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AYUSH

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The Ayurvedic Perspective on Aging

A comprehensive review

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Abstract

This paper examines the classical Ayurvedic understanding of aging (jarā) and its underlying principles. Through analysis of classical texts and traditional practices, we explore how Ayurveda conceptualizes the aging process, its causes, and approaches to healthy aging. The paper highlights Ayurveda's holistic perspective on aging as both a natural process and a phenomenon influenced by lifestyle, diet, and mental well-being. This holistic approach to aging and elderly care offers valuable insights for modern healthcare systems seeking to address the challenges of an aging global population.

Introduction

Ayurveda, the traditional Indian system of medicine, offers a sophisticated understanding of aging that differs markedly from modern

biomedical perspectives. Dating back over 5,000 years, Ayurvedic texts present aging not merely as a chronological process but as a complex interplay of physiological, psychological, and spiritual factors. This holistic approach provides unique insights into both the inevitability of aging and the potential for influencing its progression. Aging (Jara) in Ayurveda is considered a natural phenomenon characterized by the gradual deterioration of bodily tissues (dhatus) and functions. The science of geriatric care in Ayurveda focuses not only on treating age-related ailments but also on promoting healthy aging through preventive measures and lifestyle modifications.

Fundamental Concepts of aging

In Ayurvedic philosophy, aging (jarā) is characterized as a natural and

inevitable process (svābhāvika vyādhi) that affects all living beings.

The classical texts identify several key aspects:

Dosha imbalance: Aging is viewed as a gradual shift in the equilibrium of the three doshas (vata, pitta, and kapha), Dhatu Depletion Progressive decrease in tissue quality and quantity & Ojas Reduction: Diminishment of vital essence or immune strength.

Types of Aging

Ayurveda recognizes two primary categories of aging:

Kalaja (timely aging): Natural, chronological aging.

Akalaja(untimely aging): Premature aging due to improper lifestyle and external factors.

1. Kalaja Jara (Natural/Timely Aging): occurs naturally with time. It is considered as normal biological aging characterized by gradual decline in bodily functions. It usually begins after age 60-70 in a healthy person.

2. Akalaja Jara (Premature/Untimely Aging): Occurs before natural time due to poor lifestyle caused by Improper diet, lack of exercise, excessive stress, environmental toxins, poor sleep habits & substance abuse.

Physiological basis of aging in Ayurveda

Role of the Doshas

The aging process is primarily associated with an increase in vata dosha, characterized by:- Increased dryness (ruksha), distorted mobility (chala), reduced tissue nutrition (dhatu kshaya) & decreased strength (bala kshaya)

Role of Dhatus

Ayurveda describes aging through the lens of tissue (dhatu) transformation:

1. Rasa (plasma) deterioration, Rakta (blood) quality reduction, Mamsa (muscle) weakness, Meda (fat) imbalance, Asthi (bone) deterioration, Majja (marrow) depletion & Shukra (reproductive tissue) reduction.

Factors Influencing Aging

Internal Factors

1. Genetic predisposition (prakriti)
2. Metabolic strength (agni)
3. Immunity (ojas)
4. Constitutional balance

External Factors

1. Diet quality and timing
2. Environmental conditions
3. Physical activity levels
4. Mental stress
5. Social relationships
6. Spiritual practices

Ayurvedic Approaches to Healthy Aging include following Preventive Measures (Swasthavritta), daily healthy routine (dinacharya), seasonal routine (ritucharya), proper diet (ahara), exercise (vyayama) & Mental hygiene.

Daily Routine (Dinacharya) includes Morning Practices

1. Wake-up Time

- Rise before sunrise (Brahma Muhurta)
- Gentle self-massage of temples and feet
- Practice oral hygiene including tongue cleaning

2. Exercise (Vyayama)

- Gentle yoga asanas
- Pranayama (breathing exercises)
- Walking for 20-30 minutes
- Joint mobility exercises

Dietary Guidelines

1. Meal Timing

- Regular meal schedule
- Main meal at lunch
- Light dinner before sunset

2. Food Qualities

- Warm, freshly cooked meals
- Easily digestible foods
- Adequate hydration
- **Spices:** Cumin, Coriander, Fennel

