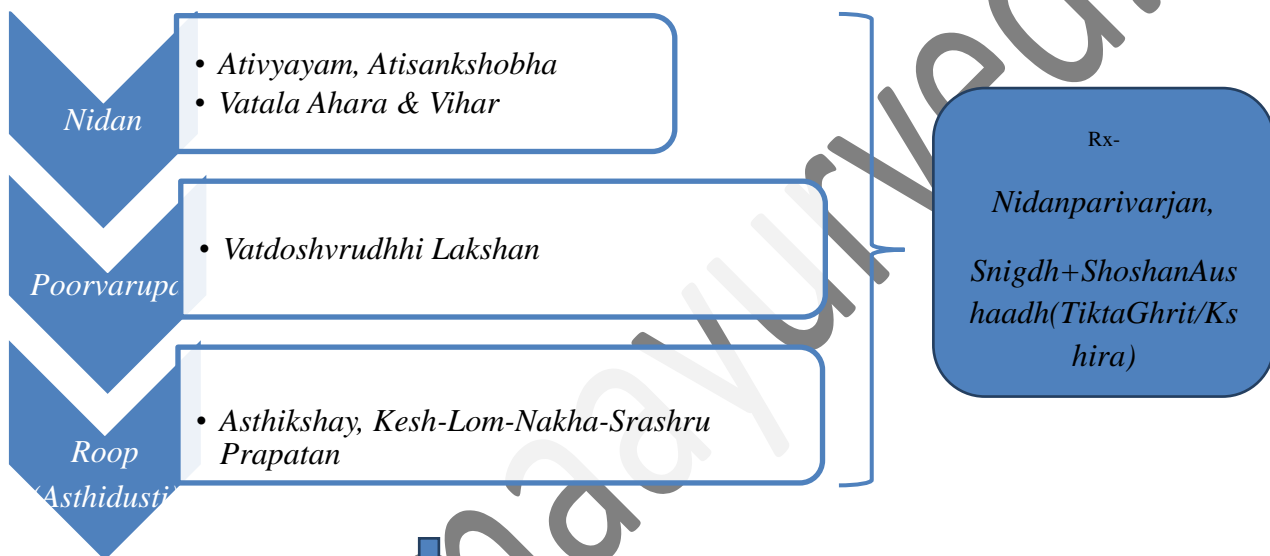
Sr no.	Drugs	Probable mode of action
1.	<i>Guduchi</i>	Due to its <i>Snigdha Guna</i> subside <i>Vata Dosha</i>
2.	<i>Jatamansi, Shalparni, Dhanvayash, Amalaki, Patol</i>	Due to its <i>Madhur Vipaka</i> its subside <i>Vata Dosha</i>
3.	<i>Musta, Nimba, Kirattika, Patha, Kutaj, Haridra, Katuki</i>	Due to its <i>Ruksha Gunaita</i> possess <i>Kharatvain Asthi Dhatu</i>

4.	<i>Kokilaksha, Guggulu</i>	Due to its specific affinity towards <i>Asthi Dhatu</i> its work on <i>AsthiVikruti</i>
----	----------------------------	---

As it has been told in origin of *Asthi Dhatu*, if the *Pruthvi+Anila+Anala* is covered with *Sleshma* in *Slakshna Dhatu* like *Meda*, then after that become *Khara* like *Asthi*.¹⁷

All *Tikta Dravyas* are *Vatkruta*, *Vata Dosha* increase *Asthi Kshaya* yet why *Tikta Dravyas* are used in treatment? The substance which is *Snigdha* and *Shoshan* that will produce *Khartva* in the *Asthi*. There is no such substance which has *Snigdha* and *Shoshan* properties resides together. Medicated *Ghee* and *Kshira* with *Tikta Dravyas* having that qualities that creating *Kharatva*, make it like earlier.¹⁸

Illustration 1: Showing *Nidan Panchak* and *Samprapti Vighatan* of *Asthiashraya Vyadhi*.



Upshaya- Vatashaman

Conclusion-

Asthi is *Gambhir Dhatu*. Formation of *Sapta Dhatu* also depends on status of *Kayagni*. Maintenance of *Kayagni* is required for proper formation of *Asthi Dhatu*. *Asthi Vaha Srotas Dusti* mainly occurred by *Vata Dosha Prakopak Ahara* and *Vihara*. *Asthi Ashrayee Vyadhi Chikitsa* involve *Vata Nashak Upkram* mainly *Basti*. For internal medication combination of both '*Snigdha* and *Shoshak Dravyas* are required. Given 15 Drugs in *Samhita* for treatment of *Asthi Dhatu* may work on one or two *Bhav* of *Asthi Dhatu*, for better treatment in complicated *Asthi Vikruti* we should use combination of Drugs.

REFERENCE:

1. Kaviraja Ambikadutta Shastri, Editor. *Susruta Samhita* of Maharsi -Susruta, Sharirasthan. Cha.-5, Ver- 23. Varanasi: Chaukhamba Sankrita Sansthan ;2015.pg.60
2. Kaviraja Ambikadutta Shastri, Editor. *Susruta Samhita* of Maharsi -Susruta, Sharirasthan. Cha.-5, Ver- 24. Varanasi: Chaukhamba Sankrita Sansthan ;2015.pg.60
3. Kaviraja ambikadutta shastri, editor. *susruta Samhita* of Maharsi -Susruta, Sharirasthan. Cha.-5, Ver- 25. Varanasi: Chaukhamba Sankrita Sansthan ;2015.pg.60

4. Kaviraja Atrideva Gupta, Editor. Astanghruday of Shrimad Vagbhata -Astanghriday, Sutrasthan.Cha-1,Ver-13.Varanasi:Chaukhamba Prakashan;2016.pg.8
5. Sastri Girijashankar Mayashanakar, Editor. Charak Samhita of Maharshi Agnivesh - Charaka,Vimansthan.Cha-5,Ver-5.Ahamdavad:Sastu Sahitya Mudranalaya Trust;2015.Vol-2,pg.325
6. Sastri Girijashankar Mayashanakar, Editor. Charak Samhita of Maharshi Agnivesh - Charaka,Vimansthan.Cha-5,Ver-10.Ahamdavad:Sastu Sahitya Mudranalaya Trust;2015.Vol-2,pg.328
7. Sastri Girijashankar Mayashanakar, Editor. Charak Samhita of Maharshi Agnivesh - Charaka,Vimansthan.Cha-5,Ver-23.Ahamdavad:Sastu Sahitya Mudranalaya Trust;2015.Vol-2,pg.332.
8. Sastri Girijashankar Mayashanakar, Editor. Charak Samhita of Maharshi Agnivesh -Charaka, Sutrasthan.Cha-9,Ver-3.Ahamdavad:Sastu Sahitya Mudranalaya Trust;2015.Vol-1,pg.14
9. Sastri Girijashankar Mayashanakar, Editor. Charak Samhita of Maharshi Agnivesh -Charaka, Chikistasthan. Cha-9,Ver-18.Ahamdavad:Sastu Sahitya Mudranalaya Trust;2015.Vol-3,pg.638.
10. Sastri Girijashankar Mayashanakar, Editor. Charak Samhita of Maharshi Agnivesh -Charaka, Sutrasthan.Cha-17,Ver-67.Ahamdavad:Sastu Sahitya Mudranalaya Trust;2015.Vol-1,pg.317.
11. Kaviraja ambikadutta shastri, editor. susruta Samhita of Maharsi -Susruta,Sutrasthan.Cha.-15, Ver- 13.Varanasi: Chaukhamba Sankrita Sansthan ;2015.pg.76
12. Kaviraja ambikadutta shastri, editor. susruta Samhita of Maharsi -Susruta,Sutrasthan.Cha.-15, Ver- 15.Varanasi: Chaukhamba Sankrita Sansthan ;2015.pg.77
13. Kaviraja ambikadutta shastri, editor. susruta Samhita of Maharsi -Susruta,Sutrasthan.Cha.-15, Ver- 19.Varanasi: Chaukhamba Sankrita Sansthan ;2015.pg.78
14. Kaviraja ambikadutta shastri, editor. susruta Samhita of Maharsi -Susruta,Sutrasthan.Cha.-15, Ver- 22.Varanasi: Chaukhamba Sankrita Sansthan ;2015.pg.79
15. Sastri Girijashankar Mayashanakar, Editor.Charak Samhita of Maharshi Agnivesh -Charaka, Sutrasthan.Cha-28,Ver-39.Ahamdavad:Sastu Sahitya Mudranalaya Trust;2015.Vol-1,pg.743.
16. Kaviraja ambikadutta shastri, editor. susruta Samhita of Maharsi -Susruta,Sutrasthan.Cha.-21, Ver- 38.Varanasi: Chaukhamba Sankrita Sansthan ;2015.pg.121
17. Arundatta, Commentator Sarvang Sundaravyakhyaya. Padit Hari Sadisiva Sastri Paradakar, Eaditor. Samhita of Vagbhat-Ashtanghriday. Sharirsthan. Cha-3,Ver-62.Varanasi :Chaukhamba Surbharti Prakashan:2020.pg.399
18. Arundatta, Commentator Sarvang Sundaravyakhyaya. Padit Hari Sadisiva Sastri Paradakar, Eaditor. Samhita of Vagbhat-Ashtanghriday. Sutrasthan. Cha-11,Ver-31.Varanasi :Chaukhamba Surbharti Prakashan:2020.pg.188

PHARMAAYURVED ONLINE RESEARCH JOURNAL FOR PHARMACY, AYURVED AND ALLIED SCIENCES

A special issue On “Nishkruti” organized by Gujarat Board of Ayurvedic & Unani System of Medicine and Parul University (Department Of Dravyaguna)

<http://www.pharmaayurved.in/>



**Gujarat Board of Ayurvedic &
Unani System of Medicine**
& **Parul University** Jointly organising



निष्कृतिः

Pre-International Conference
Theme Geriatric Diseases –Care and Cure

Organized by : Department of Dravyaguna, Faculty of Ayurved, Parul University
Date : 16th October 2021 | Time : 9:30am onwards



Patrons



Dr. Komal Patel
Director – Medical & Paramedical
Member of BOG, Parul University



Dr. Hemant D. Toshikhane
Dean - Faculty of Ayurved,
Parul University



Dr. Bhagwan G. Kulkarni
Principal - Parul Institute of
Ayurved & Research, Parul University

Eminent Speakers



Dr. Prakash L Hegde
Professor & HOD,
Department of Dravyaguna,
SDM College of Ayurveda,
Hassan, Karnataka



Dr. Bhupesh R Patel
Associate Professor,
Department of Dravyaguna,
ITRA,
Jamnagar, Gujarat

Chief coordinator : Dr Rekha Parmar

Professor, Dravyaguna Vigyana,
Parul Institute of Ayurved, Faculty of Ayurved, Parul University

Link to join: <https://meet.google.com/cdd-khnm-tan>

Associate Partners :



PHARMAAYURVED ONLINE RESEARCH JOURNAL FOR PHARMACY, AYURVED AND ALLIED SCIENCES

A special issue On “Nishkruti” organized by Gujarat Board of Ayurvedic
& Unani System of Medicine and Parul University (Department Of
Dravyaguna)

<http://www.pharmaayurved.in/>

CRITICAL ANALYSIS OF AUSHADHAPRAYOGA IN MEDHAKSHAYA WITH SPECIAL REFERENCE TO BHAVPRAKASH NIGHANTU

AUTHORS

1. Janki M. Lukhi, Assistant Professor, PG Dept. of Dravyaguna, J.S.AyurvedaMahavidhyalaya, Nadiad.
2. Vidhi Bapna, HOD& Professor, PG Dept. of Dravyaguna, J.S.AyurvedaMahavidhyalaya, Nadiad .

Abstract

Introduction -

Medhya Rasayanas are group of *dravyas* described in *Ayurveda* with multi-fold benefits, specifically to improve memory and intellect by *Prabhava*. *Medha* means intellect and/or retention and *Rasayana* means therapeutic procedure or preparation that on regular practice will boost health, intellect, immunity hence longevity. The classic *Sharngadhara Samhita* quotes about natural depletion of *shareer* bhavas with each decade of life. The process of degeneration and wear out increases with age and maintenance of normal function obviously requires special efforts.

Materials & Method -Many treatment modalities have been explained in *Brihatrayi* ,*Bhavprakash*, *Sharangdhara Samhita*. In *Bhavprakash Nighantu*, a part of *Bhavprakash Samhita*, *Bhavmishra* mentions certain drugs having *Medhyakarma* which can be correlated with cognitive enhancement thus useful in *Medhakshya*. *Bhavprakash Nighantu* is the most reputed lexicon of *Ayurveda*. So, it was referred for the collection of literature regarding *dravyas* having *Medhyakarma*. Research and review articles from peer reviewed journals available online pertaining to those *dravyas* were reviewed. The data compiled was critically analysed & tabulated under various headings like pictures for their botanical source, *Ayurvedic* action and recent evidence based pharmacological actions.

Results & Discussion-In *Bhavprakash Nighantu* the *Medhyakarma* is described by various synonyms like *medhavardhak*, *matiprada*, *medhakrit*, *buddhida*, *medhaprada*, *medhahito*, *buddhismrutiprada*, *smrutibuddhida*, *Smrutikara*. About 30 *Dravyas* having these *karmas* were found and they have been also proved to have good effect on attentiveness in Geriatrics. In present time 4-5 *dravyas* are mostly used for *Medhyakarma* but this article presents many more *Medhya dravyas* which are also easily available.

For Corresponds:

Name of Author: **Dr. JANKI
M. LUKHI**
Email: jankilukshi@gmail.com

For Corresponds:

Keywords: *Medha*, *Medhakshya* ,
Medhyakarma , *Bhavprakash Nigantu*

INTRODUCTION

Medhya Rasayanas are group of *dravyas* described in *Ayurveda* with multi-fold benefits, specifically to improve memory and intellect by *Prabhava*. *Medha* means intellect and/or retention and *Rasayana* means therapeutic procedure or preparation that on regular practice will boost health, intellect, immunity hence longevity.

The classic *Sharngadhara Samhita* quotes about natural depletion of *shareer* bhavas with each decade of life. The process of degeneration and wear out increases with age and maintenance of normal function obviously requires special efforts.

The herbs that are considered *Medhya* are said to be working with the higher brain function, or mind-rejuvenating herbs. They engender and summon intelligence, memory, mental perception, bring nerve and nervous system restorative action

Acharyas opines *Medhya* means ability of discrimination of objects, further without *medha*, knowledge cannot be understood and it is defined as that which groups or retains knowledge. According to *Dalhana*, it is a power, which retains the knowledge of text and also said that *medha* is very deep knowledge gained for the long period.

MATERIALS AND METHODS:

Bhavprakash Nighantu was explored for the herbal drugs having *Medhya* property i.e. cognitive enhancer property. The data thus obtained was tabulated to analyze the properties of those drugs.

In *Bhavprakash Nighantu* the *Medhya* property was described by various synonyms like *Medhya*, *medhavardhak*, *matiprada*, *medhakrit*, *buddhida*, *medhaprada*, *medhakara*, *medhahito*, *Medhyagnivardhini*, *buddhismrutiprada*, *smrutibuddhida*, *Smrutikara*.

All the drugs mentioned having these properties were sorted and tabulated for their identity and properties.

Result & Discussion –

This research paper demonstrates that out of 426 drugs 22 drugs of herbal were described as cognitive enhancers throughout the text.

Medhyadravya are mostly *Usnaviryadravya* acts on *pachaka*, *sadhaka*, *alochaka pitta*, reduces *avarana of raja and tamas* and *Strotoshodan* action at the level of *Manovahastrotas* and *Rasavahastrotas* which enhance power of *Smarana* (Acquiring new information) and *Grahana* (data interpretation) i.e. stimulates *dhi*, *smriti* while *Sheetaviryaherbs* acts by increasing nourishment to the neuronal matter of brain via *tarpaka* and *avlabkha* which improves *dharana* (retention power). *Anushnasheetviryadravya* gives stimulation to *dhi*, *smriti* and retention power.

CONCLUSION:

Thus a vast range of options which are easily available, cost effective, and having proved efficacy in improving *medha* from *Bhavprakash nighantu* are presented here for use in *medhakshaya*. Clinical application of these *dravyas* can be beneficial in the needy subjects.

This study may provide parameters for selection of *Medhya drug* in different memory disorder.

PHARMAAYURVED ONLINE RESEARCH JOURNAL FOR PHARMACY, AYURVED AND ALLIED SCIENCES

A special issue On “Nishkruti” organized by Gujarat Board of Ayurvedic & Unani System of Medicine and Parul University (Department Of Dravyaguna)

<http://www.pharmaayurved.in/>



**Gujarat Board of Ayurvedic &
Unani System of Medicine**
& **Parul University** Jointly organising



निष्कृतिः

Pre-International Conference
Theme Geriatric Diseases –Care and Cure

Organized by : Department of Dravyaguna, Faculty of Ayurved, Parul University
Date : 16th October 2021 | Time : 9:30am onwards



Patrons



Dr. Komal Patel
Director – Medical & Paramedical
Member of BOG, Parul University



Dr. Hemant D. Toshikhane
Dean - Faculty of Ayurved,
Parul University



Dr. Bhagwan G. Kulkarni
Principal - Parul Institute of
Ayurved & Research, Parul University

Eminent Speakers



Dr. Prakash L Hegde
Professor & HOD,
Department of Dravyaguna,
SDM College of Ayurveda,
Hassan, Karnataka



Dr. Bhupesh R Patel
Associate Professor,
Department of Dravyaguna,
ITRA,
Jamnagar, Gujarat

Chief coordinator : Dr Rekha Parmar

Professor, Dravyaguna Vigyana,
Parul Institute of Ayurved, Faculty of Ayurved, Parul University

Link to join: <https://meet.google.com/cdd-khnm-tan>

Associate Partners :



PHARMAAYURVED ONLINE RESEARCH JOURNAL FOR PHARMACY, AYURVED AND ALLIED SCIENCES

A special issue On “Nishkruti” organized by Gujarat Board of Ayurvedic
& Unani System of Medicine and Parul University (Department Of
Dravyaguna)

<http://www.pharmaayurved.in/>

CRITICAL ANALYSIS OF AUSHADHAPRAYOGA IN MEDHAKSHAYA WITH SPECIAL REFERENCE TO BHAVPRAKASH NIGHANTU

AUTHORS

1. Janki M. Lukhi, Assistant Professor, PG Dept. of Dravyaguna, J.S.AyurvedaMahavidhyalaya, Nadiad.
2. Vidhi Bapna, HOD& Professor, PG Dept. of Dravyaguna, J.S.AyurvedaMahavidhyalaya, Nadiad .

Abstract

Introduction -

Medhya Rasayanas are group of *dravyas* described in *Ayurveda* with multi-fold benefits, specifically to improve memory and intellect by *Prabhava*. *Medha* means intellect and/or retention and *Rasayana* means therapeutic procedure or preparation that on regular practice will boost health, intellect, immunity hence longevity. The classic *Sharngadhara Samhita* quotes about natural depletion of *shareer* bhavas with each decade of life. The process of degeneration and wear out increases with age and maintenance of normal function obviously requires special efforts.

Materials & Method -Many treatment modalities have been explained in *Brihatrayi* ,*Bhavprakash*, *Sharangdhara Samhita*. In *Bhavprakash Nighantu*, a part of *Bhavprakash Samhita*, *Bhavmishra* mentions certain drugs having *Medhyakarma* which can be correlated with cognitive enhancement thus useful in *Medhakshya*. *Bhavprakash Nighantu* is the most reputed lexicon of *Ayurveda*. So, it was referred for the collection of literature regarding *dravyas* having *Medhyakarma*. Research and review articles from peer reviewed journals available online pertaining to those *dravyas* were reviewed. The data compiled was critically analysed & tabulated under various headings like pictures for their botanical source, *Ayurvedic* action and recent evidence based pharmacological actions.

Results & Discussion-In *Bhavprakash Nighantu* the *Medhyakarma* is described by various synonyms like *medhavardhak*, *matiprada*, *medhakrit*, *buddhida*, *medhaprada*, *medhahito*, *buddhismrutiprada*, *smrutibuddhida*, *Smrutikara*. About 30 *Dravyas* having these *karmas* were found and they have been also proved to have good effect on attentiveness in Geriatrics. In present time 4-5 *dravyas* are mostly used for *Medhyakarma* but this article presents many more *Medhya dravyas* which are also easily available.

For Corresponds:

Name of Author: **Dr. JANKI
M. LUKHI**
Email: jankilukshi@gmail.com

For Corresponds:

Keywords: *Medha*, *Medhakshya* ,
Medhyakarma , *Bhavprakash Nigantu*

INTRODUCTION

Medhya Rasayanas are group of *dravyas* described in *Ayurveda* with multi-fold benefits, specifically to improve memory and intellect by *Prabhava*. *Medha* means intellect and/or retention and *Rasayana* means therapeutic procedure or preparation that on regular practice will boost health, intellect, immunity hence longevity.

The classic *Sharngadhara Samhita* quotes about natural depletion of *shareer* bhavas with each decade of life. The process of degeneration and wear out increases with age and maintenance of normal function obviously requires special efforts.

The herbs that are considered *Medhya* are said to be working with the higher brain function, or mind-rejuvenating herbs. They engender and summon intelligence, memory, mental perception, bring nerve and nervous system restorative action

Acharyas opines *Medhya* means ability of discrimination of objects, further without *medha*, knowledge cannot be understood and it is defined as that which groups or retains knowledge. According to *Dalhana*, it is a power, which retains the knowledge of text and also said that *medha* is very deep knowledge gained for the long period.

MATERIALS AND METHODS:

Bhavprakash Nighantu was explored for the herbal drugs having *Medhya* property i.e. cognitive enhancer property. The data thus obtained was tabulated to analyze the properties of those drugs.

In *Bhavprakash Nighantu* the *Medhya* property was described by various synonyms like *Medhya*, *medhavardhak*, *matiprada*, *medhakrit*, *buddhida*, *medhaprada*, *medhakara*, *medhahito*, *Medhyagnivardhini*, *buddhismrutiprada*, *smrutibuddhida*, *Smrutikara*.

All the drugs mentioned having these properties were sorted and tabulated for their identity and properties.

Result & Discussion –

This research paper demonstrates that out of 426 drugs 22 drugs of herbal were described as cognitive enhancers throughout the text.

Medhyadravya are mostly *Usnaviryadravya* acts on *pachaka*, *sadhaka*, *alochaka pitta*, reduces *avarana of raja and tamas* and *Strotoshodan* action at the level of *Manovahastrotas* and *Rasavahastrotas* which enhance power of *Smarana* (Acquiring new information) and *Grahana* (data interpretation) i.e. stimulates *dhi*, *smriti* while *Sheetaviryaherbs* acts by increasing nourishment to the neuronal matter of brain via *tarpaka* and *avlabkha* which improves *dharana* (retention power). *Anushnasheetviryadravya* gives stimulation to *dhi*, *smriti* and retention power.

CONCLUSION:

Thus a vast range of options which are easily available, cost effective, and having proved efficacy in improving *medha* from *Bhavprakash nighantu* are presented here for use in *medhakshaya*. Clinical application of these *dravyas* can be beneficial in the needy subjects.

This study may provide parameters for selection of *Medhya drug* in different memory disorder.

PHARMAAYURVED ONLINE RESEARCH JOURNAL FOR PHARMACY, AYURVED AND ALLIED SCIENCES

A special issue On “Nishkruti” organized by Gujarat Board of Ayurvedic & Unani System of Medicine and Parul University (Department Of Dravyaguna)

<http://www.pharmaayurved.in/>



**Gujarat Board of Ayurvedic &
Unani System of Medicine**
& **Parul University** Jointly organising



निष्कृतिः

Pre-International Conference
Theme Geriatric Diseases –Care and Cure

Organized by : Department of Dravyaguna, Faculty of Ayurved, Parul University
Date : 16th October 2021 | Time : 9:30am onwards



Patrons



Dr. Komal Patel
Director - Medical & Paramedical
Member of BOG, Parul University



Dr. Hemant D. Toshikhane
Dean - Faculty of Ayurved,
Parul University



Dr. Bhagwan G. Kulkarni
Principal - Parul Institute of
Ayurved & Research, Parul University

Eminent Speakers



Dr. Prakash L Hegde
Professor & HOD,
Department of Dravyaguna,
SDM College of Ayurveda,
Hassan, Karnataka



Dr. Bhupesh R Patel
Associate Professor,
Department of Dravyaguna,
ITRA,
Jamnagar, Gujarat

Chief coordinator : Dr Rekha Parmar

Professor, Dravyaguna Vigyana,
Parul Institute of Ayurved, Faculty of Ayurved, Parul University

Link to join: <https://meet.google.com/cdd-khnm-tan>

Associate Partners :



PHARMAAYURVED ONLINE RESEARCH JOURNAL FOR PHARMACY, AYURVED AND ALLIED SCIENCES

**A special issue On “Nishkruti” organized by Gujarat Board of Ayurvedic
& Unani System of Medicine and Parul University (Department Of
Dravyaguna)**

<http://www.pharmaayurved.in/>

SPECIFIC *EKALA USHADHI PRAYOGA* FOR *ASTHIVAHA STROTAS* W.S.R. TO *KHALITYA* AND *PALITYA* ACCORDING TO *SUSHRUTA*.

AUTHORS

1. Payalba chudasama, 1st year P.G. scholar *Dravyaguna* department, J.S. Ayurveda mahavidhyalya, nadiad, Gujarat
2. Sejalben Gadhvi, 1st year P.G. scholar *Dravyaguna* department, J.S. Ayurveda mahavidhyalya, nadiad, Gujarat

Abstract

Because of unorganized & imbalanced diet pattern and hard & fast metro life- style , senile degenerative and premature ageing process starts at very young age which are irreversible after onset . But with proper care one can slower down or delay the particular ageing process in which skin loosening, wrinkles, premature greying of hair, baldness, weakening of bones, eye- sight , hearing ability , reduction of body- strength, loss of appetite, poor digestion , loss of memory etc. are Included . Among these all male pattern baldness and premature graying are most common problems of today's generation which weakens self confidence of particular because it worsens the look of particular. These problems can be prevented as well as managed by some proper care and single drug remedies which have been mentioned in *Sushruta samhita*. Goal was to compile effective and economic remedies viz. Single drug remedies which can be used by persons belonging to any class of society and they can delay such geriatric changes in their bodies. This paper contains etiology, types, signs & symptoms, treatment & single drug remedies with probable mechanism of action given in *Sushruta samhita* for *khalitya* and *palitya*.

For Corresponds:

Name of Author: **Dr. Payalba
chudasama**

For Corresponds:

Keywords: *asthivaha strotasa, khalitya-
palitya.*

INTRODUCTION

Geriatrics is a branch of modern medical science which deals with prevention or management of symptoms which develop as a result of senile degeneration or ageing process of human body.

Such geriatric symptoms include greying of hairs, thinning of hair or baldness or alopecia, loss of memory, weak hearing ability and eye-sight, osteopenia, poor digestion, least body strength and vigor etc...

All such changes are irreversible if occurred once but we can delay the onset of such changes or stop the gradual progress of ageing process.

in *Ayurveda* there are a lot of things which can help to prevent or manage such geriatric symptoms which comes under *Rasayana* and *Vajikaranchikitsa* and even some description is given under the heading of *Kshudrarogachikitsa*, *Urdhvajatruvikara* and even in *Panchkarma* therapy.

Among all above mentioned symptoms premature greying of hairs and alopecia or male pattern baldness both are burning issue for today's generation because these both are signs of ageing and because of hard & fast life-style and incompatible food habits these happen in very young age.

These both changes not only weaken the confidence of youth working in corporate world but also worsen the look of particular but the solutions which are available for these problems are so expensive and can't be afforded by each and every individual.

In *Ayurveda* alopecia is known as *Khalitya* and premature greying is known as *Palitya*. This paper is about geriatric care with *Ekal aushadhi* for *Asthivaha Strotas* Disease W.S.R. to *Khalitya* and *Palitya* especially from *Sushruta Samhita*.

Asthivahastrotasa include *Asthibheda*, *Asthishoola* and *Kesha*, *Shmasru*, *Loma*, *Nakhadosha* etc. And *Kesha*, *Shmasru*, *Loma*, *Nakha*, *Dantaare Mala* of *AshtiDhatu*.

That's why *Khalitya* and *Palitya* are also *Asthivahastrotasa* disease and also geriatric change.

MATERIAL & METHODS

All *Ekal aushadhi Prayoga* given in this paper is from *Sushruta Samhita*'s below mentioned chapters:

- 1) *Sushruta Samhita Nidanasthana* chapter13¹
- 2) *Sushruta Samhita Chikitsasthana* chapter20²
- 3) *Sushruta Samhita chikitsasthana* chapter01³
- 4) *Sushruta Samhita Uttara tantra* chapter63-66⁴
- 5) *Sushruta Samhita Chikitsasthana* chapter25⁵

Khalitya: according to *Sushruta Samhita* *Vayu* and *Pitta* burn the hair roots and *Kapha* fills those hair follicles which stops the regrowth of hair.

Khalitya is also known as *Indralupta* or *Rujya*

Palitya: *Palitya* means greying of hairs. There are 3 types of *Palitya* according to *Sushruta Samhita*. Excessive increased *Pitta* burn the hairs and cause premature greying of hairs.

1. *Vataj* :- In this type of *Palitya* the colour of hairs will be of *Shyava* or *Arunavarna*
2. *Pittaj* :- In this type of *Palitya* the colour of hairs will be of *Haridra*, *Pingal*, *Tamravarna*
3. *Kaphaj* :- in this type of *Palitya* the colour of hairs will be of *Shveta* or *Panduvarna*

Etiology:

The causative factors for *Khalitya* and *Palitya* and which are most relevant for present era :

- Excessive hot, spicy food
- Excessive sour, salty and pungent food
- Excessive use of baking soda
- Nutrition less foods like junk food, fast food etc.
- Excessive stress, anger etc.

