

## Aging , Ayurveda and Rasayana

### The Concept of Aging

Aging is an inevitable consequence of life. Aging has been defined as “the total sum of physiological changes that progressively lead to the individual's death.” Aging is associated with intrinsic, inevitable, and irreversible age-associated loss of viability, making people more susceptible to several illnesses and, eventually, death. There could be a progressive decline in body function.

There are two agings — chronological aging and biological aging. Chronological aging is the actual age since birth in terms of years, months, and days. Biological aging is a person's aging in terms of changes in certain cellular or metabolic terms. While chronological aging is irreversible, biological aging can be reversed or delayed. Extensive research is undergoing to reverse or delay biological aging.

### Combating Aging

Modern research has identified seven highly intertwined processes that promote aging, thus providing targets to combat aging. Here are three important of those factors:

1

**Metabolism:** Extensive research has been carried out to know how calorie restriction helps reverse aging and extends the lifespan. Fewer calories means less load on metabolism and less oxidative stress. Besides, the absence of nutrition triggers defense mechanisms that protect the body from decaying.

2

**Fighting chronic inflammation:** Those who live long are free from inflammation in age-related research studies. Although some inflammation is inevitable, it can be reduced through medicines, including Ayurvedic medicines.

3

**Reducing oxidative damage:** Reducing oxidative stress, replacement and/or rejuvenation of damaged tissues and cells, reversal of harmful epigenetic changes, or enhancing the telomerase activity can all help to delay aging.

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The problem of aging and the need for age reversal is not new, and evidently, Ayurveda has dedicated an entire branch to the subject – Jara Chikithsa/Rasayana thanthra.

## The Concept of Aging in Ayurveda

Ayurveda tells Jara (aging) is as natural to the body as hunger, thirst and sleep and is termed a naturally occurring disease (Svabhava Bala Roga). Shareera itself means that which decays constantly (Sheeryathe Iti Shareeraha). The term Jara is from the root word Jrs vayohanou, which itself means 'loss in the period of life span'. There is a day by day decrease in Dhatu, Veerya, Indriya Bala and Utsaha during Jara. The term Jara represents the following four aspects:



Several factors influence Jara. The factors include Shareera (physical), Indriya (emotional), Satwa (psychic level), Agni (metabolism) and Bala/Ojas (immunity). Besides Parinama (cellular transformation), Sharira vriddhikara bhavas (genotypic and phenotypic characteristics) and Garbhahanikara bhava (pregnancy-induced fetal development and changes) also influence aging according to Ayurveda.

One more unique concept related to aging mentioned in Ayurveda is the types of Ayu – Hithayu, Ahithayu, Sukhayu and Dukhayu. These suggest the significance of the mind or mental state in aging. Mental and physical ill-health weakens Dhatusamya (homeostasis), resulting in Akalaja Vriddhavastha (pathological aging). Let us examine various factors that may lead to early aging.

## Factors that Affect Aging as Per Ayurveda

Factors	Details
Kala Parinama	Physical and mental transformation naturally occurs with the aging. Not being in harmony with the rhythms and cycles of nature makes our body more prone to premature aging. Bala reduces with the aging. Lifestyle followed during various stages of life impacts the process of aging.
Prakrithi	Metabolism, mental makeup, immunity, inherent strength and weakness and proclivities. Prakruthi determines response to internal and external stimuli all of which affect the aging proces.
Doshas	Doshas govern essential body functions – endocrine, neurological, metabolic, and digestive. Impaired Doshas can hamper these functions and may hasten the process of aging.
Ahara	Poor food habits and bad food combined with poor lifestyle contributes to early aging. Improper food consumption includes – improper timing of food intake, eating meals late at night, incorrect choices of food, consuming stale, processed or highly refined food, cold foods, eating in a noisy environment, and eating in a stressed mental state.
Achara	Dinacharya, Rithucharya, and Achara Rasayana are significant for healthy body and mind. Not following these routines can hamper physical as well as psychological health. It hampers circadian rhythm – sleep cycle, wake cycle, food cycle, and eating – as a result the risk of premature aging increases.
Jatharagni	Digestion, absorption and assimilation of food depends on Jatharagni. These have profound influence on the lifespan and healthspan of an individual. Jatharagni also represents metabolic function. Weak Jatharagni is also a reason for accumulation of Ama.