3. Specific Recommendations

- Include ghee in diet

- Seasonal fruits and vegetables
- Avoid heavy, cold, or raw foods
- Limited dairy products

Rest and Sleep

1. Sleep Schedule

- Early to bed (by 10 PM)
- 7-8 hours of sleep
- Avoid daytime sleeping except short naps

2. Bedroom Environment

- Clean, well-ventilated space
- Comfortable temperature
- Minimal electronic devices

Mental Health & Social Engagement

1. Mental Activities

- Regular meditation
- Memory-enhancing activities
- Reading or listening to spiritual texts
- Social interaction and community involvement

2. Emotional Balance

- Regular communication with family
- Participation in community activities
- Spiritual practices
- Gratitude practices

Therapeutic Interventions & expected outcomes

Regular Therapies like, Abhyanga (oil massage), Shirodhara (oil streaming on forehead), Padabhyanga (foot massage), Steam therapy can be included as per the requirement.

Rasayana Therapy

Rasayana represents a specialized branch of Ayurvedic medicine focused on rejuvenation and longevity. Core principles include, Cellular regeneration, Antioxidant protection & Immunomodulation. Few Herbal Interventions include herbs like Ashwagandha (*Withania somnifera*), Guduchi (*Tinospora cordifolia*) Amla (*Emblica officinalis*).

Expected Outcomes

- Physical Benefits include, Improved energy levels, Better sleep quality, Enhanced digestive function & Stronger immunity.
- Mental Benefits like better memory retention, improved concentration, reduced anxiety & Enhanced emotional stability

Quality of Life Improvements

Greater independence, Better social interaction, Improved daily activities, Enhanced overall wellbeing.

Preventive Measures

- Regular health check-ups
- Monitoring blood pressure
- Dental care
- Eye care

Home Environment Modifications

Safety Measures

- Non-slip mats in bathroom
- Adequate lighting

- Grab bars in strategic locations
- Clear pathways

Comfort Considerations

- Proper ventilation
- Ergonomic furniture
- Easy access to necessities
- Emergency contact system

Conclusion

- Successful aging in Ayurveda requires a balanced approach to physical, mental, and spiritual well-being.
- These lifestyle modifications should be implemented gradually and customized according to individual constitution (*Prakriti*) and current health status Ayurvedic therapeutic interventions offer a comprehensive, personalized approach to healthy aging.
- By addressing physiological, psychological, and spiritual dimensions, these strategies provide a holistic framework for promoting longevity and quality of life.

Skin Well-Being & Ayurveda

A Holistic Approach

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The skin, often regarded as the body's largest organ, serves as a protective barrier, a sensory interface, and an indicator of overall health. With the increasing environmental stressors, lifestyle challenges and dietary imbalances, skin well-being has become a pressing concern for many. Ayurveda, the ancient Indian system of Medicine, offers a holistic approach for maintaining and enhancing skin health by addressing the root causes of imbalance and emphasizing a natural, individualized approach. The history of tvachavikaras dates back to the history of mankind from the early days of living itself. Indian Mythology considers tvachavikaras as the consequence of curse by God. Vedic literatures reveal various daivavyapasraya methods to ease the symptoms. In Ayurveda tvachavikaras are commonly known by the name "Kushtha".

Functions of skin

1. Protection
2. Regulation of body temperature
3. Formation of vitamin-D
4. Sensation
5. Absorption
6. Excretion

Understanding Skin in Ayurveda

In Ayurveda, "twak" or "carma" are the terms used for skin. "Tvacha" is derived from the word "tvach samvarane" dhatu meaning the covering of the body. Etymological interpretation of skin includes "tvachate samviryate dehe anaya" and "tvachati va deham"—twak is so called because it is that which covers the body.

Regarding the number of layers of skin there is difference in opinion between the ancient Acharyas. Vagbhata has described seven layers of skin similar to Susrutha. He has not given any

clarifications while the commentators Arunadatta and Hemadri have named them according to the view of Susruta.

In Ayurveda, its health is influenced by the interplay of the three doshas: Vata, Pitta, and Kapha. These doshas represent elemental energies within the body and govern various physiological and psychological functions.

Vata dosha : is responsible for dry, rough, and thin skin when imbalanced.

Pitta dosha : Governs metabolism and transformation. An excess of Pitta can lead to redness, inflammation, and acne.

