

Review article on *vasanta kalpa* in blissful ageing
w. s. r. to *Jara chikitsa*
Vrushali Borawake*¹, Archana Dachewar²

1. P.G Scholar

2. H.O.D and Professor,

Kaychikitsa Dept., Shree Ayurveda Mahavidyalaya,

Nagpur, Maharashtra, India

***Corresponding author:** Email ID – vrushalib@gmail.com Contact - 9370207986

ABSTRACT –

Unlike other health sciences Ayurveda has special emphasis on blissful ageing. Prevention of ageing has been a subject for research since ancient times. The miraculous effects of anti ageing treatments have been well described and documented in ayurved scripts. Every important text has a special dedicated section for Rasayan chikitsa i. e. anti ageing treatment. Understanding the chain of nutrition through Sapta Dhatu these Rasayan drugs prevent and delay ageing through its initial stages. One of the most important drug in such mode of action is *Vasanta Kalpa*. They are group of drugs which improve the quality of Dhatu step by step and thus maintaining a healthy and blissful ageing in slower rate. *Vasanta Kalpa* implies to Ayurveda medicines with particular herbal ingredients and specific way of preparation. The word Vasant symbolizes greenery and reproduction. The advent of spring brings new leaves, blossoming flowers, old bark of trees are replaced by new one, same changes are brought to human body by

Vasanta Kalpa. The ingredients are in such combination that improves dhatu poshan by increasing dhatu saarta and vyadhi kshmatva. Thus, this article was undertaken specifically to study its effectiveness in Jara vyadhi chikitsa.

KEYWORDS –

Rasayana , Jara , *Vasanta Kalpa*, Dhatu Vikriti, Strotorodh,

INTRODUCTION

Rasayana has broad meaning indicating qualitative and quantitative improvement of dhatu (tissues). Vayasthapana are specialized rasayana drugs that reverse degenerative changes, increase life span with quality health. The main utility of Rasayana therapy is in functional and degenerative disorders that have a chronic or long standing nature. In such cases, in fact, rasayana is the only solution from the point of view of effective management in any system of medicine. Rasayana becomes more fruitful and effective, if it is preceded

with suitable Panchakarma (purificatory therapy).

The word *vasanta* evokes the image of sprouting of new foliage, flowering and fruit bearing of trees and a very pleasant ambient weather, neither hot nor cold, the earth wears as if very colourful new cloths, the season of bliss. The trees especially the evergreen mango tree which blooms new foliage during this period are called as the messenger of *vasanta*! Koel begins to sing in a very sweet melodious voice and butterflies with splashy bright colours abound amidst the flowering plants. The animals including the human beings respond to this king of seasons in very apt manner and gets invigorated, active and healthy. Precisely with stage of world in mind the ancient texts of ayurveda named the invigorated medicines specially prepared for some severe conditions as the *Vasanta Kalpa*, saying *sarve rog vasanta* thus suggesting the use of *Vasanta Kalpa* medicines for all diseases as well as for

rasayana that means anti ageing treatments.

AIM

To study *Vasanta Kalpas* (*Laghimalini, Madhumalini & Suvarnamalini Vasant*) with reference to *Jara chikitsa*.

OBJECTIVES

1. To study preparations of *Vasanta Kalpa* in reference to *jara*.
2. To study contents of *Vasanta Kalpa* and their properties.
3. To study *Karmukatwa* of each *Vasanta Kalpa* in the context of anti ageing.

MATERIALS

Review of various *Vasanta Kalpa* is given as,

1. *Laghimalini Vasant* (R.Cha., Y.R., R.Ra.Su.)
2. *Madhumalini Vasant* (R.Cha.)
3. *Suvarnamalini Vasant* (B.R., R.Cha.)