Various *ekala aushadhi prayoga* for *Khalitya* according to *Sushruta Samhita*.

- Gunja* seeds paste application
- Oil made up with *karavira*
- Oil made up of *Dhatturapatra*
- Paste made up of *Hastidanta*
- Paste made up of *Bhasma* of *khura* of *Chatuspadaprani*

Various *ekala aushadhi prayoga* for *Palitya* according to *Sushruta Samhita*.

- Nasya* with *ghee* daily
- Shirobasti* and *Shirodhara* with *ghee* or *Dugdha*
- Amalakirasayanasevan* daily
- Paste of *Amalakichurna* soaked with *Takra* in iron vessel can be used for *keshaRanjana*
- Paste of *Kashisha*, *Manahshila*, *Bibhitaka*, *Bhringaraj* etc.

Discussion:

As we all know *Rasayana* therapy should started since early age before the signs and symptoms of greying start appearing, this will delay the ageing process.

So with above mentioned measure from *Dinacharya* and *Rasayanchikitsa* we can prevent geriatric changes and also with some economic *ekal aushadhi prayoga* we can manage such changes if one is already suffering from it already.

In the treatment of *Khalitya* the remedies given are either *Ushna*, *Tikshna* which can penetrate or subside the *Kapha* which stops regrowth of hair or these remedies are *Dravya*, *Guna* or *Karmasamanya* with *Asthidhatu* like *Khura* or *Asthibhasma* or *Dantabhasma* of animals that's why similar things will increase the similar antity.

And in the treatment of *Palitya* the remedies are either having *pittashamana* properties like *sheetaveerya* and *Guruguna* or having pigmenting agents like in *bibhitaka*, *nili*, *bhringaraj*etc..

Result:

All the above mentioned causative factors should be avoided as much as possible and all the above mentioned remedies are time tested and economic solutions given by the great author *Maharshi Sushruta*.

REFERENCE:

1. *Maharshi Sushrutakrit Sushruta Samhita* ; Translated by Lakshmidhar Dwivedi ; Edition 1997 by Chaukhambha Sanskrit publications, Vol-2 , *Nidanasthana* chapter 13, page no 103
2. ¹*Maharshi Sushrutakrit Sushruta Samhita* ; Translated by Lakshmidhar Dwivedi ; Edition 1997 by Chaukhambha Sanskrit publications, Vol-2 , *Chikitsasthana* chapter 20, page no 527
3. ¹*MaharshiSushrutakritSushrutaSamhita* ; Translated by *Lakshmidhar Dwivedi* ; Edition 1997 by Chaukhambha Sanskrit publications, Vol-2 , *Chikitsasthana* chapter 01, page no403
4. *Maharshi Sushrutakrit Sushruta Samhita* ; Translated by Lakshmidhar Dwivedi ; Edition 1997 by Chaukhambha Sanskrit publications, Vol-3 , *Uttarasthana* chapter 63-64, page no
5. ¹*Maharshi Sushrutakrit Sushruta Samhita* ; Translated by Lakshmidhar Dwivedi ; Edition 1997 by Chaukhambha Sanskrit publications, Vol-2 , *Chikitsasthana* chapter 25, page no 593

Pharmaayurved.in

PHARMAAYURVED ONLINE RESEARCH JOURNAL FOR PHARMACY, AYURVED AND ALLIED SCIENCES

A special issue On “Nishkruti” organized by Gujarat Board of Ayurvedic & Unani System of Medicine and Parul University (Department Of Dravyaguna)

<http://www.pharmaayurved.in/>



**Gujarat Board of Ayurvedic &
Unani System of Medicine**
& **Parul University** Jointly organising



निष्कृतिः

Pre-International Conference
Theme Geriatric Diseases –Care and Cure

Organized by : Department of Dravyaguna, Faculty of Ayurved, Parul University
Date : 16th October 2021 | Time : 9:30am onwards



Patrons



Dr. Komal Patel
Director - Medical & Paramedical
Member of BOG, Parul University



Dr. Hemant D. Toshikhane
Dean - Faculty of Ayurved,
Parul University



Dr. Bhagwan G. Kulkarni
Principal - Parul Institute of
Ayurved & Research, Parul University

Eminent Speakers



Dr. Prakash L Hegde
Professor & HOD,
Department of Dravyaguna,
SDM College of Ayurveda,
Hassan, Karnataka



Dr. Bhupesh R Patel
Associate Professor,
Department of Dravyaguna,
ITRA,
Jamnagar, Gujarat

Chief coordinator : Dr Rekha Parmar

Professor, Dravyaguna Vigyana,
Parul Institute of Ayurved, Faculty of Ayurved, Parul University

Link to join: <https://meet.google.com/cdd-khnm-tan>

Associate Partners :



PHARMAAYURVED ONLINE RESEARCH JOURNAL FOR PHARMACY, AYURVED AND ALLIED SCIENCES

**A special issue On “Nishkruti” organized by Gujarat Board of Ayurvedic
& Unani System of Medicine and Parul University (Department Of
Dravyaguna)**

<http://www.pharmaayurved.in/>

SPECIFIC *EKALA USHADHI PRAYOGA* FOR *ASTHIVAHA STROTAS* W.S.R. TO *KHALITYA* AND *PALITYA* ACCORDING TO *SUSHRUTA*.

AUTHORS

1. Payalba chudasama, 1st year P.G. scholar *Dravyaguna* department, J.S. Ayurveda mahavidhyalya, nadiad, Gujarat
2. Sejalben Gadhvi, 1st year P.G. scholar *Dravyaguna* department, J.S. Ayurveda mahavidhyalya, nadiad, Gujarat

Abstract

Because of unorganized & imbalanced diet pattern and hard & fast metro life- style , senile degenerative and premature ageing process starts at very young age which are irreversible after onset . But with proper care one can slower down or delay the particular ageing process in which skin loosening, wrinkles, premature greying of hair, baldness, weakening of bones, eye- sight , hearing ability , reduction of body- strength, loss of appetite, poor digestion , loss of memory etc. are Included . Among these all male pattern baldness and premature graying are most common problems of today's generation which weakens self confidence of particular because it worsens the look of particular. These problems can be prevented as well as managed by some proper care and single drug remedies which have been mentioned in *Sushruta samhita*. Goal was to compile effective and economic remedies viz. Single drug remedies which can be used by persons belonging to any class of society and they can delay such geriatric changes in their bodies. This paper contains etiology, types, signs & symptoms, treatment & single drug remedies with probable mechanism of action given in *Sushruta samhita* for *khalitya* and *palitya*.

For Corresponds:

Name of Author: **Dr. Payalba
chudasama**

For Corresponds:

Keywords: *asthivaha strotasa, khalitya-
palitya.*

INTRODUCTION

Geriatrics is a branch of modern medical science which deals with prevention or management of symptoms which develop as a result of senile degeneration or ageing process of human body.

Such geriatric symptoms include greying of hairs, thinning of hair or baldness or alopecia, loss of memory, weak hearing ability and eye-sight, osteopenia, poor digestion, least body strength and vigor etc...

All such changes are irreversible if occurred once but we can delay the onset of such changes or stop the gradual progress of ageing process.

in *Ayurveda* there are a lot of things which can help to prevent or manage such geriatric symptoms which comes under *Rasayana* and *Vajikaranchikitsa* and even some description is given under the heading of *Kshudrarogachikitsa*, *Urdhvajatruvikara* and even in *Panchkarma* therapy.

Among all above mentioned symptoms premature greying of hairs and alopecia or male pattern baldness both are burning issue for today's generation because these both are signs of ageing and because of hard & fast life-style and incompatible food habits these happen in very young age.

These both changes not only weaken the confidence of youth working in corporate world but also worsen the look of particular but the solutions which are available for these problems are so expensive and can't be afforded by each and every individual.

In *Ayurveda* alopecia is known as *Khalitya* and premature greying is known as *Palitya*. This paper is about geriatric care with *Ekal aushadhi* for *Asthivaha Strotas* Disease W.S.R. to *Khalitya* and *Palitya* especially from *Sushruta Samhita*.

Asthivahastrotasa include *Asthibheda*, *Asthishoola* and *Kesha*, *Shmasru*, *Loma*, *Nakhadosha* etc. And *Kesha*, *Shmasru*, *Loma*, *Nakha*, *Dantaare Mala* of *AshtiDhatu*.

That's why *Khalitya* and *Palitya* are also *Asthivahastrotasa* disease and also geriatric change.

MATERIAL & METHODS

All *Ekal aushadhi Prayoga* given in this paper is from *Sushruta Samhita*'s below mentioned chapters:

- 1) *Sushruta Samhita Nidanasthana* chapter13¹
- 2) *Sushruta Samhita Chikitsasthana* chapter20²
- 3) *Sushruta Samhita chikitsasthana* chapter01³
- 4) *Sushruta Samhita Uttara tantra* chapter63-66⁴
- 5) *Sushruta Samhita Chikitsasthana* chapter25⁵

Khalitya: according to *Sushruta Samhita* Vayu and Pitta burn the hair roots and Kapha fills those hair follicles which stops the regrowth of hair.

Khalitya is also known as *Indralupta* or *Rujya*

Palitya: *Palitya* means greying of hairs. There are 3 types of *Palitya* according to *Sushruta Samhita*. Excessive increased *Pitta* burn the hairs and cause premature greying of hairs.

1. *Vataj* :- In this type of *Palitya* the colour of hairs will be of *Shyava* or *Arunavarna*
2. *Pittaj* :- In this type of *Palitya* the colour of hairs will be of *Haridra*, *Pingal*, *Tamravarna*
3. *Kaphaj* :- in this type of *Palitya* the colour of hairs will be of *Shveta* or *Panduvarna*

Etiology:

The causative factors for *Khalitya* and *Palitya* and which are most relevant for present era :

- Excessive hot, spicy food
- Excessive sour, salty and pungent food
- Excessive use of baking soda
- Nutrition less foods like junk food, fast food etc.
- Excessive stress, anger etc.

Various *ekala aushadhi prayoga* for *Khalitya* according to *Sushruta Samhita*.

- Gunja* seeds paste application
- Oil made up with *karavira*
- Oil made up of *Dhatturapatra*
- Paste made up of *Hastidanta*
- Paste made up of *Bhasma* of *khura* of *Chatuspadaprani*

Various *ekala aushadhi prayoga* for *Palitya* according to *Sushruta Samhita*.

- Nasya* with *ghee* daily
- Shirobasti* and *Shirodhara* with *ghee* or *Dugdha*
- Amalakirasayanasevan* daily
- Paste of *Amalakichurna* soaked with *Takra* in iron vessel can be used for *keshaRanjana*
- Paste of *Kashisha*, *Manahshila*, *Bibhitaka*, *Bhringaraj* etc.

Discussion:

As we all know *Rasayana* therapy should started since early age before the signs and symptoms of greying start appearing, this will delay the ageing process.

So with above mentioned measure from *Dinacharya* and *Rasayanchikitsa* we can prevent geriatric changes and also with some economic *ekal aushadhi prayoga* we can manage such changes if one is already suffering from it already.

In the treatment of *Khalitya* the remedies given are either *Ushna*, *Tikshna* which can penetrate or subside the *Kapha* which stops regrowth of hair or these remedies are *Dravya*, *Guna* or *Karmasamanya* with *Asthidhatu* like *Khura* or *Asthibhasma* or *Dantabhasma* of animals that's why similar things will increase the similar antity.

And in the treatment of *Palitya* the remedies are either having *pittashamana* properties like *sheetaveerya* and *Guruguna* or having pigmenting agents like in *bibhitaka*, *nili*, *bhringaraj*etc..

Result:

All the above mentioned causative factors should be avoided as much as possible and all the above mentioned remedies are time tested and economic solutions given by the great author *Maharshi Sushruta*.

REFERENCE:

1. *Maharshi Sushrutakrit Sushruta Samhita* ; Translated by Lakshmidhar Dwivedi ; Edition 1997 by Chaukhambha Sanskrit publications, Vol-2 , *Nidanasthana* chapter 13, page no 103
2. ¹*Maharshi Sushrutakrit Sushruta Samhita* ; Translated by Lakshmidhar Dwivedi ; Edition 1997 by Chaukhambha Sanskrit publications, Vol-2 , *Chikitsasthana* chapter 20, page no 527
3. ¹*MaharshiSushrutakritSushrutaSamhita* ; Translated by *Lakshmidhar Dwivedi* ; Edition 1997 by Chaukhambha Sanskrit publications, Vol-2 , *Chikitsasthana* chapter 01, page no403
4. *Maharshi Sushrutakrit Sushruta Samhita* ; Translated by Lakshmidhar Dwivedi ; Edition 1997 by Chaukhambha Sanskrit publications, Vol-3 , *Uttarasthana* chapter 63-64, page no
5. ¹*Maharshi Sushrutakrit Sushruta Samhita* ; Translated by Lakshmidhar Dwivedi ; Edition 1997 by Chaukhambha Sanskrit publications, Vol-2 , *Chikitsasthana* chapter 25, page no 593

Pharmaayurved.in

PHARMAAYURVED ONLINE RESEARCH JOURNAL FOR PHARMACY, AYURVED AND ALLIED SCIENCES

A special issue On “Nishkruti” organized by Gujarat Board of Ayurvedic & Unani System of Medicine and Parul University (Department Of Dravyaguna)

<http://www.pharmaayurved.in/>



**Gujarat Board of Ayurvedic &
Unani System of Medicine**
& **Parul University** Jointly organising



निष्कृतिः

Pre-International Conference
Theme Geriatric Diseases –Care and Cure

Organized by : Department of Dravyaguna, Faculty of Ayurved, Parul University
Date : 16th October 2021 | Time : 9:30am onwards



Patrons



Dr. Komal Patel
Director - Medical & Paramedical
Member of BOG, Parul University



Dr. Hemant D. Toshikhane
Dean - Faculty of Ayurved,
Parul University



Dr. Bhagwan G. Kulkarni
Principal - Parul Institute of
Ayurved & Research, Parul University

Eminent Speakers



Dr. Prakash L Hegde
Professor & HOD,
Department of Dravyaguna,
SDM College of Ayurveda,
Hassan, Karnataka



Dr. Bhupesh R Patel
Associate Professor,
Department of Dravyaguna,
ITRA,
Jamnagar, Gujarat

Chief coordinator : Dr Rekha Parmar

Professor, Dravyaguna Vigyana,
Parul Institute of Ayurved, Faculty of Ayurved, Parul University

Link to join: <https://meet.google.com/cdd-khnm-tan>

Associate Partners :



PHARMAAYURVED ONLINE RESEARCH JOURNAL FOR PHARMACY, AYURVED AND ALLIED SCIENCES

**A special issue On “Nishkruti” organized by Gujarat Board of Ayurvedic
& Unani System of Medicine and Parul University (Department Of
Dravyaguna)**

<http://www.pharmaayurved.in/>

SPECIFIC *EKALA USHADHI PRAYOGA* FOR *ASTHIVAHA STROTAS* W.S.R. TO *KHALITYA* AND *PALITYA* ACCORDING TO *SUSHRUTA*.

AUTHORS

1. Payalba chudasama, 1st year P.G. scholar *Dravyaguna* department, J.S. Ayurveda mahavidhyalya, nadiad, Gujarat
2. Sejalben Gadhvi, 1st year P.G. scholar *Dravyaguna* department, J.S. Ayurveda mahavidhyalya, nadiad, Gujarat

Abstract

Because of unorganized & imbalanced diet pattern and hard & fast metro life- style , senile degenerative and premature ageing process starts at very young age which are irreversible after onset . But with proper care one can slower down or delay the particular ageing process in which skin loosening, wrinkles, premature greying of hair, baldness, weakening of bones, eye- sight , hearing ability , reduction of body- strength, loss of appetite, poor digestion , loss of memory etc. are Included . Among these all male pattern baldness and premature graying are most common problems of today's generation which weakens self confidence of particular because it worsens the look of particular. These problems can be prevented as well as managed by some proper care and single drug remedies which have been mentioned in *Sushruta samhita*. Goal was to compile effective and economic remedies viz. Single drug remedies which can be used by persons belonging to any class of society and they can delay such geriatric changes in their bodies. This paper contains etiology, types, signs & symptoms, treatment & single drug remedies with probable mechanism of action given in *Sushruta samhita* for *khalitya* and *palitya*.

For Corresponds:

Name of Author: **Dr. Payalba
chudasama**

For Corresponds:

Keywords: *asthivaha strotasa,khalitya-
palitya.*

INTRODUCTION

Geriatrics is a branch of modern medical science which deals with prevention or management of symptoms which develop as a result of senile degeneration or ageing process of human body.

Such geriatric symptoms include greying of hairs, thinning of hair or baldness or alopecia, loss of memory, weak hearing ability and eye-sight, osteopenia, poor digestion, least body strength and vigor etc...

All such changes are irreversible if occurred once but we can delay the onset of such changes or stop the gradual progress of ageing process.

in *Ayurveda* there are a lot of things which can help to prevent or manage such geriatric symptoms which comes under *Rasayana* and *Vajikaranchikitsa* and even some description is given under the heading of *Kshudrarogachikitsa*, *Urdhvajatruvikara* and even in *Panchkarma* therapy.

Among all above mentioned symptoms premature greying of hairs and alopecia or male pattern baldness both are burning issue for today's generation because these both are signs of ageing and because of hard & fast life-style and incompatible food habits these happen in very young age.

These both changes not only weaken the confidence of youth working in corporate world but also worsen the look of particular but the solutions which are available for these problems are so expensive and can't be afforded by each and every individual.

In *Ayurveda* alopecia is known as *Khalitya* and premature greying is known as *Palitya*. This paper is about geriatric care with *Ekal aushadhi* for *Asthivaha Strotas* Disease W.S.R. to *Khalitya* and *Palitya* especially from *Sushruta Samhita*.

Asthivahastrotasa include *Asthibheda*, *Asthishoola* and *Kesha*, *Shmasru*, *Loma*, *Nakhadosha* etc. And *Kesha*, *Shmasru*, *Loma*, *Nakha*, *Dantaare Mala* of *AshtiDhatu*.

That's why *Khalitya* and *Palitya* are also *Asthivahastrotasa* disease and also geriatric change.

MATERIAL & METHODS

All *Ekal aushadhi Prayoga* given in this paper is from *Sushruta Samhita*'s below mentioned chapters:

- 1) *Sushruta Samhita Nidanasthana* chapter13¹
- 2) *Sushruta Samhita Chikitsasthana* chapter20²
- 3) *Sushruta Samhita chikitsasthana* chapter01³
- 4) *Sushruta Samhita Uttara tantra* chapter63-66⁴
- 5) *Sushruta Samhita Chikitsasthana* chapter25⁵

Khalitya: according to *Sushruta Samhita* *Vayu* and *Pitta* burn the hair roots and *Kapha* fills those hair follicles which stops the regrowth of hair.

Khalitya is also known as *Indralupta* or *Rujya*

Palitya: *Palitya* means greying of hairs. There are 3 types of *Palitya* according to *Sushruta Samhita*. Excessive increased *Pitta* burn the hairs and cause premature greying of hairs.

1. *Vataj* :- In this type of *Palitya* the colour of hairs will be of *Shyava* or *Arunavarna*
2. *Pittaj* :- In this type of *Palitya* the colour of hairs will be of *Haridra*, *Pingal*, *Tamravarna*
3. *Kaphaj* :- in this type of *Palitya* the colour of hairs will be of *Shveta* or *Panduvarna*

Etiology:

The causative factors for *Khalitya* and *Palitya* and which are most relevant for present era :

- Excessive hot, spicy food
- Excessive sour, salty and pungent food
- Excessive use of baking soda
- Nutrition less foods like junk food, fast food etc.
- Excessive stress, anger etc.

Various *ekala aushadhi prayoga* for *Khalitya* according to *Sushruta Samhita*.

- Gunja* seeds paste application
- Oil made up with *karavira*
- Oil made up of *Dhatturapatra*
- Paste made up of *Hastidanta*
- Paste made up of *Bhasma* of *khura* of *Chatuspadaprani*

Various *ekala aushadhi prayoga* for *Palitya* according to *Sushruta Samhita*.

- Nasya* with *ghee* daily
- Shirobasti* and *Shirodhara* with *ghee* or *Dugdha*
- Amalakirasayanasevan* daily
- Paste of *Amalakichurna* soaked with *Takra* in iron vessel can be used for *keshaRanjana*
- Paste of *Kashisha*, *Manahshila*, *Bibhitaka*, *Bhringaraj* etc.

Discussion:

As we all know *Rasayana* therapy should started since early age before the signs and symptoms of greying start appearing, this will delay the ageing process.

So with above mentioned measure from *Dinacharya* and *Rasayanchikitsa* we can prevent geriatric changes and also with some economic *ekal aushadhi prayoga* we can manage such changes if one is already suffering from it already.

In the treatment of *Khalitya* the remedies given are either *Ushna*, *Tikshna* which can penetrate or subside the *Kapha* which stops regrowth of hair or these remedies are *Dravya*, *Guna* or *Karmasamanya* with *Asthidhatu* like *Khura* or *Asthibhasma* or *Dantabhasma* of animals that's why similar things will increase the similar antity.

And in the treatment of *Palitya* the remedies are either having *pittashamana* properties like *sheetaveerya* and *Guruguna* or having pigmenting agents like in *bibhitaka*, *nili*, *bhringaraj*etc..

Result:

All the above mentioned causative factors should be avoided as much as possible and all the above mentioned remedies are time tested and economic solutions given by the great author *Maharshi Sushruta*.

REFERENCE:

1. *Maharshi Sushrutakrit Sushruta Samhita* ; Translated by Lakshmidhar Dwivedi ; Edition 1997 by Chaukhambha Sanskrit publications, Vol-2 , *Nidanasthana* chapter 13, page no 103
2. ¹*Maharshi Sushrutakrit Sushruta Samhita* ; Translated by Lakshmidhar Dwivedi ; Edition 1997 by Chaukhambha Sanskrit publications, Vol-2 , *Chikitsasthana* chapter 20, page no 527
3. ¹*MaharshiSushrutakritSushrutaSamhita* ; Translated by *Lakshmidhar Dwivedi* ; Edition 1997 by Chaukhambha Sanskrit publications, Vol-2 , *Chikitsasthana* chapter 01, page no403
4. *Maharshi Sushrutakrit Sushruta Samhita* ; Translated by Lakshmidhar Dwivedi ; Edition 1997 by Chaukhambha Sanskrit publications, Vol-3 , *Uttarasthana* chapter 63-64, page no
5. ¹*Maharshi Sushrutakrit Sushruta Samhita* ; Translated by Lakshmidhar Dwivedi ; Edition 1997 by Chaukhambha Sanskrit publications, Vol-2 , *Chikitsasthana* chapter 25, page no 593

Pharmaayurved.in

PHARMAAYURVED ONLINE RESEARCH JOURNAL FOR PHARMACY, AYURVED AND ALLIED SCIENCES

A special issue On “Nishkruti” organized by Gujarat Board of Ayurvedic & Unani System of Medicine and Parul University (Department Of Dravyaguna)

<http://www.pharmaayurved.in/>



**Gujarat Board of Ayurvedic &
Unani System of Medicine**
& **Parul University** Jointly organising



निष्कृतिः

Pre-International Conference
Theme Geriatric Diseases –Care and Cure

Organized by : Department of Dravyaguna, Faculty of Ayurved, Parul University
Date : 16th October 2021 | Time : 9:30am onwards



Patrons



Dr. Komal Patel
Director - Medical & Paramedical
Member of BOG, Parul University



Dr. Hemant D. Toshikhane
Dean - Faculty of Ayurved,
Parul University



Dr. Bhagwan G. Kulkarni
Principal - Parul Institute of
Ayurved & Research, Parul University

Eminent Speakers



Dr. Prakash L Hegde
Professor & HOD,
Department of Dravyaguna,
SDM College of Ayurveda,
Hassan, Karnataka



Dr. Bhupesh R Patel
Associate Professor,
Department of Dravyaguna,
ITRA,
Jamnagar, Gujarat

Chief coordinator : Dr Rekha Parmar

Professor, Dravyaguna Vigyana,
Parul Institute of Ayurved, Faculty of Ayurved, Parul University

Link to join: <https://meet.google.com/cdd-khnm-tan>

Associate Partners :



PHARMAAYURVED ONLINE RESEARCH JOURNAL FOR PHARMACY, AYURVED AND ALLIED SCIENCES

**A special issue On “Nishkruti” organized by Gujarat Board of Ayurvedic
& Unani System of Medicine and Parul University (Department Of
Dravyaguna)**

<http://www.pharmaayurved.in/>

SPECIFIC *EKALA USHADHI PRAYOGA* FOR *ASTHIVAHA STROTAS* W.S.R. TO *KHALITYA* AND *PALITYA* ACCORDING TO *SUSHRUTA*.

AUTHORS

1. Payalba chudasama, 1st year P.G. scholar *Dravyaguna* department, J.S. Ayurveda mahavidhyalya, nadiad, Gujarat
2. Sejalben Gadhvi, 1st year P.G. scholar *Dravyaguna* department, J.S. Ayurveda mahavidhyalya, nadiad, Gujarat

Abstract

Because of unorganized & imbalanced diet pattern and hard & fast metro life- style , senile degenerative and premature ageing process starts at very young age which are irreversible after onset . But with proper care one can slower down or delay the particular ageing process in which skin loosening, wrinkles, premature greying of hair, baldness, weakening of bones, eye- sight , hearing ability , reduction of body- strength, loss of appetite, poor digestion , loss of memory etc. are Included . Among these all male pattern baldness and premature graying are most common problems of today’s generation which weakens self confidence of particular because it worsens the look of particular. These problems can be prevented as well as managed by some proper care and single drug remedies which have been mentioned in *Sushruta samhita*. Goal was to compile effective and economic remedies viz. Single drug remedies which can be used by persons belonging to any class of society and they can delay such geriatric changes in their bodies. This paper contains etiology, types, signs & symptoms, treatment & single drug remedies with probable mechanism of action given in *Sushruta samhita* for *khalitya* and *palitya*.

For Corresponds:

Name of Author: **Dr. Payalba
chudasama**

For Corresponds:

Keywords: *asthivaha strotasa, khalitya-
palitya.*

INTRODUCTION

Geriatrics is a branch of modern medical science which deals with prevention or management of symptoms which develop as a result of senile degeneration or ageing process of human body.

Such geriatric symptoms include greying of hairs, thinning of hair or baldness or alopecia, loss of memory, weak hearing ability and eye-sight, osteopenia, poor digestion, least body strength and vigor etc...

All such changes are irreversible if occurred once but we can delay the onset of such changes or stop the gradual progress of ageing process.

in *Ayurveda* there are a lot of things which can help to prevent or manage such geriatric symptoms which comes under *Rasayana* and *Vajikaranchikitsa* and even some description is given under the heading of *Kshudrarogachikitsa*, *Urdhvajatruvikara* and even in *Panchkarma* therapy.

Among all above mentioned symptoms premature greying of hairs and alopecia or male pattern baldness both are burning issue for today's generation because these both are signs of ageing and because of hard & fast life-style and incompatible food habits these happen in very young age.

These both changes not only weaken the confidence of youth working in corporate world but also worsen the look of particular but the solutions which are available for these problems are so expensive and can't be afforded by each and every individual.

In *Ayurveda* alopecia is known as *Khalitya* and premature greying is known as *Palitya*. This paper is about geriatric care with *Ekal aushadhi* for *Asthivaha Strotas* Disease W.S.R. to *Khalitya* and *Palitya* especially from *Sushruta Samhita*.

Asthivahastrotasa include *Asthibheda*, *Asthishoola* and *Kesha*, *Shmasru*, *Loma*, *Nakhadosha* etc. And *Kesha*, *Shmasru*, *Loma*, *Nakha*, *Dantaare Mala* of *AshtiDhatu*.

That's why *Khalitya* and *Palitya* are also *Asthivahastrotasa* disease and also geriatric change.

MATERIAL & METHODS

All *Ekal aushadhi Prayoga* given in this paper is from *Sushruta Samhita*'s below mentioned chapters:

- 1) *Sushruta Samhita Nidanasthana* chapter13¹
- 2) *Sushruta Samhita Chikitsasthana* chapter20²
- 3) *Sushruta Samhita chikitsasthana* chapter01³
- 4) *Sushruta Samhita Uttara tantra* chapter63-66⁴
- 5) *Sushruta Samhita Chikitsasthana* chapter25⁵

Khalitya: according to *Sushruta Samhita* *Vayu* and *Pitta* burn the hair roots and *Kapha* fills those hair follicles which stops the regrowth of hair.

Khalitya is also known as *Indralupta* or *Rujya*

Palitya: *Palitya* means greying of hairs. There are 3 types of *Palitya* according to *Sushruta Samhita*. Excessive increased *Pitta* burn the hairs and cause premature greying of hairs.

1. *Vataj* :- In this type of *Palitya* the colour of hairs will be of *Shyava* or *Arunavarna*
2. *Pittaj* :- In this type of *Palitya* the colour of hairs will be of *Haridra*, *Pingal*, *Tamravarna*
3. *Kaphaj* :- in this type of *Palitya* the colour of hairs will be of *Shveta* or *Panduvarna*

Etiology:

The causative factors for *Khalitya* and *Palitya* and which are most relevant for present era :

- Excessive hot, spicy food
- Excessive sour, salty and pungent food
- Excessive use of baking soda
- Nutrition less foods like junk food, fast food etc.
- Excessive stress, anger etc.