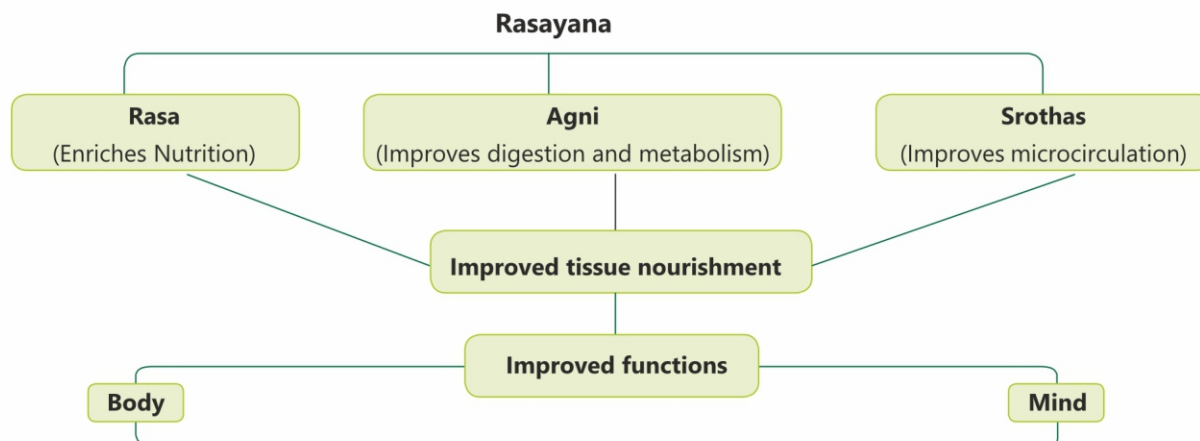
## Rasayana

In contrast to modern medicine's reliance on pharmaceuticals and surgical interventions to extend an individual's health span, Ayurveda takes a holistic approach. It embraces a multifaceted program encompassing dietary adjustments, lifestyle enhancements, behavioral modifications, and psychological interventions. The goal is to harmonize and rejuvenate all bodily systems, simultaneously addressing physical, mental, and emotional aspects.

This personalized approach aims to optimize an individual's health span and encompasses various treatment modalities. It covers the full spectrum of strategies to enhance well-being, including dietary modifications, lifestyle adjustments, behavioral changes, and psychological support, all working harmoniously to promote lasting health and vitality.

It is a specialized type of treatment influencing the fundamental aspect of the body, viz. Dhatus, Agni and Srothas help in the prevention of aging. Rasayana helps in the regeneration, revival and revitalization of Dhatus in the body.

## Mode of Action of Rasayana



## Various Types of Rasayana

### According to the mode of administration

- Vatathapika/Sourya Maruthika (For the purpose of outdoor)
- Kuti Praveshika (For the purpose of indoor)

### According to object (Sushruta)

- Kamyā Rasayana
- Prana Kamyā (Promotes longevity and life span)
- Medha Kamyā (Improves mental faculties)
- Sree Kamyā (Improves luster of the body)
- Naimitthika Rasayan

- Ajasrika Rasayana

### Specific Rasayana Drugs and Specific Activities

- Medhya Rasayana
- Achara Rasayana
- Buddhi Medha Vardhaka
- Ayu Vardhaka

### According to Prabhava (Effect)

- Samshodhana Rasayana
- Samshamana Rasayana

## Conclusion

- \* The approach to Ayu or lifespan is psychosomatic in Ayurveda.
- \* People lose different abilities at different ages of life.
- \* Therefore, constant Rasayana treatment is necessary to delay aging.
- \* There is also a need for assessing Akalaja Jara in patients in day-to-day clinical practice, as the progression of Akalaja Jara can be prevented with an appropriate Rasayana approach.
- \* The specialty of Ayurveda is there is a specific Rasayana Dravya for each organ, Dosha and Avastha of the patient.
- \* Adding Rasayana in day-to-day care would be highly beneficial to patients.

