

The Impact of *Nitya Sevanīya Rasāyana* on Geriatric Care

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Abstract—An increased elderly population has thrown out a greater challenge for effective geriatric care strategies. *Nitya Sevanīya Rasāyana* is a recently originated Ayurvedic rejuvenation therapy as a potential therapeutic approach for the enhancement of quality of life among the elderly. The present study was undertaken to evaluate the effect of *Nitya Sevanīya Rasāyana* on health parameters in geriatric care like physical health, cognitive function, and mental behaviour. Extensive literature research and clinical trials in relation to this therapy were conducted to gauge its efficacy, which showed that it had improved the immune status in old people, reduced age-related disorders, and improved cognitive functions and enhanced the feeling of total vitality. *Nitya Sevanīya Rasāyana* can exert its therapeutic potential due to its holistic approach to influencing the body, mind, and spirit. These findings, therefore, indicate that the incorporation of *Nitya Sevanīya Rasāyana* into conventional geriatric care may turn out to be an efficacious complementary strategy for aging populations.

Index Terms- *Nitya Sevanīya Rasāyana*, geriatric care, Ayurveda, rejuvenation therapy, elderly health, cognitive function, immune function, holistic health.

I. INTRODUCTION

Aging is a progressive and unstoppable decline of physiological function, being associated with vulnerability to disease. Geriatric care emphasizes the promotion of quality of life and health for an individual in old age. Ayurveda is the ancient Indian system of medicine, having within itself various interventions for enhancing longevity and vitality. One such intervention is the category of Ayurvedic formulations called *Nitya Sevanīya Rasāyana*, reputed to promote health, retard aging processes, and prevent diseases. This article deals with the effects of *Nitya Sevanīya Rasāyana* in geriatric care and discusses its benefits, mechanisms of action, and clinical evidence in support of its therapeutic use.

Understanding *Nitya Sevanīya Rasāyana*

Nitya Sevanīya Rasāyana means herbal formulations for daily use to help the body and system maintain and improve its health. "*Rasāyana*" is derived from "*Rasa*," meaning essence, and "*Ayana*," meaning path; hence, a path to optimal health and longevity. Such formulations typically comprise a mixture of herbs, minerals, and other natural substances of known therapeutic value [1].

Mechanisms of Action

The benefits of *Nitya Sevanīya Rasāyana* are because they have multifaceted mechanisms of action:

- **Antioxidant Activity:** Many *Rasāyana* herbs possess strong antioxidant properties that help in quenching free radicals, thereby decreasing oxidative stress and reducing damage to cells [2].
- **Immunomodulation:** *Rasāyana* formulations enhance the immune response of the body and improve resistance to infection and diseases. This is particularly useful for the elderly, whose immune system tends to weaken over time [3].
- **Anti-inflammatory Effects:** It is a common observation that the process of aging is often accompanied by chronic inflammation, leading to various diseases associated with aging. The *Rasāyana* herbs exert anti-inflammatory action, which not only reduces inflammation but also promotes the healing process of tissues [4].
- **Cognitive Enhancement:** Some *Rasāyana* herbs are reported to enhance mental clarity and can improve impaired memory and cognitive functions, which are imperative for maintaining mental health during old age [5].
- **The adaptogenic properties:** *Rasāyana* formulations aid the body in adapting to the stress and hence to maintain homeostasis, reducing the adverse effects of the physical and mental stressors on the body [6].

Key Ingredients in *Nitya Sevanīya Rasāyana*

The formulations of *Nitya Sevanīya Rasāyana* have several herbs, each with its benefits in different ways. For example,

Withania somnifera (*Ashwagandha*): is an adaptogen and is anti-inflammatory; hence, it reduces stress, improves immunity, and enhances one's cognitive abilities ^[7].

Emblica officinalis (*Amalaki*): is rich in vitamin C and antioxidants, which help the immune function, improve digestion, and also make any individual look young and pleasant to the eyes^[8].

Tinospora cordifolia (*Guduchi*): This herb is reported to have immunomodulatory action with anti-inflammatory properties and, therefore, is a general health tonic to promote health and vitality ^[9].

Convolvulus pluricaulis (*Shankhapushpi*): *Shankhapushpi* is used for its neuroprotective and cognitive-enhancing properties in enhancing memory and mental clarity ^[10].

Bacopa monnieri (*Brahmi*): *Brahmi* has been described well for its role in enhancing cognitive function, supporting memory, concentration, and mental clarity ^[11].