Various *ekala aushadhi prayoga* for *Khalitya* according to *Sushruta Samhita*.

- Gunja* seeds paste application
- Oil made up with *karavira*
- Oil made up of *Dhatturapatra*
- Paste made up of *Hastidanta*
- Paste made up of *Bhasma* of *khura* of *Chatuspadaprani*

Various *ekala aushadhi prayoga* for *Palitya* according to *Sushruta Samhita*.

- Nasya* with *ghee* daily
- Shirobasti* and *Shirodhara* with *ghee* or *Dugdha*
- Amalakirasayanasevan* daily
- Paste of *Amalakichurna* soaked with *Takra* in iron vessel can be used for *keshaRanjana*
- Paste of *Kashisha*, *Manahshila*, *Bibhitaka*, *Bhringaraj* etc.

Discussion:

As we all know *Rasayana* therapy should started since early age before the signs and symptoms of greying start appearing, this will delay the ageing process.

So with above mentioned measure from *Dinacharya* and *Rasayanchikitsa* we can prevent geriatric changes and also with some economic *ekal aushadhi prayoga* we can manage such changes if one is already suffering from it already.

In the treatment of *Khalitya* the remedies given are either *Ushna*, *Tikshna* which can penetrate or subside the *Kapha* which stops regrowth of hair or these remedies are *Dravya*, *Guna* or *Karmasamanya* with *Asthidhatu* like *Khura* or *Asthibhasma* or *Dantabhasma* of animals that's why similar things will increase the similar antity.

And in the treatment of *Palitya* the remedies are either having *pittashamana* properties like *sheetaveerya* and *Guruguna* or having pigmenting agents like in *bibhitaka*, *nili*, *bhringaraj*etc..

Result:

All the above mentioned causative factors should be avoided as much as possible and all the above mentioned remedies are time tested and economic solutions given by the great author *Maharshi Sushruta*.

REFERENCE:

1. *Maharshi Sushrutakrit Sushruta Samhita* ; Translated by Lakshmidhar Dwivedi ; Edition 1997 by Chaukhambha Sanskrit publications, Vol-2 , *Nidanasthana* chapter 13, page no 103
2. ¹*Maharshi Sushrutakrit Sushruta Samhita* ; Translated by Lakshmidhar Dwivedi ; Edition 1997 by Chaukhambha Sanskrit publications, Vol-2 , *Chikitsasthana* chapter 20, page no 527
3. ¹*MaharshiSushrutakritSushrutaSamhita* ; Translated by *Lakshmidhar Dwivedi* ; Edition 1997 by Chaukhambha Sanskrit publications, Vol-2 , *Chikitsasthana* chapter 01, page no403
4. *Maharshi Sushrutakrit Sushruta Samhita* ; Translated by Lakshmidhar Dwivedi ; Edition 1997 by Chaukhambha Sanskrit publications, Vol-3 , *Uttarasthana* chapter 63-64, page no
5. ¹*Maharshi Sushrutakrit Sushruta Samhita* ; Translated by Lakshmidhar Dwivedi ; Edition 1997 by Chaukhambha Sanskrit publications, Vol-2 , *Chikitsasthana* chapter 25, page no 593

Pharmaayurved.in

PHARMAAYURVED ONLINE RESEARCH JOURNAL FOR PHARMACY, AYURVED AND ALLIED SCIENCES

A special issue On “Nishkruti” organized by Gujarat Board of Ayurvedic & Unani System of Medicine and Parul University (Department Of Dravyaguna)

<http://www.pharmaayurved.in/>



**Gujarat Board of Ayurvedic &
Unani System of Medicine**
& **Parul University** Jointly organising



निष्कृतिः

Pre-International Conference
Theme Geriatric Diseases –Care and Cure

Organized by : Department of Dravyaguna, Faculty of Ayurved, Parul University
Date : 16th October 2021 | Time : 9:30am onwards



Patrons



Dr. Komal Patel
Director - Medical & Paramedical
Member of BOG, Parul University



Dr. Hemant D. Toshikhane
Dean - Faculty of Ayurved,
Parul University



Dr. Bhagwan G. Kulkarni
Principal - Parul Institute of
Ayurved & Research, Parul University

Eminent Speakers



Dr. Prakash L Hegde
Professor & HOD,
Department of Dravyaguna,
SDM College of Ayurveda,
Hassan, Karnataka



Dr. Bhupesh R Patel
Associate Professor,
Department of Dravyaguna,
ITRA,
Jamnagar, Gujarat

Chief coordinator : Dr Rekha Parmar

Professor, Dravyaguna Vigyana,
Parul Institute of Ayurved, Faculty of Ayurved, Parul University

Link to join: <https://meet.google.com/cdd-khnm-tan>

Associate Partners :



PHARMAAYURVED ONLINE RESEARCH JOURNAL FOR PHARMACY, AYURVED AND ALLIED SCIENCES

**A special issue On “Nishkruti” organized by Gujarat Board of Ayurvedic
& Unani System of Medicine and Parul University (Department Of
Dravyaguna)**

<http://www.pharmaayurved.in/>

SPECIFIC *EKALA USHADHI PRAYOGA* FOR *ASTHIVAHA STROTAS* W.S.R. TO *KHALITYA* AND *PALITYA* ACCORDING TO *SUSHRUTA*.

AUTHORS

1. Payalba chudasama, 1st year P.G. scholar *Dravyaguna* department, J.S. Ayurveda mahavidhyalya, nadiad, Gujarat
2. Sejalben Gadhvi, 1st year P.G. scholar *Dravyaguna* department, J.S. Ayurveda mahavidhyalya, nadiad, Gujarat

Abstract

Because of unorganized & imbalanced diet pattern and hard & fast metro life- style , senile degenerative and premature ageing process starts at very young age which are irreversible after onset . But with proper care one can slower down or delay the particular ageing process in which skin loosening, wrinkles, premature greying of hair, baldness, weakening of bones, eye- sight , hearing ability , reduction of body- strength, loss of appetite, poor digestion , loss of memory etc. are Included . Among these all male pattern baldness and premature graying are most common problems of today's generation which weakens self confidence of particular because it worsens the look of particular. These problems can be prevented as well as managed by some proper care and single drug remedies which have been mentioned in *Sushruta samhita*. Goal was to compile effective and economic remedies viz. Single drug remedies which can be used by persons belonging to any class of society and they can delay such geriatric changes in their bodies. This paper contains etiology, types, signs & symptoms, treatment & single drug remedies with probable mechanism of action given in *Sushruta samhita* for *khalitya* and *palitya*.

For Corresponds:

Name of Author: **Dr. Payalba
chudasama**

For Corresponds:

Keywords: *asthivaha strotasa, khalitya-
palitya.*

INTRODUCTION

Geriatrics is a branch of modern medical science which deals with prevention or management of symptoms which develop as a result of senile degeneration or ageing process of human body.

Such geriatric symptoms include greying of hairs, thinning of hair or baldness or alopecia, loss of memory, weak hearing ability and eye-sight, osteopenia, poor digestion, least body strength and vigor etc...

All such changes are irreversible if occurred once but we can delay the onset of such changes or stop the gradual progress of ageing process.

in *Ayurveda* there are a lot of things which can help to prevent or manage such geriatric symptoms which comes under *Rasayana* and *Vajikaranchikitsa* and even some description is given under the heading of *Kshudrarogachikitsa*, *Urdhvajatruvikara* and even in *Panchkarma* therapy.

Among all above mentioned symptoms premature greying of hairs and alopecia or male pattern baldness both are burning issue for today's generation because these both are signs of ageing and because of hard & fast life-style and incompatible food habits these happen in very young age.

These both changes not only weaken the confidence of youth working in corporate world but also worsen the look of particular but the solutions which are available for these problems are so expensive and can't be afforded by each and every individual.

In *Ayurveda* alopecia is known as *Khalitya* and premature greying is known as *Palitya*. This paper is about geriatric care with *Ekal aushadhi* for *Asthivaha Strotas* Disease W.S.R. to *Khalitya* and *Palitya* especially from *Sushruta Samhita*.

Asthivahastrotasa include *Asthibheda*, *Asthishoola* and *Kesha*, *Shmasru*, *Loma*, *Nakhadosha* etc. And *Kesha*, *Shmasru*, *Loma*, *Nakha*, *Dantaare Mala* of *AshtiDhatu*.

That's why *Khalitya* and *Palitya* are also *Asthivahastrotasa* disease and also geriatric change.

MATERIAL & METHODS

All *Ekal aushadhi Prayoga* given in this paper is from *Sushruta Samhita*'s below mentioned chapters:

- 1) *Sushruta Samhita Nidanasthana* chapter13¹
- 2) *Sushruta Samhita Chikitsasthana* chapter20²
- 3) *Sushruta Samhita chikitsasthana* chapter01³
- 4) *Sushruta Samhita Uttara tantra* chapter63-66⁴
- 5) *Sushruta Samhita Chikitsasthana* chapter25⁵

Khalitya: according to *Sushruta Samhita* *Vayu* and *Pitta* burn the hair roots and *Kapha* fills those hair follicles which stops the regrowth of hair.

Khalitya is also known as *Indralupta* or *Rujya*

Palitya: *Palitya* means greying of hairs. There are 3 types of *Palitya* according to *Sushruta Samhita*. Excessive increased *Pitta* burn the hairs and cause premature greying of hairs.

1. *Vataj* :- In this type of *Palitya* the colour of hairs will be of *Shyava* or *Arunavarna*
2. *Pittaj* :- In this type of *Palitya* the colour of hairs will be of *Haridra*, *Pingal*, *Tamravarna*
3. *Kaphaj* :- in this type of *Palitya* the colour of hairs will be of *Shveta* or *Panduvarna*

Etiology:

The causative factors for *Khalitya* and *Palitya* and which are most relevant for present era :

- Excessive hot, spicy food
- Excessive sour, salty and pungent food
- Excessive use of baking soda
- Nutrition less foods like junk food, fast food etc.
- Excessive stress, anger etc.

Various *ekala aushadhi prayoga* for *Khalitya* according to *Sushruta Samhita*.

- Gunja* seeds paste application
- Oil made up with *karavira*
- Oil made up of *Dhatturapatra*
- Paste made up of *Hastidanta*
- Paste made up of *Bhasma* of *khura* of *Chatuspadaprani*

Various *ekala aushadhi prayoga* for *Palitya* according to *Sushruta Samhita*.

- Nasya* with *ghee* daily
- Shirobasti* and *Shirodhara* with *ghee* or *Dugdha*
- Amalakirasayanasevan* daily
- Paste of *Amalakichurna* soaked with *Takra* in iron vessel can be used for *keshaRanjana*
- Paste of *Kashisha*, *Manahshila*, *Bibhitaka*, *Bhringaraj* etc.

Discussion:

As we all know *Rasayana* therapy should started since early age before the signs and symptoms of greying start appearing, this will delay the ageing process.

So with above mentioned measure from *Dinacharya* and *Rasayanchikitsa* we can prevent geriatric changes and also with some economic *ekal aushadhi prayoga* we can manage such changes if one is already suffering from it already.

In the treatment of *Khalitya* the remedies given are either *Ushna*, *Tikshna* which can penetrate or subside the *Kapha* which stops regrowth of hair or these remedies are *Dravya*, *Guna* or *Karmasamanya* with *Asthidhatu* like *Khura* or *Asthibhasma* or *Dantabhasma* of animals that's why similar things will increase the similar antity.

And in the treatment of *Palitya* the remedies are either having *pittashamana* properties like *sheetaveerya* and *Guruguna* or having pigmenting agents like in *bibhitaka*, *nili*, *bhringaraj*etc..

Result:

All the above mentioned causative factors should be avoided as much as possible and all the above mentioned remedies are time tested and economic solutions given by the great author *Maharshi Sushruta*.

REFERENCE:

1. *Maharshi Sushrutakrit Sushruta Samhita* ; Translated by Lakshmidhar Dwivedi ; Edition 1997 by Chaukhambha Sanskrit publications, Vol-2 , *Nidanasthana* chapter 13, page no 103
2. ¹*Maharshi Sushrutakrit Sushruta Samhita* ; Translated by Lakshmidhar Dwivedi ; Edition 1997 by Chaukhambha Sanskrit publications, Vol-2 , *Chikitsasthana* chapter 20, page no 527
3. ¹*MaharshiSushrutakritSushrutaSamhita* ; Translated by Lakshmidhar Dwivedi ; Edition 1997 by Chaukhambha Sanskrit publications, Vol-2 , *Chikitsasthana* chapter 01, page no403
4. *Maharshi Sushrutakrit Sushruta Samhita* ; Translated by Lakshmidhar Dwivedi ; Edition 1997 by Chaukhambha Sanskrit publications, Vol-3 , *Uttarasthana* chapter 63-64, page no
5. ¹*Maharshi Sushrutakrit Sushruta Samhita* ; Translated by Lakshmidhar Dwivedi ; Edition 1997 by Chaukhambha Sanskrit publications, Vol-2 , *Chikitsasthana* chapter 25, page no 593

Pharmaayurved.in

PHARMAAYURVED ONLINE RESEARCH JOURNAL FOR PHARMACY, AYURVED AND ALLIED SCIENCES

A special issue On “Nishkruti” organized by Gujarat Board of Ayurvedic & Unani System of Medicine and Parul University (Department Of Dravyaguna)

<http://www.pharmaayurved.in/>



**Gujarat Board of Ayurvedic &
Unani System of Medicine**
& **Parul University** Jointly organising



निष्कृतिः

Pre-International Conference
Theme Geriatric Diseases –Care and Cure

Organized by : Department of Dravyaguna, Faculty of Ayurved, Parul University
Date : 16th October 2021 | Time : 9:30am onwards



Patrons



Dr. Komal Patel
Director - Medical & Paramedical
Member of BOG, Parul University



Dr. Hemant D. Toshikhane
Dean - Faculty of Ayurved,
Parul University



Dr. Bhagwan G. Kulkarni
Principal - Parul Institute of
Ayurved & Research, Parul University

Eminent Speakers



Dr. Prakash L Hegde
Professor & HOD,
Department of Dravyaguna,
SDM College of Ayurveda,
Hassan, Karnataka



Dr. Bhupesh R Patel
Associate Professor,
Department of Dravyaguna,
ITRA,
Jamnagar, Gujarat

Chief coordinator : Dr Rekha Parmar

Professor, Dravyaguna Vigyana,
Parul Institute of Ayurved, Faculty of Ayurved, Parul University

Link to join: <https://meet.google.com/cdd-khnm-tan>

Associate Partners :



PHARMAAYURVED ONLINE RESEARCH JOURNAL FOR PHARMACY, AYURVED AND ALLIED SCIENCES

A special issue On “Nishkruti” organized by Gujarat Board of Ayurvedic
& Unani System of Medicine and Parul University (Department Of
Dravyaguna)

<http://www.pharmaayurved.in/>

SPECIFIC *EKALAAUSHADHI* PROYOGAS FOR *ASTHIVAHA SROTAS* IN *BRUHATRAYEE*.

AUTHORS

1. Ankita Anant Manav, MD scholar, Department of Dravyaguna, ITRA, Jamnagar.
2. Parul Anand, PhD scholar, Department of Dravyaguna, ITRA, Jamnagar.
3. Bhupesh Patel, Associate Professor, Department of Dravyaguna, ITRA, Jamnagar.

Abstract

Introduction: *Srotas* or channels performing process of transportation & distributed through- out the body. The *Srotas* supply nutrients to the tissue, transport of *Vayu*, maintain physiological balance, helps to maintain metabolic & digestive activities of body. Improper functioning of *Srotas* can leads to pathological events. Causes of vitiation of *Asthivaha Srotas* are over indulgence in exercise causing excessive pressure and abrasion of bones, also intake of food that vitiate *Vata*. *Asthivaha Srotas Dushti Lakshana* mentioned in Classics includes *Adhyaasthi*, *Dantabheda*, *Asthibheda*, *Asthishoola*, *Asthivivarnata*, *Dantavivarnata*, *Kesha-Loma-Nakha-Smashru Dosha*, *Kunakha*, *Asthitoda*, etc. Among that *Asthivedana*, *Katishoola*, *Dantshoola*, *Keshapatana*, & *Sandhishoola* are most prevalent conditions in day today life. In modern medicine surveyed 22 States of India on Syndrome of bone disease and diformities. Data described as patients identified with the disorders of bone & mineral metabolism 52%, nutritional bone disease 43%, skeletal fluorosis 5% etc. Aim of present study is to compile *Ekalaushadhi Prayoga* for *Asthivaha Srotas* which has some inherent advantages like easy to source and process, drug-drug interaction free etc, which are mentioned in *Bruhatrayee*. **Materials & Methods:** *Bruhatrayee* i.e *Charak Samhita*, *Shushruta Samhita*, *Ashtang Sangraha* and *Ashtang hridya*. Conceptual review of *Ekalaushadhi*. **Results:** There are many references of *Ekalaushadhi* in *Bruhatrayee* being used for curing *Asthivaha Srotas Vikar* and also nourishing it. Also, they have been indicated particularly with their specific action. **Conclusion:** The Drugs which have *Madhur- Katu Rasa*, *Ushna Virya*, *Kaphavatahara* properties can be effective to treat *Asthivaha Srotas Vikar*.

For Corresponds:

Name of Author: **Dr. Ankita Anant Manav**

For Corresponds:

Keywords: *Asthivaha Srotas*, *Bruhatrayee*, *Ekalaushadhi*, etc.

INTRODUCTION

Ayurveda is a traditional system of Indian medicine which aims to promote health and wellness by maintaining equilibrium of the body. Natural medicinal herbs are an important component of this science which aim to protect the body from various ailments and offer a user a variety of health benefits including physical as well as mental health. In Ayurveda the term *Srotas* is used as dynamic inner transport system of body-mind-spirit organization in addition to circulatory system, which provides platform for activities of other important bio-factors like *Triguna*, *Tridoshas*, *Saptadhatu*, *Ojas*, *Agni* and *Mana*. *Charak* has explained that *Sravanat Srotansi* means the structure through which *Sravanam* takes place. *Chakradatta* has explained that *Sravanat* means *Sravanam* of *Rasadi Poshya Dhatu*. Thus, the word *Srotas* is used as a generic term indicating all the macro and micro channels and pathways operating in the living organism.

Among all the *Srotas*, *Asthivaha Srotas* having its own importance with its susceptibility to get vitiated and giving rise to different disorders. *Asthivahanaamsrotasammedomoolamjaghanam cha*¹ (Ref- Charaka Viman 5/7) According to *Charak*, the roots of *Asthivaha Srotas* are located in *Meda* and *Jaghan*-Hip bone, since in the chronology of formation of dhatus, *Asthi* is formed after *Meda*. *Acharya Sushruta* has not mentioned *Asthivaha Srotas* in his list of *Srotas*. Symptoms of vitiation of *Asthivaha Srotas* including *Adhyasthi*-Extra growth of bone tissue, *Adhidanta*- Extra growth of teeth, *Dant bheda*, *shoola*, *Asthibheda*, *shoola*, *Vivarnata*, *Kesha dosha*, *Loma dosha*, *Shmashru dosha*.² Causes for vitiation of *Asthivaha Srotas*-*Vyaayaama*, *Atisankshobha*, *Asthivighattana*, *Vaatala Ahara*³ The diseases getting their origin from the vitiation of *Asthivaha Srotas* should be managed by the administration of *Panchkarma* Treatments, including *Vamana*, *Virechana*, *Asthapan Basti*, *Anuvasan Basti*, & *Nasya*. *Basti Chikitsa* and *Tiktaksheera* & *Sarpi*.⁴ (Ref Charaka Sutra 28/27). Therefore, specific *Ekalaushadhi* (single drugs) mentioned in *Bruhatrayee* were compiled through this study which have their indication to treat *Asthivaha Srotas* disorders easily.

AIM & OBJECTIVE:

To compile references of *Ekalaushadhi* in *Bruhatrayee* being used for curing *Asthivaha Srotas Vikar* and also nourishing it.

MATERIALS AND METHODS:

Materials:

1. *Charak Samhita* were reviewed in context of *Ekalaushadhi prayoga* for *Asthivaha Srotas*.
2. *Shushruta Samhita* were reviewed in context of *Ekalaushadhi prayoga* for *Asthivaha Srotas*.
3. *Ashtang Sangraha* were reviewed in context of *Ekalaushadhi prayoga* for *Asthivaha Srotas*.
4. *Ashtang Hridya* were reviewed in context of *Ekalaushadhi prayoga* for *Asthivaha Srotas*.

Methods:

Conceptual review of *Ekalaushadhi Chikitsa* for *Asthivaha Srotas*.

Compilation of various form of *Ekalaushadhi* for *Asthivaha Srotas* used in *Bruhatrayee*

OBSERVATIONS:

After a complete review of *Bruhatrayee*, it has been observed that all sources of Dravya -plant origin, animal origin, and metal origin have been taken for use as *Ekalaushadhi* in *AsthivahaSrotas*. *Ekalaushadhi* have been classified in following table.

Table 1. List of *Ekalaushadhi* mentioned in *Charaka Samhita*(Preventive Aspect) used in *Asthivaha Srotas*⁵

1.	Milk	<i>Sandhanam</i>	Cha.Su.1/130
2.	<i>Sandhaniya,Balya,Vedanasthapan, Angamardaprashaman Mahakashaya</i>		Cha.Su.4
3.	<i>Karnja/Karvira/Arka/Malati/Arjuna</i>	<i>Danta-dardhyakar</i>	Cha.Su.5/73
4.	<i>Til taila-Shiro dharan</i>	<i>Khalitya -Palitya</i>	Cha.Su.5/182
5.	<i>Majja Sneha</i>	<i>Asthyanamchbalakruta</i>	Cha.Su.13/17
6.	<i>Yashthimadhu</i>	<i>Keshya</i>	Cha.Su.25/40
7.	<i>Shastika Dhanya</i>	<i>Sthirratmaka</i>	Cha.Su.27/13
8.	<i>Yava</i>	<i>Sthyairyakruta</i>	Cha.Su.27/19
9.	<i>Godhuma</i>	<i>Sthyairyakar</i>	Cha.Su.27/21
10.	<i>Til</i>	<i>Keshya, Balya</i>	Cha.Su.27/30
11.	<i>Madhu</i>	<i>Sandhankruta</i>	Cha.Su.27/245
12.	<i>Tulasi</i>	<i>Parshvashoola-vinashana</i>	Cha.Su.27/169

Table.2-List of *Ekalaushadhi* mentioned in *Charaka Samhita* (Curative Aspect) used in *Asthivaha Srotas*

1.	<i>Laksha churna</i> along with honey & milk	<i>Urahkshata</i>	Cha.Chi.11/15
2.	<i>Yava Prayog</i> with Ghee and milk	<i>Urahkshata</i>	Cha.Chi.11/19
3.	<i>Naagbala Kalpa</i>	<i>Urahkshata</i>	Cha.Chi.11/91
4.	<i>SarshapalepawithGomutra</i>	<i>Urustambha</i>	Cha.Chi.27/53
5.	<i>Mansa upanah</i>	<i>Vatavyadhi</i>	Cha.Chi.28/108
6.	<i>Nirgundi taila-abhyagartha</i>	<i>Vatjanitvedana</i>	Cha.Chi.28/134
7.	<i>Amshumati Kshirpaka</i>	<i>Vaatarakta</i>	Cha.Chi.29/80
8.	<i>Erandtaila</i> with milk	<i>Jirna -Bahudosha</i> <i>Vaatvyadhi</i>	Cha.Chi.29/83
9.	<i>Madhuka taila</i>	<i>Vaatarakta</i>	Cha.Chi.29/106

10.	<i>Madhushigru</i>	<i>Vaatarakta</i>	<i>Cha.Chi.29/151</i>
-----	--------------------	-------------------	-----------------------

Table.3-List of *Ekalaushadhi* mentioned in *ShushritaSamhita* (Preventive Aspect) used in *Asthivaha Srotas*⁶

1.	<i>Rasonkanda</i>	<i>Asthi-bhagnasandhankar</i>	Su. Su. 46/244
----	-------------------	-------------------------------	----------------

Table 4.-List of *Ekalaushadhi* mentioned in *Sushrita Samhita* (Curative Aspect) used in *Asthivaha Srotas*

1.	<i>Kulatthayusha</i>	<i>Vatajshola</i>	Su. U.42/93
2.	<i>Bijapurakphalaswaras siddha dugdha</i>	<i>Parshwashoola</i>	Su. U. 42/122
3.	<i>Hastidantamashi</i>	<i>Romasanjanan</i>	Su. Chi.1/103
4.	<i>Gunja Lepa</i>	<i>Indralupta</i>	Su. Chi.20/25
5.	<i>Ksharproyog</i>	<i>Dantvaidarbha</i>	Su. Chi.22/22
6.	<i>Lakshachurna + Madhu</i>	<i>DantaSharkara</i>	Su. Chi.22/22

Table 5-List of *Ekalaushadhi* mentioned in *Ashtang Hridya*(Preventive Aspect) used in *Asthivaha Srotas*⁷

1.	<i>Godugdha</i>	<i>Balya, Shramhar, Rasaayan</i>	A.H.Su.5/21-22
2.	<i>Hastini dugdha</i>	<i>Sthairyakar</i>	A.H.Su.5/27
3.	<i>Ekashafadugdha</i>	<i>Shakhavathar</i>	A.H.Su.5/28
4.	<i>Madhu</i>	<i>Vrana-Shodhan-Sandhan-Ropan</i>	A.H.Su.5/52
5.	<i>Priyangu dhanya</i>	<i>Bhagnasandhankrut</i>	A.H.Su.6/12
6.	<i>Godhum</i>	<i>Sandhankari, Sthairyakar</i>	A.H.Su.6/15

Table 6.-List of *Ekalaushadhi* mentioned in *Ashtang Hridya* (Curative Aspect) used in *Asthivaha Srotas*

1.	<i>Shalparni Ksheerapaka</i>	<i>Hritshoola</i>	A.H.Chi.21/17
2.	<i>Dharoshnadugdha/Gomutra</i>	<i>Vaatrakta</i>	A.H.Chi.22/9
3.	<i>Kokilakshakwath</i>	<i>Vaatrakta</i>	A.H.Chi.22/18
4.	<i>Ksharchurna with madhu-Pratisaran</i>	<i>Dantasharkara</i>	A.H.Chi.22/17

5.	<i>Kshar-Nasya & Gandush</i>	<i>Dantvidarbha</i>	A.H.Chi.22/39
6.	<i>Gunja Moola & Phala/ Dhattur Patra/ BhallatakSwaras</i>	<i>Indralupta</i>	A.H.Chi.24/29
7.	<i>HastidantMashi</i>	<i>Indralupta</i>	A.H.Chi.24/31
8.	<i>Mesha-ShringaMashiwith taila Lepartha</i>	<i>Palitya</i>	A.H.Chi.24/32
9.	<i>Laksha Proyog</i>	<i>Bhagna</i>	A.H.Chi.27/21

Table 7-List of *Ekalaushadhi* mentioned in *Ashtang Samgraha*(Preventive Aspect) used in *Asthivaha Srotas*⁸

1.	<i>Mansaras</i>	<i>Bagna-Vishlishtha Sandhi Used</i>	A.S.Su 7/33
2.	<i>Talphal</i>	<i>Keshya</i>	A.S.Su 7/158
3.	<i>BibhitakiMajja</i>	<i>Keshya</i>	A.S.Su 12/24

Table 8.-List of *Ekalaushadhi* mentioned in *AshtangSamgraha*(Curative Aspect) used in *Asthivaha Srotas*

1.	<i>Yashtimadhu</i>	<i>Vatrakta</i>	A.S.Chi.24/16
----	--------------------	-----------------	---------------

DISCUSSION:

Asthivaha srotas diseases can be well managed by providing nutrition to all the *Dhatus* and *Rasayana* drugs. All the drugs mentioned above have got the properties of providing nourishment to the dhatus. *Mansrasa* has *Vrihana*, *Prinana* properties thereby indicated in *Vata Rogas*. *Talafala* is *Keshya*, *Rasayana* and *Medhya*. *Bibhitiki* is *Kashaya*, *Madhura Vipaki* but *Shleshmapittahara*, while *Bibhitaki Majja* is *Keshya* which is evident that it has got *dhatu poshana karma* also. *Madhuyashti* has got the properties like *Snehana*, *Keshya*, *Varnya*, *Balya* and *Vrishya* which helps in *Sandhana karma* at various levels. *Kokilaksha* being *Madhura Snigdha*, *Santarpan*, *Balya* helps in *Asthidhatu Sandhana*. *Yava* is mentioned as *Sthairyakara* which indicates that it can nourish the *Dhatus* and *Srotas* as *Aahara* (diet). *Naagbala* being *Uttam Rasayana* and *Pushtidayaka* also acts as tonic in *Asthivaha Srotas*. *Karanja* being *Vataghna*, relieves the *Asthivaha Srotas Vyadhi* by the principle of *Vyadhipratyaneekatwa*. *Aaharadravyas* like *Shashtidhanya*, *Godhuma*, *Tila*, *Madhu* also have *Sandhanakara* and *Santarpana* properties which justify their role as diet in such disorders. *Shalaparni*, having its role in *Kshaya*, helps nourish the *Srotas* as a whole. *Erand* being *Vrishya Vatahara* is best in musculoskeletal system disorders, hence can be advocated in maximum diseases.

CONCLUSION:

All the drugs indicated on *Asthivaha Strotas Vyadhi* have *Snigdha, Snehana, Vrihana, Rasayana* and *Balya* properties. Maximum drugs are *Katu, Madhur rasa, Ushna Virya* and carry *Tikshnaguna* which helps deep penetration of the drugs. Some drugs carry the properties of being *Keshya* which can be interpreted as acting on *Dhatuposhana Krama* thereby helping to heal the *Asthivaha Strotas*. Hence it can be concluded that above mentioned drugs can be used in different diseases forms in musculoskeletal disorders.

