

Study of *Vaman karma* followed by *Rasayana Karma* in *Akalaja Jara*

Neeta S. Ghongate Patil^{*1}, Santosh Chavan², Surendra Vedpathak³,

1. Final year P. G. Panchakarma
2. Professor & HOD, Dept of Panchakarma, BV DU Collage of Ayurveda, Pune, M. S. India
3. Prof. & HOD, Dept of Panchakarma, NIA, Amer Road, Jaipur –Rajasthan, India

***Corresponding author:** neetaghongatepatil@yahoo.in

ABSTRACT:

Ageing is generalized impairment in the functions and resulting into loss of adoptive responses to age related diseases. *Panchakarma* is *Ayurveda*'s specialty which has been used for purification.¹The 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 *Urdhwabhag* of the body. It expels out the *Dushta Doshas* through oral route. It is the process which contains cough and pitta in stomach are expelled out of body. *Shodhan* checks the ageing as per *Acharya Charaka*. *Amalaki Rasayana* the *Rasayana Kalpa* mentioned in *Charaka Samhita*. 30 patient were recruited for open arm single group study at BV (DU)

College of Ayurveda & Hospital, *Dhanakawadi, Pune*. *Vaman* was given and after finishing *Samasarjan Krama*, *Amalaki Rasayan* was given orally 3 gm for 42 days. Results were evaluated before and after treatment. *Akalaja Jara Jara* symptom of Wrinkling of skin, Hair greying, Baldness, early Menopause and early *Andropause* were assessed by P.A.S (Premature Ageing scale). **Result:-** *Vaman* showed *Shodhan* effect by showing significant result. Improvement in the parameter of P.A.S. (Premature Ageing scale) wrinkling skin 22.73%, Hair Greying 27.27% Hair fall (Baldness) 47.62%, no effects were observed in early Menopause and early *Andrapuase*.

Conclusion:- *Vaman* Showed shodhan effect and *Rasayana* effect.

Keyword :- *Akalaja Jara Jara*, *Vaman*, *Shodhan*, *Rasayana*.

Introduction:

In humans, ageing represents the accumulation of changes in a human being over time encompassing physical,

psychological, and social changes. Reaction time, for example, may slow with age, while knowledge of world events and wisdom may expand. Ageing is among the greatest known risk factors for most human diseases.

Ageing is the progressive and generalized impairment of function resulting in the loss of adaptive response to stress and in increasing the risk of age related diseases¹. In India, the definition of elderly is who attained the age of 60 years. Due to fatty diet, more Sunlight exposure, food preservatives, industrial pollutions, bad habits and stress triggers the process of Ageing there by manifests in early aging symptoms.⁷ Premature Ageing needs solutions in the form of medicines either herbal or modern medicines. Modern medicine contributed oral anti-oxidant tablets. *Panchakarma* Therapy would have better solutions.

Reactive oxygen species does functional decline in the process of ageing. It also triggers lipid peroxidation of the membrane lipid thereby causing damage to cell membrane. Every *Ayurvedic* plant have anti-oxidant properties hence does the action oxidative stress defense⁹.

Acharya Charaka mentioned in the indication of *Shodhan Chikitsa* that *Jara* can be delayed by administration of *Shodhan Chikitsa*. **Ch.Su. 16/18**²

Acharya Charaka mentioned that before administration of *Rasayana Shodhan* should be done. Therefore we have selected *Vaman Karma*. **Cha.Chi.1/1/24**³

Aim and objective

AIM:

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

OBJECTIVES:

Reduction in the sign and symptoms of *Akalaja Jara Jara* by using scale P.A.S. (Premature Aging scale.)^{7 8}

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

MATERIAL AND METHOD

- *Madanphala* seed powder 13gm to 15gm
- *Yashtimadhu kashayan* 3 to 5litre
- Cow milk 1.5 Lit to 2Lit
- *Madhu* 40-60gm
- *Saindhav* 10gm
- *Vacha* 50gm

Table no.1 mentioning herbs in Vamak Kashay

Drug name	Latin name/family	Rasa	Virya/vipak	Doshagh nata

<i>Madanphala Vamandravya</i>	<i>Randia spinosa/ Rubai cease</i>	<i>Kashay, Madhur, Tikta, Katu</i>	<i>Ushna/katu</i>	<i>Kaphapi ttahara</i>
<i>Yashtimadhu Vamanopagadravya</i>	<i>Glycyrrhiza glabra</i>	<i>Madhur</i>	<i>Sheet</i>	<i>Kaphaitt ahara</i>

Preparation of Amalaki Rasayana:

Amalaki Churna processed in 21 times in *Amalaki Kashya Cha*. Chi 1/2/8.^{9,10} The Rasayana dravya prepared in dept of *Rasashastra* and *Bhaishajya kalpana*, College of Ayurveda, *Katraj Pune*

- All these drugs and its raw material purchased from Pune market and their authentication done from Dept of Botany University of Pune .
- *Swedana- Sarwanga Bashpa petiswedana* was done during 2 days *Vishram* day after *Snehapan* and *Vaman Karma* day.
- Patients were advised to *take Kapha otkleshaka Aahara* a day previous to *Vaman* procedure. Rice , Curd and *Udad Vada*

PREPARATION OF MADANPHALA DECOCTION-

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

METHODOLOGY

MEHODS OF CLINICAL STUDAY

30 patients age group from 18-50 yrs. having symptoms of Premature Ageing was selected.

