

CONTRIBUTION OF RASASHASTRA AND BHAISHAJYA KALPANA IN ANTI-AGEING
AND LONGEVITY W.S.R. TO GUDUCHI RASAYANADr. Abhishek Sharma*¹, Dr. B. L. Saini² and Dr. Gargi Pareek³¹P.G. Scholar Dept. of Rasashastra and Bhaishajya Kalpana.²Asso.Professor. M.D., PhD (Ayu) Dept. of Rasashastra and Bhaishajya Kalpana. M.M.M. Govt. Ayurveda College, Udaipur (Raj.).³PG Scholar, Dept. of Rachana Sharir, MMM Govt. Ayurved college, Udaipur, Rajasthan.***Corresponding Author: Dr. Abhishek Sharma**

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ABSTRACT

Guduchi is a highly appreciated and often used plant in Ayurvedic medicine. It has a long and illustrious history in India, where it has been used and discussed for thousands of years. It is regarded as one of the best Rasayanas, with a unique potency and adaptability. Ayurveda is India's traditional medical system, which includes a scientific description of ageing and age-related changes. Guduchi rasayana has a lot of potential in the field of anti-ageing because it possesses anti-oxidant characteristics that help to slow down the ageing process and so increase people's longevity. Significant progress has been made in recent years in terms of biological activity and therapeutic uses. *Tinospora cordifolia* is its scientific name, and it is found in the genus *Tinospora*.

KEYWORDS: Ayurveda, Anti- oxidant, *Rasayana*, *Tridosahara*, Guduchi, longevity.**INTRODUCTION**

Guduchi (*Tinospora Cardifolia*) is an Ayurvedic herb that is highly valued and widely used. It has a long and illustrious history in India, where it has been used and written about for thousands of years. It is regarded as one of the best Rasayanas and is noteworthy for its potent versatility. Significant Progress Has Been Made in Recent Years in Terms of Biological Activity and Medical Applications.

Guduchi (*Tinospora Cardifolia*) is a plant that has been described as "one that protects the body." The Sanskrit and Hindi names Amrita (*Tinospora Cardifolia*) and "Nectar of Immortality" and "Heavenly Elixir" come from ancient Hindu scriptures in which Amrita was used to bring the dead back to life. Its Scientific Name is *Tinospora cordifolia* and is in the family Menispermaceae.

METHADODOLOGY

Despite the fact that the world is filled with herbal plants, Guduchi is regarded to have a higher medicinal potential. The Guduch is mentioned in Hindu scriptures in the past (*Tinospora Cardifolia*). Our predecessors had a scientific basis for requiring everyone to grow a Guduchi (*Tinospora Cardifolia*) sapling in their home. Plant a Guduchi (*Tinospora Cardifolia*) seedling in your home to ensure a long and healthy life.

Ayurvedic Propereties

Rasa	:	Tikta, Katu
Guna	:	Laghu, Snigdha
Veerya	:	Ushna
Vipaka	:	Madhura
Prabhava	:	Tridosahara

Parts Used: Stem, Root, Leaves.**Actions and Indications**

Ayurvedic texts and Ayurvedic texts Guduchi has been praised by Acharyas for its therapeutic powers. This medicinal herb, *Tinosporacordifolia* or *Gu-duchior Giloy*, is a climber. Historically, the entire plant was used to treat a variety of ailments. Guduchi or Giloy extract is now encapsulated in pill form and utilised by Ayurvedic practitioners for a variety of ailments. Guduchi (*Tinospora Cardifolia*) or Giloy (*Tinospora Cardifolia*) is used to treat a variety of ailments. The following are a few of them.

Rasayan Effects of Guduchi

Rasayan is a word that means "feeding" or "nutrition." Rasayan medications renew the body and mind by focusing on dietary dynamics. Rasayan medicines also improve intelligence and power, as well as life extension and disease prevention. Longevity, memory, intelligence, freedom from sickness, youthfulness, excellence of lustre, complexion, and voice, optimum strength of

physique and sense organs, perfection in deliberation, respectability, and brilliance can all be achieved via the use of rasayan.

Rasayan is a method of achieving great rasa and dhatus (body cells and tissues) attributes. Rasayan is a term that refers to medical nutrition, rejuvenation, longevity, immunological enhancement, and geriatric care. One of the most important branches of Ayurveda is Rasayan (rejuvenation therapy),

Is a category of pharmaceutical preparations that are immunostimulants and capable of preventing the causation of many disorders such as premature ageing. It has been used efficiently and extensively for centuries.

Guduchi is an Ayurvedic medicine that is utilised in the Rasayan Chikitsa] study. The use of Guduchi (*Tinospora Cardifolia*) as a Rasayan increases the lifespan of *Drosophila melanogaster*s, proving the notion of Rasayan. The fact that the F1 generation of *Drosophila* lives longer suggests that the Rasayan effect of Guduchi Churna (*Tinospora Cardifolia*) persists to the following generation. The lifetime of the flies was significantly increased at lower concentrations of Guduchi Churna (*Tinospora Cardifolia*).

The life span of flies was drastically shortened as concentrations increased. Increasing the concentrations even higher did not result in a longer lifespan. This reveals that a specific concentration of Guduchi(*Tinospora Cardifolia*) Churna (about 0.25 g/100 ml of diet) produces maximum lifespan extension. Concentrations over that level do not extend the lifetime, despite the fact that they may be beneficial. The significant antioxidant capabilities of Guduchi(*Tinospora Cardifolia*)Churna can be contributed to the flies' increased lifespan.

Researchers believe that the alcoholic and aqueous extracts of *T. Cordifolia* have been effectively examined for their immunomodulatory activities and have been reported to have favourable effects on the immune system. As a result, Guduch (*Tinospora Cardifolia*) should be ingested in sufficient quantities on a regular basis to reap the full benefits of Rasayan.

Anthelmthic (in intestinal parasites)

Guduchi(Tinospora Cardifolia) has anthelmthic properties. Regular use of this herb helps to increase the resistance of intestine to intestinal parasites.

Anti Inflammatory in Joint Pain

Tinospora cordifolia is beneficial in disorders where joint discomfort is a prevalent symptom, such as arthritis, gout, and osteoarthritis. It aids in the reduction of joint discomfort and swelling. Giloy (*Tinospora Cardifolia*) also aids in the rejuvenation of joints and improves mobility.

Anti Pyretic

Guduchi is extremely beneficial in cases of uncontrollable fever. When used with other antipyretics, this herb aids in lowering body temperature. Guduchi (*Tinospora Cardifolia*) is praised in Ayurvedic texts for its effectiveness in reducing Jwara (fever).

Brain Tonic

Guduchi (*Tinospora Cardifolia*) is a Medhya Rasayana (brain tonic) that improves mental abilities such as understanding, memory, and recall.

Immunity Booster

Guduchi (Tinospora Cardifolia) has a reputation for boosting immunity. It removes toxins from the body and rejuvenates the tissues by increasing their resistance to disease. *Guduchi (Tinospora Cardifolia)* promotes the production of white blood cells. Giloy can help you fight ailments including the common cold, cough, fever, leprosy, jaundice, arthritis, and more.

CONCLUSION

Despite the fact that there are numerous herbal plants in the world, Guduchi is thought to have a higher medicinal value. The Hindu texts mention the Guduch in the past (*Tinospora Cardifolia*). There's a scientific reason why our forefathers insisted on everyone planting a Guduchi (*Tinospora Cardifolia*) sapling in their home. So, to ensure a long and healthy life, plant a Guduchi (*Tinospora Cardifolia*) sapling in your home.

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