ANTI-AGEING EFFECT OF AMALAKI (EMBLICA OFFICINALIS GAERTN) IN PREMATURE AGEING.

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ABSTRACT
A review research work prepared regarding the anti-ageing effect of Amalaki i.e. EmblicaOfficinalisGaertn, which is mentioned here. The study demonstrates that the Amalaki possesses various pharmacological properties including anti-ageing. According to Ayurveda, it has Vayasthapana, Rasayana, Tridoshghna, Deepana, Shopaghna, Raktipittaghna, Premehghna, Arshghna, Vrshya, Chakshushya, Hrudya, Jwarghna etc properties, whereas according to modern view it has Anticancer, Anti-inflammatory, Antimicrobial, Immunomodulatory, Antioxidant, Hepatoprotective, Gastroprotective etc. properties. Acharya Charaka has mentioned Amalaki as Vayasthapana Rasayana, so it can be said that it is having an anti-ageing effect and used in premature ageing, which can be correlated with the Ayurvedic term Akalaja Jara.

KEYWORDS: Anti-ageing, Amalaki, Emblica Officinalis Gaertn, premature ageing.

INTRODUCTION
Amalaki is a fruit of Phyllanthus Embllica tree. It is also referred as EmblicaOfficinalis. Amalaki is one of the most commonly used herbal drug by Ayurvedic physicians as well as by the people in various conditions from simple problem hyper acidity to life threatening disorders like diabetes, cancer etc. It is used as a single drug or used in the combinations like Triphala etc. Amalaki is very important drug for Ayurveda management, for that reason it is referred widely across the Ayurvedic literature.

Amalaki

Latin Name: Emblica Officinalis Gaertn
English: Emblic Myrobalan
Sanskrit: Amalaki
Hindi: Amla
Family: Euphorbiaceae
Varga: Haritakyaadi
Parts used: Fruit (Fala)

Ayurveda Properties:
- Pradhana Rasa: Amla
- Anya Rasa: Madhura, Kashaya, Tikta, Katu
- Gunas: Guru, Raksha, Sheeta
- Virya: Sheeta
- Vipaka: Madhura
- Doshaghnata: Tridoshashamaka
- Prabhava: Rasayana

Chemical Composition: Vitamin-C, Carotene, Nicotinic acid, Mucin, Indoleacetic acid, Alkaloids, Tannin, Polyphenolic compounds, Phyllantidine, Phyllantine, Riboflavin, D-glucose, D-fructose, Myoinositol.


Properties and Uses of Amalaki in Samhita Nighantu
- Charaka Samhita: Raktripithahara, Pradarrahara, Gulmha, Udarpahara, Jwaramaha, Panduhara, Atisahara, Pramehahara, Kamulagarah, Krimihara, Rasayana, Vayasthapana.
- Sushruta Samhita: Raktripitha, Chakshushya, Vatarakta, Panduhara, Pramehahara, Vrshya.
- Bhavprakash Nighantu: Vrshya Raktripitha, Rasayana, Pramehahara.
- Dhanvantari Nighantu: Vrshya, Vayasthapana, Tridoshahara.

Premature ageing
The desire of living is one of the basic instinct, which is common across the living organism on this planet.
Among the all living organisms, man is certainly the most advanced one. As it is stepping forward in all the manners and trying to develop new techniques and machines for the betterment and ease of life as far as possible. But the continuous improvement in the life expectancy with technological advancement, rapid urbanization, increasing competition in every field of life etc., has changed our lifestyle, food habits and psychological status significantly, which leads to prematurely aged society. As per the modern criteria, the onset of senile characteristics before the old age, i.e. as early as 40 years age is premature ageing.\cite{22}

The Ayurvedic concept on premature ageing
In Ayurveda ageing can be termed as Jara,\cite{23} which is described of two types, one is Kalaja and another is Akalaja.\cite{24} Kalaja Jara is a Swabhavika Vyadhi or natural phenomenon,\cite{25} which stems from inherited potential. Akalaja Jara or premature ageing is an appearance of sign and symptoms of Jara before its natural time,\cite{26,28} which may be triggered due to physical and mental stress. Kalaja Jara is irreversible,\cite{27} whereas Akalaja Jara is somewhat reversible\cite{28} by rejuvenating Rasayana therapy.\cite{29}

Need of Ayurveda
There isn’t any remedy of the premature ageing in conventional medical health science, except some vitamin and nutritive food supplement therapies, which are neither promising nor satisfactory. While Ayurveda health science has a specialized branch to manage the age and its related problem that is known as Rasayana. This way, Ayurveda can accomplish the need of the management of premature ageing with its rejuvenating therapy.

Selection of Rasayana for the management of premature ageing
Rasayana is one of the important branch of Astanga Ayurveda,\cite{30} which deals to promote and preserve the health of a healthy person as well as to treat the diseases. So it is the solution of undesired health problems causing shortening of life span. The Rasayana drugs are used as a single drug or in the formulation of many drugs, having properties like Balya, Vrshya, Medhya, Ojovardhaka and Vayasthapana etc.\cite{31} along with proven pharmacological efficacy like immuno-modulator, adaptogenic, antioxidant etc.\cite{32}

AIMS
- To study anti-ageing effect of Amalaki (Emblica Officinalis Gaertn).

OBJECTS
- To understand the premature ageing from Ayurveda as well as modern point of view.
- To understand the pharmacological property of Amalaki (Emblica Officinalis Gaertn) in the context of premature ageing.

CONCEPTUAL MATERIAL
For the literary work, the references are gathered from various sources which include classical as well as contemporary texts, article published in international or national journals, numerous magazines. Some of the data obtained from the internet, also.

DISCUSSION

Anti-ageing effect of Rasayana
Rasayana improves the Dhatus qualitatively and quantitatively, which is termed as Dhatu Sarata\cite{33} Thereby it increases Ojas\cite{34} and enhances vyadhikshamatva,\cite{35} leading to reduces wear and tear of the body by ill conditions. Rasayana therapy enhances the anabolic activities, while it reduces the catabolic activities. Further Rasayana drugs correct the Agni, which is responsible for Ayu, Bala, Varma, Ojas, etc.\cite{36} Thus helps to delays the ageing process.

Amalaki as a Vayasthapana Rasayana
Amalaki is one of the foremost drug recommended in Ayurvedic classics for the Rasayana having above said properties. Acharya Charaka has described it as Vayasthapana Rasayana,\cite{37} which means that Amalaki is having that type of property which has efficacy to completely pause or slow the process of ageing at some level. Considering the pharmacological properties, it can be said that Amalaki is the potent drug to reverse the pathophysiology and relieve the symptoms of premature ageing.

CONCLUSION
On the basis of this review article, a conclusion can be made that Amalaki (Emblica Officinalis Gaertn) is having anti-ageing effect in premature ageing.

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