

ROLE OF CHYAVANAPRASH IN THE MANAGEMENT OF AGEING***Dr. Vaishali Ekanath Tayade, BAMS, MD (Kayachikitsa)**Associate Professor, Dept. of Kayachikitsa, Bharati Ayurved College and Hospital Durg,
Chhatisgarh.Article Received on
01 Jan. 2020,
Revised on 22 Jan. 2020,
Accepted on 11 Feb. 2020,
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Ayurved College and
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Ageing is a disease of self-limiting and old age symptoms are threatening to aged person, due to lack of full-fledged in modern medicine, the present study was planned to evaluate the therapeutic efficacy of age old Ayurvedic medicine, 'Chyavanprash (Sharangadhara) in the management of ageing process. **Study design:-** The study was single grouped 'open labelled before-after study 'contain 20 patients selected from the Khandesh of Maharashtra, on OPD, basis at Muktainagar, Jalgaon, Maharashtra with a dose of drug 40 gm. in two divided doses twice a day with milk after pre-treatment with Triphala Churna 5 gm. at bed time for 3-5 days. The regimen followed for a period of 3 months with follow up after every 15 days

interval. Base line assessment was done after selection of patients as per inclusion and exclusion criteria. **Results:** The study suggested that the use of chyvanaprash internally, improved power of Digestion, laziness, weakness, irritability, Breath holding time, Hand grip power, body weight, and minimised senile changes and such persons felt comparatively more potent and stronger.

KEYWORDS: Chyavanaprash, free radicals.**INTRODUCTION**

Though the global effects are growing continuously, specific therapy for the treatment of ageing disorders is still awaiting from the modern scientific system of medicine. So the present era needs some effective and economic treatment having negligible side effects. Free radical theory explains that during ageing process gradually production of free radicals occur during the normal course of metabolism. These show deleterious effects on the organism. These free radicals generate as a result of decreased activity of the super oxide dismutase.

This may cause reduced resistance to intra and extra cellular injury. Thus the mega disease possess serious threat to the future of the senior citizens (aged persons) of the world.

As a disease is self-limiting and old age symptoms are threatening to aged persons, due to lack of full-fledged treatment in modern medicine. The present study thus planned to make an attempt to evaluate the therapeutic efficacy of age old Ayurvedic system of medicine 'Chyavanaprash' in the management of ageing process.

Symptoms

Patients suffering from various geriatric complaints like laziness, weakness, power of digestion, fatigue, sleep, nervousness, lack of concentration and irritability etc.

MATERIALS AND METHODS

Sampling:-The present study carried out on 18 patients from OPD basis at Muktainagar. At the end of the study the number of cases as under.

Table No. 1: Showing final number of cases.

Sr.No.	Initial	Final	Percentage
1	20	18	80 %

Study Design

Exclusion Criteria: The present study does not contain patients of systemic and other organic lesions which are not pertaining to old age were excluded from the study.

Inclusion Criteria: Subjective features showing the patients suffering from various geriatrics complaints like laziness, weakness, power of digestion, fatigue, sleep, nervousness, lack of concentration and irritability etc. and objective parameters such as body weight, chest expansion, breath holding time, hand grip and foot pressure etc.

Criteria for the total effect of therapy

For the assessment of total effect of therapy following categories were taken into consideration.

Complete relief	100%
Marked relief	75-99%
Moderate relief	50-74%
Mild relief	25-49%
No relief	<25%

The percentage of relief was calculated as per scores with average score of the symptomatology and local findings.

Drug administration: All the patients were administered Chyavanaprash (Sharangdhara) 40 gm.in two divided doses with Luke warm milk for three months after proper shodhana therapy with 5 gm. of Triphala churna with Luke warm water at the bed time for three consecutive days. The patients were instructed to follow Achara Rasayan with vegetarian diet and not to use other medicament.

Follow up: Follow up was made after each 15 days up to the total course of therapy.

Investigations

Patients were subjected to the Hb, TLC, DLC and ESR investigations. Urine and stool routine and microscope were also done.