This clinical trial conducted at BVMF's *Ayurveda Hospital* with 30 Premature ageing cases. The present clinical trial has mainly two objectives i.e. to assess *Śodhana* effect in terms of *Vaman* and to assess *Rasayana* and using certain scientific source of data .

- Study done on 30 patients.
- Patient selected with symptoms of Premature Ageing.
- Selection should be irrespective of sex and socioeconomic class.
- Patient selected from OPD/IPD *Bharati Vidyapeeth Deemed University, College of Ayurveda and Hospital, Katraj, Pune.*
- Consent taken for *Vaman*.
- A particular case paper designed and follow ups update strictly.
- Authentication and Standardisation done at Sheetal laboratory, *Dhayari.*
- Ethic committee approval taken by the letter number BVDU/ EXAM/1927 DATEED 5/6/2018 by institutional ethical committee before conducting clinical trial

Selection criteria.

INCLUSION CRITERIA

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

EXCLUSINVE CRITERIA

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

Criteria of assessment:P.A.S. (Premature ageing scale) Vedpathak et al ⁷

Sr. No.	Criteria	Rank	Parameter symptoms
1	Wrinkling skin	0 1 2 3	No symptom Only the facial skin wrinkled Facial skin wrinkled along with skin of the neck Wrinkled facial and skin of the neck along with involvement of other Male- No baldness Female- 0-20 hair per day during morning parts of the body
2	Hair greying	0 1 2 3	No symptoms Only some hair are grey in irregular pattern(Involving small area) Hair grey in concentrated Areas (involving greater area) Total hair are grey
3	Baldness	0 1 2	Male- No baldness Female- 0-20 hair per day during morning Male- Only lt. frontal and rt. frontal Female- 20-40 hair per day during morning Male- Only on occipital and both

		3	frontal Female - 40-80 hair per day during morning Male - About all areas of the scalp Female -60-80 hair per day during morning
4	Early menopause / early andrapause	+= Present/Absent	Menopause before 40 years Andrapause before 50 years

DRUG ADMINISTRATION MODULE

Table 3: Showing treatment and drug administration module

Sr. No.	Particulars	Group
1	No. of patients	30
2	Age group	18-50 years
3	Emetic drug	<i>Madanphal</i> decoction
4	Procedure	<i>Vaman</i>
5	Dose and duration	Till <i>SamyakVamanLakshana</i> appear
6	Time	6:30 am after consuming 250 ml, rice gruel with 15 ml cow's ghee
7	Poorvakarma	<i>Shodhanga Snepna with cow's ghrit 3/5/7 days Arihana Kram SnehpanaVidhi. Sarwangbahyasnehan with tilataila SwedanaSarvangaBashpapeti</i> (last three days)
8	Pashchatkarma	<i>Dhoompana -Vacha powder fumigation GandushUshnajala with Turmeric and Triphala</i>
9	Samsarjana karma	3/5/7 days according to type of <i>Shuddhi</i> (<i>Pravara/Madhyama/Avara</i>) (<i>Peya/ Viepi/Yavagu</i>)
10	Pathyaa pathya	<i>Sansarjan Krama, Laghu Ahar, Koshna Jala For Akalaj jara Milk and rice during amalaki Rasayan Sevan</i>
11	Assessment days	15 days and 42 days after completion of <i>Sansarjan Krama</i>
12	Amalaki Rasayana	After <i>Sansarjan Krama</i> 3 gram on empty stomach at 6.00am with cows ghee and honey.

13	Follow up	15 days and 42 days after completion of <i>Sansarjan Krama</i> for relapse of symptoms if any.
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STUDY DESIGN:- open non randomized study. patient selected on diagnostic criteria of *Akalaja Jara* and consent taken and after initial assessment and history taken done and *Shodhang snehapan* done as per Koshtha 3/5/7 days and after than *Sneha Viram* day and *Kaph utklshlaraka* Diet given and *Vaman* conducted with above mentioned *Kwath* and after *Smasarjan Krama Amalaki Rasayana* 3 gram on empty stomach at 6.00am with cows ghee and honey for 42 days. Follow up done 15 days and 42 days after completion of *Sansarjan Krama* for relapse of symptoms if any. Data collected at end if final assessment and analysed statistical

OBSERVATION AND RESULTS:

The current series of premature aged cases showed mainly Wrinkling of skin, hair graying (76.67%), hair fall (40%) and less incidence i.e. 3 cases of early menopause premature female cases. No cases reported regarding *andropause*. The present sample showed more incidence of wrinkling of skin and hair fall.