REFERENCE:

1. Agniveshakrit, Charaka samhita, Reprint Edition, Edited with Charaka- Chandrica by Brahmanand Tripathi and Published by Chaukhamba Surbharati Prakashan, Varanasi-221001, Part I, Vimansthan 5/7, pg.697
2. Agniveshakrit, Charaka samhita, Reprint Edition, Edited with Charaka- Chandrica by Brahmanand Tripathi and Published by Chaukhamba Surbharati Prakashan, Varanasi-221001, Varanasi-221001, Part I, Vimansthan 5/17, pg.699
3. Agniveshakrit, Charaka samhita, Reprint Edition, Edited with Charaka- Chandrica by Brahmanand Tripathi and Published by Chaukhamba Surbharati Prakashan, Varanasi-221001, Varanasi-221001, Part I, Sutrasthan 28/16, pg.548
4. Agniveshakrit, Charaka samhita, Reprint Edition, Edited with Charaka- Chandrica by Brahmanand Tripathi and Published by Chaukhamba Surbharati Prakashan, Varanasi-221001, Varanasi-221001, Part I, Sutrasthan 28/27, pg.550
5. Agniveshakrit, Charaka samhita, Reprint Edition, Part I-II, Edited with Charaka- Chandrica by Brahmanand Tripathi and Published by Chaukhamba Surbharati Prakashan, Varanasi-221001
6. Acharya Susruta, Susruta Samhita, Reprint Edition, Part I & II, Edited with Ayurveda – Tattva – Sandipika by Kaviraja Ambikadutta Shastri, Chaukhambha Sanskrit Sansthan, Varanasi-221001, 2005.
7. Acharya Vagbhata, Ashtangahridayam, Reprint Edition, Edited with Nirmala Hindi Commentary by Brahmanand Tripathi, Chaukhambha Sanskrit Pratishthan New Delhi-110003.
8. Vagabhat, Astanga Samgraha, Edited by Kaviraj Atridev Gupta, Chaukhambha Krishnadas Academy, Banaras, 2005

PHARMAAYURVED ONLINE RESEARCH JOURNAL FOR PHARMACY, AYURVED AND ALLIED SCIENCES

A special issue On “Nishkruti” organized by Gujarat Board of Ayurvedic & Unani System of Medicine and Parul University (Department Of Dravyaguna)

<http://www.pharmaayurved.in/>



**Gujarat Board of Ayurvedic &
Unani System of Medicine**
& **Parul University** Jointly organising



निष्कृतिः

Pre-International Conference
Theme Geriatric Diseases –Care and Cure

Organized by : Department of Dravyaguna, Faculty of Ayurved, Parul University
Date : 16th October 2021 | Time : 9:30am onwards



Patrons



Dr. Komal Patel
Director - Medical & Paramedical
Member of BOG, Parul University



Dr. Hemant D. Toshikhane
Dean - Faculty of Ayurved,
Parul University



Dr. Bhagwan G. Kulkarni
Principal - Parul Institute of
Ayurved & Research, Parul University

Eminent Speakers



Dr. Prakash L Hegde
Professor & HOD,
Department of Dravyaguna,
SDM College of Ayurveda,
Hassan, Karnataka



Dr. Bhupesh R Patel
Associate Professor,
Department of Dravyaguna,
ITRA,
Jamnagar, Gujarat

Chief coordinator : Dr Rekha Parmar

Professor, Dravyaguna Vigyana,
Parul Institute of Ayurved, Faculty of Ayurved, Parul University

Link to join: <https://meet.google.com/cdd-khnm-tan>

Associate Partners :



PHARMAAYURVED ONLINE RESEARCH JOURNAL FOR PHARMACY, AYURVED AND ALLIED SCIENCES

**A special issue On “Nishkruti” organized by Gujarat Board of Ayurvedic
& Unani System of Medicine and Parul University (Department Of
Dravyaguna)**

<http://www.pharmaayurved.in/>

ROLE OF RASAYANA DRAVYAS ON GERIATRIC CONDITIONS: CRITICAL ANALYSIS WITH SPECIAL REFERENCE TO CHARAK SAMHITA RASAYANA CHAPTERS

AUTHORS

1. Riddhi p sardhara, P.G.scholar, P.G Department of dravyaguna, J.S.Ayurveda Mahavidyalaya, Nadiad.
2. Gaurang prajapati, P.G.scholar, P.G Department of dravyaguna, J.S.Ayurveda Mahavidyalaya, Nadiad.
3. Vidhi bapna, HOD & Professor, P.G. Department of dravyaguna, J.S.Ayurveda Mahavidyalaya, Nadiad.

Abstract

The definition of sharira is *sheeryate anena iti shariram*, means which is constantly undergoing destruction, called sharira. In this destruction, more catabolism and low anabolism are taken place as the age grows more. It hampers immunity, digestion, strength, cardiac, mental, musculoskeletal, and overall health. *Jaravyadhi nashanashakam aushadhama rasayanam*. Rasayana therapy gives the highest and best features of that particular age. Also, those Rasayana drugs like, *Amalaki, Nagabala, Haritaki, Bhallataka, Guduchi, Mandukaparni, Sankhapushpi, Yastimadhu, and pippali* has different-different aspects for rejuvenation in the body. So the full paper will discuss the properties and actions of these medicinal plants according to Ayurveda as well as recent research works on them. Contemporary correlation by the words anti-oxidants, anti-aging, immunity booster will be considered. All drugs are beneficial to revive the body by *rasa-ayanam*: by giving transformation of all seven *rasadidhatu* within the body. In this paper, all *Rasayana* drugs and their co-relation with geriatric problems will be discussed, and it comprises geriatric disease prevention and how to expand longevity by Rasayana drugs.

For Corresponds:

Name of Author: **Dr. RIDDHI P
SARDHARA**

For Corresponds:

Keywords: *Rasayana, jaravyadhi, geriatricdiseases, rejuvenation, Rasadi dhatu*

INTRODUCTION

Rasayana means which gives *rasadi* all *dhatu* maintain equilibrium and do appropriate work as their normal conditions, like *rasa dhatu karma- preenana*, *rakta dhatu karma- jeevana*, *mansa dhatu karma- lepana*, *meda dhatu karma – dharana*, *asthi dhatu karma – dharana*, *majja dhatu karma- poorana*, and *shukra dhatu karma – garbhotpadana*.¹ The definition of sharira is *sheeryate anena iti Shriram*,² means which is constantly undergoing destruction, called sharira.

In geriatric diseases mainly High Cholesterol, Chronic Kidney Disease, Heart Failure, Ischemic/Coronary Heart Disease, Arthritis, Depression, Alzheimer's disease and Dementia, Diabetes, Chronic Obstructive Pulmonary Disease are most common.

All Rasayana dravyas are different responses in the body, as they all are good in a different area of work in the body, like particularly *rasa dhatu vruddhi* and *kshaya* are maintain by particular one dravya (herb), thus all Rasayana dravya is important for all different 7 dhatus.

In *Charaka Samhita* benefits of rejuvenating therapy are mentioned like *Swasthsyorjaskara*- increases energy or strength of individuals or revitalizes a healthy person, *Dirghamayushya*- longevity, *Smriti*- enhances memory, *Medha*- refine intellect, *Aarogyam*- free from disease or remain healthy, *Tarunam Vayam* – keep best features of the individuals' specific age or delays the aging progression, *Prabha*, *Varna*, *Swaraudarya* – the excellence of voice, complexion, and luster, *Dehendriyabalam Pradam* – the estimable potentiality of the body and the sense organs.³

Materials and methods:

- Charaka samhita *Rasayanaadhyaya* four pada were studied.
- Single dravyas which were used as *Rasayanakarma* were sorted.
- Their functions, indications were compiled from *bhavaprakash nighantu*
- Modern researches regarding the above drugs were searched from peer-reviewed online journals
- The data so collected was critically analyzed, presented in tabular form and appropriate conclusions were derived.

Role of herbs used for Rejuvenation:

Amalaki (Emblica officinalis):

Ayurveda perspective:

Amalaki has *Raktapittahara*, *Pramehaghna*, *Vrishya*, *Rasayanaproperties*.⁴

Amalaki is useful to treat many geriatric diseases like *mutradosha*, *mutrakrichha*, *timira*, and *prameha*.⁵

Contemporary perspective:

Amalaki (Emblica officinalis) is testified to have bioactive compounds like tannins, flavonoids, saponins, terpenoids, and ascorbic acids.

Which are definite to have varied pharmacological activities like antimicrobial, antioxidant, anti-inflammatory, radio-protective, hepatoprotective, antitussive, immunomodulatory, hypolipidemic, and many other activities. This medicinal plant is also reported to have anticancer, anti-HIV-reverse transcriptase, antidiabetic, antidepressant, antiulcerogenic, wound healing activities.⁶

Haritaki (Terminalia chebula):

Ayurveda perspective:

Haritaki has *Rasayana*, *Chakshusya*, *Ayushya*, *Brimhanaproperties*.⁷

Haritaki is useful to treat *udararoga*, *aama*, *ajirna*, and *dorbalya*.⁸

Contemporary perspective:

Free radicals respond with organic particles and terminate the arrangement of cells, which ultimately causes free-radical stimulated diseases such as cancer, renal failure, aging, etc. They possess anti-superoxide radical formation or antioxidant activity.⁹

Nagabala:

Ayurveda perspective:

Nagabala has *Balya*, *Kantikrita*, *Snigdha* properties.¹⁰

Nagabala is beneficial in such geriatric diseases like *hridroga*, and *kshata*, *swasa*, *kasa* and *kshaya*.¹¹

Contemporary perspective:

Grewia tanex has the presence of phenolics, carbohydrates, alkaloids, flavonoids, and tannins in high amounts.

The antioxidant potential of *Grewia tanex* is been proved. Free radical scavenging potential of the plant has also been established Phytochemically.¹²

Bhallataka:

Ayurveda perspective:

Bhallataka has *Snigdha*, *Medhya*, *Vahnikruta*, *Pachaka* properties.¹³

Bhallataka treats various geriatric diseases like *indralupta*, *urustambha*, *grahani*, *swasa*, *atisara*.¹⁴

Contemporary perspective:

Semecarpus anacardium showed higher antioxidant activity. The comparison between antioxidant activities of the *Semecarpus anacardium* and standard antioxidant compounds shows near to similar. Thus the comprehensive use of these nuts took place as folk remedies.¹⁵

Guduchi:

Ayurveda perspective:

Guduchi has *Rasayana*, *Balya*, *Agnideepani*, *Tridosahara* properties. It is one of the important as well as very common herbs used in various Ayurvedic medicines.¹⁶

Guduchi is useful to treat *vatarakta*, *prameha*, *akshishoola*, and *timira*.¹⁷

Modern perspective:

The herb largely comprises Alkaloids, Glycosides, Steroids, Sesquiterpenoids.

Tinospora cordifolia has Antiulcer, Antidiabetic, Anti-inflammatory, Anticancer, Antiallergic activity. The pharmacological activities of *Guduchi* like Antioxidant, Antiaging in immune modulation in conditions like diabetes type-2, Antioxidant, Radioprotective properties.¹⁸

Mandukaparni:

Ayurveda perspective:

Mandukaparni has *Medhya*, *Swarya*, *Rasayana*, *Smrtiprada* properties.¹⁹

Mandukaparni is used for the treatment of *smritikshaya*, *udarroga*, and *kustha*.²⁰

Contemporary perspective:

Centella asiatica has potent antioxidant activity and depigmentation of the skin. *Centella asiatica* can stimulate the formation of collagen, thus reducing wrinkles in aging skin. It has an effect on collagen levels, elasticity, skin sensitivity, moisture content, and large pores.²¹

Sankhapuspi:

Ayurveda perspective:

Sankhapuspi has *Medhya*, *Vrushya*, *Rasayani*, *Smritikantiprada*, *Balya*, *Agnikruta* properties.²²

Sankhapuspi is beneficial in various diseases treatment like *dantaroga*, *unmada*, *apasmara*, and *medhakshaya*.²³

Contemporary perspective:

Sankhapuspi also possesses a high content of flavonoids and polyphenols.

Convolvulus pluricaulis exhibited antioxidant potential evident by free radical scavenging activities. Anti-oxidation means alleviate radical-induced cell destruction. It has antioxidant and anti-apoptotic properties too.²⁴

Yastimadhu:

Ayurvedic perspective:

Yastimadhu has *Chakshushya*, *Balya*, *Varnaprada*, *Shukrala*, *Keshya*, *Swarya* properties.²⁵

Yastimadhu is useful to treat geriatric diseases like *swarabheda*, *timira*, *apasmara*, *khalitya*, *vatarakta*, *hridroga*, and *kshatkshina roga*.²⁶

Contemporary perspective:

Glycyrrhiza glabra has many phytoconstituents like glycoside glycyrrhizic acid, flavonoids, starches.

Roots of licorice (*Glycyrrhiza glabra*) have found antioxidative activity in evaluation with ideal standard antioxidants. It is an effective natural antioxidant for substances that are oxidation-susceptible.²⁷

Pippali:

Ayurvedic perspective:

Pippali has *Snigdha*, *vrushya*, *medhya*, and *agnivardhini* properties.²⁸

Pippali is useful to treat *naktandhya*, *ajirna*, *sotha*, *prameha*, *grahani*, *twakaroga*, and *vatrakta*.²⁹

Contemporary perspective:

Piper longum has volatile oil, starch, alkaloids, saponins, carbohydrates, and amygdalin.³⁰

Pippali has antimicrobial and antioxidant, and anti-inflammatory activities.³¹

Table: 1 Ayurveda vis-à-vis contemporary view

Activities of Rejuvenating herbs	Direct or indirect correlation with the contemporary view
<i>Ayushya</i>	Gives healthy life
<i>Aama-hara</i>	Antioxidants

<i>Agni kruta</i>	Gives metabolic boosts
<i>Balya</i>	Strengthening
<i>Brimhana</i>	Body weight/bulk promoting.
<i>Chakshushya</i>	Good for eyesight / promoting vision.
<i>Deepana</i>	Appetizing
<i>Hridya</i>	Cardio-tonic
<i>Jeevani</i>	Life-giving
<i>Kantikrita</i>	Gives good luster to the skin
<i>Keshya</i>	Beneficial for hair
<i>Medhya</i>	Upholds retentive intellect
<i>Paachana</i>	good digestive
<i>Rasayani</i>	Rejuvenating
<i>Shukrala</i>	Promotes reproductive health
<i>Santarpana</i>	Nourishing
<i>Swarya</i>	Good for throat and voice
<i>Twachya</i>	Improves skin health
<i>Varnaprada</i>	Enhances skin complexion
<i>Vrushya</i>	Promotes semen
<i>Vayasthaapana</i>	Delays aging process, anti-aging
<i>Vyadhiksamatva</i>	Promote immunity
<i>Vishaghna</i>	Antipoisonous

Result and discussion: After critical analysis of the above observations the result is presented and discussed as below:

Table: 2 *dhatu* involvement in geriatric diseases that treat by given herbs

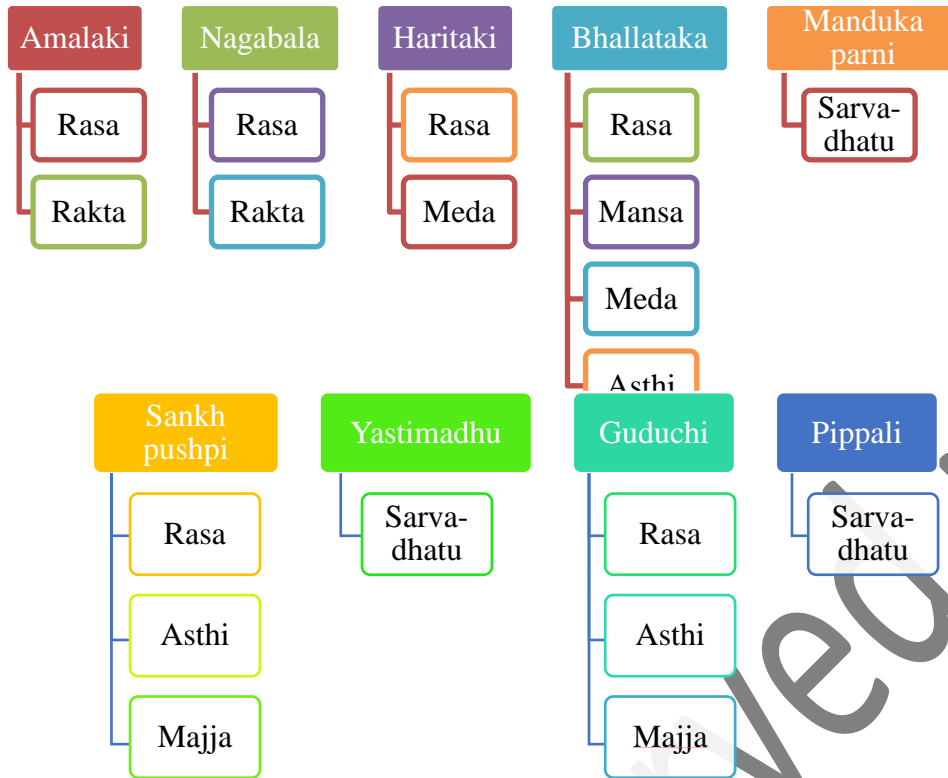
Rasayana herbs	Useful in these <i>Dhatugata rogas</i>	Affected <i>Dhatu</i>s In these Diseases	Contemporary correlation
<i>Amalaki</i>	<i>Mutrakrichha, Prameha, Timira</i>	<i>Rasa, rakta, mansa, meda, majja, shukra</i>	Anti-diabetic, diuretic, eye-tonic
<i>Nagabala</i>	<i>Swasa, Kasa, Hridroga, Kshata</i>	<i>Rasa, Rakta</i>	Antiasthmatic, anti-cough, strengthening
<i>Haritaki</i>	<i>Udar, Aama, Ajirna,</i>	<i>Rasa, meda</i>	Digestive, strengthening, anti-

	<i>Dorbalya</i>		oxidant
<i>Bhallataka</i>	<i>Atisara, Grahani, Indralupta, Urustambha</i>	<i>Rasa, Mansa, Meda, Asthi</i>	Anti-diarrheal, anti-dysenteric, analgesic
<i>Mandukaparni</i>	<i>Smritikshaya, Udararoga, Kshayaj Roga</i>	<i>Sarvadhatu</i>	Memory-booster, digestive, strengthening
<i>Sankhapushapi</i>	<i>Unmada, Apasmara, Medhakshaya, Dantaroga</i>	<i>Rasa,, Majja, Asthi</i>	Anti-anxiety, anti-epileptic, memory booster, toothache reliever
<i>Yastimadhu</i>	<i>Kshatakshina, Hridroga, Swarabheda, Vatarakta, Khalitya, Timira</i>	<i>Sarvadhatu</i>	Strengthening, cardiogenic, anti-gout, hair tonic, eye tonic, speech promoting
<i>Guduchi</i>	<i>Vatarakta, Prameha, Akshishoola, Timira</i>	<i>Majja, Rasa, Asthi</i>	Anti-gout, anti-diabetic, eye tonic
<i>Pippali</i>	<i>Naktandhya, Ajirna, Prameha, Grahani, Twakroga, Vatarakta</i>	<i>Sarvadhatu</i>	Eye tonic, digestive, anti-diabetic, anti-dysenteric, skin health-promoting, anti-gout,

These herbs are most prominently used in the Ayurveda treatment, but as a *Rasayanayoga*/ formulation, they protect the body from diseases as well. Also, their holistic effects on the body give *Vyadhikshamatva*/ immunity to the body.

Effects of herbs on *Dosha-Dhatu* are considerably imperative to recognize and relate in treatment as well as prevention of such diseases. The preventive aspect is not much explored in the sense of different views of activities or *karmas* according to the Ayurveda. But, the overall body effect and criteria in the texts give more idea about it.

So, it could be co-relate all *Rasayanadravyas* are individual effects on dhatu and different effects on such diseases as below. Further use of these drugs for geriatric conditions will be easy for particular dhatu involving diseases.



Conclusion:

- Ayurveda and modern contemporary outlook suggest that these 9 dravyas affect those diseases and especially those diseases.
- Therefore, there are different *Rasayana dravyas* for the prevention of diseases and rejuvenation for a new way of promoting old age health.

REFERENCE:

1. Vagbhatta, arunadutta commentator, *astanga hridaya samhita, sutrasthana, doshadi vigyaniya adhyaya*, edited by dr. R. vidyanath; chaukhambha surbharati prakashan, varanasi; Edition- 2013, pg No. 188
2. AYURVEDA & ALTERNATIVE MEDICINE | Blog 4 Reference (wordpress.com)
3. Agnivesh, Charaka, Dridhbala, Chakrapanidutta Commentator, *Charaka Samhita Chikitsasthana, Rasayanadhyaya*, Edited By R.K.Sharma, Bhagawan dash; Chaukhambha Sanskrit series office, Varanasi; Edition- 2004; Pg No 9-10
4. Bhavamishra, bhavaprakasha nighantu, haritakyadi varga, Edited by prof. K.C.chunekar, Chaukhambha Bharati Academy, Varanasi; Edition- 2010, Pg No 10-11
5. Bapalalvaitya, aadarshnighantu, aamalkyadivarga, gujarat pustakalaya mandal, vadodara, part-2, pg No. 900
6. Phytochemistry, pharmacological activities and traditional uses of Emblica officinalis: A review | International Current Pharmaceutical Journal (banglajol.info)
7. Bhavamishra, bhavaprakasha nighantu, haritakyadi varga, Edited by prof. K.C.chunekar, Chaukhambha Bharati Academy, Varanasi; Edition- 2010, Pg No 3-8
8. Bapalalvaitya, aadarsh nighantu, haitakyadivarga, gujarat pustakalaya mandal, vadodara, part-2, pg No. 485
9. Antioxidant and Free Radical Scavenging Activities of *Terminalia chebula* (jst.go.jp)
10. Bhavamishra, bhavaprakasha nighantu, guduchyadi varga, Edited by prof. K.C.chunekar, Chaukhambha Bharati Academy, Varanasi; Edition- 2010, Pg No 351
11. Bapalalvaitya, aadarsh nighantu, dhanvanadivarga, gujarat pustakalaya mandal, vadodara, part-1, pg No. 261

12. chemical-compositions-antioxidant-and-nutritional-properties-of-the-food-products-of-guddaim-grewi.pdf (ijpras.com)
13. *Bhavamishra, bhavaprakasha nighantu, haritakyadi varga*, Edited by prof. K.C.chunekar, Chaukhambha Bharati Academy, Varanasi; Edition- 2010, Pg No 135
14. *Bapalalvaiddya, aadarshnighantu, bhallatakadivarga*, gujarat pustakalaya mandal, vadodara, part- 1, pg No. 343
15. A Study on the Antioxidant Activity of Semecarpus anacardium L.f. Nuts | Pal | Journal of Natural Remedies (informaticsjournals.in)
16. *Bhavamishra, bhavaprakasha nighantu, guduchyadi varga*, Edited by prof. K.C.chunekar, Chaukhambha Bharati Academy, Varanasi; Edition- 2010, Pg No 257
17. *Bapalalvaiddya, aadarshnighantu, guduchyadivarga*, gujarat pustakalaya mandal, vadodara, part- 1, pg No. 149
18. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8013177>
19. *Bhavamishra, bhavaprakasha nighantu, guduchyadi varga*, Edited by prof. K.C.chunekar, Chaukhambha Bharati Academy, Varanasi; Edition- 2010, Pg No 448
20. *Bapalalvaiddya, aadarsh nighantu, jeerakadivarga*, gujarat pustakalaya mandal, vadodara, part- 1, pg No. 557
21. <https://link.springer.com/article/10.1007/s10522-008-9185-z>
22. *Bhavamishra, bhavaprakasha nighantu, guduchyadi varga*, Edited by prof. K.C.chunekar, Chaukhambha Bharati Academy, Varanasi; Edition- 2010, Pg No 440
23. *Bapalalvaiddya, aadarsh nighantu, vrudhdadarvadivarga*, gujarat pustakalaya mandal, vadodara, part- 2, pg No. 743
24. Chemical composition, antioxidant potential, macromolecule damage and neuroprotective activity of Convolvulus pluricaulis - ScienceDirect
25. *Bhavamishra, bhavaprakasha nighantu, haritakyadi varga*, Edited by prof. K.C.chunekar, Chaukhambha Bharati Academy, Varanasi; Edition- 2010, Pg No 62
26. *Bapalalvaiddya, aadarsh nighantu, palashadivarga*, gujarat pustakalaya mandal, vadodara, part- 1, pg No. 413
27. Comparison of antioxidant activity of extract from roots of licorice (Glycyrrhiza glabra L.) to commercial antioxidants in 2% hydroquinone cream. - Abstract - Europe PMC
28. *Bhavamishra, bhavaprakasha nighantu, haritakyadi varga*, Edited by prof. K.C.chunekar, Chaukhambha Bharati Academy, Varanasi; Edition- 2010, Pg No 15
29. *Bapalalvaiddya, aadarsh nighantu, pippalyadivarga*, gujarat pustakalaya mandal, vadodara, part- 2, pg No. 869
30. Phytochemical and therapeutic potential of Piper longum Linn a review
31. In vitro antioxidant and antimycobacterial activity of seeds of Piper longum Linn: a comparative study

PHARMAAYURVED ONLINE RESEARCH JOURNAL FOR PHARMACY, AYURVED AND ALLIED SCIENCES

A special issue On “Nishkruti” organized by Gujarat Board of Ayurvedic & Unani System of Medicine and Parul University (Department Of Dravyaguna)

<http://www.pharmaayurved.in/>



**Gujarat Board of Ayurvedic &
Unani System of Medicine**
& **Parul University** Jointly organising



निष्कृतिः

Pre-International Conference
Theme Geriatric Diseases –Care and Cure

Organized by : Department of Dravyaguna, Faculty of Ayurved, Parul University
Date : 16th October 2021 | Time : 9:30am onwards



Patrons



Dr. Komal Patel
Director - Medical & Paramedical
Member of BOG, Parul University



Dr. Hemant D. Toshikhane
Dean - Faculty of Ayurved,
Parul University



Dr. Bhagwan G. Kulkarni
Principal - Parul Institute of
Ayurved & Research, Parul University

Eminent Speakers



Dr. Prakash L Hegde
Professor & HOD,
Department of Dravyaguna,
SDM College of Ayurveda,
Hassan, Karnataka



Dr. Bhupesh R Patel
Associate Professor,
Department of Dravyaguna,
ITRA,
Jamnagar, Gujarat

Chief coordinator : Dr Rekha Parmar

Professor, Dravyaguna Vigyana,
Parul Institute of Ayurved, Faculty of Ayurved, Parul University

Link to join: <https://meet.google.com/cdd-khnm-tan>

Associate Partners :



PHARMAAYURVED ONLINE RESEARCH JOURNAL FOR PHARMACY, AYURVED AND ALLIED SCIENCES

**A special issue On “Nishkruti” organized by Gujarat Board of Ayurvedic
& Unani System of Medicine and Parul University (Department Of
Dravyaguna)**

<http://www.pharmaayurved.in/>

ROLE OF THEKARAJA RASAYANA IN NEURODEGENERATIVE DISORDERS: CRITICAL ANALYSIS

AUTHORS

1. Resmi vijayan, Reader, First year pg scholar, Department of Dravyagunavijnana, Govt.ayurveda college Thrippunithura,Ernakulam,Kerala ,682301,email id- resmivijaybams@gmail.com
2. Shincymol V.V, Associate professor,Department of Dravyagunavijnana, Govt.ayurveda college, Thrippunithura,Ernakulam ,Kerala,682301

Abstract

Neurodegenerative disorder encompasses a wide range of conditions that result from progressive damage to nerve cells and nervous system connections that are essential for mobility, coordination, strength, sensation and cognition. The prevalence and incidence of neurodegenerative disorder rise dramatically with age. Ayurveda science has addressed the geriatric health issues under a heading *rasayana chikitsa*. This branch of Ayurveda aiming at rejuvenation and geriatric care. *Rasayana chikitsa* has importance from both the preventive and curative aspect of disease. *Thekaraja rasayana* is an important *rasayana* described in *ashtanga hridaya*. *Thekaraja* is the synonym of *Bhringaraja*. Official source of the drug is *Eclipta alba*(L). The present study aims at the effect of *Bhringaraja* (*Eclipta alba* (L) in prevention and curative aspect of neurodegenerative disorders.

For Corresponds:

Name of Author: **Dr. RESMI
VIJAYAN**

For Corresponds:

Keywords: neurodegenerative disorders,
Thekaraja rasayana ,*Eclipta alba*(L)

INTRODUCTION

Neurodegenerative disorder encompasses a wide range of conditions that result from progressive damage to cells and nervous system connections that are essential for mobility, coordination, strength, sensation and cognition. The major neurodegenerative disorders include Alzheimer's disease, Parkinson's disease, Huntington's disease, progressive supranuclear palsy etc.¹. The prevalence and incidence of neurodegenerative disorder rise dramatically with age. According to WHO in 2005, global burden of neurological disorders was 2%.WHO ranked the neuronal disorders as the world's second most reason of death. In India, surveys shown that contribution of neurological disorders doubled from 4.0% in 1990 to 8.2% in 2019.²

Ayurveda, the science of life has two main aims i.e prevention and promotion of health and secondly cure from disease. *Rasayana* is the one among the eight branches of Ayurveda. *Rasayana chikitsa* can be employed in both cases i.e prevention and promotion of health and secondly cure from disease. *Rasayana chikitsa* also known as rejuvenation therapy. The main purpose of *rasayana* therapy is to impede the aging process and to delay the degenerative process in the body. According to Susrutha the substances which decrease the aging process and increase the longevity and increase the mental as well as physical strength and which destroy disease process.

