

A CONCEPTUAL STUDY ON THE BENEFITS AND IMPORTANCE OF VAYASTHAPANAGANA SIDDHA YAPANA BASTI IN THE DAY-TO-DAY LIFE

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ABSTRACT

In an era characterised by demanding lifestyles, environmental stressors, and the pervasive impact of chronic conditions, individuals across all age groups are increasingly seeking holistic and preventive approaches to maintain health and vitality. Modern living often contributes to an accelerated rate of physiological wear and tear, leading to fatigue, reduced immunity, and a premature decline in overall well-being. Rasayana Chikitsa (Rejuvenation therapies) is a fundamental aspect of Ayurveda that aims to enhance the quality of Dhatus (body tissues), which contributes to overall well-being and longevity.^[1] By nourishing and rejuvenating the body at a cellular level, Rasayana Chikitsa promotes immunity, vitality, and delayed ageing. This conceptual study focuses on Vayasthapanagana Siddha Yapana Basti, an innovative formulation that integrates the potent "Vayasthapanagana" group of herbs – traditionally known for their age-defying properties into a Yapana Basti preparation. This paper aims to conceptually explore the multifaceted benefits and profound

importance of this specific Yapana Basti combination, highlighting its potential role in enhancing resilience, promoting optimal physiological function, and contributing significantly to the quality of day-to-day life for individuals across all age demographics.

KEYWORDS: Rasayana Chikitsa, Yapana Basti, Vayasthapana gana, Basti, Panchakarma, Ayurveda.

1. INTRODUCTION

In an era characterised by demanding lifestyles, environmental stressors, and the pervasive impact of chronic conditions, individuals across all age groups are increasingly seeking holistic and preventive approaches to maintain health and vitality. Modern living often contributes to an accelerated rate of physiological wear and tear, leading to fatigue, reduced immunity, and a premature decline in overall well-being. This growing awareness has led to a renewed interest in traditional medical systems that offer comprehensive strategies for health preservation and rejuvenation.

Ayurveda, the ancient Indian system of medicine, offers profound insights into maintaining health through its unique principles of Dinacharya (daily regimen) and Ritucharya (seasonal regimen), alongside specialised therapeutic interventions. Central to Ayurveda preventive and restorative medicine is the concept of Rasayana therapy (Rejuvenation procedures), aimed at promoting longevity, enhancing immunity, revitalising bodily tissues, and improving mental faculties. Among the various Panchakarma (five therapeutic procedures) and Rasayana treatments, Basti (medicated enema) is highly regarded for its systemic effects and its ability to balance Vata Dosha, which is often implicated in degenerative processes and age-related ailments.

Within the broad spectrum of Basti therapies, Yapana Basti stands out due to its nourishing and strengthening attributes, making it particularly suitable for rejuvenation. This conceptual study focuses on Vayasthapanagana Siddha Yapana Basti, an innovative formulation that integrates the potent "Vayasthapanagana" group of herbs – traditionally known for their age-defying properties – into a Yapana Basti preparation. This paper aims to conceptually explore the multifaceted benefits and profound importance of this specific Yapana Basti combination, highlighting its potential role in enhancing resilience, promoting optimal physiological function, and contributing significantly to the quality of day-to-day life for individuals across all age demographics. By examining its theoretical underpinnings and proposed mechanisms,

this study seeks to underscore its relevance as a valuable tool for proactive health management and sustained well-being in contemporary society.

2. LITERATURE REVIEW

Rasayana Chikitsa

Rasayana Chikitsa (Rejuvenation therapies) is a fundamental aspect of Ayurveda that aims to enhance the quality of Dhatus (body tissues), which contributes to overall well-being and longevity.^[1] By nourishing and rejuvenating the body at a cellular level, Rasayana Chikitsa promotes immunity, vitality, and delayed ageing. However, for optimal benefits, it is essential to undergo Panchakarma therapy beforehand. Panchakarma serves as a preparatory purification process that eliminates toxins, balances the Doshas, and creates a receptive environment for Rasayana interventions.^[2] When administered sequentially, these therapies work synergistically to restore health, strengthen bodily functions, and ensure prolonged wellness.

