

A Literary Review on Action of Manduparni as Vayasthapan Dravya

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Abstract: *Mandukaparni (Centella asiatica L.) is an important medicinal and nutritional herb traditionally used for promoting health and longevity. It contains bioactive compounds, mainly triterpenoid saponins such as asiaticoside and madecassoside, which help in cell repair, improve mental clarity, and enhance physical endurance. Described by Acharya Charaka in the Vayasthapan Dashemani, Mandukaparni is regarded in Ayurveda as a potent Rasayana and Medhya (brain rejuvenator) that helps sustain youthfulness, strengthen the mind, and build immunity.*

Classical references highlight its use for managing age-related disorders such as tiredness, weakness, disturbed sleep, and musculoskeletal discomfort while improving digestive function and overall vitality. Modern pharmacological research supports these traditional claims, showing that the plant exhibits antioxidant, neuroprotective, anti-inflammatory, and immune-boosting effects. In addition to medicinal uses, it is also taken as a nutritive leafy vegetable and included in various health preparations.

This literary review explores Mandukaparni from both Ayurvedic and modern viewpoints, emphasizing its potential as a Vayasthapan Dravya for delaying aging and supporting holistic well-being...

Keywords: Mandukaparni, Centella asiatica, Rasayana, Vayasthapan, Anti-aging, Immunity, Cognitive health, Antioxidant

