

AYURVARDHAKA AND VYASTAPAKA DRUGS: A COMPREHENSIVE REVIEW OF THEIR THERAPEUTIC ROLES AND APPLICATIONS**Sanjeev S. Tonni*, Shreekala P. V.¹ and Akankshya Anchal Mishra²**

*Professor, Department of Swasthavritta, KLE Shri BMK Ayurveda Mahavidyalaya, Belagavi.

^{1,2}PG Scholar, Department of Swasthavritta, KLE Shri BMK Ayurveda Mahavidyalaya, Belagavi.

Article Received on
18 March 2025,

Revised on 08 April 2025,
Accepted on 28 April 2025

DOI: 10.20959/wjpr20259-36525



***Corresponding Author**

Sanjeev S. Tonni

Professor, Department of
Swasthavritta, KLE Shri
BMK Ayurveda
Mahavidyalaya, Belagavi.

ABSTRACT

According to both Ayurveda and contemporary science, aging is defined as a progressive deterioration in physiological processes. The three stages of aging identified by Ayurveda are *Bala*, *Madhya*, and *Jirna*. The latter is characterized by degeneration associated with an imbalance in *Vata dosha*. *Vyastapaka* medications treat the natural process of decay, but *Ayurvedhaka* medications, which translate to "life-enhancers," are intended to prolong life, revitalize *Dhatus*, and maintain vitality. The properties, pharmacological effects, and therapeutic uses of various medications are examined in this article. It draws attention to similarities between contemporary scientific indicators of aging, such as oxidative stress and mitochondrial failure, and Ayurvedic ideas, such as reduced Agni, lowered Ojas, and Vata aggravation. This paper highlights the potential of *Ayurvedhaka* and *Vyastapaka* therapies in promoting healthy aging, avoiding age-related disorders, and delaying degenerative changes by analyzing both traditional and contemporary pharmaceutical views. Combining modern science and Ayurvedic knowledge provides a comprehensive strategy for handling the challenges of aging.

KEYWORDS: *Ayurvedhaka* drugs, *Vayastapaka*, *Rasayana*, *Ojo*, Strength.

INTRODUCTION

Aging is considered a normal process in Ayurveda, with three separate life stages: *Jirna* or *Vriddhavastha*, *Madhya*, and *Bala*. During the last stage, *Jirna*, which usually happens between the ages of 60 and 70, body functions gradually deteriorate or decay. *Dhatus* strength, sensory organs, energy, memory, intellect, and even speech all start to wane as people age. The increase in *Vata dosha*, which controls movement and dryness and contributes to the mental and physical symptoms of aging, is directly linked to this deterioration.

Ayurvardhaka means "those that promote longevity" or "those that enhance life" since *Ayur* means "life" and *Vardhaka* means "enhancer" or "promoter." The purpose of these plants, formulas, and techniques is to promote general health, lengthen life expectancy, and revitalize the body and mind.

According to contemporary research, aging is a complicated, multifaceted process that is fueled by a range of cellular and molecular alterations that build up over time. These alterations show up as a slow deterioration in the body's physiological processes, which frequently leads to age-related illnesses like diabetes, cardiovascular disease, and neurological disorders. Nine characteristics of aging have been identified by contemporary research: mitochondrial malfunction, loss of proteostasis, cellular senescence, stem cell fatigue, altered nutrition sensing, telomere attrition, genomic instability, epigenetic changes, and unregulated intercellular communication. These characteristics, which emphasize the biological foundations of aging, are now essential to studies on lifespan and aging. Atherosclerosis, oxidative stress, and cellular inflammation are frequently mentioned as the main causes of these processes, which hasten the deterioration of tissues and organs.

Similar to this, Ayurveda views aging as a process of slow deterioration and dysfunction, in which the body's systems and tissues gradually deteriorate. The present scientific understanding of aging is similar to the Ayurvedic idea of *Jirna*. According to Ayurveda, a person's *Dhatus* deteriorate with age, resulting in a loss of optimal functioning. The body becomes more prone to illness when the *Agni* wane, *Ojas* decreases, and the *Dosha* balance changes. Many of the characteristics of aging identified by contemporary science are reflected in this idea of degenerative change, especially with regard to the deterioration of cellular function and the buildup of damage in the body's tissues and organs.