Kapha dosha : Governs structure and stability. When imbalanced, it can result in oily, thick skin and clogged pores.

Ayurveda emphasizes that healthy skin is a reflection of inner balance. Any imbalance in the doshas can manifest as skin diseases, ranging from dryness and sensitivity to acne and pigmentation.

Factors Affecting Skin Health

Modern lifestyles and environmental factors significantly impact skin health.

Ayurveda identifies the following contributors:

Diet & Digestion : Poor dietary habits, such as consuming processed foods or excessive oily, spicy, or sugary items, can lead to the accumulation of toxins (ama) in the body, affecting skin clarity. Viruddha ahara leads to impairment in Agni (digestive power). The vitiated Agni does not digest even the laghu ahara (food substance easy to digest), resulting in state of indigestion. The indigested food materials acts like a poison, which is termed as "Amavisha". Tridosha gets provoked by such type of Amavisha. The vitiation results in Srothodushti i.e. malfunctioning of Srothas. The stages of srothodushti are atipravritti, sanga, siragranthi and vimarga gamana

Stress and Mental Health : Stress and negative emotions disrupt hormonal balance, leading to skin conditions like acne or eczema. Most of the dermatological disorders are mentally agonizing have negative impact on the quality of life. Acharya Charaka cites the association between twacha and mana, ie "twak chetah samavayi" which explains the eternal relationship between twak and manas.

Sleep Patterns: Irregular or insufficient sleep hampers the body's natural repair processes, resulting in dull, lifeless skin.

Environment: Pollution, UV radiation, and harsh weather conditions can damage the skin barrier, leading to premature aging and pigmentation.

Lifestyle Choices: Smoking, alcohol consumption, and lack of exercise contribute to oxidative stress and poor skin health.

Ayurvedic Principles for Skin Well-Being

Ayurveda's approach to skin care involves balancing the doshas, detoxifying the body, and nourishing the skin through natural methods. Key principles includes

Personalized Care: Tailoring skin care and treatments to an individual's predominant dosha type ensures effective results.

Ayurveda advocates for the use of herbal formulations, oils, and face packs made from ingredients like Haridra, Chandana, Rakthachandana, Nimba, Yashtimadhu and Manjistha for their healing and rejuvenating properties. Tailas like Eladi kera tailam, Nalpamaradi kera tailam, Balaswa-

gandhadi kera tailam Lakshadi tailam etc. may be used accordingly. Therapies like Abhyanga (oil massage), Swedana (herbal steam), and Virechana (purgation) cleanse the skin from within.

Ayurvedic Dietary Guidelines for Skin Health

Nutrition plays a pivotal role in Ayurveda for achieving glowing, healthy skin. Key dietary recommendations include:

Fresh and Seasonal Foods: Incorporate fresh fruits and vegetables rich in antioxidants, vitamins, and minerals. Seasonal produce aligns with the body's natural rhythms and provides optimal nourishment.

Hydration: Drinking adequate amounts of water and herbal teas aids in detoxification and maintains skin hydration. Cucumber, coconut water, and aloe vera juice are particularly beneficial.

Spices and Herbs: Spices like turmeric, coriander, and fennel enhance digestion and reduce inflammation. Herbs such as tulsi (holy basil) and guduchi (*Tinospora cordifolia*) help purify the blood and promote a radiant complexion.

Avoiding Skin-Disrupting Foods:

Limit processed, fried, and excessively spicy foods that can aggravate the doshas and lead to skin issues.

Ayurvedic Skincare Routine

A consistent skincare routine using Ayurvedic principles can help maintain skin health and address specific concerns:

Cleansing: Use gentle, natural cleansers such as milk, gram flour mixed with milk or rose water, lime juice mixed with milk etc. to cleanse the skin without stripping its natural oils.

Exfoliation: Exfoliate with herbal scrubs made from ingredients like oats, sandalwood powder, and turmeric to remove dead skin cells and improve circulation.

Moisturizing: Apply oils suitable for your dosha type:

Vatika type: Sesame or almond oil

Paittika type: Coconut or sunflower oil

Kaphaja type: Lighter oils like jojoba oil

Sun Protection:

Use natural sunscreens or apply aloe vera gel to protect against UV damage.

