A CONCEPTUAL APPROACH TO CHARAKOKTA VAYASTHAPANA DASHEMANI W.S.R TO ANTI-AGIENG ACTIVITY

1Rangannavar Santosh  2Fathima Noor
1Assistant Professor, Department of Dravyaguna, JSS Ayurveda Medical College, Mysuru.
3Assistant Professor, Department of Dravyaguna, JSS Ayurveda Medical College, Mysuru.

ABSTRACT

Living longer has been a goal of human mankind since antiquity. Age is period of time a person has existed since birth and Ageing is gradual biological impairment of normal function which is under polygenic controls, whose chemistry is still mystery. Vayasthapana dashemani of Charaka emphasizes about prevention of ageing & restoration of youth for longer period. Drugs of Vayasthapana mahakashaya are –Amruta (Tinospora cordifolia), Abhaya (Terminalia chebula), Dhatri (Phyllanthus emblica), Mukta (Pluchea lanceolata), Shweta (Clitorea ternatea), Jivanti (Leptedina reticulata), Atirasa (Asparagus racemosus), Mandukaparni (Centella asiatica), Shhirat (Desmodium gangeticum), Punarnava (Boerhavia diffusa). The objective of this paper is to analyze the rationality of inclusion of these drugs in Vayasthapana gana & substantiate their properties based on Treatment principles employed in old age according to Ayurveda. On screening Properties of Drugs it was found that majority of drugs having Medhya, Rasayana & Tridoshagna effect, which comprehensively improves & restores(Sthapana) the impaired body functions of most commonly affected systems during old age & justifies their inclusion in that group.

Keywords: Apara oja, Rasayana, Svabhava parama vada, Tridoshagna, Vayasthapana dashemani, , , Vipaka.

INTRODUCTION:

Ayurveda is science of Life which guides a person to live longer. The four inevitable purposes to be achieved by human in life are Righteous conduct, Economy, Desire & Liberation. To achieve these one has to follow the rules laid down by Ayurveda which are concerned with Physical & Mental health. Among the eight branches of Ayurveda “ Jara” or Rasayana branch which mainly focus on treating ageing disorders & to stop it.

Similarly modern medicine has also developed “Geriatrics” which deals with problem of old ages. Important differences in clinical diagnosis of old age are’ Multiple pathology, partial hypervolemia, electrolyte imbalance, nutritional deficiencies with anorexia. Lean body mass, one loses 10% of Liver & 40% of skeletal muscle mass. There is continuous loss in the functional capacity of mass tissues & organs & the immune mechanism is affected by nutrition.2

In Ayurveda Jara (Ageing) is included under Swabhava bala pravrutta vyadhi like Nidra, Trishna, Kshut and Mrutyu.3 The five dimensions of comprehensive approach during old age are 1. Physical health. 2. Mental health. 3. Social. 4. Economical. 5. Environmental.4 The Physical and Mental health deterioration in old age is well identified by Ayurveda like decline in tissues (dhatu), senses (indriya), and strength (bala ), Virility (Virya) digestion and metabolism (agni), and enthusiasm (utsaha ) with wrinkled skin (vali), grey hair and baldness (khalitya); attack of cough (
Kasa), dyspnoea(svasa), tremors (incapable to do any work) and decline in mental functions like retention power (dharana), retrieval abilities (smarana), speech (vacana) and general knowledge (vijyana).  

AIMS & OBJECTIVES:
1. To analyze the rationality behind inclusion of drugs in Vayasthapana mahakashayas of Acharya Charaka.
2. To understand & justify the Principles of treatment on the basis of Drug properties w.r.to Vayasthapana gana.

VAYASTHAPANA:
Among 50 Mahakashayas of Charaka the “Sthapana” group carries different pharmacological efficacy. The suffix reveals some concrete basis & systemic conceptual basis related to those factors which promote life or a sign of existing life. Prakruti sthapana are also Chikitsa, in that sense the word “Sthapana” means which stabilizes, restores or brings back to normal. Therefore here Vayah denotes to young age. The word Vayasthapana is commented by Dalhana, commentator of Sushruta like. 1 Which maintains youth. 2. Which prolongs the life span up to 100 years. 3. Which even increases life span more than 100 years. 4. Which checks or stops the ageing 5. This maintains youth for long time.
On analysis of views of Dalhana Acharya it can be said that preventing the ageing process and maintaining the youth is the soul meaning of Vayasthapana.