For instance, the Ayurvedic concept of *Vata* imbalances is similar to the modern scientific concept of genomic instability, which describes the gradual accumulation of genetic changes. *Vata*, which is linked to movement and dryness, causes tissues and organs to deteriorate as people age. Similarly, the Ayurvedic concept of *Ama* coming from weak *Agni* and poor digestion is equivalent to oxidative stress in modern science, which damages biological components like proteins, lipids, and DNA. Degenerative illnesses develop as a result of the body's deteriorating capacity to heal itself, which is influenced by both oxidative stress and *Ama*.

Similar to Ayurveda's concept of *Jirna*, the contemporary symptom of mitochondrial dysfunction occurs when the body's processes for producing energy start to malfunction. Known as the "powerhouses" of the cell, mitochondria degrade over time, resulting in decreased energy levels and the buildup of waste products within the cell. This is explained by Ayurveda as the slow loss of *Ojas*, the life force and general well-being-sustaining vital energy. The body is more susceptible to aging and associated illnesses when *Ojas* is reduced.

Therefore, the notion that the aging process entails a loss in the body's capacity to preserve homeostasis and repair cellular damage is shared by both Ayurvedic and contemporary scientific perspectives on aging. Similar to contemporary therapies that focus on oxidative stress, mitochondrial function, and cellular repair pathways, Ayurveda's emphasis on *Rasayana* therapies seeks to reverse or slow down these degenerative processes by nourishing the *Dhatus*, increasing *Agni*, and enhancing *Ojas*. Ayurveda's preventive, holistic approach, which emphasizes harmony between the mind, body, and spirit, provides a different viewpoint from contemporary scientific methods for addressing the problems associated with aging.

Review of literature

1. Characteristics of *ayurvedhaka* drugs

***Ojo vardhaka*:** The main goal of *Ayurvedhaka* medications is to increase a person's *Ojas* and *Bala*. These herbs help restore and preserve the body's natural energy by strengthening the life force, which guarantees continued vigor and fortitude in the face of mental and physical difficulties.

***Dhathu poshana*:** These herbs aid in the *Dhatus*'s sustenance as well. According to Ayurveda, the *Dhatus* are the body's basic building blocks, and general health depends on

their condition. In order to maintain the healthy growth and operation of all body structures, from *Mamsa* to neurological tissues, and to ensure their strength and vitality, Ayurvedic medications nourish and regenerate these tissues. *Sharirika* and *Manasika Bala*: Ayurvedic medications support general health and wellbeing by preserving a harmonic balance between the *Manas* and *Sharira*. These medications improve mental *Dhi*, *Dhairya*, and physical endurance by supporting the physical body and the mind, resulting in a balanced state of health.

Prevent disease: Ayurvedic medications also have a preventive effect, enhancing the body's innate resistance to illness and fortifying the immune system. By strengthening *Agni*, *Ojas*, and *Sattva*, these herbs lessen the body's vulnerability to disease and guarantee that it stays healthy and in balance. Ayurveda's approach to longevity, which aims to maintain the body's equilibrium and delay the beginning of disease, heavily relies on this preventive measure.

Vayasthapana, a technique used in the Ayurvedic approach to aging, aims to delay or lessen the consequences of aging by revitalizing the body and mind. The application of particular *Maha Kasaya* formulations, which are intricate herbal mixtures intended to promote anti-aging and regeneration, is part of this idea. Age-related imbalances in the three *doshas*—*Pitta*, *Kapha*, and *Vata*—are intended to be addressed by these formulations. Later in life, *Vata* tends to rise, causing degeneration and dryness, *Kapha* falls, causing structural loss, and *Pitta* can become unbalanced, causing heat or inflammation.

