

## Role of herbal drug chyavanaprash in the management of ageing

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Ageing is a disease of self limiting and old age symptoms are threatening to aged persons, due to lack of full-fledged treatment 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 labled before-after study' contain 12 patients selected from the OPD, of National Institute of Ayurveda, Jaipur with a dose of drug 50 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 suggests that the use of Chyavanaprash 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.

The details will be presented during the seminar.

**Key words:** Herbal drug, Chyavanprash, and free radicals

### Biography

Dolly Suman is M.D. Scholar, Dept. of Rasashastra & B.K., National Institute of Ayurveda, Jaipur, working on different dosage forms of medicaments. She participated in many national and international conferences and presented papers.

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