Thekaraja rasayana is an important *rasayana* described in *Ashtanga hridaya Uttara sthana*[3]. *Thekaraja* is synonym of *bhringaraj*, source plant of *bhringaraja* according to Ayurvedic pharmacopoeia of India is *Eclipta alba*(L). *Eclipta alba*(L) is an erect or prostrate annual herb of Asteraceae family. In *Thekaraja rasayana*, it is advised to administer the *swarasa* of *bhringaraja* for one month with milk only as food the person attains a life span of 100 years with increased *bala*(strength) and *veerya*(potency)³. The research works on *Eclipta alba*(L) shows that it has significant effect of neuroprotection. The present study is an attempt to analyse the effect of *bhringaraja* in neurodegenerative disorders.

Materials and methods

Literary review from ayurvedic text books *brihatrayees*, *laghutrayees*, *Nighantus* etc. and articles from google scholar, pubmed etc. *Bhringaraja* is an important ayurvedic herb. The synonyms of *Bhringaraja* are *Thekaraja*, *maarkava*, *bhringa*, *angaraka*, *kesaraja*, *bhringara*, *kesaranjana*. The ayurvedic pharmacological properties of *bhringaraja* are *katu*, *thikta rasa*, *rooksha*, *ushna guna* and *doshakarma* *iskaphavatahara*. In *Bhavaprakasha* and *kaiyadeva Nighantu rasayana* karma of the drug is mentioned. *Vagbhata* in *Ashtanga hridaya* describes in *rasayana* chapter of Uttara sthana as *Thekaraja rasayana*. According to *Gunapadam*, literature of kerala, *Bhringaraja* has effect in clearing and increasing the *budhi*(intellect). On analysing the ayurvedic pharmacological properties *katu thikta rasa*, and *ushna veerya*, here the *ushna veerya* is overpowered so action of drug is *kapha vatahara*. Since the neurological disorders are correlated under *vata dosha*, the drug *Bhringaraj* possess specific action in nervous system.

In neurodegenerative disorders, progressive damage of neurons and nervous system connections occur. There are different pathogenesis theories of neurodegenerative disorder are present. Oxidative stress and neuro inflammation, excitotoxicity are one among them. The symptoms of neurodegenerative disorder can be broadly divided into two¹ **problems controlling movement**-tremours, muscular rigidity slowness beginning and execution of movements, alteration in reflexes and problems with balance² **Cognitive problems**- memory impairment, disorientation, deficiencies in intellectual abilities. According to Ayurveda during old age *vata dosha* is increased, *chala guna* of *vata* is responsible for proper movement in the body. In *vata dosha* vitiation symptoms like *kampa*(tremor), *balahani*, *indriyabhramsa* (loss of power of perception by sense organs). So by the *kapha vata hara* action of *bhringaraja* certainly acts as remedy for the above symptoms. *rasayana* action of the drug will prevent the neuronal cells from oxidative stress. If the oxidative stress is more severe, it can cause apoptosis and cell death occurs. *Rasayana, balya*, action of *bhringaraja* will nourish the *dhathus* and prevent the degeneration.

Eclipta alba (L.) contains wide range of active principles which includes coumestans, alkaloids, flavonoids, glycosides, triterpenoids. The leaves contain stigmasterol, β terthienylmethanol, wedelolactone, demethylwedelolactone and demethylwedelolactone-7-glucoside. The roots give hentriacontanol and heptacosanol⁴. The roots contain polyacetylene substituted thiophene. The aerial part contains phytosterol, β -amyrin in the n-hexane extract and luteolin-7-glucoside, β - glucoside of phytosterol, a glucoside of a triterpenic acid and wedelolactone. The polypeptides isolated from the plant yield cystine, glutamic acid, phenyl alanine, tyrosine and methionine. ⁵. The plant is known to have some important pharmacological activities such as antimicrobial, antinociceptive, antioxidant, neuropharmacological effects, analgesic, anti inflammatory, antiviral, hepatoprotective, immunomodulatory activity, etc.⁶

Traditional African literature highlights the neuropharmacological potentials of *Eclipta alba*(L)⁷. Research suggests that the plant shows learning and memory modulating properties. Luteolin, an active component of the plant, helps in minimizing the cognitive and memory deficits formed due to cholinergic dysfunction. It also can control the neuronal tissue degeneration obtained as the result of stress perturbations. Thereby indicating that *Eclipta alba* (L) can be treated against Alzheimers disease, as a potential memory modulator ⁸. Aqueous extract of *Eclipta alba*(L) has significant protective action against scopolamine induced memory deficits in mice⁹. Aqueous extract of *Eclipta alba* (L) has protective action on Parkinsonism induced mice by haloperidol injection¹⁰. The plant can efficiently prevent stress induced neurological complications by its anti-oxidant and efficiently regulating altered neurotransmitters and preventing DNA damage¹¹. Hydroalcoholic extract of *Eclipta alba*(L) shows significant cerebroprotective effect against global model of cerebral ischemia induced oxidative stress in rats ¹². The above research works shows that *Eclipta alba* (L) can be used as a powerful herb in prevention and treatment of neurodegenerative disorder.

RESULTS

The study shows that *Bhringaraj* (*Eclipta alba*(L)) possesses the action of preventing neurodegeneration. *Thekaraja rasayana* is systematic administration of whole plant juice of *Bhringaraja*. So, the present study reveals that *thekaraja rasayana* can prevent the incidence and reduce the symptoms of neuro degeneration in old age

DISCUSSION

The prevalence and incidence of neurodegenerative disorders rise dramatically with age. So, there is an urgent need of the preventive measures. The proper administration of whole plant of *Eclipta alba*(L). plant for a duration of 1 month can prevent the progress of neurodegenerative disease. The plant is easily available and by using this simple remedy of traditional ayurvedic knowledge can prevent neurodegeneration and also improve the quality of life of patients with these disorders.

CONCLUSION

The study reveals that *Thekaraja rasayana* is having significant action in neurodegenerative disorders. There is an urgent need of clinical studies of *thekaraja rasayana* in neurodegenerative disorders, also in people who have a familial history of neurodegenerative disorder to assess the preventive aspects of medicine.

ACKNOWLEDGEMENT

The author is thankful to Dr.PY Ansary MD(Ay) PhD, Professor & HOD, Govt. Ayurveda college Thrissur, for the valuable suggestions and Dr.Shincy mol V.V (Associate Professor) ,Dr.Sara Monsy Oommen (Professor) for the proper guidance .and all the faculties and colleagues helped in completing the work.

REFERENCE:

1. Lucinda Hampton, Jam Nackson, <https://www.physiopeedia.com>, Neurodegenerative disease

2. Prof Lalit Dandona, Indian Council of Medical Research, The burden of neurological disorders across the states of India: the Global Burden of Disease Study 1990–2019 July 14, 2021 [https://doi.org/10.1016/S2214-109X\(21\)00164-9](https://doi.org/10.1016/S2214-109X(21)00164-9)
3. Vagbhata, Ashtanga Hridaya with Vidyothini Hindi commentary of Kaviraj Atrideva Gupta, Uttara sthana, chapter 39, verse no.162
4. Chopra RN., Nayar SL, Chopra IC, Glossary of Indian Medicinal plants. C.S.I.R, New Delhi,1955
5. Everitt JH, Lonard RL, Little CR, Weeds in South Texas and Northern Mexico, Lubbock: TexasTech University Press, 2007, ISBN 0-89672-614-2n
6. Satish A Bhalerao, Deepa R Verma, Nikhil C Teli and Vaibhav R Murukate Eclipta alba (L.): an overview International Journal of Bioassays ISSN: 2278-778X, September 17, 2013
7. Guenne S, Ouattara N, Noufou O, Ciobica A, Hilou A, ' Kiendrebeogo M (2019) Phytochemistry and neuroprotective effects of Eclipta Alba (L.). J Complement Integr Med 1, /j/jcim.2019.17.issue-1/jcim-2019-0026/jcim-2019-0.026.xml
8. Monalisa J, Swati M, Pal A, Mishra SS (2014) Memory enhancing activity of Eclipta alba in albino rats: A correlation with anticholinesterase activity. Int J Pharm Clin Res 6, 179-185.
9. Shailendra sharma,Harmel sing chahal,effect of Eclipta alba on scopolamine induced amnesia in mice,vol8,no5-S(2018)DOI<https://doi.org/10.22270/jddt.v8i5-s.1926>
10. Shailendra sharma,Harmel sing chahal effect of Eclipta alba and Ocimum sanctum on haloperidol induced parkinsonism.journal of drug delivery &therapeutics vol8 no.5(2018)issue5
11. H.M. vidyasree,S.Malathi,R.Rajan,Sheela devi,Neuroprotective role of Eclipta alba on acute and chronic unpredictable stress induced behavioural ,biochemical,and neurotransmitter alteration in wistar male albino rat brain Ijpsr(2018)volume9,issue6,DOI10.13040/IJPSR>0975-8232.9(6).2244-57sept-oct 2018,)DoI <https://doi.org/10.22270/jddt.v8i5-s.1866>
12. K.P. Mansoorali,T.Prakash,D.Kotresha,K.Prabhu,cerebroprotective action of Eclipta alba against global model of cerebral ischemia induced oxidative stress in rats,DOI;10.1016/j.phymed.2012.07.004

PHARMAAYURVED ONLINE RESEARCH JOURNAL FOR PHARMACY, AYURVED AND ALLIED SCIENCES

A special issue On “Nishkruti” organized by Gujarat Board of Ayurvedic & Unani System of Medicine and Parul University (Department Of Dravyaguna)

<http://www.pharmaayurved.in/>



**Gujarat Board of Ayurvedic &
Unani System of Medicine**
& **Parul University** Jointly organising



निष्कृतिः

Pre-International Conference
Theme Geriatric Diseases –Care and Cure

Organized by : Department of Dravyaguna, Faculty of Ayurved, Parul University
Date : 16th October 2021 | Time : 9:30am onwards



Patrons



Dr. Komal Patel
Director – Medical & Paramedical
Member of BOG, Parul University



Dr. Hemant D. Toshikhane
Dean - Faculty of Ayurved,
Parul University



Dr. Bhagwan G. Kulkarni
Principal - Parul Institute of
Ayurved & Research, Parul University

Eminent Speakers



Dr. Prakash L Hegde
Professor & HOD,
Department of Dravyaguna,
SDM College of Ayurveda,
Hassan, Karnataka



Dr. Bhupesh R Patel
Associate Professor,
Department of Dravyaguna,
ITRA,
Jamnagar, Gujarat

Chief coordinator : Dr Rekha Parmar

Professor, Dravyaguna Vigyana,
Parul Institute of Ayurved, Faculty of Ayurved, Parul University

Link to join: <https://meet.google.com/cdd-khnm-tan>

Associate Partners :



PHARMAAYURVED ONLINE RESEARCH JOURNAL FOR PHARMACY, AYURVED AND ALLIED SCIENCES

**A special issue On “Nishkruti” organized by Gujarat Board of Ayurvedic
& Unani System of Medicine and Parul University (Department Of
Dravyaguna)**

<http://www.pharmaayurved.in/>

RATNADHARANA–ADISTINCTIVE PRACTICE ON RASAUSHADHI IN GERIATRICS

AUTHORS

1. Bhumika.S, First year PG scholar, Department of Rasashastra, KAHER's Shri B.M. Kankanawadi Ayurveda Mahavidyalaya, Shahapur, Belagavi, Karnataka
2. Ansary P Y, Assistant Professor, Department of Rasashastra, KAHER's Shri B.M. Kankanawadi Ayurveda Mahavidyalaya, Shahapur, Belagavi, Karnataka

Abstract

Navaratnas are classified as precious stones in Rasashastra. These are extensively used as internal medicines by subjecting them to specific pharmaceutical procedures. It is already known that these *ratnas* have its relation with the *navagrahas*. In parallel to this many astrological texts describe the causative *graham* for various diseases. Further many Rasashastra texts also believe that wearing of *ratnas* in accordance with its *grahams* bestow health by reducing the ill effects of the disease caused. This practice of *Ratnadharana* that treats diseases with the same *rasadravyas* without subjecting them for pharmaceutical procedures saves energy, time and resources. Yet this unique practice is unaware among the majority of Ayurvedic practitioners. Based on the concept of *Ratnadharana*, this paper focuses on how a specific one shall be selected depending on the planetary positions in the horoscope of a person suffering from geriatric disorder. To accomplish this, basic knowledge on astrology about the *rashi*, *grahas* present in each *rashi*, their enmity and friendliness etc needs to be known. Considering *Vata* as the key component, as Ayurveda states that in *vriddhavastha*, *vatarogas* occur predominantly and keeping in view the findings made from the basic horoscope analysis, we shall conclude in a broad sense that *dharana* of *Nila* (Sapphire) could help in treating the disease caused due to *Vata* in geriatrics. Similarly all other diseases can be understood under the lines of *grahas* and their management can be successfully done by adopting *Ratnadharana* that proves to be a distinctive treatment in the field of Rasashastra.

For Corresponds:

Name of Author: **Dr. BHUMIKA.S**
Email: bhumikasundar@gmail.com

For Corresponds:

Keywords: Navaratnas, ratna, dharana, Nila, vataroga

INTRODUCTION

Rasashastra is a unique branch in Ayurveda that deals with identification, processing, preparation and utilization of resources mined from the earth crust in majority. Good importance has also been given to *Rasaushadhis* owing to their quick acting property, use in small doses, imperceptible taste and of course to be considered as a science of fortune as well.¹ The most important part in the field of Rasashastra is preparation of *Rasaushadhis*. To perform the various procedures involved in the preparation of *Rasaushadhis* such as *shodhana*, *jarana*, *marana*, *lohitikarana*, *amritikarana*, *satwapatana* etc, utmost care and precaution needs to be taken in every step, as any flaw or lethargy paid anywhere in the entire process of medicine preparation may alter the therapeutic potency of the medicine which will turn fatal when administered on patients.² Parallel to this, we come across many instances with common people wearing gemstones as ornaments either to combat hardships in life or to add on grace to their existing lives and situations. This practice called as *Ratnadharana* is also done as a treatment against illness. Mostly this is done under the guidance of an astrologer who analyzes the horoscope of the person suffering any hardships or illness. The gems used in *Ratnadharana* are nothing but the *navaratnas* that are categorised as a separate set of *rasadravyas*.³ Various texts of Rasashastra also state the correlation between the *navagrahas* and then *avaratnas*.⁴ Astrologically these ratnas are believed to nullify the negative vibes from the planets by the radiance that it emits out. Also it attracts the positive energy from the planets and transfers the same in the form of aura to the body which in turn will resolve the disrupted metabolism in those who wear it.⁵ In this way *Ratnadharana* is said to influence the health of a person through cosmic power. This unique method of treating a disease with the same *rasadravya* without subjecting them for any of the pharmaceutical procedures, saves a lot of energy, time and resources and it needs to be put into a wide use. Unfortunately this rare practice which can be developed as a separate treatment method or as an added on treatment with other *yuktivyapashrayachikitsa* is left untouched by the majority of Ayur-Rasa vaidyas. Keeping in view the prime importance of *Ratnadharana*, with the help of basic knowledge in horoscope analysis, one can learn how to arrive at a ratna that can be worn in case of geriatric diseases in a broad sense.

MATERIALS AND METHODS:

The good effects of suitable one among *navaratnas* when worn includes protection from visha, deadly animals and diseases.⁶ As Jyotisha and Ayurveda are considered as sister sciences, the basic ideologies of both the sciences go hand in hand. There are few astrological texts that give a better understanding about *karmajavyadhi*, the *grahanidana* and its *chikitsa* with respect to the *graham* involved. On referring to those, *Shanigraha* can be broadly suggested as the causative *graham* for geriatric diseases.⁷ This is stated considering *vataadosha* as the key component. Also, in Ayurveda it is said that it is only the *vataadosha* that gains predominance in causing diseases in old age.⁸ Hence when the corresponding *ratna* for *Shanigraha* is looked for, *Nila* (Sapphire) can be arrived at as the *ratna* to be worn in geriatric diseases of *vata* origin.⁴ This conclusion can also be given a justification for using *Nila* in *vatarogas* in *vriddhavastha* by astrological horoscope analysis and observation of a 68 year old female suffering from degenerative bilateral osteoarthritis of knee joint.

CASE DETAILS:

Chief complaints:

O pain and swelling in both the knee joints since 15 years. Difficulty in walking and climbing steps.

Upashaya:

Oil massage followed by hot water compression

Anupashaya:

Long standing, continuous

walking Pre - treatment history:

Underwent allopathic pain management initially for 2 months. Patient had only temporary relief with allopathic medications

Later under went homeopathy management for 2 years. Pain level decreased but started again due to strain.

Examination:

Inspection - both knees swollen, no redness, *jeno varum* of both legs.

Palpation-tenderness present more in the left knee than in the right, warmth present in both knee joints, *crenitus* present in both knees but more in the left knee

Diagnosis:

Janu-sandhi-gata-vatavyadhi (Bilateral degenerative osteoarthritis of knee joint)

चन्द्रः			सूर्यः केतुः बुधः शुक्रः
			लग्न कुजः गुरुः
राहुः		शनिः	

Figure 1 (Horoscope of patient suffering from *Janu-sandhi-gata-vata-vyadhi*)**DISCUSSION:**

Since the conclusion was made based on *Shani* as the causative *graha*, in the above shown horoscope, *Shani* is to be located. We find the *Shani graham* being placed in the 4th position from the *lagna*. The 4th place is called the *Sukhasthan* (place of comfort and happiness). Similarly the remaining places also hold respective positions for various aspects such as job, marriage, disease, education etc. Each of these 12 places corresponds to the 12 *rashis* and is owned by their respective *graha*. Now for the place where *Shani* is located, the *rashi* corresponds to *Tula* and is owned by *Shukragraha*. In general the *grahas* such as *Shani*, *Rahu*, *Ketu*, *Managala* and *Soorya* are considered as *ashubha* and the remaining *Chandra*, *Guru*, *Budha* and *Shukra* are considered as *shubhagraha*. The logic behind naming them so is that the *shubhagrahas* in general are best over so fall good and the *ashubhagrahas* are vice versa. Both the *shubha* and *ashubhagrahas* do good and bad based on the *karmaphala* of the native in present and previous birth. But there are few selective *rashi*(boxes) where each of the nine *graham* attains a state of exaltation and debilitation (*ucchasthanapatti* and *neechasthanapatti*). As a matter of fact, we find that *Shani* attains exaltation (*ucchasthanapatti*) in *Tularashi* (the place where *Shani* is present in the horoscope). Here in this case, since the *ashubhagraha Shani* is located in the *Sukhasthan* and also because it attains an exalted state it gains more potential in giving *dukha* destroying the *sukha* in the form of disease. This can be understood as the severity and chronicity of the disease that the native suffers from. On the other hand, if we observe the relationship between *Shani* (*aagantugraha*) and *Shukra* (*nijagraha*), both the *grahas* are friendly to each other. Hence the intensity of the suffering is a bit lower. This could probably be the reason why the condition is *yapya* (with the help of *bahya* and *abhyantarayuktivyapashrayachikitsa*) instead of *asadhya* where it has to be so due to *ashubhagraha's* (*Shani's*) *ucchasthanapatti*. Another precise justification can be given regarding the knee joint to get affected. According to the Astro-medical text called *Parashararashashastra*, when there is dominance of *Shani*, the body parts that get affected are knees and legs.⁹ Here in the present case, it becomes quite evident that due to the dominance of *shani* in the form of exalted state, both the knee joints have got affected.

CONCLUSION:

From the above made findings and discussions, we could arrive at a gross conclusion that *Nilā* (Sapphire) could be the suggestive ratna for *Ratnadharana* in case of geriatric diseases caused out of *vata*. Also from the justification which we saw from the horoscope analysis for a case suffering from *janu-sandhi-gata-vata-vyadhi*, *Ratnadharana* with *Nilā* seemed to be appropriate. However, for precise suggestion of ratna in other geriatric diseases occurring in separate individuals consideration needs to be given to the existing dasha kala of the native in order to avoid *Pratikula-ratnadharana*.

मीनः गुरुः	मेषः कुजः	वृषभः शुक्रः	मिथुनम् बुधः
कुंभः शनिः			कर्कटः चन्द्रः
मकरः शनिः			सिंहः सूर्यः
धनुः गुरुः	वृश्चिकः कुजः	तुला शुक्रः	कन्या बुधः

Figure 3 (twelve rashi and grahas that owns the rashi)


12 गुरुः Expenses, Death Liberation ankles	1 कुजः Soul, Body, Physique head	2 Wealth, Family face शुक्रः	3 Siblings shoulders बुधः
11 शनिः Income, Prosperity legs			4 चन्द्रः Mother, Happiness chest/heart
10 Job knees शनिः			5 सूर्यः Children, Knowledge stomach
9 Fortune thighs गुरुः	8 Longevity marma कुजः	7 Spouse vasti शुक्रः	6 बुधः Loan, Disease, Enemies hip

Figure 2 (schematic picture showing respective aspects of twelve rashis, the graha that owns and the dominant site of action of grahas on different body parts)

PLANETS	FRIENDS	ENEMIES	NEUTRAL	EXALTATION (RĀŚI)	DEBILITATION (RĀŚI)
सूर्यः	कुजः, चन्द्रः, गुरुः	शुक्रः, शनिः	बुधः	मेषः	तुला
चन्द्रः	सूर्यः, बुधः	-----	कुजः, गुरुः, शुक्रः, शनिः	वृषभः	वृश्चिकः
कुजः	सूर्यः, चन्द्रः, गुरुः	बुधः	शुक्रः, शनिः	मकरः	कर्कटः
बुधः	सूर्यः, शुक्रः	चन्द्रः	कुजः, गुरुः, शनिः	कन्या	मीनः
गुरुः	सूर्यः, चन्द्रः, कुजः	बुधः, शुक्रः	शनिः	कर्कटः	मकरः
शुक्रः	बुधः, शनिः	सूर्यः, चन्द्रः	कुजः, गुरुः	मीनः	कन्या
शनिः	बुधः, शुक्रः	सूर्यः, चन्द्रः, कुजः	गुरुः	तुला	मेषः

Table 1 (individual grahas and their relationship with other grahas and their individual state in each rashi)

REFERENCE:

1. Angadi Ravindra. A textbook of Rasasastra. Varanasi: Chaukhamba Surbharati Prakashan; 2014. P11.
2. Angadi Ravindra. A text book of Rasasastra. Varanasi: Chaukhamba Surbharati Prakashan; 2014. P87.
3. Angadi Ravindra. A text book of Rasasastra. Varanasi: Chaukhamba Surbharati Prakashan; 2014. P417.
4. Angadi Ravindra. A text book of Rasasastra. Varanasi: Chaukhamba Surbharati Prakashan; 2014. P418.
5. Mishra Siddhi Nandan. Ayurvediya Rasashastra. 14th edition. Varanasi: Chaukhambha Oreintalia; 2004. P603.
6. Mishra Siddhi Nandan. Ayurvediya Rasashastra. 14th edition. Varanasi: Chaukhambha Oreintalia; 2004. P606.
7. Sastri Subrahmanya V, editor, (2nd ed.). Phaladeepika of Mantreswara, Chapter 14, Verse 8. New Delhi: Munshi Ram Manohar Lal Oriental & Foreign Book Sellers, 1950: P144.
8. Sastri Hari Sadasiva P, editor. Astangahrudaya of Vagbhata, Sootrasthanam, Ayushkameeyam: Chapter 01, Verse 8. Varanasi: Chaukhamba Surabharti Prakashan; 2017: P7.
9. Santhanam R, editor. Brihat Parasara Hora Sastra of Parasara, Rashiswaroop: Chapter 4, Verse 4. New Delhi: Ranjan Publications, 2005. P48.

PHARMAAYURVED ONLINE RESEARCH JOURNAL FOR PHARMACY, AYURVED AND ALLIED SCIENCES

A special issue On “Nishkruti” organized by Gujarat Board of Ayurvedic & Unani System of Medicine and Parul University (Department Of Dravyaguna)

<http://www.pharmaayurved.in/>



**Gujarat Board of Ayurvedic &
Unani System of Medicine**
& **Parul University** Jointly organising



निष्कृतिः

Pre-International Conference
Theme Geriatric Diseases –Care and Cure

Organized by : Department of Dravyaguna, Faculty of Ayurved, Parul University
Date : 16th October 2021 | Time : 9:30am onwards



Patrons



Dr. Komal Patel
Director - Medical & Paramedical
Member of BOG, Parul University



Dr. Hemant D. Toshikhane
Dean - Faculty of Ayurved,
Parul University



Dr. Bhagwan G. Kulkarni
Principal - Parul Institute of
Ayurved & Research, Parul University

Eminent Speakers



Dr. Prakash L Hegde
Professor & HOD,
Department of Dravyaguna,
SDM College of Ayurveda,
Hassan, Karnataka



Dr. Bhupesh R Patel
Associate Professor,
Department of Dravyaguna,
ITRA,
Jamnagar, Gujarat

Chief coordinator : Dr Rekha Parmar

Professor, Dravyaguna Vigyana,
Parul Institute of Ayurved, Faculty of Ayurved, Parul University

Link to join: <https://meet.google.com/cdd-khnm-tan>

Associate Partners :



PHARMAAYURVED ONLINE RESEARCH JOURNAL FOR PHARMACY, AYURVED AND ALLIED SCIENCES

**A special issue On “Nishkruti” organized by Gujarat Board of Ayurvedic
& Unani System of Medicine and Parul University (Department Of
Dravyaguna)**

<http://www.pharmaayurved.in/>

ROLE OF RASAYANA KARMA IN VARDHAKYAJANYA KRUSHATA W.S.R TO FRAILTY SYNDROME: A REVIEW

AUTHORS

1. Shivaranjani J Kantharia, Assistant professor, Department of Roga Nidan, J S Ayurveda College, Nadiad

Abstract

Aging is viewed as an unavoidable, undesirable, and problem-ridden phase of life which is generally accompanied by a number of problems that an individual has to confront. With the growing age, a person has to face physiological, psychological, emotional, financial, etc problems in their day-to-day life due to degenerative changes in the body. Frailty is a condition characterized by weight loss, muscle weakness/ fatigue, low physical activity and slow walking speed associated with ageing, comorbidity and disability. As per Ayurveda, Vriddhavastha (old age) is Vata dosha prominent periods of life. Vata's qualities are degenerative by the nature and whenever Vata will be increased, concurrently these qualities of Vata is also increased and they are result in degenerative changes in the body in terms of Dhatushaya, Balakshaya and Ojokshaya. Rasayana tantra is a branch of Ashtang Ayurveda, an unique therapy to which help in delay ageing process and to reduce the intensity of problems occurring old age. Gau Dugdha and Gau ghrta (Cow milk & ghee) is cost effective, easily available and compatible to all.. Their qualities almost opposite to Vata's quality. According to concept of Ayurveda the therapy used for promoting and preserving health, increasing strength and life span in a healthy person are called Rasayana therapy. It ensures healthy life span including mental health and better resistance against various geriatric disease conditions. Rasayana therapy also acts as antioxidants so they inhibit free radicals and delay ageing process. This review article will explore Role of Gau Dugdha and Ghrta in Vatavriddhijanya krushata w.s.r. to Frailty syndrome

For Corresponds:

Name of Author: **Shivaranjani J
Kantharia**

For Corresponds:

Keywords: *Aging, Vata vriddhi, Ojokshaya,
Frailty syndrome, Vardhakya janya
Krushata, Gau Dugdha, Cow ghrta*

INTRODUCTION

Aging:¹

Aging can be defined as the gradual progressive decline in structure and function which begins to unfold after the achievement of sexual maturity. There are various mechanisms that cause aging such as Telomere shortening (decreased cellular replication), Environmental and Metabolic insults (Reactive oxygen species, free radicals, endotoxins, etc), Defective proteins homeostasis (decrease proteins), etc these all are leads to cell loss and /or decreased cellular functions which result in cellular aging. Aging is associated with more morbidity, mortality, hospitalization, and loss of functional status.

Geriatric Giants:

This term is coined by Bernard Issacs. It refers to the principal chronic disabilities of old age that have an impact on physical, mental and social domains of older peoples.

