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Rejuvenation Through Ayurveda: A Way Towards Delaying Aging Process.

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ABSTRACT: -

The process of rendering young again by causing beneficial changes in the human body comes under the rejuvenation therapy. Each and every individual surrounding us in the cosmos wants to be remain young as several changes comes under aging process which causes various alterations in biological, physiological, psychological, behavioural and social aspects. Finally, aging leads to the old age period in which most of the individuals become fully or partially dependent on others even for their daily activities. To achieve healthy lifestyle and for delaying the aging process without experiencing side effects, everyone wants some remarkable solution. Ayurveda plays a major role for standstill the aging process and having an immense scope in this context through its various modalities like *Rasayana* therapy which is very much helpful in replenishing the vital fluids of the body; boosting the *Vyadhikshamatva Bala* and thus keeping us away from various ailments and prevents against ill effects of aging process and advanced age. *Withania somnifera* (*Ashwagandha*), *Embllica officinalis* (*Aamalaki*) and *Terminalia chebula* (*haritaki*) are some examples of potential and revered ayurvedic rejuvenator. *Ashwagandha* promotes energy levels and also mitochondrial health by its anxiolytic effect and works as anti-inflammatory and anti-arthritis agent also. *Amla*, also known to be as Indian gooseberry is a potential antioxidant, immune-modulatory herb and having *Vaya-Sthaapna Gunas* that is anti-aging properties. *Amla* act as an influential rejuvenator by nourishing the dhatus (the body tissues) and gently detoxify the body by removing toxins from the body. *Haritaki*, also known as shiva is a powerful *Rasayana*, anti aging agent, a potent immune-modulator and an effective antioxidant. *Ritu haritaki* is also a very useful concept of Ayurveda for rejuvenation. Rejuvenation through Ayurveda is a very important concept which should be keenly studied and applied.

Key Words: Rejuvenation, Ayurveda, Aging Process, *Vayasthapna*, *Rasayana*, *Bala*



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INTRODUCTION

Each and every person in the world –have the right to live a long and healthy life. Yet, the conditions and environment in which we live can favour health or can also be harmful to it. External environment is highly influential on our behaviour and our exposure to health risks (for example air pollution, noise pollution, violence etc.), our access to services (for example, health and social care) and the opportunities that ageing brings.

The proportion and number of persons aged 60 years and more than this in the population is continuously being increasing. The number of people aged 60 years and older was 1 billion in 2019. There is an estimate that this number will increase to 1.4 billion by 2030 and may be 2.1 billion by 2050. This surge is occurring at a striking pace and will surely accelerate in upcoming decades, particularly in developing countries. By 2050 low- and middle-income countries will occupy 80% of older people.^[1]

Older persons are associated with a number of age related changes causing them prone to various health hazards. Rejuvenation therapy is a kind of medical care with the focus to alter, halt and even reverse the aging process. While there is currently no way to delay our internal aging processes that is scientifically proven, there are ways to alter or postpone some of the consequences we experience as we age.

Ageing: an inevitable process

Several complex processes are involved in the

biology of ageing, many of which are not fully understood yet. There are some scientific proven facts explaining why we age. It can be said that the main features of aging in general are:

1. Genetic aging, which can cause unstable DNA, cellular damage, mitochondria damage, telomere shortening or the inability for cells to reproduce sufficiently.
2. Biochemical aging, free radicals causing damage to cellular structures
3. Hormonal aging, which is an increased misbalance in our hormonal levels as we age.

Ageing related to lifestyle, which can be taken as aging affected due to external factors such as high sun exposure or smoking or emotional status.

