

Rejuvenate in all Ages - An Unique Concept of Ayurveda

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Aim of life might be variable in terms of expectations of every individual. Although each individual has a deep desire inside to look forever young as well as to increase the life span. Which can be achieved by remaining healthy. Ayurveda defines health including Atma (Soul) the indriyas (Sense Organs) and Mana (Mind). The definition of health is revised by WHO as healthy is a state of complete physical, mental and social wellbeing and not merely absence of disease. As far as female health is concerned, a unique & complex reproductive system is controlled by hypothalamus. Lot many variations in the life of a female are observed. Lots many sequences of events change the characteristics and capacity of the system. At birth early in puberty, after attaining maturity in each month day to day physiology and anatomy is changing in a life of a female. Some other variable phases, during pregnancy after delivery, prior to menopause, after menopause, all these have a significant impact in a life of a female. Ayurveda has given special attention to all these phases and life style during these all is mentioned in the terms of Paricharya. Which aimed to remain healthy during the changes of different phases. A one who has equilibrium of doshas (Sam Dosha), Normal functioning of Agni (Samagni) normal condition of seven dhatus (Sam Dhatu) and normal excretion of products (Sam malkriya).

One of the branches of Ayurveda deals with Rasayana which promotes longevity including resistance against disease and mental health. In the life of a female during each and every phase these rasayanas can have positive impact for the prevention of diseases and promotion of health of a female. Drug, Diet and Regimen which promotes longevity by preventing diseases and delaying ageing are female Rasayana. To keep good health in all the stages of life and all the reasons, immune system should be boosted and the ojas in an individual should be better, which can be obtained by rasayana therapy.

It is mentioned in Ayurveda Classics that rasayana therapy is prescribed to an individual; principles of Ayurveda like age of particular person, Prakriti, Satmya Agni, Srotas, Dhatu, Ojas should be taken into consideration and after that only type of the rasayana therapy as well as drug to be given should be selected. As far as age is concerned, after purification of the body it is indicated to give Rasayan in Purvavayas and Madhya Vayas. Nonetheless Rasayanas are having equivalent role in all the phases of life in all the age groups, although selection requires consideration of the age. Rasayana in Purvavayas – An age of growth and development can add quality to the tissues and organs as they are in the process of development.

In middle age, Rasayana maintains positive health, preserves youth, cures weakness, mental as well as physical fatigue, maintain proper balance between vata, pitta and kapha and so on. Now a day's incidences of early ageing are being increased like premature menopause, premature ovarian failure, early greying of hairs and others too. Early ageing process can be prevented by Rasayana drugs. After establishment of ageing process, rasayanas maintain the normal life span of aged people. Rasayana helps in a comprehensive way in physiologic and metabolic restoration. It is also mentioned that every individual tends to lose certain characters and qualities of life during each stage of life and henceforth during each stage of life everyone must take Rasayana to protect these qualities.

Optimum Standard of Rasa is obtained by Rasayana which further increase the quality of all Rasadi Dhatus. Vridhhi denotes growth. For growth and development, Bala, Shatavari and Ashwagandha are mentioned to be consumed at the age of eleven to twenty years (Which has maximum growth spurt) same as during intrauterine life for the purpose of growth and development of fetus also Bala, Shatavari and Ashwagandha can be given to a pregnant woman. The age group of eleven to twenty years includes pubertal growth. Marked changes in body composition, including alternation in the relative proportion of water, muscle, fat and bone which are hallmark of pubertal changes and male female difference is achieved during this tenure of life of an individual. Study reveals that nutritional status has a significant modulating effect on the timing of adolescent sexual development. Under nutrition is associated with later age at menarche. The implication of delayed menarche is directly relevant to the accrual of bone mineral. Bone mineralization is a complex process influenced by nutrition (especially calcium intake). Louis et al found decreases in bone mineral density in all subjects with oligomenorrhoea and amenorrhoea¹.

