

A Review of Role of *Amalaki Rasayana* In Geriatrics

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Abstract

Rasayana deals with one of the most important specialities of *Ashtanga Ayurveda* namely *Rasayana tantra*.

Rasayana is described under preventive therapy or meant for healthy section (*Swasthaorjaskara*), it is categorized under *Bheshaja(medicine)*. *Rasayan* are of two types – *kutipravesnik* (management indoor patient department) and *vatatapika* (management in out patient department)

The revitalization and rejuvenation is known as *Rasayana chikitsa*. *Rasayana* means rejuvenation and anti-ageing therapies in *Ayurveda*. It also includes all measures for geriatric healthcare management and immunity enhancement.

Rasayana essentially denotes medicinal nutrition, rejuvenation (*taruna avastha*), longevity (*aayu*), immunity- enhancing(*bala*) and geriatric healthcare(*jaravyadhi-nashan*). All *Rasayanas* are *ojovardhaka*. The ancient Ayurvedic physicians has developed certain dietary and therapeutic measures to arrest or delay ageing and provides rejuvenating whole functional dynamics.

Keywords: Rasayana, Ojas, Ayushprada, Bala

Introduction

The *Amalaki* it is botanically known as ***Phyllanthus emblica***. In English it is called as Indian gooseberry and in Hindi, it is pronounced as *aamla*. It is a foremost and one of the best amongst all anti-ageing *Rasayana*. *Acharya Caraka* described amalaki along with Hareetaki in *Rasayana pada*.

Rasayana are categorized under four groups, from which Amalaki is categorized under *Prana-kamya Rasayana*.

Prana means life and *kameeya* means desire. So, one who have desire of long life should use prana kameeya rasayana. These provides optimum *aayu* in optimal engagement with *kaala*, *artha*, *karma* then user experiences healthy life.

Properties of *Amalaki*-

Amalaki (*Phyllanthus emblica*) has same properties as that of *Hareetaki*, but the only difference between the two is their *veerya* (potency) are opposite to each other i.e. *Aamalaki* is *sheeta veerya* and *Hareetaki* is *ushna in veerya*.

- *Rasa*(taste)- *pancharas*(*lavanarahit*)
- *Vipaka*(after digestion)- *madhur*(sweet)
- *Veerya* (potency)-*sheeta*(cold)
- *Guna*(property)- *ruksha*, *laghu*, *sara*
- Effect on *Tridoshas*-*Tridoshahar*.

It balances all the three *doshas* i.e., *vata pitta and kapha*. Due to its sour taste, it pacifies *vata dosha*, and due to its sweet and cold nature it pacifies and balances the vitiated *pitta dosha*. Because of its dry nature (*ruksha guna*) and astringent taste it pacifies the increased *kapha dosha*. Hence it balances all the three *tridoshas* of the body.

It is effective herb in epistaxis(*raktapitta*) and diabetes(*prameha*). It also increases sperm count (*vrushya*), and act as *Rasayana*.

Salient features of *Amalaki*-

- *Rasayana* (adaptogenic)
- *Ajara* (anti-ageing).
- *Sandhaneeya* (prolonged cell life).
- *Ayushprada*(improved cell migration and cell binding)
- It lowers cholesterol.

***Amalaki* is foremost amongst anti-ageing *Rasayana* as it is-**

- Best rejuvenating herb
- Potent anti-oxidant.
- Rich in vitamin-C.
- Adaptogenic.
- Immuno-modulatory and immune-stimulant.
- Cytoprotective.

Various *vishishta* yoga of *Amalaki*-

- *Amalaki rasayan*
- *Brahma rasayana*

- *Amalaka rasayana*
- *Amalaka ayas*
- *Triphala rasayana*
- *Dhatri avaleha*.

Uses of Amalaki Rasayana-

Amalaki rasayana along with milk has shown highly significant result in treating symptoms like- insomnia(*anidra*), hemoglobin percentage, hair damage, *vardhakya*, *malabaddhata*, *shlatha-sandhi*, *graham-kshay*, *agnimandhya*, etc.

Amalaki arka contains rich amount of vitamin-C which helps to maintain skin softness(*twak-mriduta*) and shows anti-ageing effect.

Historical description of benefits of using Brahma-rasayana-

By using *Brahma rasayana prthama*, the sages of *Vaikhanasa* and *Balakhilya* groups and other attains immeasurable life span(*aayu*) acquired longevity, gained younger body(*taruna*) as that of *jeerna sharir*, became free from various diseases and got *medha* , *amrita*, *bala*. The one who desires for long lifespan should consume this *Brahma rasayana*.

Benefits-

On using *Brahma rasayana* which was already used by our great sages, the user become disease free, long lived, *prabha yukta*, *balayukta* etc.

Uses of Chyavanprasha-

Chyavanaprasha is excellent famous *Rasayana*. It alleviates mainly *kasa*(cough), provides nutrition to weaker person whose *dhatu*s become *ksheena* due to underlying disease or any other situation, therefore it increases the level of *Dhatu*s in body, cures hoarseness of voice (*swarabheda*), lungs disorder (*fuffufs vikruti*), gout arthritis(*vatarakta*), *excessive thirst* (*trishna*).

The dosage of *Chyavanparasha* is according to *sharira bala*, *agni bala* of the person, so that in order to maintain his normal daily diet.

The user attains *medha*, *smriti*, *kaanti*, *aarogya*, *aayu*, *indriyabala*, *jatharagni bala* (increase strength of digestive fire).

Use and Benefits of *Amalaka rasayana*-

While using this *rasayana*, the user should not consume food, and if he have more hunger then take milk in appropriate amount. After the use of this *rasayana*, *samsarjan karma* (*peya*, *vilepi*, *yavagu* etc.) should be followed. It`s use can be done twice to according *agni-bala*.

Benefits and *pramanikta* of *Amalakaayas rasayana*-

In ancient era, sage *Vashishta*, *Bhrigu*, *Kashyapa*, *Angira*, *Jamadagni*, *Bharadwaj* and others used *Amalaka-ayas-rasayana* and after using this they got free from *shrama*, *jaravyadhi* and became more powerful and an increase their lives upto 100 of years, provides strength to memory and intellect and *sharira-bala*.

Use and benefits of *Triphala Rasyana*-

Triphala rasayana should be used after digestion of food. It should be taken along with honey and ghee. The consumer gets free from geriatrics and disorders related to old age, and alives for hundreds of years.

Effect of *Amalaki rasayana* on DNA and Telomere –

Amalaki rasayana an Indian traditional medicine prepared from *Phyllanthus emblica* is extensively used to maintain health of individuals.

Telomerase is the enzyme which significantly maintains the length of telomere, (the increase in telomerase activity maintains telomere for long term while decrease in telomerase activity reduces the length of telomere). The maintenance of telomere length is facilitated by and increase in telomerase activity upon *Rasayana* administration in aged individuals and *Amalaki rasayana* may prevent the erosion of telomeres over a period time in aged individuals to promote healthy ageing.

Amalaki rasayana administration stably maintains and enhances the DNA strand break repair (DSBR) in aged individual and there are no adverse side effects.

Amalaki rasayana stably maintains UVC induced DNA strand break repair without significantly altering nucleotide excision repair and constitutive base excision repair in aged individuals.

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