The table No4 showing the incidence of *Akalaja Jara* (Premature Ageing)sign in 30 case recruited for the present trial.

<i>Akalaja Jara</i>	No. of Patient	Percentage %
Wrinkling of skin	23	76.67
Hair graying	23	76.67
Hair fall	12	40
Early menopause	3	10
Early andropause	0	0

The Majority of cases seeking treatment were having mainly pittajvataj prakruti and stressful people from middle socio economic background.

Vaman got *Shodhan* and effects almost all parameters and other symptoms. *Vataanuloman* and improve digestive fire. Significant results were also found in *Rasayana* effects.

In Premature Ageing scale; only in wrinkling of skin and hairfall got results out of four assessment criteria. There was no effect found in menopause.

- * The present series dominated with female may be due to day to day stressful life.
- * Married & service person are more affected due to scarcity of income.
- * Non veg & mix vegetarian are more affected.
- * *Pitta vata prakriti* found to be more affected may be due to pitta dominant *Prakruti* naturally inclined to early ageing symptoms.
- * Stress factor predominately governed the early ageing symptoms as it is clear from the classics that *mansika* hetus are affects *Rasavahah strotas* thereby depletion in orderly nourishment of rest of *Sapta Dhatu*.

DISCUSSION:

The Majority of cases seeking treatment were having mainly Pittaj Vataj Prakruti and stressful people from middle socio

economic back ground. *Vaman* got shodhan and effects almost all parameters and other symptoms. *Vata anuloman* and improve digestive fire. Significant results were also found in *Rasayana* effects in Premature Ageing scale; only in wrinkling of skin and hair fall got results out of four assessment criteria. There was no effect found in menopause.

DISCUSSION ON DEMOGRAPHIC DATA

- The present series dominated with female may be due to day to day stressful life.
- Married & service person are more affected due to scarcity of income.
- Non veg & mix vegetarian are more affected.
- *Pitta Vata prakriti* found to be more affected may be due to pitta dominant *Prakruti* naturally inclined to early ageing symptoms.
- Stress factor predominately governed the early ageing symptoms as it is clear from the classics that *mansika hetus* are affects *Rasavahah strotas* thereby depletion in orderly nourishment of rest of *Sapta Dhatu*.

DISCUSSION ON VAMAN VEGA: *Pittant Vaman* found in all patients which clearly suggestive *Uttam Vamaka Drava* is *Mandanfal*. *Madanphal* showed *Madhyam shuddhi* pattern in Prematured aged cases. The reason behind that the current series of patients in

Madhyaastha in life suggestive *Pitta Dosh* dominance. Hence didn't reveal *Paramshuddhi* lakshanas.

Discussion On Samyak Snigdha Lakshana:

The maximum patients showed *Vatanuloman* due to *Snigdha Guna of Ghrita*. Maximum patients showed *samyak snigdha lakshans* it suggests that *Ghrita* is *Parama Sneha*. Rest *snigdha and Asamhat lakshanas Varchas* were also suggested the same

Probable Samprapti Bhanga by Vaman karma and Amalaki Rasayana:-

Due to *Vamana karma* forcefully expels *Malibhut Shleshma Dosha* and with *Vikritta Pitta Nirharana* happens. Due to *Shodhana, Kleda Nashan and Amadosha Pachana* takes place. Due to *Vaman karma, Prakrita Rasa Nirman* takes place, there by orderly nourishment of all *Dhatu* takes place thereby it helps to compact *Akalja Jara*.

Amalaki Rasayana effect on Akalaja Jara-

Due to its fortified processing, *Paramguna utkarsha* happens. *Amalaki* has got *Madhura Vipak* along with *PanchaRasa*. It possesses property of *keshya /Rasayana, 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 Rasayana* also have *Jaraha prabhav* thereby it helps to prolong *Akalaja Jara*.

The main property is *Tridoshashamaka*. 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 *Rukhalaghu Guna* it does *Kapha Nashana*.

CONCLUSION:

- *Vaman Karma* with *Mandanfal* & *Amalaki Rasayan* showed improvement in *Akalaja Jara*.
- The overall improvement viz. Wrinkling of skin (63.64%), Hair fall (66%), Hair graying (52%).
- There is no improvement in Menopause and *Andropause*.
- But highly significant result observed in wrinkling of skin.
- No adverse drug reaction found performing *Vaman Karma* and administering *Amalaki Rasayana*. Improvement trend in almost all parameters of Premature Ageing Scale.

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