Charaka sutra 4th chapter 18th shloka explains *Vayastapaka gana*. In essence, this stanza lists a number of Ayurvedic plants or remedies that support energy, longevity, and good health. These comprise plants that are known for their restorative qualities and capacity to bring the body back into equilibrium, such as *Muktashveta*, *Jivanti*, *Mandookaparni*, and *Punarnava*. According to the passage, using these herbs either alone or in combination can help stabilize aging and preserve youth. These herbs are frequently employed in Ayurvedic medicine because of their *rasayana* (rejuvenative) qualities, which enhance general health, boost immunity, and keep the body in balance. Because of their anti-aging qualities, ayurvedic herbs such *ashwagandha*, *brahmi*, *amla*, *turmeric*, and *shatavari* are frequently utilized. Every herb has certain qualities that help the body feel refreshed.

The adaptogen *ashwagandha* (*Withania somnifera*) enhances vigor, mental clarity, and stress resilience while balancing *Vata*. Age-related declines in mental clarity, memory, and cognitive

function are supported by *Brahmi* (*Bacopa monnieri*). *Amla* (*Phyllanthus emblica*), which is high in antioxidants and vitamin C, is believed to promote tissue regeneration and fight oxidative stress. Curcumin, the main ingredient in turmeric (*Curcuma longa*), has potent anti-inflammatory and antioxidant properties that help shield cells from harm. Together, these herbs balance the doshas, lower inflammation, enhance cellular activity, and revitalize tissues, all of which help to slow down the aging process's negative consequences.

Differences Between *Ayurvedhaka* and *Vayasthapaka* drugs

Although both *Ayurvedhaka* and *Vayasthapaka* drugs are used in Ayurveda to promote longevity and rejuvenation, they differ in their specific focus, mechanisms of action, and therapeutic applications. Below are the key differences between these two categories of herbs:

1. Focus of action

The main goals of *Ayurvedhaka dravya* are general strength, longevity, and vitality. In order to enhance the body's innate resilience, the emphasis is on improving life *prana* and feeding the body. *Ayurvedhaka* herbs help in maintaining physical strength, mental clarity, and vital energy throughout life. Their action is more holistic, ensuring the body remains balanced and vibrant over time. *Vayasthapaka dravya* are more focused on slowing the aging process specifically. They work on anti-aging, cellular rejuvenation, and protecting against oxidative and inflammatory damage—the main contributors to the aging process. These herbs are often used to target specific age-related changes in the body and mind, such as reduced cognitive function, degeneration of tissues, and diminished organ function.

2. Mechanism of action

The body is nourished and revitalized by *Ayurvedhaka dravya*. Generally speaking, they are adaptogens, which aid in the body's ability to adjust to stress and regain equilibrium. The *Ojas* and *Dhatus* are supported by these herbs. Their main function is to fortify the body's systems, guaranteeing a constant state of immunity and vitality. *Vayasthapaka dravya* is mainly concerned with stopping or undoing the harm that inflammation and free radicals do to cells and molecules. They aid in the defense against oxidative stress, which can harm DNA and hasten aging. These herbs are abundant in anti-inflammatory and antioxidant chemicals that assist maintain youthful tissue regeneration and shield the nervous system, skin, and organs from aging-related deterioration.

3. Therapeutic uses

Ayurvedhaka Dravya are used as general tonics to enhance the immune system and increase energy. By ensuring that the body operates at its best, they promote longevity and general health. *Ayurvedhaka dravya* is frequently used to improve the body's resistance to both physical and emotional stress, as well as for preventive health, chronic weariness, and overall weakness.

More often, *vayasthapaka dravya* are employed for specific anti-aging therapies. They are particularly beneficial for people who are dealing with age-related problems like poor skin elasticity, joint degeneration, muscle atrophy, and cognitive loss. These herbs aid in the fight against age-related conditions such as diabetes, heart disease, arthritis, and neurological diseases. They are utilized, particularly in older people, to maintain and restore youthful vitality.

4. Effects on the body

In general, *Ayurvedhaka dravya* offers sustained assistance for the general health and function of the body. They preserve immunological resilience, boost strength, promote digestion and metabolism, and nourish the tissues. These herbs are good for keeping the body healthy overall and avoiding premature deterioration. In particular, *vayasthapaka dravya* helps to delay or even reverse the obvious signs of aging. By encouraging the creation of collagen, reducing wrinkles, and enhancing skin suppleness, they help maintain a youthful appearance, particularly in the skin. Additionally, they promote brain clarity, memory, and cognitive health. Additionally, they help the body's joints stay healthy and reduce inflammation brought on by aging.