METHODOLOGY

1) LAGHUMALINI VASANT:

CONTENTS	PARTS	PROPERTIES
<i>Shodhit Kharpar</i>	2	<i>Katu, Tikta Rasa, Deepak, Rasashodhak, Balya</i>
<i>Shudha Maricha</i>	1	<i>Katu, Ushna, Deepak, Pachak, Strotoshodhaka</i>
<i>Bhavana Dravya- Navaneeta Nimbu Swaras</i>	Q.S. Q.S.	<i>Snigdha, Madhur, Sheet, Vrushya, Balya, Varnaprasadaka Amla, Deepak, Pachak, Anulomak</i>

Procedure-

Pound powder *Shodhit Kharpar & Shwet Marich*.

To the above mixture add *Navaneet* until it becomes paste and pound.

To this add *Nimbu Swaras* and pound until the unctuousness disappears.

After attaining the *Matrapaka* make pills of 125 mg.

2) MADHUMALINI VASANT:

CONTENTS	PARTS	PROPERTIES
<i>Shudha Hingula</i>	4	<i>Rasayana, Balya, Yogavahi, Krumihara</i>
<i>Kukutanda</i>	4	<i>Bhruhana, Balya, Garbhaposhaka</i>
<i>Kachora</i>	2	<i>Sugandhi, Deepaka, Pachaka</i>
<i>Maricha</i>	2	<i>Katu, Ushna, Deepak, Pachak, Strotoshodhaka</i>
<i>Priyangu</i>	2	<i>Sheeta, Pittashamaka</i>
<i>Bhavana Dravya- Dadima Swarasa Nimbu Swaras</i>		<i>Hrudya, Tridoshashamaka Amla, Deepak, Pachak, Anulomak</i>

Procedure-

- *Shudha Hingula* is triturated 7times with *Dadima Swaras* and allow to dry in Shade.
- This *Hingul* is then blended with egg yolk.

- Mixture formed is pounded with *Shweta Maricha, Kachora, Priyangu*.
- *Nimbu Swaras Bhavana* has been given.

3) SUVARNAMALINI VASANT

CONTENTS	PARTS	PROPERTIES
<i>Suvarna Bhasma</i>	1	<i>Rasayana, Balya, Ojovardhaka, Vishanashaka</i>
<i>Mauktika Bhasma</i>	2	<i>Sheet, Rakt-Pitta Prasadaka, Ojovardhaka</i>
<i>Shudha Hingul</i>	3	<i>Rasayana, Balya, Yogavahi, Krumihara</i>
<i>Shudha Maricha</i>	4	<i>Katu, Ushna, Deepak, Pachak, Strotoshodhaka</i>
<i>Shodhit Kharpar</i>	8	<i>Katu, Tikta Rasa, Deepak, Rasashodhak, Balya</i>
<i>Bhavana Dravya- Navaneeta Nimbu Swaras</i>	Q.S. Q.S.	<i>Snigdha, Madhur, Sheet, Vrushya, Balya, Varnaprasadaka Amla, Deepak, Pachak, Anulomak</i>

Procedure-

- *Shudha Hingul* should be pounded and mixed with *Suvarnabhasma*.
- *Mauktik Bhasma* is added to above mixture and pounded well.

- *Shodhit Rasak Powder & Shwet Marich Churna* are sequentially added to the mixture.
- Add *Navaneet* to this mixture and pound until the *Snehavilayana*.
- This mixture is then can be triturated with *Nimbu Swarasa* then pills can be made.

VASANTA KALPA	MATRA	KALAVADHI	ANUPANA	ROGAGHNATA
<i>Laghmalini Vasant</i>	1-2gunja	21-42days	<i>Pipalli and Madhu</i>	<i>Kasa, Shwas</i>
<i>Madhumalini Vasant</i>	½-1gunja	8-15days	<i>Dugdha+ Sharkara, Dadima paka</i>	<i>Balashosha, Upavishtaka, Nagodara</i>
<i>Suvarnamalini Vasant</i>	¼-1gunja	Max 40days	<i>Pipalli+Madhu, Dugdha+Ghrut, Ashawagandha Ghrut</i>	<i>Kshaya, Rasayana, Vandhyatwa</i>