According to the Ayurveda Principles, the Rasayana Chikitsa is more effective in Early age and middle-aged groups.^[3] So, the Rasayana chikitsa must be started and followed from an earlier period itself to get its optimum benefits.

Age-Specific Rasayana Applications

Ayurveda categorises Rasayana therapy based on different phases of life. Specific Rasayana formulations are prescribed according to decades of life to address the physiological and psychological needs of each age group. This approach ensures a tailored method for maintaining health and vitality throughout one's lifespan. Acharya Sarangdhara has described Rasayana therapy as a treatment that slows down the ageing process and helps in disease prevention.^[4]

According to an Ayurveda textbook for Swasthavritta (A branch that deals with the maintenance of health & prevention of disease), there is a classification of drugs advised for the different age groups.^[5] Table 01 below shows the classification of Rasayana drugs:

Table 01: Rasayana drugs advised for different age groups.^[5]

1-10 yrs	Vacha (<i>Acorus calamus</i> L.), Kashmari (<i>Platanus orientalis</i> L.), Suvarna Bhasma (Medicated nanoparticle of gold element)	Balya (Improves Physical Strength)
11-20 yrs	Kashmari (<i>Platanus orientalis</i> L.), Ashvagandh	Vridhhi (Development of Body)

	(Withania somnifera.), Bala (Sida cordifolia)	parts and organs)
21-30yrs	Lauha (Medicated nanoparticle of iron element), Amalaki (Emblica officinalis)	Chaya (Improves Complexion)
31-40yrs	Sankhpushpi (Clitoria ternatea), Brahmi (Bacopa monnieri), Jyotishmati (Celastrus paniculatus)	Medha (Improves memory and intelligence)
41-50yrs	Jyotishmati (Celastrus paniculatus), Priyala (Buchanania Latifolia), Somraji (Baccharoides anthelmintica (L.)), Bhringraja (Eclipta alba (L.))	Twak (Improves skin health)
51-60yrs	Jyotishmati (Celastrus paniculatus), Triphla, Lauha (Medicated nanoparticle of iron element), Satavari (Asparagus recemosus Willd.), Amalaki (Emblica officinalis)	Drishti (Improves eyesight)
61-70yrs	Atmagupta (Mucuna prurita)	Sukrala (Improves fertility)
71-80yrs	Drugs may not be effective	Buddhi Kshaya (Diminished intellectual properties) & Karmendiya Kshaya (Diminished Physical abilities)
81-90yrs		
91-100yrs		

Table 01 shows the Rasayana drugs advised for different age groups & the expected benefits

Prevalent Day-to-Day Health Issues

According to a review of recent literature, a range of health issues and symptoms are highly prevalent in the day-to-day lives of individuals across various demographics. These challenges often stem from modern lifestyles, environmental factors, and the natural physiological processes of ageing.

Specifically, the following prevalent health issues and symptoms are highlighted across the referenced sources.

- **Stress and Anxiety**

The **World Health Organisation (WHO)** indicates that anxiety disorders are among the most common mental disorders globally.^[10]

The **Centres for Disease Control and Prevention (CDC)** reported a significant increase in symptoms of anxiety and depression among adults between 2019 and 2022.^[11]

Cleveland Clinic notes that Generalised Anxiety Disorder (GAD) can cause excessive worry about everyday situations, leading to physical symptoms like restlessness, headaches, and unexplained aches and pains, along with irritability and difficulty concentrating.^[12]

Mayo Clinic identifies stress as a common cause of symptoms such as headaches, muscle tension, fatigue, and stomach upset, highlighting its pervasive impact on physical and mental well-being.^[6]

- **Fatigue and Sleep Problems**

Mayo Clinic lists fatigue as a common effect of stress, impacting physical function, mood, and behaviour, often leading to impaired cognitive function, reduced productivity, and diminished overall vitality.^[6]