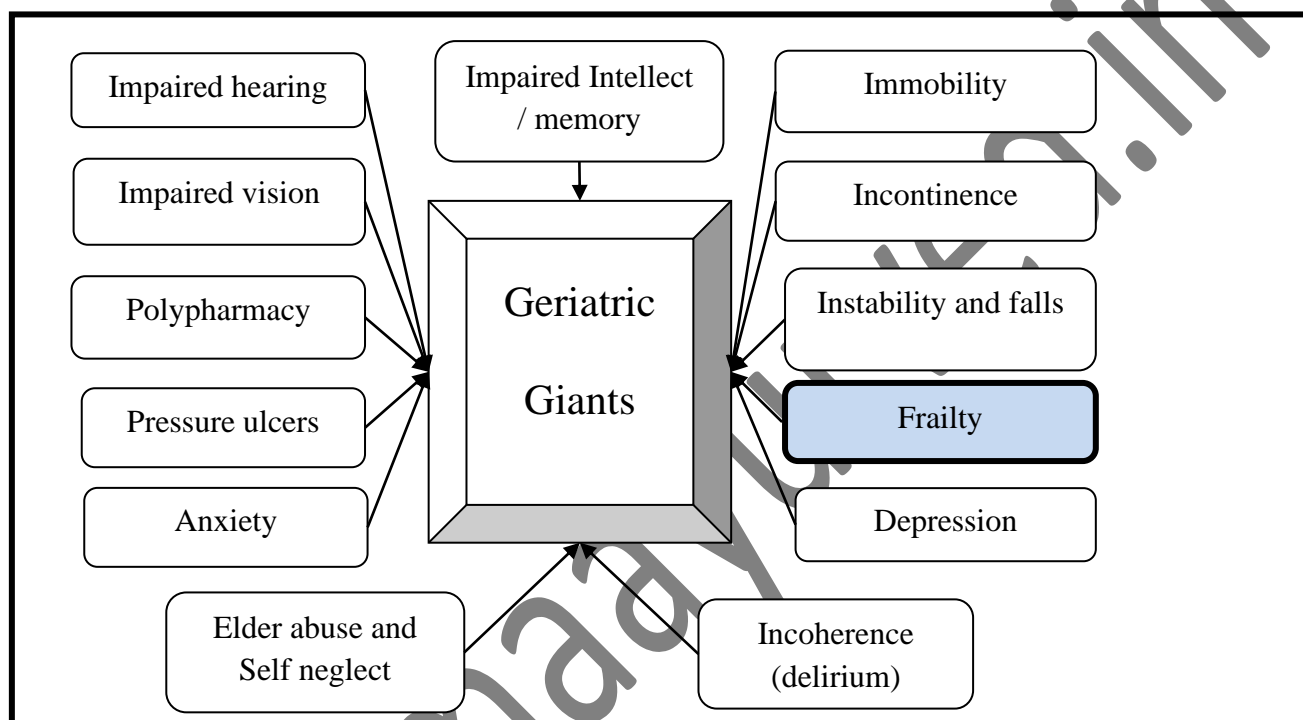


Figure No. 01. Shows Modern Geriatric Giants

Frailty:²

Frailty is a wasting syndrome of old age that leaves a person vulnerable to falls, functional decline, morbidity and mortality. Alternatively, it is also defined as a geriatric syndrome of increased vulnerability to environmental factors with underlying pathophysiology mechanisms related to hormonal adjustments, sarcopenia and vitamin deficiencies.

Frailty is usually described as a complex condition that occurs during the ageing process and results from an imbalance and dysregulation of inter related systems such as:

- The immune system (with cytokine expression)
- The neuroendocrine system (with hormonal decline)
- Body compositional changes (with the loss of muscle mass and muscle strength or sarcopenia)

Older peoples who are considered frail by any definition have overt changes in the four main processes-

1. body composition,
2. homeostatic deregulations,
3. energetic failure and neurodegeneration,
4. the characteristic of the ageing 'phenotypes'

Role of Rasayana:

- Yajjarāvyādhividhvaṁsi bhesajam tat rasāyanam || (Chakradutt)³

The medicine destroys the Vriddhavastha or Vardhakya janya vyadhi is termed as Rasayanam.

- Lābhonāvo hi Śastānām rasādīm rasāyanam || (Ch.chi. 1)⁴

Rasayana drugs are those drugs or medicines which are capable of imparting supreme Rasas and Dhatus to the body and harmonizing the system of healthy persons. Rasayana aid in increasing Vyadhikshamtva (Immunity), Sukha (Happiness), Varna (Complexion), Svava (Good voice), Ayu (longevity), Bala (Strength) etc and keep the signs of early aging aside. The main purpose of Rasayana therapy is to impede the aging process and to delay the degenerative process in the body. Therefore rasayana is helpful in frailty syndrome because this condition is manifested due to the degenerative changes in the body. Rasayana is being any form in the terms given to special herbs, fruits or any other form of medication that are known to promote positive health and longevity. Clinical manifestations of Frailty largely similar with Vata vriddhi lakshana and Ojokshaya lakshana. Here the choice of the Rasayana drugs as Gau milk and ghrita might be give good result in the Frailty (Vardhakya janya Krushata).

Qualities and benefits of Gau Dugdha:⁵

*Svādu śītaṁ mṛdu snigdham bahalaṁ ślakṣaṇa picchilam |
Guru mandaṁ prasannaṁ ca gavyaṁ dashagunaṁ paya: ||
tadevaṁ guṇaṁ eva oja: sāmānyādabhivardhayeta |
pravaraṁ jīvanīyānāṁ śkīramuktaṁ rasāyanam ||* (Cha. Su. 27/217)

Qualities and benefits of Gau Ghrita:⁶

*Smṛti buddhi agni śukra oja: kapha medo vivardhanam |
vātapittaviṣha unmāda śoṣa alakṣamī jvarāpaham ||
sarvasnehottamaṁ śītaṁ madhuraṁ rasapākayo: |
mada apasmāra murcchā śoṣa unmāda jvarān |
Yonikarṇasira: śulaṁ ghṛtaṁ jīrṇamapohati ||* (Cha. Su. 27/232-233)

Here Acharya Charaka has mentioned that Cow milk has a similar properties like Oja. We already seen that in older age Oja is physiologically depleted. Oja is essential part for maintain the good health and longevity. Hence cow milk is best choice for Oja kshaya janya Frailty. Acharya Charaka has give the terms 'Jivaniyam' and 'Uttam Rasayanam' for cow milk which clearly suggested their rejuvenating activity.

In ageing, memories, intellect, digestion, semen, oja are depleted along with Kapha and Medo kshaya which lead to Vardhakya janya krushata – Frailty. Here Acharya Charak emphasis the quilities and benefits of Cow ghrita. Charaka mentioned that Cow ghee is best for Shosha (Dhatu kshaya – chiefly Mamsa and Medo dhatu) which result in debilitating and at the end this degenerative condition termed as Frailty.

Here the selected both the rasayana - Cow milk and Cow ghrita is beneficial in Frailty with both aspects viz. they can increase the Oja and counteract the Vata vridhdhi Lakshana.

DISCUSSION:

Ayurvedic perspective on Frailty Syndrome (Vardhakya Janit Krushata):

The life continuance of an individual is basically divided into 3 phases: Balyavastha (Childhood), Yauvanavastha (Middle age), and Vridhdhavastha (Old age). Acharyas have an individual viewpoint on years computed for Vridhdhavastha. Some acharyas had given some reference for degenerative changes that occur in the body prior to proceeding in Vridhdhavastha is by termed Parihani avastha (age period 40-70 years). The entire ayurvedic science is built upon the Tridosha Siddhanta. The first stage-Balyavshatha is governed by Kapha dosha. The second stage, Madhyamavastha is governed by pitta dosha. And the third stage, Vridhavsahtha's death is governed by Vata dosha.

Vridhdhavastha (Senile period) is Vata dosha prominent avastha. During this period of time, Kapha and Pitta dosha is diminished naturally and Vata is being flare-up. Simultaneously qualities of Vata dosha are increasing in the body. Vata has some Guna (qualities) that get involved in the degenerative process in the body like Laghuguna and Khara guna which is act as Lekhaniya (scraping), Vishad guna has Kshalanshakti (elution power) and, Rukshaguna has Shoshana shakti (absorbability), etc. Whenever Vata dosha will get aggravated, these above Gunas will also be increased; might be together or separately and will initiate the process of degeneration in the body in the terms of Dhatukshaya, Ojokshaya and Bala kshaya etc. Charak samhita mentioned Kala (aging) is one of the cause of Ojokshaya. Above all kshayas (degeneration) leads to Frailty (Vardhakya janya krushta).

As per above said both Cow milk and ghrita has agonist effect for Oja and antagonist effects for Vata vriddhi. So both are working well to rid out from this degenerative condition. Cardinal symptoms of the Frailty is 'Sarcopenia' means loss of Muscles (Mamsa kshaya). Use of Cow ghrita on the daily basis along with the milk or adding Ashwagandha churna gives an excellent result.

CONCLUSION:

Frailty syndrome is ageing related degenerative condition occurs in the body. As per ayurveda we considered this as Dhatu kshayajanya Daurbayata. Mostly of the symptomatology occurs due to Vata vriddhi particular by increasing its Ruksha, Khara, Vishada and Laghu guna. Cow Dugdha and Ghrita have exact opposite qualities to the Vata dosha. There for use of this both as Rasayan play an excellent role in this Vata vriddhi janit degenerative condition in the terms of both Preventive and Curative aspect.

REFERENCE:

1. Archith boloor, Ramdas Nayak. Medicine. The Health Sciences Publisher, New Delhi; Jaypee Brothers Medicinal Publishers (P) Ltd. 2018
2. YP Munjal. API Textbook of Medicine. Volume 2, 10th Edition, Jaypee Brothers Medicinal Publishers (P) Ltd. 2015
3. *Cakrapāṇī Datta. Cakradatta* – with English translation, edited by Sharma PV, Chaukhambha Orientalia, Varanasi-221001, 2007
4. *Agniveśa. Caraka Samhitā* with 'Ayurveda Dīpikā' Commentary by *Cakrapāṇī*- Edited by Acharya YT, ChaukhambhaSurbharatiPrakashan, Varanasi- 221001, 2013
5. *Agniveśa. Caraka Samhitā* with 'Ayurveda Dīpikā' Commentary by *Cakrapāṇī*- Edited by Acharya YT, ChaukhambhaSurbharatiPrakashan, Varanasi- 221001, 2013
6. *Agniveśa. Caraka Samhitā* with 'Ayurveda Dīpikā' Commentary by *Cakrapāṇī*- Edited by Acharya YT, ChaukhambhaSurbharatiPrakashan, Varanasi- 221001, 2013

PHARMAAYURVED ONLINE RESEARCH JOURNAL FOR PHARMACY, AYURVED AND ALLIED SCIENCES

A special issue On “Nishkruti” organized by Gujarat Board of Ayurvedic & Unani System of Medicine and Parul University (Department Of Dravyaguna)

<http://www.pharmaayurved.in/>



**Gujarat Board of Ayurvedic &
Unani System of Medicine**
& **Parul University** Jointly organising



निष्कृतिः

Pre-International Conference
Theme Geriatric Diseases –Care and Cure

Organized by : Department of Dravyaguna, Faculty of Ayurved, Parul University
Date : 16th October 2021 | Time : 9:30am onwards



Patrons



Dr. Komal Patel
Director - Medical & Paramedical
Member of BOG, Parul University



Dr. Hemant D. Toshikhane
Dean - Faculty of Ayurved,
Parul University



Dr. Bhagwan G. Kulkarni
Principal - Parul Institute of
Ayurved & Research, Parul University

Eminent Speakers



Dr. Prakash L Hegde
Professor & HOD,
Department of Dravyaguna,
SDM College of Ayurveda,
Hassan, Karnataka



Dr. Bhupesh R Patel
Associate Professor,
Department of Dravyaguna,
ITRA,
Jamnagar, Gujarat

Chief coordinator : Dr Rekha Parmar

Professor, Dravyaguna Vigyana,
Parul Institute of Ayurved, Faculty of Ayurved, Parul University

Link to join: <https://meet.google.com/cdd-khnm-tan>

Associate Partners :



PHARMAAYURVED ONLINE RESEARCH JOURNAL FOR PHARMACY, AYURVED AND ALLIED SCIENCES

**A special issue On “Nishkruti” organized by Gujarat Board of Ayurvedic
& Unani System of Medicine and Parul University (Department Of
Dravyaguna)**

<http://www.pharmaayurved.in/>

EKALA AUSHADHA PRAYOGA IN ASTHI VAHA SROTAS – AN OVER VIEW

AUTHORS

1. Krishna Kishore Kumar, Professor, Department of Dravyaguna J.S.Ayurveda Mahavidyalaya, Nadiad, Gujarat, India
2. Vidhi. M. Bapna, Professor & HOD, Department of Dravyaguna J.S.Ayurveda Mahavidyalaya, Nadiad, Gujarat, India
3. Reju Krishnan, Associate Professor, Department of Dravyaguna J.S.Ayurveda Mahavidyalaya, Nadiad, Gujarat, India

Abstract

The main aim of each individual in lifetime is to lead a disease free healthy life throughout the entire span for which Ayurveda stands first in its place as it is the science of life, giving much importance to preventive aspect than the curative ones by explaining the regimens to be followed according to different seasons. It explains that the human body is made up of Dosha, Dhātu & Malas in which the ‘congenial homeostasis’ of these regarded as the healthy state. Amongst these, the function of dhātu is dharana (maintain the structure) of the sharira (body), among the dhātus, Asthi (Bony Tissue) is responsible for maintenance of structural frame work of the body, it gives shape to the body and protects the vital organs. Pathogenesis of Asthikshaya can be explained in many ways in Ayurveda, according to the principles of ashrayaashrayibhava, Asthidhātu is the seat of vata dosha and inversely related to each other. Increase of vata is the main factor responsible for asthikshaya. Acharya Charaka has opined increase of vata may follow two patterns; one is from margavarana and another is from dhātukshaya which can further lead to asthikshaya. Hence with relation to its vitiation there are several important herbs that are used to treat the above-mentioned condition.

Drugs like Guduchi, Ashwagandha, Prishnaparni, Samanga, Vacha etc. possess kaphavata shamaka properties which helps in breaking the pathogenesis by clearing and nourishing the srotas (channels). Drugs like Madhuyasti, Priyangu, Vidarikanda, Shatavari etc. have vatapittashamaka, Balya (tonic), Brimhana (nourishing) properties works directly on Dhātukshaya gives Poshana to the Asthidhātu. The paper will deal about the Herbs mentioned for Asthikshaya, their qualities and probable mode of actions would be discussed.

For Corresponds:

Name of Author: **Dr. Krishna Kishore**

Kumar

Email: **drkrishnakishore79@gmail.com**

Key Words: Dhātukshaya,
Margavarana, Asthikshaya,
Ashrayaashayibhava

INTRODUCTION

Ayurveda is a “Divine science” due to its origin as well as its incredible strength. It has two aims; one deal with the preventive way that is to safeguard the health of the healthy individual and another is the curative way that is to treat the disease. The three pillars of life are mana (mind), atma (soul) and sareera (body) and their perfect balance considered as complete health in Ayurveda. Ayurveda explains this human body as a homeostasis of dosha, dhatu and mala. The function of dhatu is dhāraṇa (maintain the structure) of the śarīra (body). Among the dhātu, asthidhātu is responsible for maintenance of structural frame work of the body. It gives shape to the body and protects the vital organs.

Asthi dhātu is the seat of vāta doṣa. Asthi and vāta are reciprocal to each other. Asthi is the fifth among metamorphic chain of dhatus, sthayaasthi dhatu can be considered as bones. Asthikshaya is a condition explained in almost all the Samhita granthas of Ayurveda, and is one among the 18 types of kshaya by acharya charaka. It can be compared to osteoporosis in contemporary era.

Acharya charaka has included Asthivaha srotas as one among thirteen srotas mentioned by him, mentioned their roots in Meda and Jaghana. (Ca. V. 5 / 8)

In classics there is no direct mentioning about the Asthikshayanidana or factors that cause asthikshaya, Charaka says that, even though food is taken in proper quantity and quality and is wholesome, it is not digested properly if a person is afflicted by chinta, bhaya, shoka and krodha etc. Hence these psychological factors have the direct influence on functioning of agnis and also results in vataprakopa leading to Asthi Kshaya.

Acharya Sushruta has not mentioned Asthi vaha srotas in his eleven pairs of srotas, but the treatment principle of asthikshaya has been interpreted as Tatra Swayami Vardhana Dravya Prayogaha Pratikaraha (Su.su.15)

Incidence & Prevalance :

In contemporary texts stated that bone loss a “silent” process affecting millions of individuals around the globe is often overlooked. WHO identifies that there is relative lack of quantitative data from developing countries on incidence and prevalence, this shows wide variation in prevalence across India. Further, the risk of osteoporosis is higher in women than men and in elderly than young adults. The differences in the two gender are largely accounted by menopausal state of females. Multiple other factors affect overall bone health. Increasing age, lack of formal education, lack of engagement in occupational activities, higher weight, duration of use of dairy products etc.

Materials & Methods :

By considering the subjective symptoms in the disease of Asthikshaya like Vedana, Katishoola, Sandhishoola, Shrama etc, the substantial use of few Plant & Animal sources which are mentioned are stated and an attempt is made to establish the effect of these to overcome the Samprapti of Asthi vaha sroto gata vyadhhis on the basis of Rasapanchakas.

Discussion :

The importance of medodhatwagni, vitamin D, which is derived from sterols, is essential for absorption of calcium in the body. Hence the moola of Asthi vaha srotas is rightly considered as meda. Imbalance of asthidhatwagni leads to improper formation of sthaya asthi dhatu from poshakaasthi dhatu

From the ahara rasa asthiposhakansa goes to the sthaya asthi dhatu by Vyana vayu through the Asthi vaha srotas. The poshakansa are permeated inside the asthi cells either by syandana (oozing) between the liquid or are transported in by the action of vyana vayu. These asthi cells can be correlated with Asthi vaha srotas and these are none other than osteocytes..

The treatment principle involved to treat the disease of Asthivaha srotas as stated under :

Asthyashrayanam vyadhinam pancakarmani bheshajam | Bastayaha kshira sarpishi tiktakopahitani cha || (C.Su.28/27) ||

A drug which is having Snigdha, Shoshana and Khara Gunas only can nourish the Asthidhatu but unfortunately no single Dravya is available having all these 3 properties so Acharyas explained to use the

combination of Dravyas having all three properties to act at Dhatu level by the combination of Tikta Rasa Dravya, Ksheera and Sarpi

Tikta rasa is predominance of akasha and vayu mahabhuta. Hence, it can enter any part of the body specially that part which having the similar mahabhutapredominance like asthidhatu. So, the vasti dravya prepared with tikta dravya siddha ksheera has capacity to reach the asthidhatu.

Usually, tikta rasa aggravates vata but when processed with milk (samskara), its pharmacological activity is changed and it helps to promote asthidhatu formation from medodhatu by combination of properties like unctuousness (snigdhatva), dryness (soshanatva) and solidity (kharatva), which is described by Arunadatta. Here, this therapeutic application creates the same atmosphere as in transformation of bone from fat i. e. 'snigdham soshanam kharatvam'. When medodhatu is subjected to drying by tikta rasa, solidity and hardness are achieved. The drug having the properties like snigdha, soshana and kharatvam is useful for bone formation and the ksheera vasti prepared with tikta dravyas (amruta and patola) has same properties because tikta rasahas shoshana and khara property and ksheera has snigdha property. As we are giving milk prepared with tikta dravyas which is nutritive and vatashamaka, so it subsides vata which is the main factor in asthidhatu kshaya. In this way, tikta samyukta ksheera vasti influences asthivaha srotas

It is mentioned in Ashtanga sangraha that all tikta dravyas are vata prakopaka except Amruta and Patola.

The KukkutandaTvak which is rich in Calcium mineral when used acts as replacement substance which is very much essential factor in treating the diseases of Asthivaha sroto rogas.

CONCLUSION:

Hence the rational use of combined tikta rasa dravyas with snigdha guna will form an ideal combination in all Asthivaha srotogata rogas as told by Acharyas.

REFERENCE:

1. Sharma RK and Das B. Agnivesa's Charaka Samhita based on Cakrapani Dutta's Ayurveda Dipika. Reprint ed. Varanasi: Chaukhamba Sanskrit Series; 2009. Vol 1 p.463.
2. Paradakara HSS. Ashtanga Hrudaya with Sarvangasundara commentary of Arunadatta and Ayurvedarasayana commentary of Hemadri. 9th ed. Varanasi :Chaukhamba Orientalia; 2005. p. 67-68, 73-4
3. Sushruta, Sushruta Samhita, with the ayurvedatatvasandipika commentary of Ambikadutta shashtri, Chaukhamba Sanskrit Sansthan, Varanasi, reprint 2008, Sutrasthana, 15/13
4. Vagbhata-Ashtanga Hridayam, edited by Brahmanand Tripathi, Chaukhamba Sanskrit pratisthan, Delhi, reprint 2009, Sutrasthana, 11/27- 29
5. Bhavaprakash nighantu of Bhavamishra, commentary by K.C. Chuneekar, edited by G.S. Pandey, Chaukhamba Bharati Academy, Varanasi, reprint, 2013.
6. Sharma P V. Dravyaguna vigyana, Chaukhamba Bharati Academy, Varanasi, reprint 2006, Vol. 2.
7. Harita Samhita, Nirmala Hindi commentary, by Vd. Jaimini pandey, vatavyadhi chikitsa 20 th chapter, Chaukhamba Sanskrit pratisthan, Varanasi
8. International Journal of Research in Orthopaedics March – April 20-21, vol 7 issue 2 page 362 <http://www.ijoro.org>
9. <https://www.onlinesanskritbooks.com/2019/03/amarakosha-pdf.html>

PHARMAAYURVED ONLINE RESEARCH JOURNAL FOR PHARMACY, AYURVED AND ALLIED SCIENCES

A special issue On “Nishkruti” organized by Gujarat Board of Ayurvedic & Unani System of Medicine and Parul University (Department Of Dravyaguna)

<http://www.pharmaayurved.in/>



**Gujarat Board of Ayurvedic &
Unani System of Medicine**
& **Parul University** Jointly organising



निष्कृतिः

Pre-International Conference
Theme Geriatric Diseases –Care and Cure

Organized by : Department of Dravyaguna, Faculty of Ayurved, Parul University
Date : 16th October 2021 | Time : 9:30am onwards



Patrons



Dr. Komal Patel
Director - Medical & Paramedical
Member of BOG, Parul University



Dr. Hemant D. Toshikhane
Dean - Faculty of Ayurved,
Parul University



Dr. Bhagwan G. Kulkarni
Principal - Parul Institute of
Ayurved & Research, Parul University

Eminent Speakers



Dr. Prakash L Hegde
Professor & HOD,
Department of Dravyaguna,
SDM College of Ayurveda,
Hassan, Karnataka



Dr. Bhupesh R Patel
Associate Professor,
Department of Dravyaguna,
ITRA,
Jamnagar, Gujarat

Chief coordinator : Dr Rekha Parmar

Professor, Dravyaguna Vigyana,
Parul Institute of Ayurved, Faculty of Ayurved, Parul University

Link to join: <https://meet.google.com/cdd-khnm-tan>

Associate Partners :



PHARMAAYURVED ONLINE RESEARCH JOURNAL FOR PHARMACY, AYURVED AND ALLIED SCIENCES

**A special issue On “Nishkruti” organized by Gujarat Board of Ayurvedic
& Unani System of Medicine and Parul University (Department Of
Dravyaguna)**

<http://www.pharmaayurved.in/>

EFFECT OF PUNARNAVA RASAYANA IN OLD AGE INSOMNIA

AUTHORS

1. Divya Raj, First year PG Scholar Department Of Dravyaguna vijnana, Government Ayurveda college, Tripunithura,
2. Sara Moncy Oommen, Professor and HOD, Department of Dravyaguna vijnana, Government Ayurveda college, Kannur, pariyaram, kerala.

Abstract

Insomnia remains one of the most common sleep disorders encountered in the geriatric population. It leads to many psychosomatic manifestations like high blood pressure, fatigue, inability to perform mental and physical activities. In present days many old aged people are dependent on sleeping drug and become habitual on them. Ayurveda recognize the significance of sleep to health and has considered it as an *upastambha* of life. Ayurveda mentioned three main factors to keep a person in healthy conditions and one among them is *Nidra*. Ayurveda used the term *nidranasa* to the stage of loss of sleep. Ayurveda prescribes many single and compound drugs for this condition. The drug *punarnava* is used as a *vatatapika rasayana* and explained in Ayurvedic literature Ashtanga Hridaya Utharasthana. The name *punarnava* itself means rejuvenation. In Haritha samhitha the use of the drug *punarnava* is explained in the condition *nidranasa*. Milk, which is considered *nithya rasayana* and is an ingredient of *punarnava rasayana* is also have the property to induce sleep. This paper attempted to discuss the effect of *punarnava rasayana* in old age insomnia.

For Corresponds:

Name of Author: **Dr. Divya Raj**
Email: **divya.raj9500@gmail.com**

For Corresponds:

Keywords: *punarnava rasayana*, old age, insomnia.

INTRODUCTION

Insomnia is one of the major geriatric conditions that need utmost care. WHO reveals that about 35 % of the respondents in India have reported mild to severe trouble associated with sleeping.¹ Insomnia is usually associated with one or more of the conditions like difficulty initiating sleep, difficulty maintaining sleep, characterized by frequent awakenings or problems returning to sleep after awakenings, and early-morning awakening with inability to return to sleep. Researcher's show that inappropriate sleep can increase risk of increasing obesity, high BP, diabetes etc. Chronic Insomnia can lead to severe fatigue, anxiety, depression and lack of concentration.² Stress related insomnia in old age is one of the major cause.

Ayurveda, the Indian holistic health science has broad spectrum of preventive measures for combating the aging process. It has focused branch called *rasayana* which deals primarily with geriatric problems. *Rasayana* drugs are likely to be nutrient tonics, antioxidants, antistress, adaptogenic and immunomodulatory. According to Acharya Susrutha the substance which decrease the aging process, increase longevity and increase mental as well as physical strength and which destroys the disease process is called *Rasayana*.³ According to Acharya Charaka substance which invigorate a healthy person by producing the best quality of *Rasa*, *Raktha* *dathu* and other *Dathus* are called *Rasayana*.⁴ Ayurveda classified *nidranasa* under *Vatananatmaja vikara*.⁵ In the famous Ayurvedic literature *Haaritha samhitha*, the drug *Punarnava* is explained as the beneficial drug for *Nidranasa*.⁶ *Punarnava rasayana* is mentioned in *Ashtanga Hridaya* as *vatatapika rasayana*.⁷ *Punarnava* is explained as the drug, one which renews our body.⁸ *Vatatapika rasayana* does not bear stringent rules and can be practised in our routine life. Milk is mentioned as *nithya rasayana* in Ayurveda.⁹ There is considerable scope to develop a safe and cost-effective *rasayana* for this condition in geriatrics.

MATERIALS AND METHODS

The literary review on effect of *Punarnava rasayana* in old age insomnia has been obtained from ayurvedic classics and traditional knowledge. Scientific journals and scientific papers were also referred.

In the famous Ayurvedic literature *Haaritha samhitha*, *Punarnava* is explained as the drug for *Nidranasa*.⁶ In *Ashtanga Hridaya utharasthana*, *Punarnava Rasayana* is explained as *Vatatapika rasayana*. *Punarnava rasayana* with milk rejuvenate the whole body.⁷ Milk is mentioned as *nithya rasayana* in Ayurveda.⁹ In the literature the method of administration of *punarnavarasayana* is mentioned as $\frac{1}{2}$ *pala* of fresh *punarnava* made into a paste and consumed along with milk for 14 days, two months, six months or one year and mentioned that such a person though old, become young again. This simple and cost effective *rasayana* also can be administered in many of the geriatric conditions. Insomnia is one of the major geriatric problems. It will be better to administer a *rasayana* with property to induce sleep in this geriatric condition.

PUNARNAVA

Botanical name: *Boerhaavia diffusa* Linn.

Family: Nyctaginaceae

English name: Horse Purslane, Hog Weed

Synonyms: *Varshabhu*, *Sophaghni*, *Sothaghni*

Rasa panchaka of punarnava (API)

Rasa : Madhura, Tikta, Kasaya

Guna : Rooksha

Virya : Usna

Vipaka : Madhura

Karma : Anulomana, Sothahara, Mootrala, Vatasleshmaha.¹⁰

Acharya Susrutha mentioned *punarnava* mitigates *vata* and beneficial in *dathukshaya*.¹¹ In *Bhavaprakasha*

Nighantu mentioned as punarnava mitigates pitha.¹² *Raktha punarnava* is mentioned as *rasayana* in *madanapala Nighantu*. In the famous ayurvedic classic *syogarathnakara*, *punarnava* is mentioned as beneficial in different types of vataroga. Acharya Charaka has categorized punarnava as Vayasthapana gana (Promotes longevity and maintains youth).

Chemical constituents

The root of *Boerhaavia diffusa* linn. contains alkaloids (punarnavine), rotenoids (boeravinones A-F), flavonoids, amino acids, lignans (liriodendrons), β -sitosterols, tetracosanoic, esacosanoic, stearic and ursolic acids.¹³

Previous research studies about evaluation of *Punarnava choorna* on *vyanabala vaishamya* (hypertension) done as a clinical study. On that study the researcher analysed one of the parameters *Anidra* with *punarnava choorna* and found effective.¹⁴ The researcher further explains that this drug possesses *rasayana* property by which it helps in relieving stress, anxiety and giving stability to mind which might be the reason for its effectiveness in *Anidra*. Another experimental study about anxiolytic, adaptogenic and immunopotentiating activity of root *Boerhaavia diffusa* Linn. were done in mice and found effective as an anti-stress drug. In that study they found that Boeravinone B present in *Boerhaavia diffusa* is the anti-stress agent.¹⁵

KSEERA (MILK)

In Astanga Sangraha Cow's milk is explained as *jeevaneeyam*, *Rasayanam*, *Medhyam* and *balyam*. It has the properties like *Swadu*, *seetha*, *snigdhata*, *Bahala* and *guru*. It also has the property of promotion of *ojas*.¹⁶ There are some previous research studies available with the sleep-inducing property of milk. There was a study conducted about a tryptic hydrolysate from bovine milk α -casein improves sleep in rats subjected to chronic mild stress found effective and proved milk contains the sleep-inducing amino acid tryptophan.¹⁷ Another study about milk collected at night induces sedative and anxiolytic like effects augments pentobarbital induced sleeping behaviour in mice.¹⁸

NIDRANASA OR ANIDRA

As per Ayurvedic text it is called as *Anidra* or *nidranasa* as an inequality in *Tarpaka kapha*, *sadaka pitha* and *prana vayu*. Acharya Charaka mentioned *kaala* as one of the etiologies of *nidranasha*. It is connected with our life and affects directly on our sleep.¹⁹ Whereas in old age, because of dominance of *vata dosha* and diminished *kapha*, the duration of sleep further decreases. According to Ayurveda mainly the diseases of *vataja* basis can cause insomnia. Acharya Vagbhata mentioned *nidrahani* as increased *vata* symptom and *alpanidratha* or reduced sleep as increased *pitha* symptoms. Increase in *rajoguna* ultimately increases *vata dosha* and diminishes the effect of *tamoguna* ultimately leading to the person's insomnia.

