

Development of herbal formulations through traditional knowledge and scientific validation

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Ayurveda ("The Science of Life") has its emergence from *Vedas* ("The Source of Knowledge") because of antiquity and similarity in contents. *Rigveda* (2000 B.C.) is the authentic source of knowledge about the use of the plants for food and drugs. Under *Ausadhi-Sukta* in *Rigveda* innumerable places of their origin and habitat have been described and they are used to make animal and man free from disease. In *Atharvaveda* (1500 B.C.), many more plants have been described to be used to cure disease. Use of plants in various disorders was based on prior observation on animals and later on their rationale-based use has been narrated in *Charaka Samhita* and *Susruta Samhita* (1000 B.C.). In fact, many of the concepts had their foundation laid down in the *Vedic period* (2000 B.C. – 1500 B.C.) and were also scientifically explained in original and classical compendia of *Ayurveda*. On the whole, the theory *Panchamahabhutas* is most important in *Ayurveda*. According to it all the substances of the universe (including human beings) are essentially composed of five basic elements - *Panchamahabhutas* (air, water, fire, earth and space). Substances are classified into two broad groups based on their use as dietary substances and drug substances. If they are in a balanced state, a person is known as healthy and their derangement (increase or decrease) causes disorders. Based on the various sign and symptoms in a body they are understood through the concept of *Tridosha* - *Vata*, *Pitta* and *Kapha*, which also have a *panchabhautika* base. To alleviate the disease, drug substances of plant, animal and mineral origin are used to correct the derangement and bring back normalcy. *Rasayana* therapy is specific to the Ayurvedic system of medicine. In fact the word "*Rasa*" has different meanings like "taste", "essence", "flavor", "juice", or "emotion", but is not limited to any of these. In therapeutic process *Rasa* is concerned with the conservation, transformation, and revitalization of energy. It nourishes our body, boosts immunity and helps to keep the body and mind in best of health. *Rasayana* describes a herbal preparation that promotes a youthful state of physical and mental health and expands happiness. *Rasayana* herbs have high levels of both safety for daily use and effectiveness. They are given to small children as tonic, and are also taken by the middle-aged and elderly to increase longevity and vitality. Towards harnessing the traditional Indian medicine knowledge base for benefit of human mankind, CSIR-CIMAP has developed and scientifically validated some herbal formulations like *CIMAP-Phal-Se*, *CIMAP-Paushak*, *CIMAP-Health Candy* and *IVT-15* (for rheumatoid arthritis related disorder) that are based on the concept of *Rasayana*.

Biography

Dayanandan Mani has completed his MD Ayurveda in Kaya Chikitsa (Internal Medicine) in 2002 at the age of 31 years from the State Ayurvedic College and Hospital of the University of Lucknow. He joined CSIR-CIMAP, Lucknow as a Scientist Fellow in 2003 and continued on that position upto 2005 when he joined the same institute as a Scientist. Presently he is the Head of the Herbal Medicinal Products Department (HMPD) of CSIR-CIMAP. He has published 20 papers and guided 12 (PhD/MD/MSc/MPharm) students. He is a life member of the Medicinal and Aromatic Plant Society of India (MAPSI).

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