5. Examples of herbs

Dravyas of *ayurvedhaka*

Withania somnifera, or *ashwagandha*, increases energy, improves general strength, and supports stress adaptation. Vitamin C-rich amla (*Emblica officinalis*) strengthens immunity and encourages general vitality. *Tribulus terrestris*, or *gokshura*, is good for the urinary system and increases muscle tone and energy. *Asparagus racemosus*, or *shatavari*, promotes hormonal balance and reproductive health.

Dravya vayasthapaka

Brahmi, also known as *Bacopa monnieri*, improves memory, cognitive function, and mental clarity. Strong antioxidants like *amalaki* (*Embllica officinalis*) guard against oxidative stress and support healthy, young skin. Organ health is preserved by *punarnava* (*Boerhavia diffusa*), which is well-known for its anti-inflammatory and kidney-regenerating qualities. Ginger (*Zingiber officinale*) – Known for its anti-inflammatory properties, helps improve circulation, and supports overall vitality.

6. Role in aging

In order to ensure that the body ages gracefully and without suffering a major loss of energy, *Ayurvedhaka dravya* is used to build and nourish the body. For people who want to preserve their health over the long term and avoid their Ojas from being depleted too soon, these plants are perfect. More specifically, *Vayasthapaka dravya* aims to postpone the physiological and outward manifestations of aging. By treating oxidative stress, tissue deterioration, and age-related illnesses, these herbs help maintain youth in both appearance and function.

Vayasthapana Mahakashaya and Ayurvedic Anti-Aging Principles

Vayasthapana Mahakashaya is a common formulation for preventing premature aging that is described in the ancient Ayurvedic classic *Charaka Samhita*. The purpose of this herbal infusion is to postpone or stop the early degenerative consequences of aging. *Guduchi* (*Tinospora cordifolia*), *Haritaki* (*Terminalia chebula*), *Amla* (*Phyllanthus emblica*), *Mukta* (*Pluchea lanceolata*), *Shweta* (*Clitoria ternatea*), *Jivanti* (*Leptadenia reticulata*), *Atirasa* (*Asparagus racemosus*), *Mandookparni* (*Centella asiatica*), *Sthira* (*Desmodium gangeticum*), and *Punarnava* (*Boerhavia diffusa*) are among the formulation's powerful herbal blend. Together, these herbs can revitalize the body, improve vitality, and slow down the aging-related degenerative processes.

The Ayurvedic Concept of Aging (Vaya)

The term "*Vaya*" in Ayurveda describes the aging process that occurs naturally and is impacted by the duration of life. *Bala*, *Madhya*, and *Jirna* are the three main stages of life, with *Vridhnavastha* taking place between the ages of 60 and 70.

This last stage is characterized by a decline in *Dhatu*, vigor, mental clarity, memory, speech, and sensory organ function, among other physical and mental degenerations. It is believed that this degradation process is a normal yet unavoidable part of existence.

The role of *doshas* in aging

According to Ayurveda, the equilibrium of the three *Doshas*—*Pitta*, *Kapha*, and *Vata*—is directly tied to aging. When these *Doshas* are vitiated, they lead to pathological changes, including aging. These *Doshas* regulate health and physical functions. The aging process is significantly influenced by *pitta* in particular. *Pitta* predominance is associated with an earlier onset of aging and degenerative processes. The natural course of aging is also influenced by *Vata*, which is linked to dryness and mobility, and *Kapha*, which is linked to structure and lubrication. Slowing down the degenerative changes that come with aging requires balancing these *doshas*.

Rasayana therapy

Rasayana is a fundamental idea in Ayurvedic medicine, which emphasizes immunomodulation, regeneration, and rejuvenation. Using particular fruits, herbs, and spices, *rasayana* therapies aim to prolong life, improve mental and physical well-being, and encourage youth. According to Charaka Samhita, consistent *Rasayana* use increases memory, understanding, youthfulness, and general health in addition to lengthening life. As a component of *Rasayana* therapy, the *Vayasthapana Mahakashaya* formulation aids in these objectives by enhancing cognitive function, encouraging tissue renewal, and balancing the *Doshas* to prevent age-related deterioration.

