

**Amalaki as a Rasayan in Geriatric Diseases.****Naina P. Vishwakarma^{*1}, Pankaj R. Vishwakarma²**

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***Corresponding Author:** drnainapv@gmail.com**Abstract:-**

Geriatric problems are arising much and more in the present Era. With the increase in average life-span due to medical facilities it resulted in large number of people with old age Worldwide. To overcome this Ayurved advocates healthy ageing through Rasayan Chikitsa. By proper administration of Rasayan Therapy as a preventive tool one can prevent Jarajanit(Geriatric) vyadhis. Many herbs and techniques which provide solution to ageing and their complications are described in Ayurved. The Herbs with their properties slows down the natural process of aging and help in managing geriatric problem and improving the quality of life. Here Amalaki an Rasayan Dravya in Geriatric diseases is brought in focus.

Key Words:- Geriatrics, Jara, Ageing, Rasayan, Amalaki.

Introduction:-

In Today's era people are becoming more conscious related to Health and are attracted to a healthy life style; but still with growing number of elderly people in the society Health problems related to old age such as Joint pain, Cardiovascular diseases, Prostrate enlargement, Diabetes, Cancer,

Psychological, Emotional problems etc. are increasing day by day.

Ayurved is one of the most ancient science which deals with swasthya rakshan and vyadhi prashamanan.(c.ci.1/1/4). Ayurved has discussed the issues related to Geriatric care and has a special branch of medicine called Rasayan Chikitsa; which is one among the Astang Ayurved. Due to Rasayan one can attain Longevity, good memory, good health through a range of life style measures, dietary care, good intelligence, freedom from diseases, have a youthful age, one can get excellent glowing, lustrous skin and complexion, good strength of physique and sense organs, modulated voice, resistance to diseases.(c.ci.1/1/7-8).

By proper administration of Rasayan Therapy as a preventive tool one can delay Jarajanit vyadhis to occur. Acharya Charak has introduced large number of Rasayan dravya both in single and compounds, herbs and minerals.

The primary mode of Rasayan effect are:-

- At the level of Rasas it promotes direct nutrient value to plasma which can be achieved by consumption

of Amalki, Shatavari, milk, ghee etc.

- At the level of Agni it promotes Digestion and metabolism through Bhallatak, Pippali etc.
- At the level of srotas it promotes micro-circulation and tissue perfusion through herbs like Haritki, Guggul, Tulsi etc.

One among mostly and widely used Rasayan Dravya is Amalaki; which is used singly and even in combination. It tones the body, gives strength and boosts immunity to prevent diseases. It is rich in vitamin C.

It has Antioxidant, Anti aging, Anti ulcer, Anti pyretic, Anti diabetic, cholesterol lowering, Cardiac tonic, Expectorant, laxative properties.

Drug Review:-

Amalaki is of Vaya- sthapan gana (Astha. Sang. 13).

Name:- Emblica myrobalan, Indian Gooseberry.

Latin name:- Embelca Officialis.

Regional Name:-
Aavala (Marathi), Amala (Hindi), Dhatari, Shripal, Amruta, Shiva, Santa, Amrutphala, Dhatriphala, Vrushya, Rochani, Divya, Amrutodbhava. (Sanskrit).

Properties:-

- **Rasa:-** Pancha rasa (except lavana), Amla pradhan rasa.
- **Guna:-** Laghu, Ruksha, Sita.
- **Virya:-** Shita.
- **Vipaka:-** Madhur.
- **Dosha-karma:-** Tridosha-har, Pittashamak.
- **Prabhava:-** Rasayan and Vrushyakar.

Chemical Composition:-

Part constituents	Chemical Composition
Fruit	Rich source of Vit. C; fruit pulp contains Ethylgallate, Tanin, Polyphenolic compound.
Fruit and Leaves	1,3,6 Trigalloylglucose, Terchebin, corrilagin, Ellagic, Phyllenbic acid, Alkaloids Phllantictine and Phyllantive.
Seeds	Linoleic acid and it closely resembles linseed oil, Ellagic acid and Lupeol from roots.