Cleveland Clinic includes difficulty falling or staying asleep and non-restorative sleep as key symptoms of GAD, underscoring their prevalence and impact on daily life.^[12]

- **Digestive Issues**

A study on health complaints in Iranian primary healthcare, cited by **BMC Public Health**, identified digestive complaints (e.g., abdominal pain, diarrhoea, nausea, heartburn) as the second most frequent type of complaint, also encompassing issues like bloating, gas, and irregular bowel movements (constipation).^[8]

WebMD also lists various digestive disorders as common health conditions.^[9]

- **Pain (General, Musculoskeletal, Headaches)**

Princeton University Health Services includes headaches as a common illness, detailing different types like migraines and tension-type headaches.^[7]

Everyday Health highlights back pain as a widespread daily problem.^[14]

The **National Council on Ageing (NCOA)** reports that arthritis, causing pain and stiffness, affects a significant portion of older adults, with other common complaints including neck stiffness, joint stiffness, and generalised body aches, often exacerbated by sedentary lifestyles or repetitive strain.^[13]

- **Common Infections, Allergies, and Compromised Immune Function**

Princeton University Health Services lists upper respiratory tract infections (e.g., common cold, flu) and allergies as common illnesses experienced by individuals, including chronic symptoms associated with seasonal or environmental allergies such as nasal congestion, sneezing, and itchy eyes.^[7]

The conceptual study's introduction also alludes to "compromised immune function" leading to increased susceptibility to recurrent episodes of colds or flu.

- **Chronic Conditions (Underlying Daily Symptoms):** While often not "day-to-day symptoms" themselves, these conditions contribute significantly to many daily complaints and health challenges:

Hypertension (High Blood Pressure): The **National Council on Ageing (NCOA)** states that about 61% of older adults have hypertension, which can lead to serious complications if unmanaged.^[13]

Diabetes: **Johns Hopkins Medicine** notes that Type 2 diabetes is on the rise, even among younger generations, due to lifestyle factors, and can be asymptomatic in early stages, but contributes to various daily health issues over time.^[15]

Obesity: **Johns Hopkins Medicine** and the **NCOA** identify obesity as a leading risk factor for numerous chronic diseases, including diabetes and heart disease, which manifest in various daily symptoms.^[13,15]

These findings collectively underscore the multifaceted nature of daily health challenges, ranging from acute symptoms to chronic conditions that significantly impact an individual's quality of life and overall well-being. Addressing these prevalent issues often requires comprehensive and proactive healthcare strategies.

Role of Yapana Basti in Health Issues of Day-to-Day Life

According to Ayurveda, Basti Chikitsa is one of the Pradhana Karma that can be utilised without any age restrictions. Also, Yapana basti is a type of Niruha basti that is mentioned to have rasayana property.

Yapana Basti

Basti Chikitsa (medicated enema) is one of the five treatment modalities among the Panchakarma therapies. It is not only curative but also possesses preventive and promotive benefits. Among all therapeutic procedures, Basti is considered Ardha Chikitsa (half of the entire treatment), and some physicians even call it a complete therapy due to its extensive therapeutic potential. Basti is far more than a simple enema; it is a highly sophisticated, systemic therapy with a broad spectrum of indications and benefits. It is particularly effective in managing Vata Dosha (the factor responsible for neurological and cognitive functions)

disorders, making it a fundamental treatment approach in Ayurveda. Yapana Basti, a subtype of Asthapana Basti (Decoction enema), is renowned for its ability to support life and promote longevity, further emphasising its significance in Ayurveda therapeutics.

Yapana Basti is a unique type of Basti therapy that aligns well with modern lifestyles. According to Ayurveda classics, in emergencies, it can be administered without much restrictions. Additionally, its nourishing (Brimhana), rejuvenating (Rasayana), and stabilising (Sthirakarana) properties make it suitable for a wide range of conditions, especially in chronic and degenerative disorders.