These therapies assist preserve vitality, cognitive function, and general well-being as people age by addressing the underlying causes of aging and promoting the body's natural regenerative processes.

The anti-aging properties of *Vayasthapana* Dravyas (Pharmacological action) are a class of revitalizing herbs used in Ayurveda specifically to improve energy and fight aging. These herbs' special pharmacological qualities aid in postponing the aging-related degenerative processes. They work synergistically to restore the body's natural balance, improve longevity, and maintain optimal physical and mental health. The pharmacological actions of *Vayasthapana* herbs are primarily driven by their antioxidant, anti-inflammatory, adaptogenic, and rejuvenating properties.

The antioxidant properties of *Vayasthapana* Dravyas are among its most important effects. Oxidative stress plays a role in the complicated process of aging, whereby free radicals harm cells and eventually cause tissues and organs to break down. Many of the herbs in this

category, such as *Amrutha* (*Tinospora cordifolia*), *Abhaya* (*Terminalia chebula*), and *Dhatri* (*Emblica officinalis*), are rich in antioxidants like flavonoids, polyphenols, and tannins. By neutralizing free radicals, these substances shield cells from oxidative damage and delay the aging process. By preventing the cellular degradation caused by free radicals, these herbs contribute to the preservation of youth and the prevention of chronic diseases associated with aging, such as cardiovascular diseases, arthritis, and neurodegenerative disorders like Alzheimer's disease.

Furthermore, *Vayasthapana Dravyas*'s anti-inflammatory qualities are essential to its restorative benefits. Many age-related illnesses, including joint pain, cardiovascular disease, and cognitive decline, are mostly caused by chronic inflammation, which is frequently referred to as a silent killer. Strong anti-inflammatory properties found in herbs like *Amrutha*, *Punarnava* (*Boerhavia diffusa*), and *Jivanti* (*Leptadenia reticulata*) aid in lowering inflammation in the body. These herbs reduce the inflammation that speeds up aging by blocking pro-inflammatory cytokines and enzymes like COX-2. They improve joint function, encourage healthy aging, and safeguard the cardiovascular and brain systems by reducing inflammation.

The adaptogenic qualities of *Vayasthapana Dravyas* are another significant pharmacological effect. Adaptogens are chemicals that assist the body in managing physical and emotional stress, which tends to rise with age. For instance, *Shveta* (*Clitoria ternatea*) and *Atirasa* (*Asparagus racemosus*) are well-known for their capacity to assist the body in coping with emotional strain, exhaustion, and stress. Through their modulation of the stress-response system, these herbs increase resilience by improving the body's capacity to sustain homeostasis under stressful situations. These adaptogens are essential for preserving mental acuity, emotional stability, and physical stamina because aging frequently results in a diminished capacity to handle stress.

Moreover, the revitalizing properties of *Vayasthapana* herbs are linked to their capacity to enhance *Agni* (Digestive fire) and nourish the *Dhatus* (Tissues). Herbs that revitalize the body's tissues, encourage the regeneration of healthy cells, and increase general vigor include *Sthira* (*Desmodium gangeticum*) and *Mandukaparni* (*Centella Asiatica*). They improve digestion and nutrient absorption, which are critical for the feeding of body tissues, by enhancing the metabolic fire (*Agni*). These herbs support the preservation of youthful vitality and energy by revitalizing the body at the cellular level.

Furthermore, *Vayasthapana Dravyas* play a significant part in preventing age-related mental decline and fostering cognitive health. *Mandukaparni*, sometimes referred to as *Brahmi*, is well known for its ability to improve mental clarity, memory, and focus. This herb is very helpful in preventing cognitive illnesses like dementia and Alzheimer's because it promotes neuronal regeneration and improves the flow of nutrients to the brain. Similarly, by lowering oxidative damage to neurons and encouraging neurogenesis (The development of new nerve cells), *Amrutha* and *Shveta* support cognitive performance.