During the age group of twenty - one to thirty; it is mentioned to consume Lauha and Aamalaki (Embllica officinalis). Twenty - one to Thirty years of the life of a female are of concern of reproductive responsibility which fulfil the aim of a female to have a progeny. Lauhabhasma has shown effect on hyperlipidemia and is a good hematinic too². Lauha in the form of various formulations indicated in Ayurveda classics. NavayasaLauha, DhatriLauha, Pradarantaka Lauha, SaptamritLauha, RaktapittantakLauha, Chandanadi Lauha and so on. LauhaBhasma is also mentioned. Lauhas are indicated in Pandu, Kamala, Arsha, Sthoulya, Krimi, Karshyaetc. During the phase of a life of a female i. e. twenty one to thirty years, due to menstrual problems; female may suffer from debilitating diseases like

Pandu, Karshya, which can have impact upon the outcome of the health of a female. Due to repeated pregnancies female may suffer from Arsha. Pandu, Kamla are metabolic disorders, which can be related to the disease of a female like PCOD etc. Sthoulya, Karshyaboth can have impact upon the fertility of a female.

During the decade of thirty - one to forty years; it is indicated that Rasayana should be consumed having the quality of Medha (intelligence). Jyotishmati (*Celastruspaniculatus*) and Shankpushpi (*Convolvulus pluricaulis*) are mentioned in Ayurveda as best medhya drugs (improves intelligence). Medha (intelligence) is retention power, an individual's specific intellectual ability to retain a large amount of knowledge (Cognition) and for a long time. It is also quoted that in the 40's the cortex starts to shrink and people start noticing the subtle changes in their ability to remember or to do more than one task at a time³. Shankpushpi (*Convolvulus pluricaulis*) is mentioned in Ayurveda as best for Medha (intelligence).

As far as the decade of forty - one to fifty is concerned it is very nicely quoted that rejuvenating drugs (rasayana) related to skin should be consumed like Bhringraja (*Eclipta*), Priyalu (*BuchananiaLatifolia*), Somaraj (*Centratherumantelmintica*). As it is a known fact that ageing causes wrinkles and gray hair. It is also quoted that wrinkles starts to begin at the age of thirty and at the age of forty, reaches at peak, generally people start to use anti - ageing skin products after the age of forty or fifty. But now a day it is being advocated to use such products at the age thirty - five. Important function such as thermoregulation, protection, sensation etc. are performed by the skin in the body. Ageing skin may be prone to tears, trauma, infection and pressure ulcers. Consumption of rejuvenations of skin may help to protect and strengthen skin to perform these functions.

As far as menopause is concerned, reduced skin elasticity may result in urogenital problems in females, as well as nonspecific symptoms like irritation, dryness may also arise, hence for preventive aspect, if rejuvenating drugs for skin are consumed it can present unnecessary exposure to such problems of vulval skin conditions.

For the decades of Fifty - One to Sixty years of age it is mentioned that rejuvenating drugs like Triphala and SaptamritaLauha should be consumed to protect vision. As per Ayurveda Classics Triphala possess Chakshushya (good for improving the eye sight) property by its Prabhava (special therapeutic action) i. e. specific empirical effect⁴. Women have a higher risk of developing cataract and age - related macular degeneration too. Macular degeneration is the most common cause of severe vision loss in people of age of fifty and older.

In the decade of sixty - one to seventy; consumption of vajikarana (Aphrodisiac) drugs like AatmaGupta (*Mucunapruriens*) are quoted to be consumed for Shukra Dhatu. Ayurveda classifies that after attaining menopause, female will have depletion of dhatus in her body in sequence. Shukra being seventh dhatu, need to protect the Shukra dhatu, vajikarana (Aphrodisiac) drugs are mentioned.

Vajikarana drugs not only protect the Shukra dhatu but helpful in sexual dysfunction too. After menopause loss of libido and sexual dysfunction are common manifestations in females. Vajikarana revitalize all the seven dhatus. After the age of seventy vajikarana preparation should be stopped.

After the age of seventy, for physical strength, rasayana like Amalaki protect from degenerative and neuro muscular skeletal of disease, also act as rejuvenator and stimulant to heart.

Consecutive decade, which is of eighty - one to ninety years, a 9th decade of a life of a woman, Brahmi is indicated for Buddhi. Global data of epidemiologist report shows that population aged eighty to eighty - nine represent that majority of Alzheimer's cases and greater burden of disease exists during age eighty to eighty - nine years⁵. Positive effect of Brahmi on Alzheimer's disease is quoted in many studies⁶.

In the decade of ninety - one to hundred years again to promote the motor function of Karmendriya, Bala - Sidacordifolia Indicated. Research also support the function of Sidacordifolia to promote strength of the motor organs.

References

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