Night Care: At night, apply rose water, nourishing serums or oils infused with

herbs like saffron and rose to rejuvenate the skin while you sleep.

Ayurvedic Remedies for Common Skin Concerns

Acne: Mix turmeric powder with sandalwood paste and rose water or curd according to doshik predominance. Apply as a mask to reduce inflammation and control breakouts.

Dry Skin: Massage with Nalpamaradi kera tailam, Eladi kera tailam, warm sesame oil, almond oil or virgin coconut oil before bathing.

Use a mask made from mashed avocado and honey for deep hydration.

Hyperpigmentation: Apply a paste of manjistha powder and milk to lighten dark spots.

Regular use of saffron-infused milk can improve skin tone.

Premature Ageing: Amla (Indian gooseberry) and Ashwagandha are powerful anti-aging herbs that combat oxidative stress. Triphala choorna is a wonderful drug which helps ageing. Regular intake of Triphala (a blend of three fruits) aids detoxification and promotes skin healing. Use a pack made of papaya, honey, and lemon juice to reduce fine lines and boost collagen.



Yoga & Meditation for Skin Health

Stress has a significant impact on skin health. Practicing yoga and meditation can help alleviate stress and promote inner harmony:

Yoga Poses: Poses like Sarvangasana, Bhujangasana and Matsyasana improve blood circulation and skin vitality. Pranayama (breathing exercises) like Anulom Vilom and Kapalabhati purify the blood and boost oxygen flow.

Meditation: Regular meditation calms the mind, reduces cortisol levels, and fosters glowing skin.

Modern Relevance of Ayurvedic Skin Care

With the rise of natural and organic beauty trends, Ayurveda has gained global recognition for its sustainable and holistic approach to skin care. Unlike synthetic products that often

address symptoms superficially, Ayurvedic remedies work on enhancing overall well-being. Incorporating Ayurvedic principles into daily life not only improves skin health but also fosters a deeper connection between the mind, body, and spirit.

Conclusion

The wisdom of Ayurveda provides timeless solutions for skin well-being, emphasizing balance, natural remedies, and mindful living. By understanding one's unique constitution, addressing underlying imbalances, and adopting a holistic approach to health, Ayurveda offers a pathway to vibrant, glowing skin. In a world increasingly turning to nature for solutions, Ayurveda stands as a beacon of sustainable and effective skin care practices.

KERALA'S AMBITIOUS LEAP

10,000 AYUSH YOGA CLUBS TO ENSURE COMMUNITY WELLNESS

Research Wing
National AYUSH Mission Kerala



In an age of rising lifestyle diseases, State of Kerala have taken a monumental step toward redefining community health through Yoga. Building on the success of its initial initiatives, Kerala is now poised to establish 10,000 AYUSH Yoga Clubs across the State as part of its ambitious “Sampoorna Yoga State” initiative. These clubs, led by the National AYUSH Mission Kerala, aim to incorporate Yoga into the daily lives of communities, promoting overall wellness and balance.

Why Yoga, Why Now?

Yoga is widely recognized as a comprehensive solution for numerous health challenges, particularly in managing and preventing non-communicable diseases (NCDs). From improving flexibility and posture to reducing stress and enhancing mental clarity, Yoga offers a holistic approach to modern health concerns.

In Kerala, where lifestyle diseases like hypertension and diabetes are prevalent, yoga serves as a powerful preventive tool. It not only addresses physical ailments but promotes mental and emotional resilience in the face of today’s fast-paced, digitally-driven lifestyle.

AYUSH Yoga Clubs: Promoting Inclusive Health and Wellness

The AYUSH Yoga Clubs, established under Local Self-Government Institutions as part of the AYUSH Health and Wellness Centres, serve as vibrant community hubs offering yoga sessions, workshops, and awareness programs. With a focus on inclusivity, these clubs cater to diverse groups, including women, adolescents, the elderly, and underserved populations. The clubs include General Yoga Clubs promoting overall health, Women-Exclusive Yoga Clubs addressing



specific health concerns for women, and targeted NCD management, with referrals to AYUSH Health and Wellness Centres for further care. Currently, a total of 10,132 AYUSH Yoga Clubs—7,581 General and 2,551 Women-Exclusive—have been set up through collaborative efforts with the Department of ISM, Department of Homeopathy, Local Self-Government Institutions, and the National AYUSH Mission Kerala.

