

CLINICAL EVALUATION OF RASAYANA EFFECT OF CHARAKA'S VAYASTHAPANA DASAEMANI

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ABSTRACT

Rasayana is a specialized therapy which influences the fundamental aspects of the human body. It is a multi angled approach taking care of the body and mind contributing for total well being of an individual and healthful longevity. The Rasayana effects of a compound preparation consisting of eight drugs of Charaka's Vayasthapana Dasaemani, in thirty healthy male volunteers of 45-55 years of age were assessed in this paper. In the clinical study physiological, psychological, anthropometric and biochemical tests are selected as parameters of assessment. The drug was administered for 90 days and results have indicated that the compound drug is capable of restoring the age related impaired functions, like fatigue, joint pains, muscle cramps, hair loss, wrinkled skin, memory deficits etc. The drug shows the Rasayana effect in majority of cases by physical and psychological stimulant and by enhancing the immunity.

KEY WORDS: Rasayana, Charaka, Vayasthapana Dasaemani

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INTRODUCTION

Rasayana therapy brings about the normalcy of rasa dhatu and thereby maintains other Dhatus in equilibrium for a longer period. Such state of improved nutrition prevents ageing which can be understood as Vayasthapana. In Susruta Samhita, the benefits of Rasayana attributes under five distinct claims as Vayasthapana (to arrest ageing process), Ayukara (long life), Medhakara (promoting intellect), Balakara (promoting physical strength), Rogapahara Samartha (enhancing resistance against disease)¹. According to Charaka the Rasayana therapy not only helps in maintenance of a long life free from disease but also it makes the mind pure which helps the individual to attain salvation. Like the ambrosia (Amruta) is to gods and as nectar (Sudha) is to serpents², Rasayana found to be useful to the present computer era. Rasayana drugs act at Rasa, Agni and Srotaamsi levels. The action may be at one level or at all three levels, as a result healthy Dhatus are produced in the body which gives the person better longevity, good memory, intellect, youthfulness, luster to the body, good voice, improved functions of both sensory and motor organs, ultimately leading to increased immunity. In our earlier studies Masika Rasayana has been reported with significant results³.

MATERIAL AND METHODS

The main objective of the present work is to evaluate the Rasayana effect of the Charaka's Vayasthapana Dasaemani in middle aged persons who were attended to the OPD & IPD of Dr. A.L. Govt. Ayurvedic Hospital, Vijayawada during the period Jan. 2009 to April 2011.

Selection of Cases

Source: Male volunteers in age group of 45-55 years were screened out from the O.P Dept of Dr A.L. Govt. Ayurvedic Hospital, Vijayawada. The National Institute of ageing, at Baltimore in their longitudinal study of ageing (1974) found that the more obvious changes take place after 50 years. Giving allowance of +5 years or -5 years. This age group ranges from 45-55 years and was selected for inclusion in the present study.

Inclusion Criteria

- Male volunteers aged 45-55 years.
- Cardinal features of age related changes for examples hair fall, wrinkle skin, joint pains, fatigue, and loss of memory etc.

Exclusion Criteria

- Women are excluded as they undergo hormonal imbalance during this period.

• Patients with diabetes, severe hypertension, congestive heart problems, renal or hepatic disease etc. All the volunteers are included in the clinical study are subjected to Sodhana and Rechana as mentioned in Charaka Samhita (Rasayana chapter)⁴.

Parameters of Assessment

- Symptomatic assessment of fatigue, joint pains, muscular pains, loss of appetite, sexual disability, loss of concentration, loss of memory etc.
- Physiological parameters such as Pulse Rate, B.P., Respiration rate,
- Anthropometric parameters like, breath holding time, vital capacity, hand grip, abdomen circumference.
- Biological age assessment (BAS): Includes both physiological and psychological factors.
- Laboratory Assessment: C B P ., HB%, ESR, total RBC, Platelet count, RBS, S. cholesterol, Blood urea, Serum creatinine, Total proteins.

Drug: A compound preparation consisting of eight drugs of Charaka's Vayasthapana Dasaemani as shown in the Table no. 1. Therapeutic trial has been started after taking the clearance certificate from the Ethical committee during the month of Nov 2008. The volunteers were included after giving clear information about the drug for taking consent in the participation of trial.

Among Vayasthapana Dasaemani mentioned by Acharya Charaka the drug namely Sweta is considered to be controversial drug and the Sthira is not available abundantly. Hence in the present study 8 out of 10 drugs mentioned by Acharya Charaka's Vayasthapana Dasaemani are taken for evaluation of the Rasayana effect. The Ghana Satwa of all the drugs taken in equal quantities was capsulated.

Dosage: 2 capsules thrice a day

Duration: 3 months

Follow up: For every 15 days

Investigations: The investigations were taken at the beginning of the trial and after completion of the trial.

