



**ROLE OF HERBO-MINERAL MEDICINES IN DELAYING
JARAVASTHA W.S.R. TO SHILAJATU AND SWARNABHASMA**

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ABSTRACT

Geriatric is a branch of medicine dealing exclusively with the problems of aging and grouped under *swabhavikavyadhis*. Ageing refers to a process of physical, psychological and social changes in multidimensional aspects. The changes are always degenerative in nature. Most common geriatric disorders are diabetes, Arthritis, Dementia, Heart diseases, Alzheimer's, Osteoporosis, Menopause etc. These problems of health due to modernization can be solved by increasing resistance against diseases and psychological improvement by using *Rasayanatherepy* It is widely accepted that in ageing, DNA damage occurs and how the Herbo-mineral formulations acts as *Rasayana* such as *Chandraprabhavati*, *Arogyavardini-vati* , *Shilajatu* , *Mahalaxmivilasa rasa* etc and prevents the damage of DNA. The *Bhasmas* such as *Swarna*, *Rajatha*, *Naga&Vanga*etc acts as antioxidants and have restorative action. The most common cause of ageing might be genetic factor, immunological aspects stress and the presence of free radicles in the system. Proper administration of the Herbo-mineral formulation as a preventive tool one can delay *jarajanitavyadhis* to occur. This paper highlights the role of Herbo-mineral formulation in geriatric disorders particularly Alzheimer's, Dementia, diabetes, Arthritis, HTN and High Cholesterol.

Keywords: *JaraVyadhis*, *Rasaoushadhis*, *Rasayana* Geriatrics.

INTRODUCTION: *Rasayana-tantra* represents the basic approach of Ayurveda which comprises preventive promotive and curative aspects of health and carries the most practical methods for management of health and disease through its measures as the *Rasayna-chikitsa*. The classification to consider treatment for ageing (*Jara-chikitsa*) as synonymous with *Rasayana-chikitsa* (*Rasayanatreatment*) as one of the eight branches of *Ayurveda* is not only to specialize certain methods in any particular knowledge domain of the Ayurvedic system but as a process by which the body tissues attain its best capacity to perform their systemic activities. The concept of *Rasayana-chikitsa* as a branch has its own importance not only in the old age but need to be commenced in the early stage.

As one the eight branches of *Ayurveda*, *Rasayana-chikitsa* is applicable in all branches of Ayurveda irrespective of any particular domain of knowledge and it has great relevance as a procedure to attain and maintain good health. The Definition of *Rasayana* is the process of which facilitate optimum acquisition, assimilation and circulation of the essence of food or medicine. *Rasa* means the essence of the end product of digestion and "Ayanam" means the opening, door or the process by which *Rasa* reaches the targeted body tissues. There are different meanings to the word *rasa* in *Ayurveda*. The term *Rasa* is also represent the first *dhatu* [mostly correlated to plasma or Body and Natural Process of Ageing The word 'jara' in Sanskrit is derived from "jeeryateenaiti"

represents decay and deterioration of health. Similarly the popularly used word for human body in Sanskrit is “*shareera*” (according to *sabdasthomamahanidhi*) which implicitly says that there is continuous cell death happening every second. The word “*Jara*” is the synonym of “*vardhakya*” which is old age. The objective of *Rasayanachikitsa* is to prolong the calibre of youth to maximum for which the measures needs to be commenced at an early stage, before the symptoms of ageing is reflected in everyday life. The methods of reversing the ageing process are the brilliant intellectual property of *Ayurveda*. The result has been experienced by many of *acharyas* of *Ayurveda* and there are documented medical histories to open the innovative mind.

Jara: Geriatric is a branch of medicine dealing exclusively with the problems of aging and grouped under *swabhavikavyadhis*. Ageing refers to a process of physical, psychological and social changes in multidimensional aspects. The changes are always degenerative in nature. Most common geriatric disorders are diabetes, Arthritis, Dementia, Heart diseases, Alzheimers, Osteoporosis, Menopause etc. These problems of health due to modernization can be solved by increasing resistance against diseases and psychological improvement by using *Rasayanatherapy*. It is widely accepted that in ageing, DNA damage occurs and how the Herbo-mineral formulations acts as *Rasayana* such as *Chandraprabhavati*, *Arogyavardinivati*, *Shilajatu*, *Mahalaxmivilasa rasa* etc and prevents the damage of DNA. The *Bhasmas* such as *Swarna*, *Rajatha*, *Naga&Vanga* etc acts as antioxidants and have restorative action. The most common cause of ageing might be genetic factor, immunological aspects stress and the pres-

ence of free radicles in the system. Proper administration of the Herbo-mineral formulation as a preventive tool one can delay *jarajanitavyadhis* to occur. This paper highlights the role of Herbo-mineral formulation in geriatric disorders particularly Alzheimer’s, Dementia, diabetes, Arthritis, HTN and High Cholesterol.