Scaling Up: From 1,000 to 10,000 Clubs

In 2023, Kerala launched 1,000 General AYUSH Yoga Clubs and 600 Women exclusive Yoga Clubs, benefiting 56,447 individuals, including 21,409 women. Encouraged by the significant community impact, the State Government, under the direction of the Honorable Health Minister Smt. Veena George, decided to scale up the

initiative to 10,000 AYUSH Yoga Clubs. Each AYUSH Yoga Club will accommodate a minimum of 20 participants, potentially offering yoga access to over 2 lakh individuals. This expansion underscores Kerala's commitment to integrating yoga into public health strategies, ensuring that the benefits of this ancient practice reach every corner of the state.

Building Wellness: A Community-Driven Approach to AYUSH Yoga Clubs

The implementation of 10,000 AYUSH Yoga Clubs is built on strong community engagement, with Local Self-Government Institutions playing a key role in identifying spaces and organizing activities. Coordination Committees, including LSG representatives, Yoga Instructors, and community leaders,



are established at the ward level to oversee operations. The clubs follow a structured Swasthya General Yoga protocol with certified instructors leading five sessions per club, and leadership development is prioritized by identifying male and female leaders for training to ensure sustainability. Regular monitoring through monthly follow-ups and WhatsApp groups ensures effective coordination and continuous engagement.

Women-Exclusive Yoga Clubs: A Focus on Empowerment

The Women-Exclusive Yoga Clubs, numbering 2,551, play a pivotal role in empowering women across Kerala. These Yoga Clubs provide a safe and nurturing space for women to focus on their physical, mental, and emotional health. Tailored yoga protocols address issues such as hormonal

imbalances, menstrual health, and stress management. By nurturing a supportive community, these Women Exclusive Yoga Clubs not only improve individual health outcomes but also inspire a ripple effect of wellness in families and communities.

Transforming Health: The Impact of AYUSH Yoga Clubs

The establishment of 10,000 AYUSH Yoga Clubs is set to create a sustainable wellness model, offering numerous benefits. Regular yoga practice is expected to prevent lifestyle diseases while enhancing the physical, psychological, and social well-being of participants. Additionally, by promoting preventive care and alleviating the burden of non-communicable diseases (NCDs), the AYUSH Yoga Clubs are anticipated to reduce healthcare costs. Moreover, shared



wellness activities will strengthen community ties, fostering a sense of unity and collective health.

The Path Ahead

Kerala's journey toward becoming a "Sampoorna Yoga State" reflects a visionary approach to public health. By integrating yoga into everyday life, the state is not only addressing lifestyle diseases but also promoting a culture of mindfulness, resilience, and holistic well-being. The AYUSH yoga

clubs act as a peer group intervention for lifestyle modification and non-communicable disease (NCD) management, focusing on both preventive and promotive aspects. This model has the potential for further scaling, contributing to improved public health outcomes and offering a replicable framework for other regions to follow.

VARICOSE ULCER & HOMOEOPATHY

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A venous ulcer, also known as venous stasis ulcer, is a wound that takes longer than usual to heal. It's due to vein and blood flow issues and often occurs on your legs near ankle.

Venous ulcers mostly occur due to injuries happening in lower extremities due to improper working of the valves. The frequency rate is 0.76% in men and frequency rate is 0.76% in women.

Venous insufficiency syndromes are most commonly caused by valvular incompetence in the low-pressure superficial venous system but may also be caused by valvular incompetence in the high-pressure deep venous system. In addition, they may result from the congenital absence of venous valves. The term varicose ulcer, post thrombotic ulcer and gravitational ulcer are also used as synonyms of venous ulcer.

Varicose Veins- Causes & Risk

Factors

Numerous researches show that there is a hereditary shortcoming in the vein or vein's valve that will prompt varicose veins. Notwithstanding, anything that will put weight on the veins may likewise cause the issue.

For what reason do varicose veins seem blue? It is on the grounds that they hold deoxygenated blood. Other contributing elements of varicose veins incorporate a high-fat and low-fiber eating regimen, corpulence or weight pick up, latency, truly difficult work, or significant lots of standing or sitting. Ladies may likewise develop varicose veins amid pregnancy, when the legs must manage lot of weight. Ladies taking manufactured hormone supplements likewise regularly have issues with varicose veins.

seen on the leg, especially around the ankle (gaiter's zone). Venous ulcers are brought on by aberrant venous hypertension. Varicose ulcers, post-thrombotic ulcers, gravitational ulcers, etc., are additional terms for venous ulcers.