All of these aspects play a significant role in aging, and some are having stronger effects than others. The role of each of these aspects may vary in different individuals as the aging process is highly individual. This means that naturally, some people age more earlier than others.^[2]

Ageing is represented by the functional reduction of tissues and organs and the increased risk of ageing-associated disorders. Some ‘rejuvenating’ interventions have been proposed to halt ageing and even the onset of age-associated diseases to expand healthy lifespan. In modernized era there are activities such as metabolic manipulation, partial reprogramming, heterochronic parabiosis, pharmaceutical administration and senescent cell ablation.^[3]

This Review discusses the role of or better say the need of enlightening the ayurvedic modalities to combat these age related challenges and to rapidly increase the knowledge of how these ayurvedic concepts have an effect on health span and lifespan extension. Thus, outlines questions to guide future research on interventions for rejuvenation and delay ageing processes.

Ageing comprises itself with both challenges and opportunities. It will increase demand and a major opportunity for primary health care system for giving the population a better and longer healthy life which is possible by delaying age related changes in our body.

Healthy ageing is defined as developing and sustaining the functional ability that permits well-being in older age. The intrinsic capacity of an individual (i.e. an individual's mental and physical capacities), the surrounding environment in which people lives and the interlink among them determined the functional ability. It is easy for them to live both longer and healthier lives who adjusts themselves to the changing environment.^[1]

Decade wise *kshaya* (depletion) in aging is a unique concept given by Acharya Kashyapa.^[4]

Rasayana: Rejuvenation through ayurveda

Ayurveda is a holistic science of life, by the knowledge of which, life may be prolonged. It is a common human nature to hope for longevity and this desire is found practically among all the individuals of the world. Accordingly, if longevity is a keen desire, there must be a system of rejuvenation for one who keeps on remaining young and healthy. *Rasayana* therapy is one of the eight branches described in Ayurveda.^[5] Ayurveda is considered as a systematic and scientific medical discipline and constitutes great results by this therapy in rejuvenation.

Therapeutics which promote strength and

immunity is categorized in two modalities that is *Vrishya*(aphrodisiac) and *Rasayana*(rejuvenator), while the therapy of the second category is mostly applied for alleviation of disorders.^[6]

With the help of *Rasayana*, one attains longevity, remembrance, sharpness, privilege from illness, youthfulness, excellence of lustre, complexion and voice, ideal strength of physique and sense organs, perfection in deliberation, respectability and brilliance.^[7]

The word *Rasayana* is composed of two words *Rasa* and *Ayan*. *Rasayana* is the means of attaining excellent qualities of *rasa* (the nourishing fluid which is produced immediately after digestion) etc. *dhatu*s i.e. body cells and tissues.^[8]

Vyadhikshamatwa (immunity) is illustrated as the power to combat disease severity, prevent progress, occurrence and recurrence of disease.^[9]

The ancients have described types of *rasayan* therapy:

1. According to methods of the administration

- a. *Kutipravesika* (indoor)
- b. *Vataatapika* (outdoor)^[10]

2. According to the object

- 1) ***Kamyas rasayana***- for promotion of health of the healthy.
 - a. *Pranakamyas* (that promotes longevity and life span).
 - b. *Medhakamyas* (which improves mental faculties).
 - c. *Srikamyas* (that improves beauty and lustre of the body).
- 2) ***Naimittika rasayana*** -as an adjunct for cure of diseases such as *Shilajatu*, *Bhllataka*, *Tuvaraka* etc.
- 3) ***Ajasrika rasayana*** for use as daily routine as milk, *ghrita* etc^[11]*Rasayana* not only concerned

with Drugs but also incorporates diet and regimens which promote longevity by delaying aging and preventing various diseases and health hazards such as *aachara rasayana* (code of conduct).

In India the ancient school of medicine that is Ayurveda is probably the first to that describes the science of life, its central aim being efforts to protect life from disease and aging. *Rasayana* is one of the eight clinical specialties of traditional Ayurveda. *Rasayana* is not a kind of therapy which only includes drug therapy but is a peculiar procedure now a day's commonly practiced. It is implemented in the form of rejuvenate therapies, dietary regimen and special health promoting good conduct and behaviour with the help of knowledge of *Achara-Rasayana* (code of conduct).