DISCUSSION

Problems in Vruddhavastha

- Advancement of age usually creates numerous problems in the individual. Geriatric problems may be mainly divided into four categories: physical, psychological, emotional, and social.
- The following are some very common physical disorders of the old age:
- Cardiovascular - hypertension, MI, CCF
- Respiratory - asthma and bronchitis
- Musculoskeletal - osteoporosis, spasm, drooping shoulder
- Gastro-intestinal - dyspepsia and flatulence
- Genito-urinary - nocturia, prostate enlargement
- Locomotor system - osteoarthritis, rheumatoid arthritis, gout
- Endocrinological - diabetes is one of the major endocrinological problems found in old age. Ophthalmic - senile cataract and glaucoma are very common in old people

- Hearing - loss of hearing and hard hearing are the major hearing problems of old age
- Nervous - insomnia is commonly found old age problems
- Problems of hair - hair loss and baldness
- Cancer - Cancer incidence and severity increases with age
- Menopausal - in addition to all these, ladies experience menopausal health disorders

Vasanta Kalpa

Ayurved texts describe different combinations of medications with the word vasanta as either a prefix or suffix. About the madhu malini vasanta the ancient text says that the vaidya worship madhu malini vasanta. Bhaishjya ratnavali mentions in its chapter on prameha vyaadhi the three *Vasanta Kalpa* viz. vasanta kusumakar, vasanta malini and vasanta tilak. Rasa chandanshu and Rasa ratna samuchhaya mention madhu malini vasanta, Laghu malini vasanta, suvarna malini vasanta, bruhat suvarna malini vasanta, malini praag vasanta.

Shri Govind's Bhaishajya Ratnavali mentions Vasanta kusumakar Rasa first in the section of rasayana and subsequently in the chapter of prameha

chikitsa. *Vasanta malati* has been recommended for use in the *Jvara Chikitsa*. Of the many types of *Vasanta Kalpas* viz. *suvarna malini vasant*, *siddha malini vasant*, *apoorva malini vasant*, *ratna malini vasant*, etc. mostly used in practices are *suvarna malini vasant*, *bruhat suvarna malini vasant* and *laghu malini vasant*. In context to the *Jara chikitsa*, *Vasanta Kalpa* have much deeper strength of action. The *rasa dhatu* of the *Vasanta Kalpa* nourishes all the *dhatu*. This is possible due to the enhancement of the *Dhatvagni* which in turn streamlines the *dhatu poshan karma*. Principally the *Oja* which is one of *dash pranayatana*, which keeps one vibrant, full of vitality gets increased by *Vasanta Kalpa*. The capacity to resist, ward off and fight off the disease is also enhanced. Contagious diseases fail in the face of such enhanced capacity to resist. The body gets stronger, resists enfeeblement greatly and becomes radiant and full of vitality.

Strength of pregnant women and the growth of her fetus increases with the use of *Vasanta Kalpa*. The *tridosha*, seven *dhatu*, sensory organs, the mind and the most important *agni* remain in a properly balanced state with the use of *Vasanta Kalpa*. The one which keeps away old age and enables to stay strong and retain youthfulness with its vitality and vigor for longer period is the *Vasanta Kalpa*. And thus it should be the drug of choice in *Jara chikitsa*.

The terms *malati* and /or *malini* indicate the use of scented and sheeta virya flowers like *Jaai*, *jui*, *mallika*, *mogra* in the preparation of the *Vasanta Kalpa* medications.

The term *Madhu Malini* additionally indicates the use of plant

ingredients with dominant *Madhur rasa* like pomegranate in the preparation. Since pomegranate is *hrudya* and *ruchikar* it gives strength to heart which is main conservatory treatment for senile heart diseases in *Jara avstha*. The term *laghu malini vasanta* itself indicates it has very less ingredients which are just the two.

All the *Vasanta Kalpa* are given *Bhavana* of butter which is *Snighdha* and *Madhur* which is *virudhha gunatmak* to the *rukshta* which *Jara avstha* has predominantly. The *Bhavana* is also of lemon juice which is *amla rasa* and *amla vipaki* which is mainly responsible for maintaining the *agni*.

Now, let us discuss about how the main three ingredients work in *Vasanta Kalpa*. Viz. *Suvarna*, *marich* and *kharpara*.