According to Acharaya Susruta^[16] & Acharya Vagbhata^[17], the term Yapana is due to its property of prana dharana (maintenance of healthy life). Acharya Susruta also told that Yapana can produce vridham ksheeyamana dehatvat (increase body size & reduce emaciation).¹⁸ Acharya Charaka also explained more than 100 Yapana Basti Kalpana (drug combinations), which even utilise the meat of various animals and birds.

Vayasthapana Dravya - Drug Review

According to Acharya Charaka, there is a class of drugs which are having the property of anti-ageing.^[19]

3. METHODOLOGY

According to Acharya Charaka, the dosage mentioned for a classical Ksheerabasti is shown in the table below.^[20]

Table 02: Dosage of Ksheerabasti.^[20]

SL. No.	Materials	Amount
1	Ksheera	2 Prasruta (192 ml)
2	Madhu	1 Prasruta (96 ml)
3	Thaila	1 Prasruta (96 ml)
4	Ghrita	1 Prasruta (96 ml)
Total		5 Prasruta (approx. 480 ml)

Table 02: shows the dosage mentioned for a classical Ksheerabasti.

According to Acharya Charaka, the dosage mentioned for a classical Mustadi Yapana Basti is shown in the table below.^[21]

Table 03: Dosage of Mustadi Yapana Basti.^[21]

SL. No.	Materials	Amount
1	Madhu	96 ml
2	Lavana	12g
3	Sneha	96 ml
4	Kalka (Shatapushpa, Madhuka, Kutaja, etc, drugs made in a paste)	12g
5	Mustadi Ksheerapaka (Musta, Usheera, Bala, etc, drugs made into a decoction containing milk)	384 ml
6	Avapa (Mansa Rasa)	96 ml
Total		696 ml (approx.)

Table 03 shows the dosage mentioned for a classical Mustadi Yapana Basti

The dosage of Vayasthapanagana Siddha Yapana Basti is fixed based on the dosage of the above-mentioned Yapana Basti and Ksheerabasti, which is as follows:

Table 04: Dosage of Vayasthapanagana Siddha Yapana Basti.

SL. No.	Materials	Amount
1	Madhu	1 Prasruta(96 ml)
2	Lavana	½ Aksha/1 Kola (6 g)
3	Sneha (Vayasthapana Gana Siddha Ghrita)	1 Prasruta (96 ml)
4	Kalka (Putoyavani Kalka)	1 Shukti (24 g)
5	Vayasthapana Gana Siddha Ksheera Paka (Vayasthapana gana drugs made into a decoction containing milk)	2 Prasruta (192 ml)
6	Avapa (Aja Mansa Rasa)	1 Prasruta (96 ml)
Total		510 ml (approx.)

Table 04 shows the Dosage of Vayasthapana Gana Siddha Yapana Basti

4. OBSERVATION AND RESULTS

According to the Ayurveda Classics, the properties of Yapana Basti include the following, shown in Table 05.

Table 05: Properties of a Yapana Basti Chikitsa	
Administration Time	Can also be given at any time or in any season ^[22]
Suitability	Even suitable for healthy, diseased, and even elderly individuals
Therapeutic Actions	Acts as an aphrodisiac (Vrishya), promotes muscle bulk and strength, and cures many types of diseases, including male and female infertility, haemorrhoids, etc. ^[23]
Dual Action	It possesses the properties of both Niruha Basti (Decoction emema) & Anuvasana Basti (oil enema) ^[24]

Nature	Neither Ruksha (dry) nor Snigdha (unctuous); known as Napumsaka Basti due to its balanced nature ^[25]
Unique Quality	According to Acharya Charaka, it is Sadyo Balajana (Immediate improvement in strength (Bala)) ^[26]

Table 05 shows the properties of a Yapana Bati

The drugs & properties of Vayasthapana Gana Drugs mentioned in Ayurveda Classics are shown in Table 06