RESULTS & DISCUSSION

It was observed that due to changed life styles, food habits and many other factors, majority of volunteers have exhibited early aging symptoms like hair fall, wrinkled skin, loss of complexion, fatigue, joint pains, muscular pains, loss of appetite, constipation, sexual disability, tension, anxiety, loss of concentration and memory. After the treatment majority of the volunteers

got relieved from above mentioned early aging symptoms except hair fall, grey hair and loose teeth.

Amongst the biological factors, luster of the body, joint pains, muscular cramps, loss of appetite, constipation showed moderate improvement. Similarly moderate improvement is observed anxiety, stress and loss of concentration.

It is observed that there is a significant increase in Hb %, RBC and total proteins. This may be due to the drug Guduchi⁵ and Mandukaparni⁶.

The drug was able to decrease the B.P. within the limits.

It also reduced mildly Blood Sugar due to the action of Amalaki, Haritaki⁷, Guduchi.

CONCLUSION

The compound preparation Vayasthapana capsules showed maximum Rasayana effects in majority of the volunteers. Because all the drugs of Vayasthapana Dasaemani helps to enrich the body with nutrients by improving the digestion, metabolism and by transporting the nutrients in micro circulatory channels without any interruption. So by these three aspects the Rasayana therapy works to reverse the ageing process and prolong the youthful health (Vayasthapana).

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Table: 1 Showing the List of Vayasthapana Drugs

S.No	Sanskrit Name	Botanical Name	Parts Used
1	Amruta	Tinospora cordifolia	Whole Plant
2	Abhaya	Terminalia chebula	Fruit
3	Dhatri	Emblia officinalis	Fruit
4	Mukta	Pluchea lanceolata	Whole Plant
5	Jivanti	Leptadenia reticulata	Whole Plant
6	Atirasa	Asparagus racemosus	Roots
7	Mandukaparni	Centella asiatica	Whole plant
8	Punarnava	Boerhaavia diffusa	Whole plant

Table 2: Showing the Statement of Improvement in the Biological Age Scale

S No	Parameter	Before treatment Degree of Severity					After treatment Degree of Severity					% of improvement
		Go	G1	G2	G3	N	Go	G1	G2	G3	N	
1	Hair fall	-	15	10	5	30	10	15	4	1	30	48
2	Hair Graying	-	18	8	4	30	-	20	7	3	30	6.54
3	Teeth	5	17	8	-	30	5	18	7	-	30	3.03
4	Skin	-	18	12	-	30	3	22	5	-	30	28.5
5	Vision	-	20	10	-	30	-	25	5	-	30	12.5
6	General feeling	3	22	5	-	30	5	20	5	-	30	6.66
7	Activity	3	18	9	-	30	5	22	3	-	30	22.22
8	Sexual Life	1	17	9	3	30	11	18	1	-	30	54.55
9	Sleep	5	20	5	-	30	20	7	3	-	30	46.66
10	Adjustment to Whether	2	25	3	-	30	10	18	2	-	30	29.03
11	Urinary complaints	7	18	4	1	30	12	19	1	-	30	27.58
12	Obesity	25	4	1	-	30	25	4	1	-	30	-
13	Memory	4	16	8	2	30	10	14	6	-	30	42.1
14	Immediate memory	6	14	9	1	30	7	20	3	-	30	25.77

Table 3: Showing the Biological Age Scale – Rating

S.No	Effect of Ageing	Grade and Score
1	Hair fall	No fall – 0; 25% fall – 1; 50% fall – 2; Above 50% - 3
2	Hair Graying	None – 0; Few – 1; Obvious – 2; Mostly – 3
3	Teeth	No complaint – 0; Fall one/two – 1; Fall many - 2; Unserviceable - 3
4	Skin	No wrinkles – 0; Slight wrinkles – 1; Obvious - 2; Marked wrinkles - 3
5	Vision	Normal sight – 0; Slight loss of vision – 1; Moderate loss- 2; Unserviceable - 3
6	General Feeling	Well – 0; Occasional feeling of not being well – 1; Constant feeling of not being well – 2; Anxious – 3
7	Activity	Normal – 0; Minimum reduction – 1; Moderate – 2; Inactive – 3
8	Sexual Life	Normal -0; Mild deterioration -1; Moderate deterioration – 2; Marked deterioration – 3
9	Sleep	Moderate deterioration – 2; Marked deterioration – 3; Always disturbed - 2; Insomnia – 3
10	Adjustment to weather	Average – 0; Slightly Poor – 1; Poor – 2; Very poor – 3
11	Urinary complaints	Average – 0; Slightly poor – 1; Mild but constant – 2; Marked – 3
12	Obesity	Absent - 0; Mild – 1; Medium – 2; Marked – 3
13	Memory	Intact – 0; Mild deterioration – 1; Medium – 2; Marked – 3
14	Immediate Memory	Intact – 0; Mild deterioration – 1; Moderate – 2; Marked – 3