CONCEPTUAL STUDY OF VAMAN AND RASAYANA THERAPY WITH SPECIAL REFERENCE TO SHODHAN IN AKALAJA JARA (PREMATURE AGEING)

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ABSTRACT
In present era due to changing life style, changing food habits, increasing pollution, stress, more sun light exposure, not having enough sleep and addictions are the factors for Premature Ageing. The visible symptoms are skin thinning, loss of elasticity. The symptoms of Premature Ageing can be observed in early age. Panchakarma is Ayurveda’s speciality which has been used for purification. The five purificatory therapies are Vaman, Virechana, Nasya, Basti and Rakatamokshan. Vaman is one of the Shodhan chikitsa which comes under Panchakarma. Vaman Karma is predominant procedure chronologically comes first in Panchakarma. Premature Ageing can be prevented and treated in Panchakarma in Ayurveda by Vaman. Vaman means to induce vomiting and it is used for the purification of Urdhwa Bhag of the body. It expels out the dushta doshas through oral route. It is the process which contains Kapha and pitta in stomach are expelled out of body. Jara can be delayed by shodhan chikitsa before rasayanadi karma is very useful & after shodhan chikitsa herbs absorb very easily in body and give a good result in akalaj jara.

KEYWORD: Akalaja Jara, Vaman, Shodhan, Rasayana.

INTRODUCTION
Ageing is generalized impairment in the functions and resulting into loss of adoptive responses to age related diseases.\(^{[1]}\) Most of us are familiar the term natural Ageing process but pre mature Ageing means unnatural Ageing. In present era due to changing life style, changing food habits, increasing pollution, stress, more sun light exposure, not having
enough sleep and addictions are the factors for Premature Ageing. The visible symptoms are skin thinning, loss of elasticity. The symptoms of Premature Ageing can be observed in early age.

Vaya means Age which represents state of body depending upon the length of time that has passed since birth of a human being. Considering a total life-span of 100 years, Acharya Charaka[4] and Sushruta has described old age after 60 years and 70 years respectively.

Acharya Charaka mentioned in the indication of Shodhan chikitsa that Jara delayed by administration of Shodhan chikitsa.[2] According to Ayurveda Jara is one of the svabhavik Vyadhi.[3] Jara or vridhavastha is the later stage of life when gradual declination of functions of physical and mental faculties gear up. Symptoms of Jara like greying of hair, wrinkles, flabbiness of muscles and joints, diminished vision and decreased intellectual functions start appearing in this stage. If these changes occur according to Kala i.e. time, it is called as Kalaj Jara and if it occurs before Kala it is referred as 'Akalaj Jara'.[3]

Nowadays, it is observed that these symptoms are more prevalent in the Madhyam(middle age) Akalaj Jara i.e. early Ageing.

Jara - (Ageing) is inevitable process occurs in every living being.

It is of two types
1) Kalaj Jara (Natural Ageing)
2) Akalaj Jara (Early Ageing)

Akalaj Jara is seen one of the major problem in our society. In todays Working hours regularly a adopted by people mostly in few profession like IT sector and call centre.

In Ayurveda Jara i.e. ageing is divided in to kalaj Jara (natural Ageing) and akalaj Jara (Premature Ageing) su.su 24/7.[3]

According to charak Kalaj Jara is svabhvik vyadhi and Akalaj Jara Premature Ageing is a condition where You look older than your actual age Actually Vridha Vagbhata mentioned classical Jara symptoms- Shlathasaramasthsandhi (Flabiness of muscles and joints), Twaka Parushya (Roughness of skin), Avanam(Bending of the sputum), Shleshmasinghrankodiran (increased nasal secretion and sputum). A. S.SHA.8/22.[5,8]
Presently it is most common problem and many factor are responsible for it the early Ageing process according to Ayurveda.

Acharya sushruta has described that after seventy year of age one is called as a old in whom the dhatus sensory and motor organ strength vigor and enthusiasm decline gradually he gets wrinkles the skin grey hair and baldness and other complaints is incapable of doing anything.

Vaya (Age) can be defin as the duration of time since birth to the present for a living individual according to the Acharya charak age has been divided in three part i.e. balyavastha young age madhyam avastha middle age and Jiranaavastha.ch.vi 8/22.[4]

In present era, medical science deals exclusively with the problem of Ageing and the diseases of the elderly. It presents a good concept of Ageing, process of delaying the Ageing and its management. According to the Ayurvedaa, Ageing is outcome of Kala or Parinama and described under Svabhava bala pravritta vyadhi, those diseases which produced by the strength of nature such as kshudha (hunger), pipasa (thirst), Jara (Ageing), mrityu (death), nidra (sleep) etc.[8]

The increasing number of the aged (≥60 years) in the present. Geriatrics is emerging as a main challenging specialty, because of ever growing population of aged people all over the world including India. With number of measures like wholesome diet in proper quantity, Dincharya (daily regimen), Ratricharya (night regimen), Ritucharya (seasonal regimen), Sadvrittapalan (behavioral and ethical considerations), Achara Rasayana (rejuvenative healthy life-style), Dharaniya and Adharaniya vegas (suppressible and non-suppressible urges), practices of yoga, Rasayana therapy (rejuvenative therapy), time to time Panchakarma and some herbal drugs. The proper practice of these all measures can slow down the process of Ageing and cure the diseases of Ageing.

