



## EVALUATION OF REJUVENATION EFFECT OF AMALAKI IN AGEING

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### ABSTRACT

Ayurveda is one of the ancient systems of medicine, which is not only a health care system but a form of life style adopted to maintain perfect balance and harmony within human existence. Indian traditional medicine practices use defined rasayana preparations to improve the quality of life in aged individuals. Ayurveda offers vast amount of information on principles of anti-ageing activity and anti-ageing herbs, one such Rasayana herb is "INDIAN GOOSE BERRY" commonly known as "AMALAKI" or "AMLA" that enhances and restores the process of conservation, transformation and resurgence of the life force. It mainly has vitamin-C content which fight against free radicals and reduces the signs of ageing. This action is likely to be responsible for its rejuvenating property. This article presents a review on Anti-ageing effect of Amalaki.

**KEYWORDS:** Amalaki, Rasayan, Rejuvenation, Anti-ageing.

### INTRODUCTION

Ageing is a multifactorial, irreversible phenomenon regulated by intrinsic and extrinsic factors.

These plays a major role in imparting heterogeneity during ageing process and the longevity among the species may rarely on their genetic make-up and the environmental factors.

Ageing is an inevitable, always progressive, biological process associated with decline in physical and mental functions.

Ageing occurs at different levels such as social, behavioral, physiological, morphological, cellular and molecular level. There is a sharp increase in variation in function with ageing. An organ function appears to undergo a moderate decline with age.

The functional decline due to ageing is broadly classified as

1. Programmed theories in which ageing depends on biological clocks and
2. Error theories in which sustained and progressive accumulation of DNA damage free radicals and macromolecular cross linking that occurs due to environmental effects.

Ayurveda have proven the preventive efficacy for Ageing just because of Rasayan therapy. In Ayurveda, concept of Anti-ageing is embodied in Rasayan.

The word Rasayan refers to nutrition and its transportation in the body.

'Rasa' means 'nutrition' and 'Ayana' means channels and here Rasayana essentially means nutrition at all levels from macro to microcellular level.

Rasayana brings about normalcy of Rasadhātu and thereby maintain other dhātu in equilibrium such state of improved nutrition prevents ageing which can be understood as "vayasthapana".

Ayurveda considers ageing as the swabhava is the very nature of life process. The life is time-bound and is bound to undergo senescence. The process of senescence is hallmarked by involutionary changes in the panchbhautic and Tridoshika pattern. Kapha, Pitta, Vata dominates in young age, middle age and old age respectively. The vata Dosha over whelms the old age.

### "Amalaki"

"Amalaki" is foremost amongst the Anti-ageing drugs. It is the best Rejuvenating herb. It is a potent Anti-oxidant, rich in vitamin-C, Tannin and Gallic acid. It has properties like

- Rasayana (Adaptogenic)
- Ajara (Anti-ageing)

- Ayushprada (Prolonged cell life)
- Sandhaniya (Improves cell migration and cell binding)

It promotes, protects and extends youthful state and thus, curtailing Ageing process.

#### Synonyms

Sanskrit	-	Amalaki, Dhatriphala, Amalika, Vayastha, Sripthalam.
Hindi	-	Amla
English	-	Indian Goose berry, Embelic Myrobalan
Kashmir	-	Aonla
Tamil	-	Nelli

#### Botanical Classification

Kingdom	-	Plantae
Division	-	Angiospermae
Class	-	Dicotyledonae
Order	-	Geraniales
Family	-	Euphorbiaceae

#### Properties and Action

Rasa	-	Amla, Madhura, Katu, Tikta, Kashaya
Anurasa	-	Madhura
Guna	-	Guru, Ruksha, Sheeta
Virya	-	Sheeta
Vipaka	-	Madhura
Therapeutic effect-		Rejuvenation

#### Effect on humors

Quietens all three doshas, vata, pitta and kapha and is especially effective for pitta and kapha dosha i.e. vata by its Amlatwa. Pitta by Madhuryata and Sheetata; Kapha by Kashayatwa and rookshatwa: It is one of the best Rasayana and best among the vayasthapana.

#### Description

**Morphology:-** Amla is a deciduous tree which is medium in size and it grows up to 8 to 18 meters.

**Habitat:-** Amla is native to India it grows in tropical regions; therefore a warm, hot and humid climate is required.

#### Chemical Constituents

- Emblicanin A and B
- Chebulinic acid (Ellagitanin)
- Chebulagic acid (Benzopyron tannin)
- Punigluconin
- Gallic acid
- Melhylgallale
- Amino acid (Glutamic acid, Aspartic acid)
- Carbohydrate (Pectin)
- Vitamins (Ascorbic acid)
- Organic acids (Citric acid)

#### Medicinal activities of Emblica officinal is

- Anti-oxidant
- Hypoglycemic activity
- Immunomodulatory
- Hypolipidemic activity
- Anti-tumor activity
- Anti-microbial activity
- Anti-ulcer activity
- Hepatoprotective activity

#### DISCUSSION

Amla fruit has a special place in Ayurveda, a nurturing herb that is credited with a number of health benefits.

In Ayurvedic tradition, the fruit forms on Integral part of medicinal preparations that are used to support wellness and healthy ageing.

Charka Samhita mentioned Amalaki is viewed one of the most potent and nutritious drug and also it says (Amalaki Vayashlananam Sretitham) Amalakis the best rejuvenating herb and specifically observed that Amalaki is a great Rasayana that helps to protect from disease and reduce the possibilities of premature ageing. Amla has low molecular weight hydrolysable Tanins (Emblicanin A and B) thereby it is considered as one of the more strong antioxidant herb in Ayurveda.

Moreover a study in *Drosophila* noted that daily consumption of feed with an Amla content was able to increase the days survived from 42.8 days to 78 days (80% increase) although a large variance was detected (77 days being the mean value, with +/- 42 days for maximal and minimal values). This increase in longevity was met with an increase in fecundity.

#### CONCLUSION

The ageing process is a challenging human experience common to everyone and the desire to look young prevails in the majority of us. The biggest challenge with geriatric problem is that in most of cases the condition cannot be attributed to a single cause. In such condition the conventional medical therapy fails to come out with effective management plan and hence is severely comprised.

Modern research trends mainly revolve around principles of Anti-ageing activity described in Ayurveda vayasthapana (Age defying), Shothara (Anti-inflammatory) and many Rasayana herbs such as Amalaki, Mandukparni are used.

Amlaki is the foremost herb amongst them. Ayurveda is a perfect holistic system where various Rasayanas and Rejuvenation herbs can produce a profound effect on human body and thus help a person cope with the day to day stresses of life, minus the anxiety.

Hence Amalaki prevent Ageing and provides longevity, immunity against disease, improves mental and intellectual competence.

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