INSOMNIA

Insomnia may be defined as trouble in falling asleep, difficulty maintaining sleep, early morning awakening. In daily routine a person can't focus on adequate and in time sleep, so he is afflicted from many problems related with mind & body. Older individuals with insomnia have a 23% increase in risk of development of depression symptoms.

RESULT AND DISCUSSION

As *nidrahani* is increased *vata* symptom and *alpanidratha* or reduced sleep as increased *pitha* symptoms. The drug *Punarnava* mitigates *vata* and *pitha* and has the property of *dathuposhana*.²² *Madhura rasa* of *punarnava* mitigates *vata* and *pitha*, and increases *rasaadi saptha dathu*. *Punarnava* has *madhura vipaka*. *Madhura vipaka* is *snigdhata* and *guru* and can be equated with *gurupaka*. So it increases *kapha*. *Madhura rasa* and *Madhura vipaka* increase *kapha*, nourishes body and sustains life. Boeravinone B present in *Boerhaavia diffusa* is the anti-stress agent. The alkaloid fraction isolated from the plant showed restorative activity against stress-induced changes in plasma and adrenal cortisol levels. β -Ecdysone- Increases protein synthesis, antidepressant, anti-stress and immunomodulation. Fatty acid nomenclature Triacenta-24-en-1-oic acid and Hydrocarbons nomenclature Boeradiifusene also increases protein synthesis, antidepressant, anti-stress and immunomodulation. *Madhura rasa* of milk mitigates *vata*, *pitha* and increases *kapha*. The property of *guru* and *snigdhata* mitigates *vata* and increases *kapha*. Milk contains the sleep-inducing amino acid tryptophan.

CONCLUSION

Ayurveda mentioned a better concept of health-giving importance not only to physical health but also mental health. It has formed a branch called *rasayana* which deals primarily with geriatric problems. *Punarnava rasayana* can be used as a choice for old age insomnia. As *punarnava rasayana* is *vatatapika rasayana* it can be used without any stringent rules. It is now felt necessary to develop newer strategies for geriatric condition from the natural source. More preclinical & clinical studies should be done by research scholars for the benefit of specific use of *punarnava rasayana* in old age insomnia.

ACKNOWLEDGEMENT

I acknowledge gratefully to all the authors, researchers whose contribution are referred to paper. I express my sincere gratitude to our Professor and HOD, Dr. P.Y. Ansary and also I would like to thank Dr. Sara Moncy Ommen, professor for the valuable guidance and also I would like to thank Dr. Shincymol V.V, Dr. Sethu. R, Dr. Mridula M.K for constant support.

REFERENCE:

1. Health system performance assessment, world health survey 2003, India, International Institute for Population Sciences (IIPS) Mumbai & WHO-India-New Delhi 2006, 153.
2. Kristen L K. Does inadequate sleep play a role in vulnerability to obesity? The American Journal of Human Biology, Wiley- Blackwell 2012; 24(3):361–371.
3. Susruta ,susruta samhitha, edited by Kaviraj Ambikadatta shastri ,Chikitsa sthana ,chapter 1 ,verse no.15 ,page 4.chaukambha Sanskrit sansthan.Varanasi.2007.
4. Agnivesha ,Charak samhitha with charak Chandrika Hindi commentary by Dr.Brahmanand Tripathi and Dr. Ganga Sahay pandey ,chikitsa sthana ,chapter 1/1,verse no.5,p.no.4 .chaukambha surbharti Prakashan ,2007.
5. Shastri Kashinath, Chaturvedi Gorakhnath edited Charak Samhita of Agnivesha, Revised by Charak and Dridhabala, Part I, Chaukhamba Bharati Academy, Varanasi, Reprint, Sutra Sthana, 2004; 20(11): 399.
6. Haritha,Haritha samhitha ,3-15-5
7. Vagbhata.Ashtangahridaya.Trans.Prof.K.R.SrikanthaMurthyReprinted.Varanasi.Chowkhambha Krishnadas Academy.2012.Utharasthan.chapter39.p.407.
8. Bhavamishra.Bhavaprakasha Nighantu.Trans Prof.K. . Srikantha Murthy.Third ed. Varanasi:Chaukhambha krishnadas Academy;2005.p.406-407.
9. Shastri Kashinath, Chaturvedi Gorakhnath edited Charak Samhita of Agnivesha, Revised by Charak and Dridhabala, Part II, Chaukhamba Bharati Academy, Varanasi, Reprint, Chikitsa Sthana, 2004; 1/4/30-35: 58.
10. The Ayurvedic Pharmacopoeia of India, part I - vol 1 (Govt of India, Ministry of Health and Family Welfare, Department of AYUSH, New Delhi) 1986.page no.126.
11. Susruta ,susruta samhitha, edited by Kaviraj Ambikadatta shastri ,Chikitsa sthana ,chapter46,verse no.255 .chaukambha Sanskrit sansthan.Varanasi.2007
12. Bhavamishra.BhavaprakashaNighantu.Trans Prof.K.R.SrikanthaMurthy.Third ed. Varanasi:Chaukhambha krishnadas Academy;2005.p.406.
13. Misra, A.N. and Tewari, H.P. Constituents of roots of Boerhaavia diffusa L. Phytochem;1971;10: 3319-3320
14. Shyamveer Ghuraiya, Sisir Kumar Mandal, Research Article CLINICAL STUDY TO EVALUATE THE EFFICACY OF PUNARNAVA CHURNA ON VYANA BALA VAISHAMYA (HYPERTENSION) -International Journal of Ayurveda and Pharma Research.
15. Meera Sumanth, Mustafa S.S., Anistress, Adoptogenic and Immunopotentiating Activity of Roots of Boerhaavia diffusa in Mice, International Journal of Pharmacology, 3(5), 416-420 (2007)
16. Vagbhata.Ashtanga sangraham.sutrasthan.chapter6.Sloka.no.42.Chaukambha Orientalia.
17. Benjamin Guesdon,^a Michaël Messaoudi^b, Catherine Lefranc Millot,^c Gilles Fromentin,^a Daniel Tomé^a, Patrick C. Even^a, A tryptic hydrolysate from bovine milk α_{S1} -casein improves sleep in rats subjected to chronic mild stress.<https://doi.org/10.1016/j.peptides.2005.10.001>

18. Yoko Komada,Isa Okajima, The Effects of Milk and Dairy Products on Sleep: A Systematic Review.<https://doi.org/10.3390/ijerph17249440>
19. Agnivesha, Charaka, Dridhabala, Charaka S, Edited by Vd. Jadavaji Trikamaji Acharya,Chaukhambha Surabharati Publications, Varanasi, 2001, topic no.21 verse no. 57, 119

Pharmaayurved.in

PHARMAAYURVED ONLINE RESEARCH JOURNAL FOR PHARMACY, AYURVED AND ALLIED SCIENCES

A special issue On “Nishkruti” organized by Gujarat Board of Ayurvedic & Unani System of Medicine and Parul University (Department Of Dravyaguna)

<http://www.pharmaayurved.in/>



**Gujarat Board of Ayurvedic &
Unani System of Medicine**
& **Parul University** Jointly organising



निष्कृतिः

Pre-International Conference
Theme Geriatric Diseases –Care and Cure

Organized by : Department of Dravyaguna, Faculty of Ayurved, Parul University
Date : 16th October 2021 | Time : 9:30am onwards



Patrons



Dr. Komal Patel
Director - Medical & Paramedical
Member of BOG, Parul University



Dr. Hemant D. Toshikhane
Dean - Faculty of Ayurved,
Parul University



Dr. Bhagwan G. Kulkarni
Principal - Parul Institute of
Ayurved & Research, Parul University

Eminent Speakers



Dr. Prakash L Hegde
Professor & HOD,
Department of Dravyaguna,
SDM College of Ayurveda,
Hassan, Karnataka



Dr. Bhupesh R Patel
Associate Professor,
Department of Dravyaguna,
ITRA,
Jamnagar, Gujarat

Chief coordinator : Dr Rekha Parmar

Professor, Dravyaguna Vigyana,
Parul Institute of Ayurved, Faculty of Ayurved, Parul University

Link to join: <https://meet.google.com/cdd-khnm-tan>

Associate Partners :



PHARMAAYURVED ONLINE RESEARCH JOURNAL FOR PHARMACY, AYURVED AND ALLIED SCIENCES

**A special issue On “Nishkruti” organized by Gujarat Board of Ayurvedic
& Unani System of Medicine and Parul University (Department Of
Dravyaguna)**

<http://www.pharmaayurved.in/>

EFFECT OF SANKHAPUSHPI (*CLITORIATERNEATA* LINN) IN AGE RELATED DEMENTIA.

AUTHORS

1. Smrithi S, First year PG scholar, Department of Dravyagunavijnana, Government Ayurveda college Tripunithara, Kerala.
2. P.Y. Ansary, HOD, Department of Dravyagunavijnana, Government Ayurveda College, Tripunithara, Kerala..

Abstract

Dementia is a term used to describe a group of symptoms affecting memory, thinking and social abilities severely enough to interfere with our daily life. It isn't a specific disease, but several diseases can cause dementia. Dementia is a syndrome in which there is deterioration in cognitive function beyond what might be expected from the usual consequences of biological ageing. Prevalence of dementia in India is reported to be 2.7%. As the age increase, prevalence of dementia increases. Dementia prevalence increased with age, from 5% of those aged 71–79 years to 37.4% of those aged 90 and older. Dementia is currently the seventh leading cause of death among all diseases and one of the major causes of disability and dependency among older people globally. *Shankhapushpi* (*Clitoria ternatea* Linn) one of *Medyasayanais* known worldwide for its action on boosting memory and improving intellect power and advantageous for brain related disorders like epilepsy, mental retardation etc. *Shankhapushpi* has shown to help in regeneration of brain cells and in dendritic arborization which is the neuronal basis for improved learning and memory. Cell loss in these areas has been implied with age related nervous disorders including memory loss. Increase in the cell number after administration of *Shankhapushpi* provides considerable evidence of the efficacy of this drug in learning and enhancement of memory. It may also help in preventing changes in the neuron cell bodies in specific brain areas. So, with this review, I would like to highlight the wonderful effect of *Sankhapushpi* in age related Dementia.

For Corresponds:

Name of Author: **Dr. Smrithi S**

For Corresponds:

Keywords: *Sankhapushpi, Clitoria ternatea*
Linn, Dementia, *Medya*

INTRODUCTION

Ayurveda is a science dealing with wonderful effects of many herbal sources. Early humans recognized their dependence on nature for a healthy life, and since that time humanity has depended on the diversity of plant resources for food, clothing, shelter, and medicine to cure myriads of ailments. In the present world, the use of herbal preparations is being promoted to treat various disorders especially in old aged people and in children. This consideration for the traditional therapeutic intervention is due its less side effects.

Dementia is not a specific disease but is rather a general term for the impaired ability to remember, think, or make decisions that interferes with doing everyday activities. Although dementia mainly affects older people, it is not an inevitable consequence of ageing. Currently more than 55 million people live with dementia worldwide, and there are nearly 10 million new cases every year. Dementia results from a variety of diseases and injuries that primarily or secondarily affect the brain. Alzheimer's disease is the most common form of dementia and may contribute to 60-70% of cases.¹

Shankhpushpi of the Ayurvedic pharmacopeia of India consists of the whole plant of *Convolvuluspluricaulis* Choisy (Convolvulaceae) syn (C. *pluricaulis*) and *Convolvulusmicrophyllus* Sieb. ex Spreng (C. *microphyllus*). Plants other than C. *pluricaulis* use the name *Shankhpushpi* in different parts of the country. These include *Evolvulusalsinoides* Linn, *Clitoriatermatea* Linn and *Canscora decussata* Schult.² In Kerala *Sankhapushpi* is equated as *Clitoriatermatea* Linn, belonging to Papillonaceae family. Except for the term “Sankhapushpi” which indicates resemblance of its flowers to that of a conch-shell, the synonyms do not give any clue in identifying the plant. Here I am taking *Clitoriatermatea* Linn as the source plant.

In *Ayurveda*, this herb *Sankhapushpi* (*Clitoriatermatea* Linn) is classically described as a memory and intellect booster. Moreover, it is employed in a variety of formulations used for the treatment of nervous disorders, such as insanity, epilepsy, hysteria, insomnia, and psycho-neurosis. More specifically, in ancient texts, this plant has been mentioned as *sara*, *medhya*, *vrsya* and *rasayana*, which refers to the laxative, nootropic, aphrodisiac and rejuvenator properties of this herb, respectively. It is also believed that a paste prepared from its roots and flowers act as anti-aging agents, thereby indicating its apparent anti-oxidant activity. Here we specifically consider the nootropic effect of *Sankhapushpi* in aged persons.

Materials and Methods

As per the literary search done from the *Samhithas*, *Nighantus* and databases available we have collected relevant evidences regarding the effect of *Sankhapushpi* (*Clitoriatermatea* Linn) in central nervous system there by establishing its effect in curing age related dementia.

Sankhapushpi

The plant *Sankhapushi* is called in Sanskrit as *Aparajitha* or *Gokarna*. *Caraka*, *Sushruta* and *Vagbhatta* have mentioned *Shankhapushpi* as a vital ingredient in various memory enhancer formulations along with other therapeutic attributes. Moreover, *Caraka* has expounded the *Medhya Guna* (nootropic property) of *Shankhapushpi* as ‘*Medhya Visheshena cha Shankhapushpi*’. While describing *Divya Aushadhi* (divine herb), *Sushruta* has considered *Vegavati* herb similar to *Shankhapushpi*. Commentators of *Vagbhatta*, *Arunadatta* and *Hemadri* have not commented regarding *Shankhapushpi* but *Indu* has attributed the synonym *Supushpi* to it.³

Meda is defined in the text *Amarakosha* as “*Dharanat buddhi*” i.e mental vigour or power, intelligence, wisdom. [धीर्धारणावतीमेधासङ्कल्पःकर्ममानसम्. अवधानंसमाधानंप्रणिधानमंतथैवच।चित्ताभोगामनस्कारश्चर्चासंख्याविचारणा।विमर्शोभावनाचैववासनाचनिगद्य]

तै॥] Memory is combination of power of acquisition (*Grahan*), retention (*Dharan*) and recollection (*Smaran*).⁴ *MedhyaRasayanas* are group of medicinal plants with multi-fold benefits, specifically to improve memory and intellect by *Prabhava* (specific action). They improve all the three faculties of mind: a) *Dhi* (Intellect/Acquisition power) b) *Dhriti* (Retention power) c) *Smriti* (Memory/Recalling power).⁵ *Ushna virya* and *sheetavirya* drugs acts through different mechanism and enhance cognition. It may provide parameters for selection of medhya drug in different memory disorder. *Sankhpushpi* (*Clitoria ternatea* Linn) is having *seetavirya* and *katuvipaka* which promotes *kapha* and enhances “*Dharana Karma*” (i.e., retention of cognition) . Extracts of this plant have been used as an ingredient in *medhya-rasayana*, a rejuvenating recipe used for treatment of neurological disorders.

Ayurvedic parameters

Rasa -tiktha

Guna -laghurooksha

Veerya -seeta

Vipaka- katu

Action on dosha, dathu, mala

Dosha: tridoshagnam

Dathu *medyam*, *kantya*, *chakshusya*, *vedanastapana*, *vrnanaropana*, *vishagna*, *kushtagna*, *dahasamaka*, *pittasamaka*, *rakthadoshasamaka*, *amapachaka*, *jwaragna*, *saraka*, *rechaka*, *rasayana*, *balya*.

Mala : *virechaka*, *mutrala*

Indications of Sankhpuspi

Apasmara, *kushta*, *krimi*, *visha*, *kasa*, *unmada*, *chardi*, *manasikaroga*, *lutavisha*, *foragnideepti*, *sotha*, *gandamala*, *galaganda*, *apachi*, *netraroga*, *sarpavisa*

Dementia

Dementia is a syndrome – usually of a chronic or progressive nature – that leads to deterioration in cognitive function (i.e., the ability to process thought) beyond what might be expected from the usual consequences of biological ageing. It affects memory, thinking, orientation, comprehension, calculation, learning capacity, language, and judgement. Consciousness is not affected. The impairment in cognitive function is commonly accompanied, and occasionally preceded, by changes in mood, emotional control, behaviour, or motivation. Dementia is currently the seventh leading cause of death among all diseases and one of the major causes of disability and dependency among older people worldwide. Dementia has physical, psychological, social and economic impacts, not only for people living with dementia, but also for their carers, families and society at large. There is often a lack of awareness and understanding of dementia, resulting in stigmatization and barriers to diagnosis and care.¹

The worldwide number of persons with dementia in the year 2000 was estimated at about 25 million persons. About 6.1% of the population 65 years of age and older suffered from dementia (about 0.5% of the worldwide population) and 59% were female. The forecast indicated a considerable increase in the number of demented elderlies.⁶ Prevalence is equal to 0.3 to 1.0 per 100 people in individuals aged 60 to 64 years, and increases to 42.3 to 68.3 per 100 people in individuals 95 years and older. The incidence varies from 0.8 to 4.0 per 1000 person years in people aged 60 to 64 years, and increases to 49.8 to 135.7 per 1000 person years when the population was older than 95 years.⁷

Signs and symptoms

Dementia affects each person in a different way, depending upon the underlying causes, other health conditions and the person's cognitive functioning before becoming ill. The signs and symptoms linked to dementia can be understood in three stages.

Early stage: the early stage of dementia is often overlooked because the onset is gradual.

Common symptoms may include:

- forgetfulness
- losing track of the time
- becoming lost in familiar places.

Middle stage: as dementia progresses to the middle stage, the signs and symptoms become clearer and may include:

- becoming forgetful of recent events and people's names
- becoming confused while at home
- having increasing difficulty with communication
- needing help with personal care
- experiencing behaviour changes, including wandering and repeated questioning

Late stage: the late stage of dementia is one of near total dependence and inactivity. Memory disturbances are serious and the physical signs and symptoms become more obvious and may include:

- becoming unaware of the time and place
- having difficulty recognizing relatives and friends
- having an increasing need for assisted self-care
- having difficulty walking
- experiencing behaviour changes that may escalate and include aggression.¹

2.2 Approach of using *Sankhapushpi* in age related Dementia

There are no cures in sight for chronic diseases of aging, only increasingly expensive chronic treatments. A major shift from costly disease management toward prevention is now mandated because the U.S. and other developed and developing nations with aging populations face projections of unsustainable health care costs to pay for the health care of aging populations. Many of the most costly and debilitating conditions are neurodegenerative. Therefore, the best interventions will be those that are cheap, safe, pleiotropic, and with multiple potential benefits. Prevention of dementia requires much greater safety and very few or no adverse side effects. Interventions that have safety and side effect track records, broad spectrum utility in preclinical models, and low cost is preferred.

A number of changes take place in the brain during ageing molecular, cellular, structural, and functional level. Neural cells may succumb to neuro-degeneration. There is considerable loss of neurons, reduced synthesis of neurotransmitters like glutamate, acetyl Cho-line, dopamine which leads to formation of plaques and tangles, accumulation of lipofuscin (yellow-brown pigment granules which are residues of lysosomal digestion) in nerve tissue, resulting in the breakdown of nerves. Associated conditions accelerating the process of brain ageing include, vitamin B group deficiencies (B vitamin protect brain function by regulating energy metabolism), high levels of inflammatory cytokines, high C-reactive proteins, deficiency of dietary anti-oxidants like acetyl-L carnitine which delay the onset of age-related cognitive decline and improve overall cognitive function in the elderly subjects. Hyperglycaemia has shown an adverse effect on hippocampus and thus increases the risk of Alzheimer's disease.⁸ Keeping our brain functions as in young age is an important task for neuroscientists to prevent aging-associated neurological disorders. A holistic approach in anti-aging research seems to be more reasonable. Several drugs of plant origin may serve as promising therapeutics for the treatment of dementia. The oxidative stress and mitochondrial dysfunction are of high importance in the pathology and pathogenesis of dementia. Therefore, natural antioxidants and mitochondria targeting molecules can be important strategies to treat elderly individuals with Dementia.

Medhya drugs (*Sankhapushpi*(*Clitoria ternatea* Linn)) act at different levels –

a) at level of *Rasa*

b) by stimulating and improving the function of *Agni*

c) By improving circulation of *Rasa* by opening and cleaning the micro channel and thus improving *Medhya* function.

Various research has been done to prove the significant effect of *Sankhapushpi* as antioxidant and having wide spectrum of CNS activity. A wide range of phytochemicals including terpenoids, alkaloids, flavonoids, saponins, tannins, carbohydrates, proteins, resins, starch, taraxerol, taraxerone and secondary metabolites such as triterpenoids, flavonol glycosides, anthocyanins, steroid elevates the hope of endorsing *C. ternatea* as an efficient botanical medicine combating neurological ailments. Phytochemical assay of the plant *C. ternatea* was performed to divulge the essential phytochemicals which draw a base line in accessing their medicinal significance. The roots of the plant have an extended antiquity to promote mental power memory retention and alleviate psychotic stress. Studies have revealed that aqueous root extract of *C. ternatea* enhances memory in rats while, alcoholic extracts of aerial and root parts of *C. ternatea* attenuated electroshock-induced amnesia. Increase in the ACh content in rat hippocampus may be the neuro-chemical basis for improved learning and memory.⁹ Hence that study determined root as the vital part that reveals the utmost essential phytochemicals *C. ternatea* has monoamine oxidase inhibitor (MOAI) fetching as a stoppage solution against depression and neurological problems which hoists Ayurveda extensively

Results and Discussion

From the review of various sources, we got clear evidence that *Sankhapushpi* is very effective in control and cure of age-related dementia since the ayurvedic pharmacological properties and specific phytoconstituents like MOAI of the source plant *Clitoria ternatea* Linn is having significant effect on the regeneration of brain cells. The researchers concluded that in vitro and in vivo results suggest the potential of hydroalcoholic extract of *Clitoria ternatea* for treatment of cognitive deficit in neurological disorders. Also the seeds and leaves of *Clitoria ternatea* have been widely used as brain tonic and believed to promote memory and intelligence.¹⁰ *Sankhapushpi* is being indicated as *medya* in various samhithas especially in *Charakasamhitha* and can be given in the dosage of 1 palani the *kalka* form to the age related dementia cases. The source plant helps to perform various brain functions and helps to attain anxiety free life. *Sankhapushpi* (*Clitoria ternatea* Linn), one of *medhyarasyan* is easily available and every person of any age group can consume it without having any side effects.

Acknowledgement

I express my sincere gratitude to DR. P.Y. Ansary, HOD, Department of Dravyagunavijnana for giving his valuable guidance to present this paper. I also extend my sincere thanks to Dr. Sara Moncy Oommen, Dr. Shincymol. V.V, Dr. Sethu .R and Dr. Mridula M.K. for their constant support

REFERENCE:

1. <https://www.who.int/news-room/fact-sheets/detail/dementia>
2. Parul Agarwa, Bhawna Sharma, Amreen Fatima, Sanjay Kumar Jain An update on Ayurvedic herb *Convolvulus pluricaulis* Choisy; Asian Pacific Journal of Tropical Biomedicine journal homepage: www.elsevier.com/locate/apjtb; doi:10.1016/S2221-1691(14)60240-9
3. Amin, Hetal & Sharma, Rohit & Vyas, Mahesh & Prajapati, Pradeep & Dhiman, Kartar. (2014). *Sankhapushpi* (*Convolvulus pluricaulis* Choisy): Validation of the Ayurvedic therapeutic claims through contemporary studies. International Journal of Green Pharmacy. 8. 193-200. 10.4103/0973-8258.142666.
4. <https://kosha.sanskrit.today/word/sa/medinI/itrans>

5. Ray, Suman. (2015). Medhya Rasayanas in Brain Function and Disease. Medicinal Chemistry. 5. 10.4172/2161-0444.1000309.
6. Wimo, Anders; Winblad, Bengt; Aguero-Torres, Hedda; von Strauss, Eva The Magnitude of Dementia Occurrence in the World, Alzheimer Disease & Associated Disorders: April 2003 - Volume 17 - Issue 2 - p 63-67
7. Fratiglioni, L., De Ronchi, D. & Agüero-Torres, H. Worldwide Prevalence and Incidence of Dementia. *Drugs Aging* **15**, 365–375 (1999). <https://doi.org/10.2165/00002512-199915050-00004>
8. Garg, Ayush & Adhlakha, Manoj & Singh, Chandan. (2017). ROLE OF MEDHYA RASAYAN IN GERIATRIC HEALTH CARE W.S.R. TO MENTAL HEALTH. 2320-5091
9. Sethiya, Neeraj & Nahata, Alok & Mishra, s.H. & Dixit, Vinod. (2009). An Update on Shankhpushpi, a cognition boosting Ayurvedic medicine. *Zhong xi yijie he xue bao = Journal of Chinese integrative medicine*. 7. 1001-22. 10.3736/jcim20091101.
10. Al-Snafi, Ali. (2016). Pharmacological importance of Clitoria ternatea – A review. *IOSR Journal of Pharmacy*. 6. 68-83.

Pharmaayurved.in

PHARMAAYURVED ONLINE RESEARCH JOURNAL FOR PHARMACY, AYURVED AND ALLIED SCIENCES

A special issue On “Nishkruti” organized by Gujarat Board of Ayurvedic & Unani System of Medicine and Parul University (Department Of Dravyaguna)

<http://www.pharmaayurved.in/>



**Gujarat Board of Ayurvedic &
Unani System of Medicine**
& **Parul University** Jointly organising



निष्कृतिः

Pre-International Conference
Theme Geriatric Diseases –Care and Cure

Organized by : Department of Dravyaguna, Faculty of Ayurved, Parul University
Date : 16th October 2021 | Time : 9:30am onwards



Patrons



Dr. Komal Patel
Director - Medical & Paramedical
Member of BOG, Parul University



Dr. Hemant D. Toshikhane
Dean - Faculty of Ayurved,
Parul University



Dr. Bhagwan G. Kulkarni
Principal - Parul Institute of
Ayurved & Research, Parul University

Eminent Speakers



Dr. Prakash L Hegde
Professor & HOD,
Department of Dravyaguna,
SDM College of Ayurveda,
Hassan, Karnataka



Dr. Bhupesh R Patel
Associate Professor,
Department of Dravyaguna,
ITRA,
Jamnagar, Gujarat

Chief coordinator : Dr Rekha Parmar

Professor, Dravyaguna Vigyana,
Parul Institute of Ayurved, Faculty of Ayurved, Parul University

Link to join: <https://meet.google.com/cdd-khnm-tan>

Associate Partners :



PHARMAAYURVED ONLINE RESEARCH JOURNAL FOR PHARMACY, AYURVED AND ALLIED SCIENCES

**A special issue On “Nishkruti” organized by Gujarat Board of Ayurvedic
& Unani System of Medicine and Parul University (Department Of
Dravyaguna)**

<http://www.pharmaayurved.in/>

CRITICAL REVIEW OF JYOTISMATI AS MEDHYA IN GERIATRIC CARE

AUTHORS

1. Aayushi jain, P.G. Scholar of Dravyaguna, Govt. Dhanvantari Ayurveda College, Ujjain (M.P.)
2. Shiv Kumar Mishra, Guide & Assistant Professor of Dravyaguna, Govt. Dhanvantari Ayurveda College, Ujjain(M.P.).

Abstract

Ayurveda is unique in its holistic pro nature approach and safe effective green pharmaceutical processings. It is also known as science of life & longevity in which geriatric health care is its prime concern. Due to changing lifestyle and rapid use of chemicals in daily life, these all factors accelerate aging process and diminish cognitive functions of body. In *Ayurveda*, *Jara* word is used to describe aging process. *Jara* is inevitable catabolic process occur in every human being because of degradation of *parmanu vibhaga*. In geriatric phase, every human has to face various physical as well as psychological issues. So, To stabilize the symptoms associated with aging process through intellect herb, one such elixir of life is *Jyotismati*. *Jyotismati* is wonderful intellect tree as it miraculously improves cognitive function, memory & mental acuity. Present paper is a critical review to update complete knowledge of pharmacodynamic & pharmacokinetics of *Jyotismati* and to evaluate its *Medhya karma* in geriatric disorders from various classical literature. Concurrently, it opens up for further research & standardisation of nootropic drugs of *Ayurveda*.

For Corresponds:

Name of Author: **Dr. Aayushi jain**

For Corresponds:

Keywords: Jyotismati, Medhya, Jara, Nighantu

INTRODUCTION

Geriatrics is emerging as a major medical speciality over the world. In india too the last decade has projected significantly rising rate of aging & hence it is great need to strengthen the geriatric care system. Ayurveda is essentially the science of life & longevity which incorporates jara/rasayana tantra as one of its astanga specialities which is devoted to nutrition, immunology & geriatrics. *Jara* is inevitable catabolic process occur in every human being because of degradation of *parmanu vibhaga*. Acharya shusruta has mentioned Jara under swabhava bala pravritta vyadhi. The etiopathogenesis & consequences of jara are not clearly mentioned in Ayurveda but rasayana therapy explained with vast concept. So, rasayana drugs which are known to promote physical & mental health but also promote intellect (Medha). Medhya drugs mainly acts by its achintya virya i.e prabhava & these drug exert pronounced effect on mental capabilities of person. One such elixir of life is jyotismati which is named after its ability to enhance cognitive function & natural luminosity (jyoti) of mind (mati). Since time immemorial, it has been used to treat brain related diseases and enhance learning & mental acuity. The jyotismati seed oil is known to have effect on centralnervous system with main activity of memory enhancing effect.