Symptoms and signs

- **Skin changes-** Discoloured or darkened skin around the ulcer, hardened skin, or red, flaky, scaly, and itchy skin on the legs
- **Pain-** Pain, aching, or a heavy feeling in the legs
- **Swelling-** Swollen ankles or lower limb swelling
- **Ulcer-** A shallow sore with a red base, sometimes covered by yellow tissue, and unevenly shaped borders
- **Discharge-** A foul-smelling discharge from the sore.

Other symptoms of varicose ulcers include:

- Varicose veins, which are swollen and enlarged veins on the legs
- Eczema, which is red, flaky, scaly, and itchy skin on the legs
- Sleep disturbance
- Depression
- Fatigue

Prevention of Varicose Ulcers

Some of the ways to prevent varicose ulcers are:

- Quit smoking
- Exercise regularly and lose weight
- Reduce the amount of salt in diet
- Exercise regularly
- Wear compression stockings
- Keep your legs elevated whenever possible
- Try to avoid prolonged sitting or standing
- Avoid crossing legs while sitting
- Avoid tight-fitting clothing and footwear
- Prevent injury and infection in legs and feet
- Keep the blood sugar level and blood pressure under control

Wound Care and Management of Varicose Ulcers

- Try to keep the ulcer infection-free and to remove the dead tissue and surface contamination.
- Always dress the wound on time to avoid infection.
- Maintain cleanliness and dryness around dressing and surrounding skin.
- Wear a stocking or bandages over the dressing.
- Elevate the feet above the heart as often as possible.

-
- Exercise regularly.

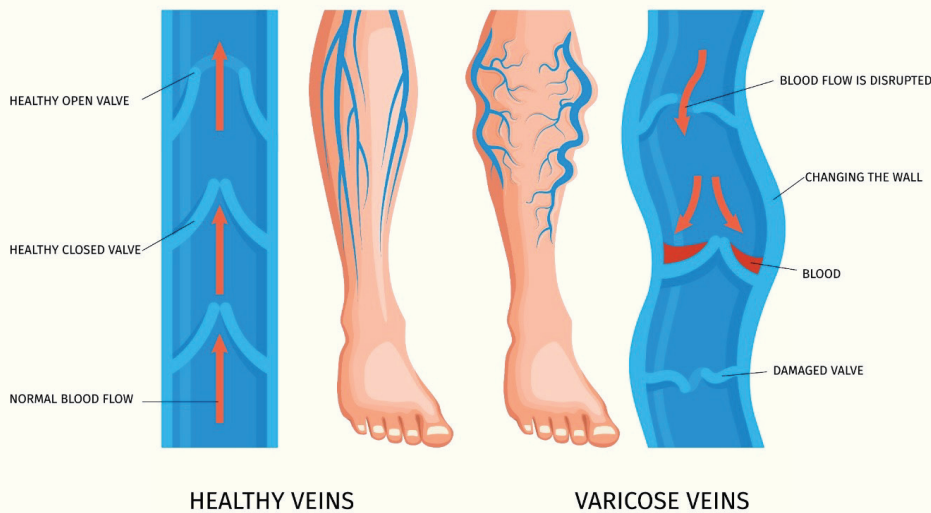
Homoeopathic remedies for Varicose ulcers

- Cardus mar, graphites, hamamelis, pulsatilla, rhus tox, sulphur.
- **Syphilitic-** mercurius, aurum, carbo veg, lachesis, nitric acid, thuja, iodum, kali bichromicum, mezereum,
- **Mercurial-** silicea, lycopodium, hepar sulph., belladonna, carboveg, kali bichromium, lachesis, nitric acid, phos acid, sepia, sulphur.
- **Appearance-** discoloured, unclean, dirty ulcers – ars alb, calc carb, lachesis, lycopodium, mercurius
- **Fluoricum Acidum-** Fluoricum Acidum is a homeopathic medicine used to treat varicose ulcers that come with severe burning pains. Varicose ulcers with severe burning pains. The ulcers have red edges and there may be the formation of vesicles. Itching with a burning sensation, a swollen leg, and relief by using cold applications.
- **Lachesis Muta-** Lachesis Muta is a Homeopathic medicine used to treat varicose ulcers when the surface of the ulcer is uneven and looks dirty, and purplish, bluish -