Rasayana As Vayasthapana:
According to Author Sharangdhara, Rasayana means “ The Drugs which alleviates Jara & Vyadhi are called as Rasayana & Commentator Adhamalla says Jara means naturally occurred old age but not due to any disease. Rasayana karma means to be producing Dhatus of its best quality i.e with respect to their Quality, Quantity & Function as stated by Arunadatta. Rasayana Chikitsa incorporates following mechanisms.
1. Neutraceutical action - Nourishing & maintains life of cell
2. Regenerative action - Encouraging the new cell growth
3. Immuno-modulatory - Preventing recurrent infections & expelling the damaged Cells.
4. Anti-oxidant action- Elimination of toxic metabolites
5. Adaptogenic action- keeping balance between mind & body.
The Vayasthapana effect is one among foremost karma of all Rasayana drugs which is evident in following verses from treatises. The person who takes Rasayana Chikitsa will never suffer from ageing, weakness, disease & even death. will benefitted with Longevity & Youth. which increases Life span, maintains health & checks ageing. The treatment protocol in old age as per Charaka is administration of Milk, Ghee, Aphrodisiacs, Yapana basti & Rasayana dravyas. Hence, to check ageing process & produce youth, Longevity the drugs must possess Rasayana property.
<table>
<thead>
<tr>
<th>Sno</th>
<th>Dravya (Drug)</th>
<th>Drug property</th>
<th>Effect on Dosha</th>
<th>Effect on Dhatu</th>
<th>Concerned specialty</th>
</tr>
</thead>
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<tr>
<td>1</td>
<td>Amruta (Tinospora cordifolia) Menispermaceae</td>
<td>Tikta rasa Ushna virya Madhura vipaka</td>
<td>Tridoshagni</td>
<td>Rasayana Vayasthapana Dhatukrut Ayushya Medhya Balya Rakta doshabhara</td>
<td>Tridoshagni Madhura vipaka</td>
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<td>2</td>
<td>Abhaya (Terminalia chebula) Combretaceae</td>
<td>Kashaya rasa Ushna virya Madhura vipaka</td>
<td>Tridoshagni</td>
<td>Rasayana Poushtika Ayushya Vayasthapana param Pathyanam</td>
<td>Tridoshagni Madhura vipaka</td>
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<td>Dhatri (Phyllanthus Emblica) Euphorbiaceae</td>
<td>Amla rasa Sheeta virya Madhura vipaka</td>
<td>Tridoshagni</td>
<td>Vayasthapana Param vrushyam Rasayanam Dhatuvuddikara</td>
<td>Tridoshagni Madhura vipaka</td>
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<td>4</td>
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<td>Tikta rasa Ushna virya Katu vipaka</td>
<td>Vata-Kapha shamaka</td>
<td>Asthi dhatu poshaka as per Ashraya-Ashrayi relation</td>
<td>Vataharanam Vedanasthapana Katu vipaka</td>
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<td>Shweta (Clitorea ternatea) Fabaceae</td>
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<td>Vata-Kapha shamaka</td>
<td>Tikta medhya Shrutikara Medhya Katu vipaka</td>
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<td>6</td>
<td>Jeevanti (Leptadenia reticulate) Asclepiadaceae</td>
<td>Madhura rasa Sheeta vviry Madhura vipaka</td>
<td>Vata-Pitta hara</td>
<td>Jeevaniya Rasayana Madhura vipaka</td>
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<td>7</td>
<td>Atirasa (Asparagus racemosus) Liliaceae</td>
<td>Madhura rasa Sheeta vvirya Madhura vipaka</td>
<td>Tridoshagni</td>
<td>Pushikrut Best Rasayana Kshaya hara Rakta doshagna Madhra Vipaka Tridoshani</td>
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<td>8</td>
<td>Mandukaparni (Centella asiatica) Apiaceae</td>
<td>Kashaya-Tikta rasa sheeta vriya Katu vipaka</td>
<td>Tridoshagni</td>
<td>Medhya Rasayana Pushikara Ayushya Bala-Varna-Swara kara Tridoshagni Medhya Katu vipaka</td>
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<td>9</td>
<td>Sthira (Desmodium gangeticum) Fabaceae</td>
<td>Tikta-Madhura rasa Ushna virya Madhura</td>
<td>Tridoshagni</td>
<td>Bruhmana Rasayana Vrushya Tridoshagni Madhura vipaka</td>
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DISCUSSION:

- On observing the Pharmacological profile of Drugs of Vayasthapana gana from above table they can be broadly differentiated in to mainly three “Karma” which are intended therapeutic effects required during old age to arrest the ageing process, restore youth & maintain it for longer time.
  1. **Medhya** - Aparajita, Amruta, Mandukaparni
  2. **Vatahara** - Rasna
  3. **Rasayana** - Amruta, Abhaya, Dhatri, Jivanti, Atirasa, Sthira, Punarnava

- During old age the CNS System related activities are strongly affected. The most common clinical conditions are Psychological disturbances & Disturbed/Altered/Diminished Memory viz usually with Dementia which is associated with loss of memory, behavioral changes & personality & deterioration of intellect. May be due to generalized loss of neurons throughout cortex & 80% of cases have diffuse degenerative diseases like Alzheimer’s, Parkinson’s. The Neuro-anatomic changes with ageing are Brain atrophy, Decreased neuron counts, Neurotransmitter syntheses & blood flow. Hence in Vayasthapana gana the Medhya drugs like Aparajita, Amruta, Mandukaparni has been included to improve CNS related dysfunctions by producing effects like Dharana, Smarana, Dhi, Smruti, Buddi, Medha etc…. 
  - The most specific single alteration in old Age is reduction in the Pain intensity, where Deep pain perception increases & acute pain is poorly localized. Silent MI is common & pain from Bone-Joints is more marked, erosion of articular cartilage of joints is consequence of ageing. 43% of elders suffer from limitation of motor activity. Hence to overcome these Vata dosha Vruddhi lakshanas, Rasna drugs has been included which is best among Vatahara dravya, which not only pacifies the aggravated Vata dosha but also improving the natural functions of vata dosha i.e Chesṭa which is reduced in old age. Angavasaddanam (Reduced range of motor activity) is very evident symptom with ageing which is effectively managed by drug Abhaya.
  - According to Swabhavaparama vada the natural degeneration & decay has no evident cause which is happening in old age but that which is occurring during ages other than old is immature & has evident cause may due to some underlying diseases.

1. Natural ageing consequences are regularly counteracted by nourishment & synthesis of Dhatu’s by Rasayana dravyas which are specifically tridoshagna & Kamya rasayana. The drugs like Amruta, Abhaya, Dhatri, Jivanti, Atirasa, Sthira fulfilling these aspects is evident from the Table no 1.
2. Un-natural ageing which is due to some disease has to be counteracted by improving Apara oja, for this Naimittika rasayana to be selected, because Rasayana dravyas also has disease curing property. Eg- Agastya haritaki in Kasa, Yogaraja in Pandu & Sarpiguda in Kshataksheena.

- Another common symptom in old age is Urinary incontinence, to manage this & other related decreased functions of Urinary system the drug Punarnava have been included, which is having specific action on Mutravaha srotas. It is also having Rasayana property.

**CONCLUSION:**

Ageing could be Natural or Unnatural. The Drugs of Vayasthaapan gana in majority are Tridoshagnqa, having Madhura Vipaka & Rasayana property which are specifically targeting the most common affected systems during old age i.e CNS, Skeletal, Digestive & Urinary. The function of Apara oja according to Vagbhatta is protection of body in all its stages. Hence these Vayasthapan gana dravyas being specifically Medhya, Vatahara & Rasayana property will protect from the consequences which are natural during old age. The main objective of Chikitsa is Dhatu samyata, which is obtained by the measures taken not to vitiate Dhatu & to sustain normalcy of Dhatu. The drugs of Vayasthapan gana fulfill these two elements of Chikitsa very effectively in a Comprehensive way.

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Corresponding Author:
Dr. Rangannavar Santosh, Assistant Professor, Department of Dravyaguna, JSS Ayurveda Medical College, Mysuru.
Email: dr.santoshveda@gmail.com

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