Lastly, these herbs' ability to balance hormones and strengthen the immune system is important for aging. The body's hormonal balance changes with age, and the immune system's effectiveness declines. By controlling estrogen levels, *Atirasa* (*Shatavari*) is well known for supporting hormonal balance, especially in women going through menopause. *Amrutha* and *Dhatri* (*Amla*) also strengthen the immune system, increasing longevity and vitality while strengthening the body's resistance to illnesses.

To sum up, *Vayasthapana Dravyas*' pharmacological effects are complex, addressing various aging-related issues at various levels. By lowering oxidative damage, inflammation, and stress and enhancing both physical and mental well-being, their anti-inflammatory, adaptogenic, antioxidant, and rejuvenating qualities help postpone the aging process. These herbs offer a comprehensive strategy for aging gracefully and preserving health and vitality into old age by nourishing the body's tissues, regulating hormones, and bolstering immunological function.

Utilisation of *Ayurvedhaka* and *Vayastapaka* as a future immunoherb wsr to *rasayana* action

The immune system is under increasing strain in the quickly evolving world of today, which is marked by high levels of stress and urbanization. As a result, immunodeficiency illnesses are on the rise. The immune system's pivotal role in disease prevention has drawn a lot of attention to the study of immunology. However, there is a pressing need for efficient, affordable, and long-lasting therapeutic options as the prevalence of immune-related illnesses keeps rising. Herbs have long been used in traditional medicine, especially Ayurveda, to strengthen the immune system. *Rasayana* herbs, or rejuvenating herbs, are widely known for their anti-aging and immunomodulatory qualities.

These herbs are valued for their capacity to build body tissues, encourage energy, and improve general health. Nonetheless, there is a rising movement to expand the study and investigation to include non-*Rasayana* herbs, which might possibly have strong immune-boosting properties.

While the scientific community has extensively studied *rasayana* herbs, there is an emerging recognition that other medicinal plants within the Ayurvedic framework—those not traditionally classified as *rasayana*—also possess significant potential in modulating the immune system.

These herbs might have a similar, if not more focused, impact on oxidative stress, inflammation, and immunological dysfunction. The potential for these non-*Rasayana* herbs to supplement or perhaps improve the therapeutic effects of current treatments makes them important since they can increase the number of natural treatments available for illnesses involving the immune system.

Another issue that has been brought up is the loss of species of medicinal plants as a result of overuse and urbanization. Many species are in danger of going extinct as a result of the growing demand for particular medicinal plants brought on by the global recognition of ancient healing systems like Ayurveda.

This emphasizes how important it is to harvest and grow these plants sustainably in order to guarantee their availability for future generations. To preserve these priceless resources, conservation initiatives and contemporary farming methods are crucial.

A viable foundation for investigating novel therapeutic alternatives is presented by the convergence of Ayurveda, contemporary medicine, and scientific inquiry. The potential for finding safer, less expensive, and more effective medicines is enormous when the traditional knowledge of herbs is combined with the state-of-the-art research techniques of contemporary science. For instance, the immune-modulatory qualities of phytoconstituents in herbs could be carefully examined, opening the door to new therapies for immune-related illnesses like cancer, autoimmune diseases, and chronic inflammation.

There is a clear chance to discover a multitude of yet undiscovered plant chemicals that have the ability to alter immune function when the emphasis moves to investigating non-*Rasayana* plants. The discovery of novel, naturally occurring compounds with medicinal and

preventative properties may result from extensive research on these herbs. Thus, combining Ayurveda with contemporary scientific approaches has the potential to create holistic, long-lasting and Successful treatments that will serve as a much-needed substitute for synthetic medications.

The ultimate objective is to fully utilize medicinal herbs, both *rasayana* and non-*rasayana*, in order to boost immunity and advance well-being.

In addition to addressing the rising prevalence of immunodeficiency illnesses, this strategy can guarantee that these natural resources are preserved and used in a way that is advantageous to the environment and human health.

DISCUSSION

Ayurvedhaka and *Vayasthapaka* are two significant herb categories in Ayurvedic medicine that are essential for longevity, rejuvenation, and general well-being. These herb groups are part of the larger idea of *Rasayana* (rejuvenating therapies), which tries to nourish the body, increase vitality, and prevent disease in addition to delaying the aging process. Nonetheless, in Ayurvedic anti-aging methods, these two types of herbs complement each other because they are made to function differently and target distinct facets of the aging process.