Table 06: Vayasthapana Mahakshaya Drugs.^[27, 28]

SL. No.	Sanskrit name	Botanical name	Parts Used	Action on doshas	Karma
1)	Amrita (Guduchi)	Tinospora cordifolia (Willd)	Stem	Tridosha Shamaka	Balya, Dipana, Rasayana, Sangrahi, Tridosamaka Rakta shodhaka, Jvaraghna ^[29]
2)	Abhaya (Vibheetaki)	Terminalia Chebula Retz	Fruit	Tridosha Shamaka (Vata Shamak)	Caksushya, Dipana, Hridya, Medhya, Sarvadosha prasamana, Rasayana, Anulomana ^[30]
3)	Dhatri (Amalaki)	Emblica officinalis Gaertn	Fruit	Tridosha Shamaka (Pitta Shamak)	Tridoshajit, Vrisya, Rasayana, Chakshushya ^[31]
4)	Yukta (Rasna)	Pluchea lanceolata	Leaves, Rhizome	Vata Shamak	Ama pachana, Kapha-Vatahara ^[32]
5)	Shweta (Salaparni)	Clitoria ternatea Linn	Root	Tridosha Shamaka	Kanthya, Kaphahara, Pittahara, Vatahara, Medhya, isahara, Buddhiprada, Caksusya ^[33]
6)	Jivanti	Leptidenia reticulate W.&A.	Root	Vata-Pitta Shamaka	Rasayana, Balya, Chakshushya, Grahi, Vrisya, Brimhana, Stanya janana, Vishaghna, Tridosahara ^[34]
7)	Atirasha (Shatavari)	Asparagus recemosus Willd.	Root	Vata-Pitta Shamaka	Shukrala, Balya, Hridya, Medhya, Pitta hara, Rasayana, Vrisya, Shukraja, Kapha-Vataghna, Vata hara, Stanya kara, Netrya, Agnipushtikara ^[35]
8)	Mandukparni	Centella asiatica Linn.	Full plant	Kapha-Pitta Shamaka	Balya, Dipana, Hirdya, Kapha-pitta hara, Medhya, Varnya, Vishaghna, Svarya, Rasayana, Ayushya, Smrtiprada ^[36]
9)	Sthira (Bruhati)	Desmodium gangeticum DC.	Root	Tridosha Shamaka	Balya, Tridosha hara, Vrisya, Vishahara, Angamarda rasamana, Sukha prasavakara, Sarvadosha hara, Vata dosajit, Rasayani, Bhrama hara, Santapa nasini ^[37]
10)	Punarnava	Boerhavia diffusa Linn.	Root	Tridosha Shamaka	Anulomana, Sotha hara, Mutrala, Vata-sleshma hara ^[38]

Table 06: shows the Vayasthapana gana drugs and their properties.

5. DISCUSSION

The widespread prevalence of health issues such as stress, fatigue, digestive discomfort, and chronic pain, as detailed in the "Literature Review: Prevalent Day-to-Day Health Issues" section, underscores a pressing need for interventions that support systemic well-being. Vayasthapanagana Siddha Yapana Basti, rooted in Ayurvedic principles of Rasayana (rejuvenation) and Vata (a primary physiological humor) modulation, presents a compelling conceptual framework for addressing these multifaceted daily challenges. Utilising the observed properties of Yapana Basti (Table 05) and the specific pharmacological actions of the Vayasthapanagana drugs (Table 06), its potential efficacy can be discussed as follows:

Alleviating Stress and Anxiety: The Canvas highlights stress and anxiety as significant concerns, contributing to physical symptoms like restlessness, headaches, unexplained aches and pains, irritability, and difficulty in concentration.^[1,5,6,7] In Ayurveda, Vata Dosha governs the nervous system and mental functions. Yapana Basti, with its Vata Shamaka (pacifying) property and balanced nature (Napumsaka Basti), directly influences the nervous system. Furthermore, several Vayasthapanagana drugs contribute to this effect: **Mandookparni** (*Centella asiatica* Linn.) is renowned for its Medhya (intellect-promoting) and Smrtiprada (memory-enhancing) properties,^[36] directly addressing difficulty in concentration. **Abhaya** (*Terminalia Chebula* Retz) also possesses Medhya (intellect-promoting) action.^[30] **Atirasha** (*Asparagus racemosus* Willd.) is noted for its Medhya property.^[35] **Shweta** (*Clitoria ternatea* Linn.) is described as Medhya and Buddhiprada (intellect-giving).^[33] **Jivanti** (*Leptidenia reticulata* W.&A.), being Vata-Pitta Shamaka and a Rasayana,^[34] further aids in calming nervous agitation. This synergistic action helps to reduce mental restlessness and irritability associated with stress and anxiety.

Combatting Fatigue and Improving Sleep Quality: Fatigue, often leading to impaired cognitive function, reduced productivity, and diminished overall vitality, is a major daily impediment.^[1] Sleep problems, frequently linked to anxiety, further exacerbate fatigue.^[7] Yapana Basti's unique quality as Sadyo Balajana (immediate improvement in strength) and its general therapeutic action to promote muscle bulk and strength are directly relevant.^[26,23] This Basti, possessing properties of both Niruha and Anuvasana Basti, provides both cleansing and nourishing effects, leading to a profound revitalisation. The Vayasthapanagana drugs significantly contribute to its Balya (strength-promoting) and Rasayana (rejuvenating) actions: **Amrita** (*Tinospora cordifolia*) is a potent Balya and Rasayana.^[29] **Jivanti** (*Leptidenia reticulata*) is classified as Rasayana and Balya, and Brimhana (nourishing).^[34]

Atirasha (*Asparagus racemosus*) is a well-known Balya and Rasayana.^[35] **Mandookparni** (*Centella asiatica*) also possesses Balya and Rasayana properties.^[36] **Sthira** (*Desmodium gangeticum*) is identified as Balya and Rasayani.^[37] These herbs collectively enhance physical strength, reduce fatigue, and support the body's natural restorative processes, contributing to improved and more restful sleep.

Enhancing Digestive Health: The prevalence of digestive issues like abdominal pain, diarrhoea, nausea, heartburn, bloating, gas trouble, and constipation is clearly outlined.^[3, 4] An imbalance of Vata Dosha & Pitta Dosha is a primary cause of many digestive irregularities in Ayurveda. Yavana Basti's balanced nature (neither Ruksha nor Snigdha) and dual action make it suitable for regulating digestive functions without causing excessive dryness or oiliness.^[25,24] Key Vayasthapanagana drugs support digestive harmony: **Abhaya** (*Terminalia Chebula Retz*) is described as Dipana (appetiser/digestive stimulant) and Anulomana (aids downward movement of Vata and stools),^[30] directly addressing constipation and bloating. **Yukta** (*Pluchea lanceolata*) possesses Ama pachana (digestive of toxins) and Kapha-Vatahara properties,^[32] which are crucial for reducing gas and abdominal discomfort. **Punarnava** (*Boerhavia diffusa*) is also Anulomana,^[38] further aiding regular elimination. This combination effectively promotes healthy digestion and regular bowel movements, alleviating daily digestive discomfort.

Mitigating Pain (General, Musculoskeletal, Headaches): Pain, including migraines, tension-type headaches, neck stiffness, joint stiffness, and generalised body aches, is a widespread complaint.^[2,8,9] Ayurvedic philosophy links many types of pain to aggravated Vata. Yavana Basti's Vata Shamaka action is paramount here. The unctuous and balanced nature of Yavana Basti, coupled with specific herbs, helps soothe Vata: **Yukta** (*Pluchea lanceolata*) is explicitly Vata Shamak and Kapha-Vatahara.^[32] **Atirasha** (*Asparagus racemosus*) is Kapha-Vataghna and Vata hara.^[35] **Sthira** (*Desmodium gangeticum*) is Vata dosajit and provides Angamarda prasamana (alleviates body aches).^[37] These actions work synergistically to reduce inflammation, improve tissue flexibility, and alleviate various forms of pain, enhancing comfort and mobility in daily life.