## References

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# Nithya Rasayana: Amrutha to every patient

Nithya Rasayana is a concept of providing wholesome food on a daily basis. Besides, some of the components of Nithya Rasayana act as anti-oxidant and anti-inflammatory, which are beneficial to reverse the aging process. Nithya Rasayana improves complexion, clarity, good voice, longevity, intelligence, happiness, satisfaction, nourishment, and strength. The following are Nithya Rasayana.



## References

Bagde A, Ramteke A, Nimbalkar A, et al. Nitya sevaniya aahara (wholesome daily good) in Ayurveda. -Review article. World Journal of Pharmacy and Pharmaceutical Science. 2019;8:362-372.

**SDP** **Chyavanaprasha**  
Leha

*Best* **RASAYANA**

**INGREDIENTS:**  
Each 10gm contains:  
Bilva(St.bk), Syonaka(St.bk), Gambhari(St.bk), Patolai(St.), Agnimantha(St. bk), Shalaparni(pt), Prishniparni(pt), Mudgaparni(pt), Mashaparni(pt), Pippali(fr), Bihati(fr), Kantakari(fr), Gokshura(fr), Shringi(fr), Draksh(fr), Jeevanthi(fr), Pushkara(fr), Haritaki(fr), Guduchi(st), Musali(fr), Shatizrm, Musthalzrm), Punarnava, (rt), Shathavari(fr), Ela(s), Balal(r), Nilothpalal(fr), Vasal(fr), Ashwagandha(fr), Kakanasikal(s), 66.5mg, Thila Taila, Madhu-0.8gm each, Amalaki (fr)2.4 gm, Vamsha 266mg, Pippali(fr), 133mg, Twak, (bk), Ela(s), Pathre(fr), Nagakesara(fr), 67mg each Sita OS

**Dosage:** One tea spoon twice a day or as advised by the physician.  
**Packing:** 200gms, 400gms bottle

**SDP** **Abhayamalaki**  
Rasayana

**Rejuvenator,  
Improves immune power,  
General debility.**

**INGREDIENTS:**  
Each 10gm contains:  
Pathya(Fr.P)500mg, Dhathri (Fr.P)1500mg, Bilva (rt), Syonaka(rt), Gambhari(rt), Patala(rt), Ganikarka (rt) ,Salaparni(fr), Prsniparni(fr), Bihati(fr), Kantakari(fr) ,Gokshura(fr), Bala(fr), Punarnava(fr), Eranda(fr), Masaparni(fr), Mudgaparni(fr), Shathavari(fr), Meda(Sub,rt), Jvarnhi(fr), Jvaka(fr), Rsabhaka(Sub,rt), Sali(fr), Kasa(fr), Sara(fr), Darbha(fr), Iksu(fr) each 500mg, Twak(St.Bk), Ela(Sd), Musta(Rz), Rajani(Rz), Pippali(fr), Agaru (Ht.Wd), Svettha Chandna(Ht. Wd), Mandukaparni (Pl), Kanaka(nagakesara)(Fl), Sankhapuspi(Pl), Vacca(Rz), Plava(musta)(Rz), Madhyasi(Rt), Vidanga (Fr) each 125mg, Sindhopa 5gm, Ghrita 1gm, Taila 750mg, Ksaura 1.5 gm

**Dosage:** One tea spoon twice a day or as advised by the physician  
**Packing:** 200gms, 400gms bottle



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