Suvarna – Gold is *madhur*, *tikta*, *madhur vipaki* and *sheet virya*. It is *guru* and *picchil* in *guna*. Its *karma* is *bruhan*, *rasa rakta vardhan*, increases strength and *virya*, *rasayana* that is anti ageing, beneficial for eyes and heart, enhances memory and intellectual properties. It purifies speech, ameliorates *jvara shosha*, *prasadana*, *kashya* and also has *jantughna* qualities.

Although *suvarna* is replete with *oja* its *bhasma* must be properly prepared otherwise it saps the *bala* and the *veerya* strengthens the diseases and can cause death.

Marich-i. e. *Piper nigrum* is of plant origin and of two varieties viz. black and white. The black variety is grown in India and hence used more often. The seeds of drumstick pods are not indicated here by the term white *marich*. It is *laghu*, *tikshna*, *katu rasa*, *katu vipaki*, *ushna virya*. Its principal *karma* is to remove *stroto avrodh* which has

important role in ageing by obstruction in dhatu poshan chain. Being katu, ushna, teekshhna Marich is ameliorative of kapha. It is lekhan, deepan, paachan, vatanuloman, uttejak and anti worm. It increases salivation and hepatic activities. By virtue of its teekshhna guna it removes the mala from all strotas, thus performing stroto shodhan, hence it is considered the best amongst the pramaathi dravya.

Kharpara –

Rasaka also called as kharpara has three varieties viz. white, green, and red. The red variety is used in preparing the *Vasanta Kalpa*. It contains Fe₂O₃ 18.4% and Ca₂O₃ 4.25%. It is katu and tikta. It is ruchikar, agni deepak, poushtika, kapha pitta vardhak, enhancer of capabilities of all the dhatu, destroyer of skin diseases and meda ameliorative of chronic fever and glandular enlargements.

CONCLUSION

The consideration of aushadhi *Vasanta Kalpa* ought to be done in the context of veerya. In case of *Vasanta Kalpa*, some ingrediants are of sheet veerya and some of ushna veerya. *Vasanta Kalpa* are unique combination of *Sheeta* and *Ushna Dravya*. They help to improve *Agnivyapara* at various levels hence cellular rejuvenation takes place so acts as *Rasayana* and immune buster. That's why it is rightly said that "*Sarvaroge Vasanta*".

Consequently the karya of tri dosh uttpatti, dhatu rachna as well as dhatu saarta improves and resistive capabilities, capability to fight against any disease increases. This *Vasanta Kalpa* has been used in Jara, kasa, prameha diseases. It helps reverse the dhatu kshaya which is the main pathophysiology of anti ageing treatment. With ageing the dhatu of next order gets depleted and thus reducing the quality of life eventually causing the premature ageing signs. The stroto avrodh which causes degenerative changes is also removed by the use of *Vasanta Kalpa*. Because of this prasaadana of the entire body *Vasanta Kalpa* clinically proves to be drug of choice for rasyana effect and jara chikitsa.

REFERENCES

1. Tripathi B (2008) Chikitsa Sthan 1/7, Charak Samhita Part 2, Chaukhambha Surbharti Prakasan, Varanasi, India
2. Vd S. D. Kulkarni, Ayurvedic Rasaoshadhi Nirmana, continental publication, Pune, 1981
3. Vd Ganagadharashastri Gune, Ayurvediya Aushadhi gunadharma Shastra, Vaidyaka Granth Bhandara, Pune, 2001
4. Nagindasa Ghaganlal Shaha, Bharata Bhaishajya Ratnakara, B Jain Publication, New Delhi, 2005
5. Vd Siddhinandan Mishra, Rasa shastra vigyan, Vaidyamitra Prakashana, Pune.

Conflict of Interest: Non

Source of funding: Nil

Cite this article:

"Review article on vasanta kalpa in blissful ageing w. s. r. to Jara chikitsa."

Vrushali Borawake, Archana Dachewar

Ayurline: International Journal of Research In Indian Medicine 2020;4(3) : 01 - 06