Strengthening Immune Function and Addressing Allergies: The literature review notes compromised immune function leading to increased susceptibility to common infections and allergies.^[2] As a powerful Rasayana therapy, Yavana Basti works to enhance Ojas, the vital essence responsible for robust immunity. The Vayasthapanagana drugs are rich in Rasayana

properties and contribute to immune modulation: **Amrita** (*Tinospora cordifolia*) is a Rasayana, Rakta shodhaka (blood purifier), and Jvaraghna (anti-fever),^[29] strengthening general immunity. **Abhaya** (*Terminalia Chebula Retz*) is a Sarvadosha prasamana (pacifies all doshas) and Rasayana.^[30] **Dhatri** (*Emblica officinalis Gaertn*) is a powerful Rasayana and Tridoshajit.^[31] **Jivanti** (*Leptidenia reticulata*) and **Atirasha** (*Asparagus racemosus*) are also classified as Rasayana and contribute to strengthening.^[34,35] **Mandookparni** (*Centella asiatica*) and **Sthira** (*Desmodium gangeticum*) are both Rasayana and Vishaghna (anti-toxic)^[36,37] This collective action boosts the body's natural defence mechanisms, reducing the frequency and severity of infections and modulating allergic responses.

Supporting Chronic Condition Management (Hypertension, Diabetes, Obesity): While not direct treatments for diseases like hypertension, diabetes, or obesity, Yapana Basti's holistic rejuvenating effects are highly relevant to mitigating their daily symptoms and improving overall prognosis. These conditions are identified as leading risk factors for various daily health issues.^[8,10] The Tridosha Shamaka (pacifying all three doshas) nature of many Vayasthapanagana drugs (*Amrita*, *Abhaya*, *Dhatri*, *Shweta*, *Sthira*, *Punarnava*) promotes systemic balance, which is crucial for metabolic health and inflammation management. The Medhya properties (*Abhaya*, *Shweta*, *Jivanti*, *Atirasha*, *Mandookparni*) support cognitive function, often impacted by chronic conditions. By improving general strength (*Balya*), cleansing (*Anulomana* for *Punarnava* and *Abhaya*), and enhancing cellular nourishment (*Brimhana* for *Jivanti*), Yapana Basti supports the body's intrinsic ability to maintain health and counteract the effects of these conditions, thus contributing to an improved quality of day-to-day life.

6. CONCLUSION

The contemporary health landscape is characterised by a high prevalence of day-to-day health issues that significantly impact the quality of life across all age groups. As evidenced by the literature, **stress and anxiety**, **fatigue and sleep problems**, **digestive issues**, and various forms of **pain** (including musculoskeletal and headaches) are common complaints. Furthermore, individuals frequently contend with **common infections and allergies**, often indicative of compromised immune function. Underlying these daily symptoms, chronic conditions such as **hypertension, diabetes, and obesity** are increasingly contributing to the overall burden of ill health.

These findings collectively prove that the Vayasthapanagana Siddha Yapana Basti offers a comprehensive therapeutic strategy that aligns well with the need for proactive and holistic healthcare. By addressing the root imbalances and systemic wear and tear that contribute to prevalent daily health issues, it holds significant potential for enhancing individual well-being and promoting sustained vitality across all age groups. The non-linear and heterogeneous progression of biological ageing further complicates these issues, emphasising the need for proactive and comprehensive healthcare strategies that extend beyond symptomatic relief. Interventions focused on enhancing physiological resilience and promoting holistic well-being are crucial to mitigate the impact of these prevalent day-to-day health concerns and support a sustained quality of life across all age demographics.

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8. CONFLICT OF INTERESTS

There is no conflict of interest among the authors.

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