At last it can be said that *Rasayana* therapy is a amazing treatment module of Ayurveda science. By its proper and regular use, a person can live healthy and happy life for long. It may lead to comprehensive clinical effects designated as *Ayushkara* (longevity), *Vaya Sthapana*, *Medhakara*(intellect), *Balakara* (tonic) and also having *Jara Vyadhi Nashana* effects. In accordance with this extensive effect the practice of *Rasayana* therapy has been supported to involve a number of specific considerations like *Prakruti* (constitution), *Vaya* (age), *Saatmya* (biological pliability towards *Desha*, *Kala* and *Ritu*), *Dhatus* (tissue and tissue nutrition.), *Srotasa* (micro channels), *Agni* (digestive and metabolic factors) and *Ojas* (vitality). In addition, during *Rasayana* therapy a person who desire for optimum effects should consume a suitable regime of diet in a proper way and should follow a suitable code of psychosocial conduct as prescribed under *Achara Rasayana* and also in *sadvrutta* concept.^[12]

***Rasayana* therapy for achieving long and healthy life**

Rasayana therapy boosts the *Ojas* (vital force of life) that is our immune System. *Rasayana* aids a person to sustain good health or to establish impaired or lost physical or mental health by delaying ageing process. *Rasayana* builds natural resistance against infection. *Rasayana* drugs invigorate the body in general by sustaining the essential balance between anabolism and catabolism. *Rasayana* drugs that are potent antioxidants may also act as Immune modulator may also act as anti-aging. It means *Bala* that provides firm integrity and which nourishes the muscles, ability to take initiatives, improves the voice and complexion, and helps the person to perform his natural functions from his or her senses.^[13]

Rasayana is interpreted as a therapy which enhances *Jaraa* (Senility), And *Vyaadhi* (Disease).^[14] Acharya Charaka Explicitly Stated That *Rasayana* Transmits *Dirghayu* (Long Life), *Smriti* (Memory), *Medha* (Intellectual Power), *Arogya* (Healthy State Of Body & Mind), *Taruna* (Youth), *Prabha* (Complexion), *Varna* (Colour), *Swarya* (Good For Voice), *Dehabala* (Body Strength), *Indriya Bala* (Strength To Sensory Organs), *Vaksiddi*, etc.^[15]

***Ashwagandha*: a potent rejuvenator**

Ashwagandha(*Withania somnifera*) is one of the most studied *Rasayana* botanical herb that is widely used in Ayurveda practice for its immune-modulator, anti-aging, adaptogenic, and also having rejuvenating effects. The botanical is being used for various clinical indications, including cancer.^[16] *Ashwagandha* is commonly known as “Indian Winter cherry” or “Indian Ginseng”.

Due to its multiple therapeutic actions like anti-stress, neuro - protective, antitumor, anti-

arthritic, analgesic and anti-inflammatory actions, ashwagandha is a real potent regenerative tonic (Rasayana of Ayurveda). It is useful for various kinds of ailments like Parkinson, dementia, memory loss, stress induced diseases, melanoma and others which are mainly age related.

Ashwagandha is also widely used as a household remedy by Indians, who consider it as the potent and effective tonic for old people and children, and as aphrodisiac by younger generation. It is one of the best tonics of Ayurveda that acts on nervous system.

Thus, the above findings clearly indicate that the traditional use of Ashwagandha has a logical and scientific basis for long and healthy life.^[17]

Haritaki: a revered ayurvedic herb

Haritaki (Terminalia chebula) is pancharasa as it is devoid of saline taste, is hot, wholesome, carminative, light, appetizer, digestive, life promoting, tonic, excellent, sustained youthfulness, relieves all diseases and provides strength to all sense organs. It alleviates skin disorders including leprosy, *gulma*, *udavarta*, phthisis, anaemia, degeneration, piles, disorders of *grahani*, chronic intermittent fever, heart disease, head disease, diarrhoea, anorexia, cough, urinary diseases and diabetes, flatulence, splenomegaly, acute abdominal disorders, excessive secretion of mucus, hoarseness of voice, disorders of complexion, jaundice, worms, oedema, vomiting, impotency, lassitude in organs, sudden impairment of memory and intellect.^[18]