Herbo-mineral Medicines as Jaranivartaka:

The one of the oldest system of medicine, *Ayurveda* is momentous in audience of worldwide on virtue of its holistic approach. Formulations of *Ayurveda* consist of substances of herbal, mineral/metal and animal origin which are processed pharmaceutical to have therapeutic effects. This is attribute of processes of *Shodhan* (purification/potentiation), *Bhavana* (impregnation/levigation) and *Marana* (incineration/calcinations) of *Rasa Shastra* which acclimatize these toxic industrial matter to effective remedies known as herbo mineral formulations (*Rasaoushadhis*) of *Ayurveda*. In recent past there is prevalence of some doubt on safety and efficacy of these medicines. In this review paper we tried to justify application of these medicines as these are time tested and showed wonderful clinical adaptability. We also attempted to establish new facts of figures of core science in explanation of these medicines. *Shilajatu* plays a major role in treatment of *Madhumeharoga*.⁴ *Shilajeet*, *bhavit* with decoction of *salsaradigana* (herbal drug) on *Madhumeha roga*.⁸ According to *Rasa Tarangani*. *Shalsaraditoyen shaileyam*.⁸ Drugs of *Salsaradigana* has been described as *mehapanduhara*.¹ In due course of time, Herbo-mineral and metallic preparations occupy significant seat in *Ayurvedic* pharmacopeia and routinely used for practices

in different parts of India. *Swarna* (Gold) has been used to enhance strength and potency, promote longevity, and combat the aging process in humans. The use of *Swarna* (gold) as pure metal, *bhasma* and other dosages form for different therapeutic applications, in ancient as well as contemporary medicine has been reviewed periodically over the years. It is widely used as therapeutic agent for several disorders including *Jwara* (fever), *Yakshma* (tuberculosis), *Prameha* (diabetes mellitus) and *Vatavyadhi* (diseases of nervous system). *Rasausadhis* are the back bone of the *Ayurvedic* therapeutics. These are chiefly based on metals and minerals. *Rasausadhis* are appreciated for their smaller dosages, quick effectiveness and long durability. *Shilajeet* is an important herbo-mineral drug among the *maharasa*. Describing its importance *Charaka* has said, "There is hardly any curable disease which cannot be alleviated or cured with the aid of *Shilajatu*. Pharmacological proportion of *Shilajatu* had been described in classics. Further references of *Shilajatu* can be traced in *SushrutaSamhita*, *AstangaSangraha*, *SharangadharaMadhyamakhanda*. In present study, *Shilajatu* has been purified by *Triphalakwatha* and *Bhawit* with decoction of *SalsaradiGanadravya* mention in *Rasa tarangni* for the treatment of *chirodbhutmadhumeha*. In today's modern urbanised life style, every being does not maintain the daily healthy routine. This is one of the cause of various diseases. Among these *MadhumehaRoga* is one of them. *Madhumeharoga* closely resembles Diabetes Mellitus as described in modern medicine. Diabetes is worldwide in distribution and the incidence of diabetes is rising. WHO estimates that more than 220 million people worldwide have diabetes.⁹

Swarnabhasma is an *Ayurvedic* medicine used for increasing the immunity and in the treatment of a wide range of diseases. It also acts as an adjuvant for various medicines and herbs and boosts their actions and increases the efficacy. According to *Ayurveda* it is a good nervine tonic and improves overall health. It increases lifespan, intelligence, memory, skin glow and prevents many diseases. In addition, it increases strength and endurance and improves mental as well as physical performance.

DISCUSSION: Ageing is an inevitable physiological process. *Ayurveda* considers it as *Swabhava* of life and so, *Jara* is a phenomenon which is natural to humans. Many theories and observations have been projected such as Free radical theory, Stress theory, and Genetic theory of Ageing etc. These theories were unable to understand whether ageing is a multi-faceted process or is a result of single cause.

Shilajatu is a Herbo-mineral compound with enormous therapeutic property. It has been extensively used by *Ayurveda Acharyas* since decades. It has *Kashaya*, *Tikta Rasa*, *Sheetaveerya*, *Tridosahara*, *Vrishya*, *Balya*, *Yogavahi* and *Rasayana* properties. *ShodhitaShilajatu* has many bio active molecules like Fulvic acid, Humic acid, Dibenzo-alpha pyrones, Mica and also, some trace elements. It acts as powerful anti-oxidant and protecting nerve tissue from free radical damage. It also inhibits the enzyme acetylcholinesterase which breaks down acetylcholine. This will increase the level of acetylcholine which are associated with Alzheimer's disease and poor memory. Fulvic acid consists naturally occurring phytochemicals, biochemical, super charged antioxidants, free radical scavengers, super-oxidisedismutases (SOD). *SwarnaBhasma*

having the property of prevention and cure of diseases acts as free radical scavengers. According to *Acharyas*, it has properties such as *Kshayahara*, *Ojo-dhatuvivardhaka*, *Balakara*, *Brimhana*, *Prasadaka*, *Medo-smritivardhaka* and *Jaranivartaka*. Studies have proved that *SwarnaBhasma* is having antioxidant, haematogenic, anabolic and nutritive properties. This was the need of the day in changing environment with modernization where the occurrence of diseases like Diabetes mellitus, AIDS, Rheumatoid arthritis are still uncontrolled. *SwarnaBhasma* increases superoxidedismutases (SOD) thus reducing free radical concentrations in the body. It also acts as antioxidant and reduces DNA damage which in turn delays *Jara*.

CONCLUSION: *Rasaayana* is formed by the union of *Rasa* and *Ayana* and it deals with the science of nutrition, geriatrics and rejuvenation. *Swarna* and *Shilajatu* are the two important elements in *Rasa chikitsa* which are considered as best *Rasayanas*. The formulations containing *Shilajatu* and *SwarnaBhasma* such as *Arogyavardhini Vati*, *Chandraprabha Vati* and *Vasantamalati Rasa*, *Lakshmivilasa rasa* respectively are used extensively as *Jaranivartaka* and *Vyadhihara Yogas*. Thus, herbo-mineral formulations play a vital role in both preventive and curative aspects in *Jaravyadhi*.

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