blackish skin may surround it. There may be a burning sensation in the ulcers at night. This medicine is indicated for varicose ulcers that arise from an injury. It is a homeopathic medicine used to treat varicose ulcers where the surface of the ulcer is uneven and looks dirty. The skin around the ulcer looks purplish or bluish-black. Burning sensation in the ulcers at night. Thin, offensive discharge from the ulcers.

- **Calendula Officinalis-** Calendula Officinalis is a homeopathic medicine used to treat varicose ulcers with lot of pus discharges. Inflammation, stinging and pain in the ulcer is present and the ulcer is deep, with red, ragged edges. This medicine is also used as a preventive measure against gangrene development.
- **Carbo Veg -** Carbo Veg is a homeopathic medicine used to treat varicose ulcers that bleed easily, even on the slightest touch. The ulcer has a purple color and the skin surrounding it feels tense. Foul-smelling pus discharges with blood may also be present.

VENOUS DISEASE ON THE LEGS

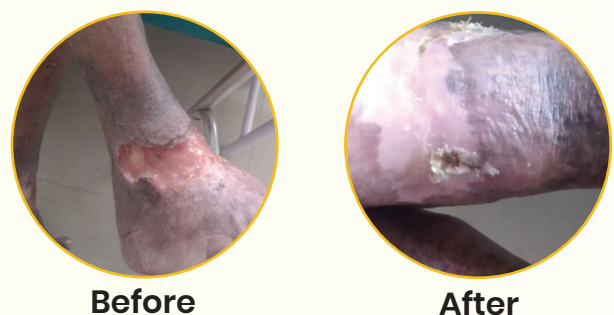


- **Graphites**- For varicose veins that is accompanied with itching and cramping.
- **Vipera**- It is the best remedy for enlarged veins accompanied by cramps in the lower limbs. The patient has to keep the limbs elevated to avoid pain.
- **Bellis perennis**-It is the best homeopathic medicine for varicose veins during pregnancy. Varicose veins with bruises and aching in the limbs. Marbled skin or blue, cold and bruised skin.
- **Pulsatilla Nigricans** - Pulsatilla Nigricans is a homeopathic medicine used to treat varicose ulcers that itch. The ulcer looks red and is hard to touch. Symptoms, like smarting and shooting pain, burning, stinging and excoriating sensation in the ulcer that

get better on exposure to cold or open air, are present. In some cases, a greenish, yellowish discharge may also be present. (12, 13)

A case of varicose ulcer cured with Homoeopathy

A 60 year old lady complaint of varicose ulcer since 4 years. She was under allopathic treatment.



The symptoms was taken and lachesis 1m was given once in 2 weeks along with calendula tincture for dressing. Treatment was done for 2 month.

Rasayana : more than just a tonic

The deeper dimensions of dynamism

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Rasayana habitually quoted as “Ayurveda tonics” in common idiom as to one which reinstates fitness and energy, has in fact, much further to offer in the aspect of health promotion and chronic disease management. The broad spectrum of rasayana encompasses measures including single drugs, formulations, dietetics, lifestyle practices, code and conduct which can bring out overall health and well being of an individual. Rasayana is placed as one among the eight speciality branches.

People are familiar with the well-known Ayurveda formulation- Chyavanaprasha which is a rasayana that is a succulent delicacy which can enhance immunity, improve respiratory health and impart more power to body, to sum it up, it is a super food! The storehouse of Ayurveda rasayana is abundant as well as the health

promotion is par beyond its scrump-tiousness & undoubtedly it is people’s favorite. Let’s have a meticulous look at what this rasayana is all about.

Rasayana is a Sanskrit term which means the way to attain the essence,- to attain rejuvenation, to reach the finest quality of health. For a healthy individual, the rejuvenation is concerned about promotive and preventive health measures which can lend a hand to perform and enjoy life to the fullest. For those who suffer from ailments recovery from illness or making the life easier by alleviating the symptoms of the poor health is the motto of rasayana. Therefore rasayana is broadly categorized in two ways. The one for healthy and the other for chronic disease management.