Haritaki is said as *pathyanam* by acharya charaka.^[19]

Haritaki provides the restorative effect i.e *Rasayana* by cleansing the channels of body. But for producing the *Rasayana* effect it needs various supportive *Dravyas* (drugs) in different

ritu (seasons) such as; *Haritaki* with its *Anupana dravyas* in different *ritus* (seasons) does the *shodhan* of *doshas*, brings the impaired *agni* (digestive fire) to its equilibrium state, and maintains the healthy state of *dhatu* and *mala* and leads to *rasayana* (rejuvenator) karma, by detoxifying and balancing the bodily humors throughout the year.

Ritu Haritakee acts as preventive, curative, and rejuvenate (*rasayana*) medicine.^[20]

Aamlaki, Vayasthapna herb

Aamlaki (Emblica officinalis) is considered as most potent *vayasthapna* (geriatric) drug by acharya charak.⁽²¹⁾

Aamlaki has the same properties or *gunas* and actions as *haritaki*, only the biopotency is different. Thus, one should regard the fruits of *haritaki* as well as *aamlaki* like nector.⁽²²⁾

Aamla is the main ingredient used in *chyavanprash*, which is an excellent *rasayana*. By using *this rasayana* preparation, the extremely old sage *Chyavana* regained his youthful age. One can attain intellect, memory, lustre, freedom from disease, longevity, strength of senses, sexual vigor, adequate *agni* function (digestion and metabolism), fairness of complexion and appropriate discharge of flatus.

The consumer of this *Rasayana* gets rid of senility and enjoys youthfulness.⁽²³⁾

It is an Indian traditional Ayurvedic drug used as a rejuvenating medicine in aging conditions. The fruits of *Amala* commonly used in Ayurveda are assumed to enhance defense against diseases.

Amalaki rasayana has antioxidant, immunomodulator, antipyretic, analgesic, cytoprotective, antitussive and gastro protective actions.^[24] It is also used for memory enhancement and for lowering blood cholesterol levels.

DISCUSSION AND CONCLUSION:

Aging is unavoidable event in life and it is defined as impaired adaptive capacity to environmental or internal stresses with growing proneness to morbidity and mortality. Vedas have description considering the problems of aging and regarding its delaying. As it is quoted in *rugveda* “*Jivema Sharadah Shatam*”. It has been the admired desire of human race to attain long life and to live long life at least of 100 years in perfect health.

Rasayana is outlined as an herbal preparation that promotes a longer youthful state resulting in physical and mental health and expands happiness. *Rasayana therapy* comprising *Aachara Rasayana*, use of *Ashwagandha*, *Aamalaki* And *Haritaki* proven to be very efficacious in rejuvenating therapy. *Ashwagandha* normalizes the function of the brain and nervous system and results in betterment of the memory. It also improves the function of the reproductive system promoting a healthy sexual and reproductive life. *Aamlaki* also possesses a potent antioxidant property that definitely helps in protecting against cellular damage caused by free radicals. The available scientific data supports the conclusion that Ayurveda plays a significant role in anti aging therapies for delaying the age related drastic changes helping us to remain healthy for a longer period. Thus, the above findings clearly indicate that the traditional Ayurveda science has a logical and scientific basis. As quoted by Charak in his darshan that *Yaavat Jeevet Sukham Jeeveta, Rinam Kritwa Ghrutam Pibeta* is the need of each and every individual on this cosmos and also having right for the same.

There is a need for intensifying physical and social environments to be made more age-friendly. By following Ayurveda whether it be

within their family, to their local community (e.g. as volunteers or within the formal or informal workforce) or to society more broadly through adopting *Achaar Rasayana And Sadvrutta* concepts this can be achieved.

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