Therapeutic Uses of Amalki Rasayan:-

- It is used as an Astringent, Cardiac tonic, helps to relieve Stress, Anti-inflammatory, Anti Pyretic, Diuretic, Laxative. It is a general tonic, Hair tonic, Improves digestion and Immunity, Decreases acidity and gives relief in constipation.
- Fruits of Amalaki are widely used for therapeutically supplementing vitamin C and other contents.
- Juice of fresh fruit is given as tonic, refrigerant, anti-scorbutic, diuretic and laxative.
- Dried fruit is used in form of powder which is effective remedy for hyperacidity, peptic ulcers, gastric troubles, blood impurities etc.

Beneficial effects in variety of Diseases:-

Digestive :- in relieving Colitis, Constipation, Gastritis, Hemorrhoids, Hepatitis, Hyperacidity, Ulcers, Peptic ulcers.

Heart:- is used as Cardiac tonic.



Metabolic Disorders :- Diabetes, Prameha.

Eye disorder :- Weakness in Eyesight, Cataract.

Respiratory Disorder :- It decreases Kapha and useful in Cough and Cold, recurrent Respiratory ailments.

Skin :- due to ruksha guna it causes kleda shoshan and rasa, rakta shodhan ; and leads to twaka shodhan. It strengthens hair follicles and reduces the inflammation of scalp and skin.

Roghanata:-

Prameha, kustha, Amlapitta, Rakta pitta, Pandu, Kamala, keshya, Madhya, Trushya, Jawara, Arsha, Shewetapradar, Hikka, Kasa, Raktapradar.

Sansthanik karma:-

Doshagnata:-

Due to Amla rasa it is vataghana; due to Madhur, shita guna it is pittaghana; due to Ruksha and kashaya rasa it is Kaphagna. Most important it is pittashamak having madhur vipaka and shita virya it is Tridoshagana. Due to Amla, Kashaya rasa and ruksha guna it is kleda shoshan and does rasa- rakta shodhan leading to twaka shodhan.

Sthanik karma:- Amalki is daha prashamak, Vrushya and Keshya.

Abhyantar Karma:-

Anna and Purishvaha srotas :- Due to Amla rasa it is Agnideepan, Ruchikar, Amapachan and Anuloman as a result useful in Aruchi, Agnimandya, vibhandhan yakrut vikkar. due to Amapachan and madhur vipak Amalaki is useful in Amlapitta.

In case of Udavarta, Udar roga, Arsha we see malavasthamba in such diseases. Amalki is used as Anilomaka in it.

Nadi sansthan:- Amalaki is useful in Drushtimandya, Indriya and Mastiksha daurbalaya.

Raktavaha sansthan :- Hridroga, Raktapitta, Raktavikara.

Swashana sansthana:- Amalaki reduces Kapha dosha so it is used in Kasa, swasha, yakshma vyadhi.

Prajanan sansthan :- it is used in Sukrameha, pradar, Garbhashaya daurbalya.

Mutrvaha Sansthana:- Amalaki rasa is adviced in Mutrakruccha, pittaj Prameha.

Twaka Sansthana;- in various types of skin disorderd like kustha, visarpa, it is used.

In case of Jirna jwara, trushna, daha it is adviced.

Rasayan :- Amalaki is having wellknown property of Dhatu Shodhana and after Shodhan it helps in utsarjan of Dosha and Mala. Clearing the pathway of dhatuposhana it causes poshan of various dhatu. It destroys Ama and toxins in body and keeps healthy and young; strengths Nervous system, bone marrow and sense organs. As brain tonic it improves memory. It is Rasayan for all dhatus especially mamsa by improving neuro muscular strength and flexibility. Thus Amalaki is called Rasayan or Vayasthapan.

Matra :- Swaras:- 10 to 20 ml.

churna;- 1to 2 gms.

kwatha:- 20to 30 gms.

Vishistha yoga :-

Amalkyadi churna, Amalaki rasayan, Ashokaristha, Avipatkar churna, chavanprash, Dashamularistha, dhatriलोha, dhatriyaristha, kumariasava, Triphala churna.



Thus Amalki in single or in compound forms helps in improving the health and disease.

Conclusion :-

Ageing is challenging experience which is common to all and biggest challenge with geriatrics but it can be overcome by means of Rasayan Dravya. It helps to promote and preserve Health and cure diseases in sick. Thus Amalaki is bahu upyogi Dravya.

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