In extensive vision rasayana facilitate in healthy aging, uphold positive fitness

and well being. They are immune modulators, energy enhancers, stress relievers, and are exceptional adaptogens. At the same time, some focus on memory, intellect and other cognitive functions, some on vitality, some on anti aging, and some on complexion and these are collectively known as kama rasayana as it targets on preferred outcomes. Rasayana with the control to impede in disease pathology thus arresting evolution, avert recurrence and assuage major symptoms. They include Silajit, lashuna or agastya rasayana which are designated under naimittika rasayana. The dietary supplements with adequate nutritional profile (ghee for an example) and behavior quality (honesty, kindness) which assist to uphold positive status of body and mind in every day schedule are ajasrika rasayana and achara rasayana.

Mandukaparni (*Centella asiatica* Linn.), a medhya rasayana which on appropriate usage and quantity is a natural nootropic and can fortify the cognitive functions and thereby reducing brain aging. It can be used as a stand-alone supplement in specific dose/duration or can be used in polyherbal formulations in the mana-

gement of many neuropsychiatric disorders.

Triphala; an amalgamation of haritaki, vibhitaki and amalaki is a rasayana which is prescribed to prevent and handle eye disorders.

Pippali (*Piper Longum* Linn.); another rasayana medicine, is an ingredient of many useful formulations for liver, respiratory health and also an emergency medicine in Ayurveda. However the customary use of pippali in overload and in unaccompanied form is absolutely contraindicated for long duration as unfavorable effects are anticipated. Whereas sensible use of pippali by following regulations of rasayana administration is useful in numerous malignant and chronic disorders.

Silajit (Asphaltum), mineral in origin, is also a rasayana with beneficial effects on endocrine, neurological, musculoskeletal, as well as vascular systems of body. Silajit warrants a cautious & professional supervision while consuming it.

Ashwagandha (*Withania somnifera*) is a very renowned and extensively used Ayurveda rasayana. Beneficial effects are reported on anxiety related disorders, malignancy, brain degen-



eration etc.

Ayurvedic rasayana are reported to have valuable effects in improving ability to withstand stress and tolerate adverse conditions using *Drosophila* (fruit fly) model.

In a nutshell, rasayana bestow nutrition to the core of body tissues (dhatusara), brings normalcy of digestion and metabolism (jataragni & dhatwagni) and with multifaceted actions it brings homeostasis.

Apoptotic, anti-proliferative, anti-carcinogenic/anti-mutagenic and immune modulatory are the universally reported key effects of rasayana drugs in various study reports.

Analogously, a number of rasayana

drugs are enlisted and practiced in single or in combination, in health / disease stage as per the guidance of an expert. The practical as well as effortless approach of rasayana administration is Vatatapika rasayana devoid of a lot of precincts. Consuming rasayana each day with no hindrance to daily routines, occupation or diet is vatatapika rasayana and therefore it is incredibly user-friendly in modern scenario.

The major and supreme administering method of rasayana with the target to revitalize whole physique and psyche is known as Kuti praveshika rasayana. As the description proposes; the functional unit of this absolute rasayana procedure is a cabin built



with precise specifications of architecture, design and lighting. Therapy is executed under the uncompromising & strict command, isolating the individual from exterior world, curtailing the sensory stimuli and distractions; thereby making the person to look inward to draw from the inner energy. Detoxification, prescribed diet and rasayana medicine are the basic parts of this rejuvenation regime. The complexity makes it less suitable for everyone.

The idyllic time to commence rasayana is the early middle age for healthy and it is solely physician's decision in case of sick person. Dynamism is the core of existence; rasayana facilitates in preserving this dynamism.

From communicable to non communicable, from collective violence to congenital anomalies; many factors have an effect on the global burden of diseases thus becoming the major confront to accomplish universal health equity. Rasayana is the premium solution Ayurveda can offer to comprehensive health equally in preventive, promotive and curative aspects. It assists to acclimatize and balance in each situation and crisis. Rasayana can make phenomenal transformations in premature aging, premature dying and longstanding disability due to disease. And it's the most opportune moment now to embrace rasayana with open arms in global health initiatives.



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