Ayurvedhaka dravya: Holistic Vitality and Resilience

The main goals of *Ayurvedhaka dravya* are to increase general strength, longevity, and vitality. They are broad-spectrum tonics that nourish the *Dhatus* (Body tissues), bolster *Ojas* (The vital essence or energy), and boost *Agni* (Digestive fire). As the name "*Ayurvedhaka*" implies, these herbs promote health and vigor and increase life (*Ayur*). The systematic and fundamental nature of *Ayurvedhaka dravya* ensures that all facets of health—mental, emotional, and physical—are in balance. By nourishing and strengthening the body's natural defenses, they increase resilience to disease and are frequently used to enhance the body's capacity to withstand both physical and mental stress.

According to its mechanism, *Ayurvedhaka dravya* are typically adaptogens, which means they assist the body in readjusting to stress and reestablishing equilibrium, hence avoiding the depletion of essential energy. They provide proper digestion and metabolism, which are essential for general health and vigor, by fortifying *Agni*. A balanced mind and spirit are maintained by the herbs in this category, which also assist the *Sattva* (Mental clarity) and

Tejas (Radiance). According to Ayurvedic scriptures, these herbs are crucial for fostering resilience and long-term health since they preserve the body's natural vigor and energy, which not only helps people live longer but also prevents illness.

Due to their general toning properties, Ayurvedic *dravyas* such as *Shatavari* (*Asparagus racemosus*), *Amla* (*Emblica officinalis*), and *Ashwagandha* (*Withania somnifera*) are frequently utilized. For example, *ashwagandha* is a well-known adaptogen because of its capacity to increase vitality, improve physical stamina, and reduce stress. Another example of a vitamin C-rich food that promotes immunity and rejuvenation by nourishing tissues and enhancing digestive function is *amla*. These herbs are perfect for preventing illness, promoting resistance over time, and treating overall weakness.

However, *Ayurvardhaka dravya* tends to have a more universal effect, even though it offers long-term support for vitality and disease prevention. Certain age-related changes or degeneration, such the deterioration of joint health, cognitive function, or the consequences of oxidative damage, might not be addressed by them. *Vayasthapaka dravya* is essential in this situation.

***Vayasthapaka dravya*: Targeted Anti-Aging and Cellular Rejuvenation**

Vayasthapaka dravya, as opposed to *Ayurvardhaka* herbs, concentrate on the aging process and seek to reduce or reverse its functional and visual impacts. These herbs are especially concerned with maintaining youthful energy and postponing the onset of age-related degeneration. The term *Vayasthapaka* is derived from the Sanskrit words "*Vaya*" (age) and "*Sthapaka*" (Preserving or stabilizing). *Vayasthapaka dravya* is essential in treating age-related ailments like wrinkles, joint degeneration, cognitive decline, and diminished organ function since it focuses on cellularly renewing the body's tissues.

The ability of *Vayasthapaka dravya* to fight inflammation and oxidative stress is its main mode of action. One of the main causes of aging is oxidative stress, which is brought on by the body's buildup of free radicals. It destroys DNA, hinders cellular activity, and speeds up tissue deterioration. In a similar vein, age-related illnesses including arthritis, heart disease, and neurological conditions are exacerbated by persistent inflammation. *Brahmi* (*Bacopa monnieri*), *Amalaki* (*Emblica officinalis*), and *Punarnava* (*Boerhavia diffusa*) are examples of *vayasthapaka dravya* that are high in antioxidants and anti-inflammatory substances that help scavenge free radicals and lessen the inflammatory processes linked to aging.

Brahmi, for example, is widely recognized for its ability to improve cognition. It is an essential herb for maintaining brain health and function in older people since it enhances memory, mental clarity, and lessens mental weariness. Similar to this, *amalaki*, also known as Indian gooseberry, is a powerful antioxidant that is crucial in anti-aging formulas since it helps shield the body from oxidative stress, boosts the immune system, and encourages healthy skin. Another great herb for preserving kidney and organ health and halting tissue deterioration, which is a frequent aging phenomenon, is *punarnava*.