OBSERVATIONS

Table No. 2: Showing age incidence.

Sr.No.	Age group	No.of Cases	Percentage
1	50-63	4	16.66
2	53-57	9	58.33
3	57-60	5	25.00

Table No. 3: Showing incidence of vegetarian and nonvegetarian.

Sr.No.	Food	No.of Cases	Percentage
1	Veg	12	66.66
2	Non-veg	6	33.33

Table no. 4: Showing prakriti (Constitution) wise distribution.

Sr.No.	Prakriti	No. of cases	Percentage
1	Kapha pittaja	10	66.66
2	Vata kaphaja	4	16.66
3	Vata pittaja	4	16.66

Table No. 5: Effect of therapy (n=12).

Sr.No.	Clinical Features	%	SD	“p” value
1	Laziness	51.55	0.80	<.001
2	Weakness	58.05	0.772	<.001
3	Power to take food	54.54	0.823	<.001
4	Power of digestion	41.86	0.80	<.01
5	Body ache	44.23	0.752	<.01
6	Constipation	44.44	0.59	<.01
7	Fatigue	48.13	0.772	<.01
8	Sleep	39.75	0.61	<.02
9	Adjustment to climate	55.03	0.71	<.001
10	Irritability	50.48	0.979	<.02
11	Nervousness	29.06	0.783	<.05
12	Lack of conc.	40.88	0.839	<.02
13	Palpitation	31.64	0.643	<.05
14	Tremor	31.64	0.70	<.05
15	Breath Holding time	62.50	0.167	<.001
16	Chest expansion	55.86	0.836	<.001
17	Hand Grip Power	59.01	0.79	<.001
18	Foot Pressure	48.34	0.878	<.01
19	Body weight	48.44	0.816	<.01
20	Haemoglobin	-	3.77	<.001

Table No. 5: Showing over all effect of therapy.

Result	Number of cases	Percentage
Complete relief	0	-
Marked relief	6	33.33
Moderate relief	8	50.00
Mild relief	4	16.67
No relief	0	-
Total	18	100

RESULTS

Out of 18 cases studied, 33.33% of cases shown marked response, 50% of cases showed moderate response and 16.67% of cases showed mild response. There is maximum of cases shown improvement in the Hb. In the haemoglobin percentage it was shown significant ($P < 0.001$) results in deficiency of iron. In this study it was observed that moderate relief (50.74%) was observed in 50% of patients. Marked relief (75.99%) was observed in 33.33% patients and mild relief (25.49%) was observed in patients.

Probable action of Chyavanaprash on different faculties of the body.

Dosha	Vata shamaka, pitta, kapha vardhaka
Dhatu	Ras, raktadi Dhatu Vardhaka
Mala	Mutral
Anga	Lungs, Heart, Skin, Spine, Larynx, Brain
Agni	Uttam, Agni Vardhaka
Rasa	Madhura, Kashaya
Veerya	Sheeta
Vipaka	Madhura
Panchamahabhoota	Parthiv, Jala, Teja, vardhaka, Vayu, Akasha, shamaka
Srotas	Prana, Udaka, Rakta, Mamsa, Majja, shukra, Mutra and purish vaha
Avastha	Niramavastha, Uttam karya

DISCUSSION AND CONCLUSION

The clinical study suggests that the use of Chyavanprash internally, improved power of digestion, laziness, weakness, Irritability, Breath holding time, hand grip power, Body weight and minimised senile changes and such persons felt completely more potent and stronger. Thus this Avalecha is a divine preparation can be safely used in the treatment of ageing process. The drug might be acting through its chemical composition and specific action up to some extent.

The efficacy of chyanvaprash in ageing process has been reported by Pro.J.K.Ojha (1978) various texts have also been mentioned that this Avalecha as reinvigorate the old persons.

In Ayurveda many herbal drugs were explained, however these drugs should be used according the condition of the disease and clinical feature. In the present study chyanvaprash was found more useful in those patients suffering with ageing disorders.

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