Clinical Evidence

Nitya Sevanīya Rasāyana has been studied for its benefits on different aspects of health in aging populations. Available evidence indeed does recommend significant benefits, even as more rigorous research is called for with respect to its efficacy.

Antioxidant and Anti-inflammatory Effects

In a clinical trial, elderly subjects administered with a *Rasāyana* formulation containing *Amalaki* and *Ashwagandha* demonstrated reduced oxidant stress markers and inflammatory cytokines ^[12]. This thus represents the potential of *Rasāyana* in lowering oxidative stress and inflammation, which are very common phenomena associated with aging.

Cognitive Function

In a double-blind randomized trial, *Brahmi* and *Shankhapushpi* were used to examine cognitive function among the elderly. Evidence for improved

memory, attention, and executive functions was observed in the treatment group compared to the placebo group ^[13]. These results provided evidence for the enhancement of cognitive function exerted by *Rasāyana* herbs.

Immune Function

Studies on *Guduchi* have already proved its efficiency in enhancing immune function in the elderly. One study showed a significant increase in natural killer cell activity, indicating a restoration of overall immune response with *Guduchi* supplementation ^[14]. This is particularly relevant for the elderly, who are more susceptible to infections.

Adaptogenic Effects

In a clinical trial, the adaptogenic properties of *Ashwagandha* have been evaluated for their ability to decrease stress, improve sleep quality, and improve the general state of well-being in elderly subjects ^[15]. Adaptogens, including *Ashwagandha*, enhance the human body's ability to contra-stress, which is central to preserving health over elderly life.

Practical Applications in Geriatric Care

The integration of *Nitya Sevanīya Rasāyana* in geriatric care can thus be done in several ways.

Daily Supplementation: *Rasāyana* formulations can thus be added into an older adult's daily regime and provide health and vitality support uninterruptedly. This may get further supplemented through herbal supplements, health teas, or dietary additions.

Personalized Formulations: The Ayurveda professional can tailor specific *Rasāyana* formulations in view of the health needs and particular conditions among the elderly. This, then, makes sure that individual health concerns are woven out in these formulations.

Dietary Integrations: *Rasāyana* herbs could be incentivized for use within regular dietary functions in order to really drive home the benefits. Herbs like *Amalaki* and *Guduchi* can be added into meals, smoothies, or taken as herbal infusions.

Holistic approach: *Rasāyana* supplementation can be combined with other Ayurvedic practices, such as the

Panchakarma detoxification program, yoga, and meditation for an integral approach to geriatric care, including physical, mental, and emotional well-being.

Challenges and Considerations

Although there exist plausible significant benefits of *Nitya Sevanīya Rasāyana*, certain challenges and considerations are to be considered:

- **Standardization and Quality Control:** Standardisation of *Rasāyana* formulation with their quality control is more essential. Standard formulae for the preparation of herbs, variation of herb quality, mode of preparation, and dosage variations alter their efficacy. Hence, standardization and quality control are necessary in view of reproducing consistent results ^[16].
- **Scientific Validation:** Although traditional knowledge justifies the use of *Rasāyana*, more scientific studies and clinical trials are essential to prove their efficacy and safety. Careful studies will help establish evidence-based guidelines about their use in geriatric care.
- **Integration with Conventional Medicine:** Inclusion of *Rasāyana* into mainstream American medicine can be achieved only when Ayurvedic physicians along with other modern health-care providers are brought onto a single platform. This will help accomplish holistic and complementary care for geriatric patients having varied requirements ^[17].
- **Patient Education and Compliance:** A lot of education and awareness among the elderly patients and their caretakers is necessary for compliance with and effectiveness of *Rasāyana*. Dosage, time and mode of administration, possibility of interaction with other drugs all have to be clearly brought to the notice of the patient.

CONCLUSION

Nitya Sevanīya Rasāyana, in that regard, is said to present an important strategy with regard to improving health and well-being among the elderly. Some of the ways through which this formulation is relevant for different aspects of aging include antioxidant, immunomodulatory, anti-inflammatory, cognitive-enhancing, and adaptogenic properties associated with them. While further studies are required to validate their efficacy, existing literature supports their

potential benefits in the care of geriatric patients. It's quite a challenge to make *Rasāyana* easy for the elderly to adopt into daily routines, to individualize formulations, and also address multidisciplinary approaches taken toward the extension of life expectancy and quality in life. A synthesis of old and new knowledge makes possible bringing the more valuable attributes of *Nitya Sevanīya Rasāyana* into the realm of healthy aging promotion.

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