MATERIAL & METHODS –

In this review, we gather thorough information about *Jyotismati* from the ancient *Nighantu* literature and different textbook of *Dravyaguna*, Scientific journals, research articles related to the topic & formulate pharmacodynamic & pharmacokinetic of *Jyotismati* in managementof geriatric care.

BRIEF DESCRIPTION ABOUT JYOTISMATI -

Botanical Name	- <i>Celastrus paniculatus</i>
Wild.Family	- <i>Celastraceae</i>
Hindi Name	- Malkagani
English Name	- Staff tree
Synonyms	- <i>Agnibha, Durjara, Kakandi, Katabhi, Lata, Medhya, Vega,Peetataila, Paravatapadi</i>
Part used	- seed, leaves

RASA – PANCHAKA -

RASA	<i>Katu, Tikta</i>
GUNA	<i>Teekshna, Snigdha, Sara</i>
VEERYA	<i>Ushna</i>
VIPAKA	<i>Katu</i>
PRABHAVA	<i>Medhya</i>
DOSHA KARMA	<i>Kapha-vatahara</i>

CHEMICAL CONSTITUENTS -

Root bark & stem - Pristimerin

Leaves – alkaloids, saponin, steroid, terpenoid

Seed – Celapagine, celastrol, malkanguni, paniculatine, acetic acid, linoleic acid, benzoic acid etc.

CLASSICAL CATEGORIZATION FROM AYURVEDIC LITERATURE

<u>AYURVEDIC LITERATURE</u>	<u>VARGA / GANA</u>
<i>Charak Samhita</i>	<i>Shirovirechnopaga</i>
<i>Sushrut Samhita</i>	<i>Adhobhagahara, shirovirechana, Arkadi</i>
<i>Astang Hridaya</i>	<i>Arkadi</i>
<i>Bhavaprakasha</i>	<i>Haritakyadi varga</i>
<i>Raja Nighantu</i>	<i>Guduchyadi varga, Gokshuradi varga</i>
<i>Dhanvantari Nighantu</i>	<i>Guduchyadi varga</i>
<i>Kaiyadeva Nighantu</i>	<i>Oushadhi varga</i>
<i>Madanpala Nighantu</i>	<i>Abhyadi varga , Paniyadi varga</i>
<i>Priya Nighantu</i>	<i>Pippalyadi varga</i>
<i>Shodhala Nighantu</i>	<i>Guduchyadi varga</i>
<i>Shaligrama Nighantu</i>	<i>Haritakyadi varga</i>
<i>Nighantu Adarsha</i>	<i>Jyotismatyadi, Arka varga, Ashta varga</i>

THERAPEUTIC USE OF JYOTISMATI IN NIGHANTU –

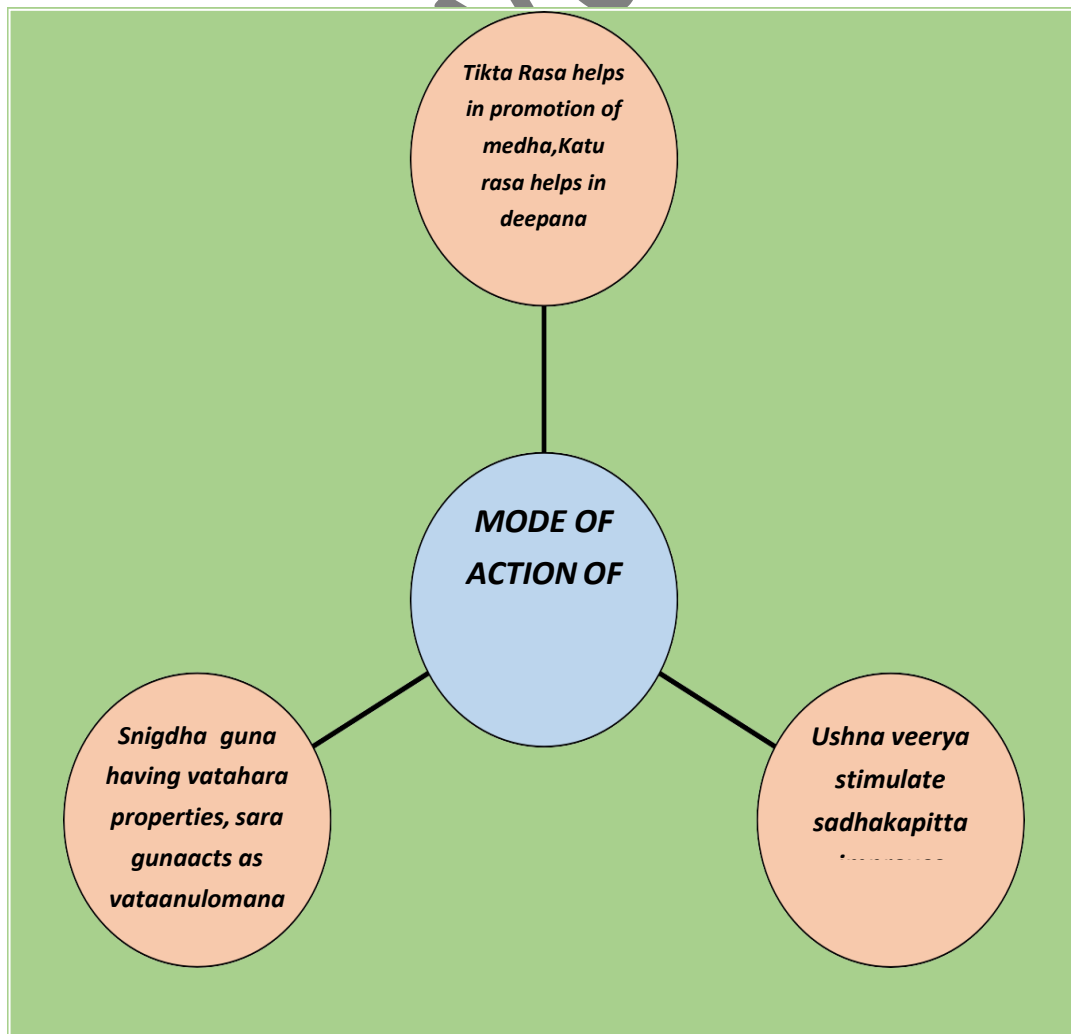
<u>NIGHANTU</u>	<u>THERAPEUTIC USE IN GERIATRIC CARE</u>
<i>Bhavaprakasha</i>	<i>Vahini-buddhi-smriti prada</i>
<i>Raja Nighantu</i>	<i>Deepta, medhya, Pragyakaraka</i>
<i>Dhanvantari Nighantu</i>	<i>Vahini-buddhi-smriti prada</i>
<i>Kaiyadeva Nighantu</i>	<i>Tikshna, moha-medha-akshi-varnyada</i>
<i>Madanpala Nighantu</i>	<i>Vahini-buddhi-smriti prada, smriti buddhim</i>

<i>Priya Nighantu</i>	<i>Buddhi-vahini, medha vraddhi</i>
<i>Shodhala Nighantu</i>	<i>Tikshna medhya</i>

MODE OF ACTION OF JYOTISMATI IN GERIATRIC CARE



ACCORDING TO RASA-PANCHAKA –



ACCORDING TO PARTS OF JYOTISMATI –

PART USED	MODE OF ACTION	THERAPEUTIC EFFECT
Seed extract	<p>Inhibiting acetylcholinesterase enzyme.</p> <p>Increase acetylcholine level in brain</p> <p style="text-align: center;">↓</p> <p>This will Enhance memory power</p>	Nootropic activity, Improve Cognitive function
seed oil	<p>Increase dopamine & serotonin level in brain</p> <p>Malkangni decrease activity of monoamine oxidase-A(MAO-A)</p> <p>Prevent metabolism of dopamine & serotonin</p> <p style="text-align: center;">↓</p> <p>Thus acts as anti-depressant drug</p> <p style="text-align: center;">↓</p>	Anti-depressant activity
Seed	<p>Decrease malanodialdehyde</p> <p style="text-align: center;">↓</p> <p>Increase glutathione & catalase level in brain</p> <p style="text-align: center;">↓</p> <p>Decrease oxidative stress</p> <p style="text-align: center;">↓</p> <p>This will Enhance memory</p>	Antioxidant activity, Neuroprotective agent

CONCLUSION –

The ageing process leads to the dramatic alterations in the physiology of all organisms, including reduced cellular function, compromised resistance to stress & pathological agents, and increased age-related disorder. As we all know that memory loss, dementia, alzheimer's disease, sleep disorder, low immunity etc. these are common ailments in old aged people. In order to cope up with this burning issue in society, our Ayurveda advocates wonderful approach to delay jara janya vyadhi by improving the quality of life by using rasayana sevana, dincharya, hitakara ahara-vihara along with various herbal drugs to manage geriatric health in present scenario. Due to presence of active metabolites in jyotismati, it definitely improve quality of life in geriatric population. In this critical review we get complete knowledge of pharmacodynamic & pharmacokinetics of *Jyotismati* and to verify its *Medhya karma* according to ayurvedic concept on geriatric disorders from different source. To sum up all, jyotismati advocated to enhance body immunity & also helps in prevention and management of cognitive decline among the elderly population.

REFERENCE:

1. *Priya nighantu* -Along with the author's Hindi Commentary entitled 'PADMA' by Prof.Priya Vrat Sharma. Chaukhamba Surbharati Prakashan Varanasi. Edition 2004.
2. Shastry JLN. Illustrated *Dravya Guna Vignana* , 2nd edition Varanasi : ChaukambaOrientalia ; 2005. Vol II.
3. *Bhavprakash nighantu* Of Shri *Bhavamishra* with Hindi Commentary by Dr. K.C.Chunekar, edited by Dr. G.S.Pandey , Chaukhamba Bharti Academy ,Varanasi.
4. *Dhanvantari nighantu* – edited by prof. priyavrat sharma, translated by dr Guru prasadsharma 3rd edition 2002; Chaukhambha Sanskrit bhawan, varanasi.
5. Indian medicinal plants by kiritikar K.R.& Basu, B.D. Volume I; International bookdistributors, Dehradun (india); second edition.
6. *Kaiydeva nighantu* – edited by prof. priyavrat sharma, translated by Dr Guru prasadsharma 3rd edition; Chaukhambha Sanskrit bhawan, varanasi.
7. *Sodhala Nighantu* of vaidyacharya sodhal, edited by prof. priyavrat sharma, 1978,Oriental Institute Baroda.
8. *Madanpala Nighantu*, Vaidya panchanan pandit ram prasad, edition 1998; Khemraj shreeKrishna das prakashan, Mumbai.
9. *Raj Nighantu* of pandit Narhari by indradeva Tripathi, edition 2006; Chaukhambakrishnadas academy, varanasi.

PHARMAAYURVED ONLINE RESEARCH JOURNAL FOR PHARMACY, AYURVED AND ALLIED SCIENCES

A special issue On “Nishkruti” organized by Gujarat Board of Ayurvedic & Unani System of Medicine and Parul University (Department Of Dravyaguna)

<http://www.pharmaayurved.in/>



**Gujarat Board of Ayurvedic &
Unani System of Medicine**
& **Parul University** Jointly organising



निष्कृतिः

Pre-International Conference
Theme Geriatric Diseases –Care and Cure

Organized by : Department of Dravyaguna, Faculty of Ayurved, Parul University
Date : 16th October 2021 | Time : 9:30am onwards



Patrons



Dr. Komal Patel
Director - Medical & Paramedical
Member of BOG, Parul University



Dr. Hemant D. Toshikhane
Dean - Faculty of Ayurved,
Parul University



Dr. Bhagwan G. Kulkarni
Principal - Parul Institute of
Ayurved & Research, Parul University

Eminent Speakers



Dr. Prakash L Hegde
Professor & HOD,
Department of Dravyaguna,
SDM College of Ayurveda,
Hassan, Karnataka



Dr. Bhupesh R Patel
Associate Professor,
Department of Dravyaguna,
ITRA,
Jamnagar, Gujarat

Chief coordinator : Dr Rekha Parmar

Professor, Dravyaguna Vigyana,
Parul Institute of Ayurved, Faculty of Ayurved, Parul University

Link to join: <https://meet.google.com/cdd-khnm-tan>

Associate Partners :



PHARMAAYURVED ONLINE RESEARCH JOURNAL FOR PHARMACY, AYURVED AND ALLIED SCIENCES

**A special issue On “Nishkruti” organized by Gujarat Board of Ayurvedic
& Unani System of Medicine and Parul University (Department Of
Dravyaguna)**

<http://www.pharmaayurved.in/>

EKALA AUSHADHI PRAYOGAS FOR ASTHIVAHA SROTAS IN BRUHATRYEE

AUTHORS

1. Mital A. Patel, MD scholar, Department of Dravyaguna, ITRA, Jamnagar
2. Vishwatej Parkhi, PhD scholar, Department of Dravyaguna, ITRA, Jamnagar
3. Bhupesh Patel, Associate Professor, Department of Dravyaguna, ITRA, Jamnagar

Abstract

Introduction- Osteoporosis is a major clinical problem in older women and men. It makes persons bones thin, lose density and increasingly fragile. This condition results in increase risk of bone fracture. In Ayurved, bone tissue is described as *Asthidhatu* and all the channels which provides nourishment to that *dhatu* known as *Asthivahasrotas*. Aim of this study is to find out single drug from eminent treatise of Ayurveda for prevention and cure of *Asthivahasrotas dushti*.

Materials & Methods- All the 3 treatise covered under *Bruhatrayee* i.e. *Charak Samhita*, *Sushrut Samhita* and *Asthanghrdaya* and *Asthanga Sangraha* were reviewed

Results- There were lots of diseased condition found in old aged related to *Asthivahasrotas*. All the *Vata Shamak Ausadhi* gives good result in this condition as *Vata dosha* is *sthan* of *asthivahasrotas*.

Conclusion- Medicines found for care and cure of *AsthiVaha Srotodusti* can be served effectively for geriatric patients in society.

For Corresponds:

Name of Author: **Dr. Mital A. Patel**

Email: **mitalmpatel37@gmail.com**

For Corresponds:

Keywords: Geriatric, *Aasthivahasrotas*, *Ekalaushadhi*, Osteoporosis, *AsthiKshay*

INTRODUCTION

Just as a tree is dependent on the inner trunk, similarly the animal body is held by the rods in the form of *Asthi*.¹ *Asthi* is a strong structure of the body. The flesh is attached to the bones by the muscles or nerves.² By holding the *Marma* in itself, the bones are subjected to their external shocks or protects her from injuries.³ *Asthi* is one of the seven *Dhatus*.⁴ It is also one *Srotas* among thirteen.⁵ *Moola* of that *Srotas* is *Meda* and *Jaghan*.⁶ *Dusti* of that *Srotas* cause by *Vyayam*, *AtiSamkshobha*, *AtiVighajjanat* and most important *Vatasevan* in form of *Ahara* and *Vihara*.⁷ Imbalance(*Vrudhhi/Kshay*) in *Dhatu* cause *Vikara*.⁸ *Kesh*, *Shmshru*, *Rom* and *Nakha* are known as *Mala* of *Asthi Dhatu*.⁹ Symptoms which given by *Acharya Charaka* for *Asthi Dhatu Kshay* that is *Kesh-Lom-Nakha-Smshru-Dwij(Danta) prapatan*, *Shram*, *Sandhi Saithilya*.¹⁰ *Acharya Susruta* added *Asthitoda* and *Rokshya*.¹¹ When *Dhatukshay* occurs, substances that is similar to that substances are used for treatment.¹² Symptoms of *Asthi Vrudhhi* is *Adhiasthi* and *Adhidant*.¹³ Treatment for that increased *Doshas* is *Samshodhan* and *Kshpana*.¹⁴ For *Dhatu Pradoshaja Vikara Panchkarma*, *Basti*, *Tiktakshira* and *Tiktaghrita* was given for medication.¹⁵

Ekalaushadha have their specific affinity towards *Dhatu*, *Ashay*, *Avayav*. Aim of this study to find out *Ekala Aushadhi* for *Asthi Dhatu* related deformities in present era.

Material and Method -All the 3 treatise covered under *Bruhatrayee* i.e. *Charaka Samhita*, *Sushruta Samhita* and *Asthanghriday* and *Asthangsangraha* were reviewed with tika.

Result-*Ekalaushadha* from *Bruhatrayee* are tabulated as below.

Table-1: Showing *Ekalaushadhi* for *Asthi Dhatu Srotas* from *Bruhatrayee*.

Sr no.	Dravya	Rasa	Guna	Virya	Viapaka	Doshghnta
1.	<i>Guduchi</i>	<i>Katu, Tikta</i>	<i>Laghu, snigdha</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Tridoshshamak</i>
2.	<i>Jatamansi</i>	<i>Tikta, Kashaya, Madhur</i>	<i>Ruksh</i>	<i>shita</i>	<i>madhur</i>	<i>Tridoshshamak</i>
3.	<i>Musta</i>	<i>Tikta, Kashaya, Katu</i>	<i>Grahi</i>	<i>Shita</i>	<i>Katu</i>	<i>Pittakphashamak</i> , <i>Vatvardhak</i>
4.	<i>Kutaj</i>	<i>Tikta, Katu, Kashaya</i>	<i>Ruksh</i>	<i>Shita</i>	<i>Katu</i>	<i>Pittakphashamak</i> , <i>Vatvardhak</i>
5.	<i>Nimba</i>	<i>Tikta</i>	<i>Laghu, ruksh</i>	<i>Shita</i>	<i>Katu</i>	<i>Pittakphashamak</i> , <i>Vatvardhak</i>
6.	<i>Kirattikta</i>	<i>Tikta</i>	<i>Ruksha, shita</i>	<i>Shita</i>	<i>Katu</i>	<i>Pittakphashamak</i> , <i>Vatvardhak</i>
7.	<i>Shalparni</i>	<i>Tikta, Madhur</i>	<i>Laghu</i>	<i>Shita</i>	<i>Madhur</i>	<i>Tridoshshamak</i>
8.	<i>Patha</i>	<i>Tikta, Katu</i>	<i>Laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatshamak</i>
9.	<i>Patol</i>	<i>Tikta</i>	<i>Ruksha</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Tridoshshamak</i>

10.	<i>Dhavyasa</i>	<i>Madhur, Tikta, Kashay</i>	<i>Laghu, ruksh</i>	<i>Shita</i>	<i>Madhur</i>	<i>Pittakphashamak , Vatvardhak</i>
11.	<i>Amalaki</i>	<i>Amla, kashay, Madhur</i>	<i>Ruksha</i>	<i>Shita</i>	<i>Madhur</i>	<i>Tridhoshnashak</i>
12.	<i>Haridra</i>	<i>Tikta, Katu</i>	<i>Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Pittakphashamak , Vatvardhak</i>
13.	<i>Guggulu</i>	<i>Madhur, Katu, Tikta, Kashay</i>	<i>Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphvatshamank</i>
14.	<i>Katuki</i>	<i>Tikta</i>	<i>Ruksha, Laghu</i>	<i>Shita</i>	<i>Katu</i>	<i>Pittakphashamak , Vatvardhak</i>
15.	<i>Kokilaksha</i>	<i>Madhur, Amla, Tikta</i>	<i>Laghu</i>	<i>Shita</i>	<i>Katu</i>	<i>Vatshamak, Pittavardhak</i>

Discussion-

Ekala Ausadhi is very potent and target oriented medicine. But for *Kostha* and initial *Dhatu* that is very effective.

We can say that, Above 15 drugs given in *Samhita* for *AsthiDhatu* possess one or two *Bhav* for *Asthi*. Like There was one reference in *Susruta Samhita* that *Dosha Kupita* by one *Bhav*, two *Bhav* or three *Bhav* (वातस्यरुक्षलघुविशदविष्टम्भभागाः)¹⁶

i.e. *Vata Dosha* get aggravated by only *Ruksha Guna* or *Ruksha + Shita Guna* or *Ruksha + Laghu + Vishada Guna*.

When there are *Ruksh Guna Vriddhi* only *Snigdha Guna Pradhan* Drug enough for treatment.

Likewise in *Vriddhi* of *Ruksh + Shita, Snigdha + Ushna Guna Pradhan* Drug is appropriate for treatment.

Table 2-Probable mode of action of that 15 Drugs

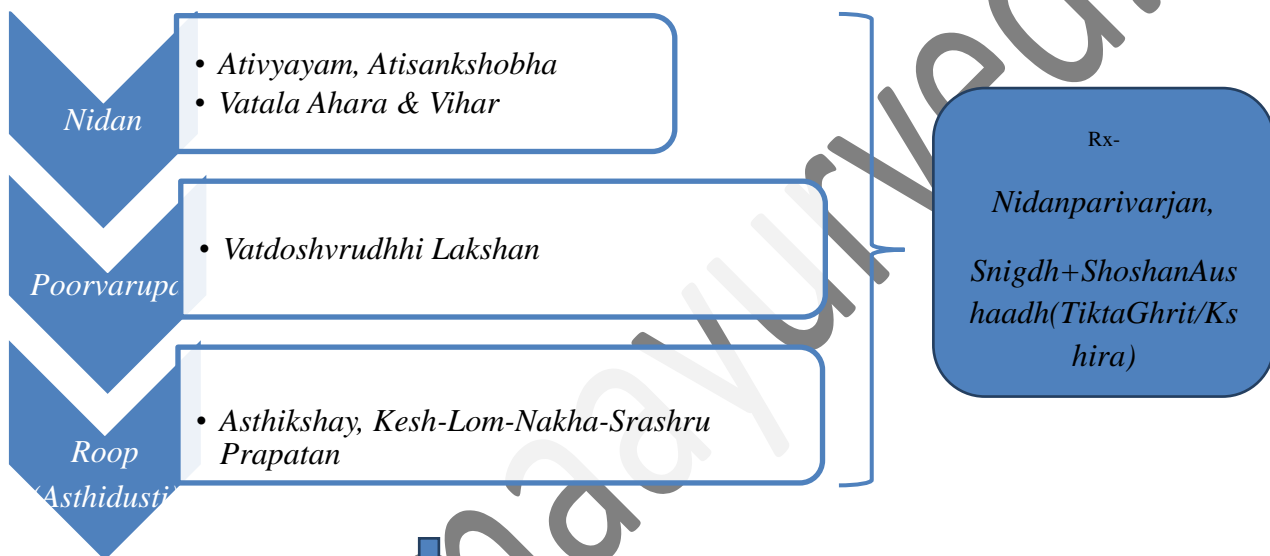
Sr no.	Drugs	Probable mode of action
1.	<i>Guduchi</i>	Due to its <i>Snigdha Guna</i> subside <i>Vata Dosha</i>
2.	<i>Jatamansi, Shalparni, Dhanvayash, Amalaki, Patol</i>	Due to its <i>Madhur Vipaka</i> its subside <i>Vata Dosha</i>
3.	<i>Musta, Nimba, Kirattika, Patha, Kutaj, Haridra, Katuki</i>	Due to its <i>Ruksha Guna</i> it possess <i>Kharatvain Asthi Dhatu</i>

4.	<i>Kokilaksha, Guggulu</i>	Due to its specific affinity towards <i>Asthi Dhatu</i> its work on <i>AsthiVikruti</i>
----	----------------------------	---

As it has been told in origin of *Asthi Dhatu*, if the *Pruthvi+Anila+Anala* is covered with *Sleshma* in *Slakshna Dhatu* like *Meda*, then after that become *Khara* like *Asthi*.¹⁷

All *Tikta Dravyas* are *Vatkruta*, *Vata Dosha* increase *Asthi Kshaya* yet why *Tikta Dravyas* are used in treatment? The substance which is *Snigdha* and *Shoshan* that will produce *Khartva* in the *Asthi*. There is no such substance which has *Snigdha* and *Shoshan* properties resides together. Medicated *Ghee* and *Kshira* with *Tikta Dravyas* having that qualities that creating *Kharatva*, make it like earlier.¹⁸

Illustration 1: Showing *Nidan Panchak* and *Samprapti Vighatan* of *Asthiashraya Vyadhi*.



Upshaya- Vatashaman

Conclusion-

Asthi is *Gambhir Dhatu*. Formation of *Sapta Dhatu* also depends on status of *Kayagni*. Maintenance of *Kayagni* is required for proper formation of *Asthi Dhatu*. *Asthi Vaha Srotas Dusti* mainly occurred by *Vata Dosha Prakopak Ahara* and *Vihara*. *Asthi Ashrayee Vyadhi Chikitsa* involve *Vata Nashak Upkram* mainly *Basti*. For internal medication combination of both '*Snigdha* and *Shoshak Dravyas* are required. Given 15 Drugs in *Samhita* for treatment of *Asthi Dhatu* may work on one or two *Bhav* of *Asthi Dhatu*, for better treatment in complicated *Asthi Vikruti* we should use combination of Drugs.

REFERENCE:

1. Kaviraja Ambikadutta Shastri, Editor. *Susruta Samhita* of Maharsi -Susruta, Sharirasthan. Cha.-5, Ver- 23. Varanasi: Chaukhamba Sankrita Sansthan ;2015.pg.60
2. Kaviraja Ambikadutta Shastri, Editor. *Susruta Samhita* of Maharsi -Susruta, Sharirasthan. Cha.-5, Ver- 24. Varanasi: Chaukhamba Sankrita Sansthan ;2015.pg.60
3. Kaviraja Ambikadutta Shastri, Editor. *Susruta Samhita* of Maharsi -Susruta, Sharirasthan. Cha.-5, Ver- 25. Varanasi: Chaukhamba Sankrita Sansthan ;2015.pg.60

4. Kaviraja Atrideva Gupta, Editor. Astanghruday of Shrimad Vagbhata -Astanghriday, Sutrasthan.Cha-1,Ver-13.Varanasi:Chaukhamba Prakashan;2016.pg.8
5. Sastri Girijashankar Mayashanakar, Editor. Charak Samhita of Maharshi Agnivesh - Charaka,Vimansthan.Cha-5,Ver-5.Ahamdavad:Sastu Sahitya Mudranalaya Trust;2015.Vol-2,pg.325
6. Sastri Girijashankar Mayashanakar, Editor. Charak Samhita of Maharshi Agnivesh - Charaka,Vimansthan.Cha-5,Ver-10.Ahamdavad:Sastu Sahitya Mudranalaya Trust;2015.Vol-2,pg.328
7. Sastri Girijashankar Mayashanakar, Editor. Charak Samhita of Maharshi Agnivesh - Charaka,Vimansthan.Cha-5,Ver-23.Ahamdavad:Sastu Sahitya Mudranalaya Trust;2015.Vol-2,pg.332.
8. Sastri Girijashankar Mayashanakar, Editor. Charak Samhita of Maharshi Agnivesh -Charaka, Sutrasthan.Cha-9,Ver-3.Ahamdavad:Sastu Sahitya Mudranalaya Trust;2015.Vol-1,pg.14
9. Sastri Girijashankar Mayashanakar, Editor. Charak Samhita of Maharshi Agnivesh -Charaka, Chikistasthan. Cha-9,Ver-18.Ahamdavad:Sastu Sahitya Mudranalaya Trust;2015.Vol-3,pg.638.
10. Sastri Girijashankar Mayashanakar, Editor. Charak Samhita of Maharshi Agnivesh -Charaka, Sutrasthan.Cha-17,Ver-67.Ahamdavad:Sastu Sahitya Mudranalaya Trust;2015.Vol-1,pg.317.
11. Kaviraja ambikadutta shastri, editor. susruta Samhita of Maharsi -Susruta,Sutrasthan.Cha.-15, Ver- 13.Varanasi: Chaukhamba Sankrita Sansthan ;2015.pg.76
12. Kaviraja ambikadutta shastri, editor. susruta Samhita of Maharsi -Susruta,Sutrasthan.Cha.-15, Ver- 15.Varanasi: Chaukhamba Sankrita Sansthan ;2015.pg.77
13. Kaviraja ambikadutta shastri, editor. susruta Samhita of Maharsi -Susruta,Sutrasthan.Cha.-15, Ver- 19.Varanasi: Chaukhamba Sankrita Sansthan ;2015.pg.78
14. Kaviraja ambikadutta shastri, editor. susruta Samhita of Maharsi -Susruta,Sutrasthan.Cha.-15, Ver- 22.Varanasi: Chaukhamba Sankrita Sansthan ;2015.pg.79
15. Sastri Girijashankar Mayashanakar, Editor.Charak Samhita of Maharshi Agnivesh -Charaka, Sutrasthan.Cha-28,Ver-39.Ahamdavad:Sastu Sahitya Mudranalaya Trust;2015.Vol-1,pg.743.
16. Kaviraja ambikadutta shastri, editor. susruta Samhita of Maharsi -Susruta,Sutrasthan.Cha.-21, Ver- 38.Varanasi: Chaukhamba Sankrita Sansthan ;2015.pg.121
17. Arundatta, Commentator Sarvang Sundaravyakhyaya. Padit Hari Sadisiva Sastri Paradakar, Eaditor. Samhita of Vagbhat-Ashtanghriday. Sharirsthan. Cha-3,Ver-62.Varanasi :Chaukhamba Surbharti Prakashan:2020.pg.399
18. Arundatta, Commentator Sarvang Sundaravyakhyaya. Padit Hari Sadisiva Sastri Paradakar, Eaditor. Samhita of Vagbhat-Ashtanghriday. Sutrasthan. Cha-11,Ver-31.Varanasi :Chaukhamba Surbharti Prakashan:2020.pg.188