**AIM**

To check the efficacy of Vaman karma and Rasayana karma in the Akalaja Jara.

**OBJECTIVES**

Reduction in the sign and symptoms of Akalaja Jara by using scale P.A.S. (Dr. Vedpathak et al.).[7, 8]

- Wrinkling of skin
• Hair greying
• Baldness
• Early menopause
• Andrapause

**MATERIAL AND METHODS**

Madanphala seed powder 13gm to 15gm
Yashtimadhu kashayan 3 to 5 litre
Cow milk 1.5 Lit to 2 Lit
Madhu 40-60gm
Saindhav 10gm

<table>
<thead>
<tr>
<th>Drug name</th>
<th>Latin name/family</th>
<th>Rasa</th>
<th>Virya/vipak</th>
<th>Doshagnata</th>
</tr>
</thead>
<tbody>
<tr>
<td>Madanphala</td>
<td><em>Randia spinosa</em></td>
<td>Kashay, Madhur, Tikta, katu</td>
<td>Ushna/katu</td>
<td>Kaphapittahara</td>
</tr>
<tr>
<td>Yashtimadhu</td>
<td><em>Glycyrrhiza glabra</em></td>
<td>Madhur</td>
<td>Sheet</td>
<td>Kaphaittahara</td>
</tr>
<tr>
<td>Vacha</td>
<td><em>Acorus calamus</em></td>
<td>Katu Tikta</td>
<td>Sheeta</td>
<td>Kapha Pitta Nashak</td>
</tr>
</tbody>
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Amalaki Rasayana- Amalaki Churna processed in 21 times in Amalaki Kashya. Cha. Chi 1/2/8. [9,10]

All these drugs and its raw material will be purchased from Pune market and their authentication will be done from Dept of Botany University of Pune. Fresh Vamak kalpa will be prepared at the time of clinical trial as the standard operative procedure given in charaksamhita under the guidance of guide. The standardization of Vamakakashay will be done by Late. B.V.Bhide Foundation Lab Pune.

**PREPARATION OF MADANPHALA DECOCTION**

Mdanphalapippali 15 gram and yashtimadhu 250gram will be taken and will be grinded. Then it will besoaked in the overnight. In the morning after sieving the decoction honey and rock salt will be added as per requirement and then it will be given to the patient for Vaman procedure.

**METHODS OF CLINICAL STUDAY**

Study will be done on 30 patients.
Patient will be selected with symptoms of premature ageing.
Selection should be irrespective of sex and socioeconomic class.
Patient will be selected from OPD/IPD Ayurved Hospital, Katraj, Pune.

Consent will be taken for Vaman.

A particular case paper will be designed and follow ups will be update strictly.

**Selection criteria**

**INCLUSION CRITERIA**

- The patient having wrinkling skin hair greying, hair fall baldness, weakness and early menopause will be included.
- Patients between age group of 18 to 50 years will be included.
- Patients of either sex will be included.
- Patients fit for Vaman karma will be included.
- Patient having Aamashayastha vikrut kapha pradhanya

**EXCLUSINVE CRITERIA**

- Patients with complication like cardiac problems, emphysema and carcinoma will be excluded.
- Pregnant women and lactating mothers will be excluded.
- Patients with contra Indicated for Vaman karma.
- Patients above 50 years and below 18 years will be excluded.

**Probable mode of action of Vaman**

Vaman means induce vomiting and it is used for the purification of Urdhwabhag of the body. It expels out the dushtadoshas through oral route. It is the process by which contains of the stomach including cough and pitta are expelled out of body through oral route. Pitta is the main Dosha which creates early ageing signs. Niharana of dushita Pitta and Kapha will achieve the desired results. One of the reason of AkalajaJara is not doing shodhan at proper time.

Proper Vaman karma with Madanphala will remove Kapha and pitta.

**Probable Samprapti Bhanga by Vaman karma and Amalaki Rasayana**

Due to Vamana karma forcefully expells malibhut shleshma dosha alond with vikritta Pitta Nirharana happenes.
Due to Shodhana, Kleda Nashan and Ama dosha Pachana takes place. Due tu Vaman karma, Prakrita Rasa Nirman takes place, there by orderly nourishment of all Dhatu takes place thereby it helps to compact Akalja ajara.

**Amalaki Rasayana effect on Akalaja Jara**

Amalaki Rasayana is the Shreshtha vayasthapaka Dravya. Amalaki churna processed in 21 times in Amalaki Decocation\(^{[9,10]}\) will be taken. Due to its fortified processing, Param guna utkarsha happens. Amalaki has got Madhura Vipak along with Pancha Rasa. It possesses property of keshya /rasayan, medhya gunas and property of Tridosha shamaka, especially pitta shamaka gunas.

Due to its Pitta dosha Nashaka gunas which is responsible in managing early ageing symptoms. Amalaki Rasayan also have Jarahar prabhav thereby it helps to prolong Akalaja Jara.

The main property is Tridosha shamaka. Due to its Madhura Vipaka(AR) does Vatashamana. Due to its Kashaya and Tikta Rasa and Madhura Vipaka it does Pitta Nashana and due to its Rukha laghu Guna it does Kapha Nashana.

**CONCLUSION**

1. Vaman Karma Shodhan effects may be effective in conquering Akalaja Jara
2. Amalaki Rasayana may prove to be effective in Akalaja Jara symptoms.

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