The molecular reasons of aging can be effectively targeted by *Vayasthapaka dravya*, but their impact is more focused and might not deliver the broad-spectrum rejuvenation that *Ayurvedhaka dravya* offers. For instance, although they fight inflammation and oxidative stress, they could not adequately address the need to enhance metabolism, digestion, and general vitality—areas in which *Ayurvedhaka dravya* excels.

Integrating *Ayurvedhaka* and *Vayasthapaka* for Comprehensive Anti-Aging Support

Ayurvedhaka and *Vayasthapaka dravya* are both integrated into a comprehensive anti-aging Ayurvedic prescription. *Vayasthapaka dravya* offers focused rejuvenation to address the particular signs and symptoms of aging, whilst *Ayurvedhaka dravya* serves as the basis for overall vigor and resilience. These two *dravya* categories work together to offer a holistic approach to aging, addressing both the rejuvenation of aging tissues and the prevention of premature aging. *Vayasthapaka dravya* guards against the particular harm brought on by aging, such as inflammation and oxidative stress, while *Ayurvedhaka dravya* preserves the body's vigor and resilience. Combining *Brahmi*, *Amalaki*, and *Punarnava* from the *Vayasthapaka* category with *Ashwagandha*, *Amla*, and *Shatavari* from the *Ayurvedhaka* category may be the perfect Ayurvedic anti-aging approach. By strengthening energy, boosting cognitive function, and guarding against the degenerative processes linked to aging, this combination would offer comprehensive support for the body, mind, and spirit.

Both types of *Ayurvedic dravya* are used extensively in skincare products, dietary supplements, and wellness programs that target stress, aging, and immunity in the modern world. Combining these age-old methods with contemporary scientific discoveries, Ayurveda provides a safe, natural, and efficient method of aging that not only treats the outward symptoms of aging but also fosters long-term health and wellbeing.

CONCLUSION

Ayurvedic rejuvenation and anti-aging techniques heavily rely on both *Vayasthapaka dravya* and *Ayurvardhaka*. While *Vayasthapaka dravya* explicitly targets the aging process by addressing oxidative stress, inflammation, and cellular degeneration, *Ayurvardhaka dravya* is fundamental for boosting vitality, maintaining longevity, and preventing disease. Ayurveda offers a thorough, holistic approach to aging by integrating these two schools of *dravya*, which guarantees the renewal of aging tissues as well as the avoidance of early degeneration. Maintaining vitality and health as one ages requires an integrative strategy that includes both *Ayurvardhaka* and *Vayasthapaka dravya*.

REFERENCE

1. Sanjeev, Amit, and Dwivedi. The avant-grade step: towards anti-ageing drugs of vayasthapana mahakasaya of charak samhita. AAMJ, 2015; 1: 230-6.
2. Prana Singh et al: A Review On Ayurvedic Management of Postmenopausal Syndrome (Rajonivritti Lakshanas). International Ayurvedic Medical Journal {online}, 2021 {cited October 2021},
3. Chopra A, Doiphode VV. Ayurvedic medicine. Core concept, therapeutic principles, and current relevance. Med Clin North Am, 2002; 86(1): 75-89, vii. doi: 10.1016/s0025-7125(03)00073-7. PMID: 11795092.
4. Sastri KN, Caturvedi GN, editors Charaka. CharakaSamhita (Vidyotini Hindi Commentary), Varanasi: Caukhambha Bharati Academy; Vimanasthana, 2001; 1, 1, 8: 781-782.
5. Srikanthamurthy KR, Sushruta. Susruta samhita, Varanasi: Chaukhamba orientalia. Sutrasthana, 2008; I, 1: 35-249.
6. Srikantamurthy KR, Vagbhata. Ashtanga samgraha, Varanasi: Chaukhambha Orientalia. Sharirasthana, 2005; II, 5: 8- 104
7. Dravyaguna vijñana by prof. P.V. Sharma reprint year Chaukhamba Bharti Academy, 2006; 2.
8. Dr Ritu Rajoriya, Importance of Vayasthapana-Mahakashaya Drugs Wsr to Its Potential Uses in Geriatric Care. International Ayurvedic medical Journal {online}, 2016 {cited 2016 April}