



Traditional Herbal Medicines for Modern Times

# Rasayana

Ayurvedic Herbs for Longevity and Rejuvenation

H. S. Puri

# Rasayana Ayurvedic Herbs For Longevity And Rejuvenation

**Clemens Wendtner**



## **Rasayana Ayurvedic Herbs For Longevity And Rejuvenation:**

**Rasayana** H.S. Puri, 2003-08-29 Until relatively recently much of the information on India's research into their medicinal plants has remained within India mainly published within Indian journals. However today the field of Ayurveda is expanding with the integration of herbs and minerals discovered in other countries and the strengthening of academic knowledge networks worldwide. Focusing on Rasayana the least understood branch of Ayurveda this volume provides detailed information on the plants used in various polyherbal polymineral Rasayana preparations and describes their therapeutic benefits for numerous disorders. It is a comprehensive reference suitable for anyone involved in medicinal and aromatic plant research.

**Ayurvedic Healing** Hari M. Sharma, Christopher Clark (MD.), Marc S. Micozzi, 2011-10-12 Rev ed of Contemporary Ayurveda Hari M Sharma and Christopher S Clark 1998

**Evidence-Based Practice in Complementary and Alternative Medicine** Sanjeev Rastogi, 2012-01-30 This book investigates the ways in which the evidence base is influencing complementary and alternative medicine in general and Ayurveda and allied health practices in particular. The latter have traditionally been prevalent in Asia and are now increasingly attracting interest worldwide. The book is divided into four sections the first of which examines issues related to acquisition and evaluation of the evidence base. Evidence based approaches to Ayurvedic diagnosis and therapy are then examined with a special focus on management of cardiovascular and rheumatological diseases dental care and rejuvenating treatments. The final section explores further the challenges of applying evidence based practice in contemporary and alternative medicine and Ayurveda with a focus upon the issues requiring urgent attention in ongoing decade. The same involves encompassing areas such as Ayurvedic pharmaceuticals practice education and research within an evidence based perspective.

**Medicinal and Aromatic Plants of India, Vol. 3** Ákos Máthé, Irfan Ali Khan, 2024-12-13 This book is the 11th volume of the popular series Medicinal and Aromatic Plants of the World. It is a comprehensive compilation of 30 chapters on selected important species representative of India's rich and diverse flora. This collection provides current scientific information highlighting the traditional contemporary and prospective uses of both well known and lesser known plant species. The volume serves as a bridge between traditional knowledge and modern scientific advancements providing a critical analysis of this broad interdisciplinary field with a particular focus on India. The chapters cover topics such as the pharmacological properties biochemical composition and therapeutic applications of these plants. Readers will find contributions by renowned scholars who delve into the innovative product development stemming from the ancient medicinal plant systems. Particular attention is given to how these plants can contribute to health and wellness in the era of global climate change and pandemics. This book invites readers to face critical questions about the survival and utilization of medicinal and aromatic plants in India. Researchers scholars and practitioners in fields of botany pharmacology and traditional medicine will find this volume invaluable. It is also an essential resource for anyone interested in botanicals plant based nutraceuticals and herbal

formulations Whether you are an academic or a professional working in the field of medicinal plants this book offers a wealth of knowledge that bridges rich ancient traditions with modern science Healing Plants of Nigeria Anselm Adodo, Maurice M. Iwu, 2020-03-17 *Healing Plants of Nigeria Ethnomedicine and Therapeutic Applications* offers comprehensive information on the use of herbal medicines in West Africa Combining an evidence based ethnobotanical perspective with a pharmacological and pharmaceutical approach to phytomedicine the book bridges the gap between the study of herbal plants pharmacological properties and active compounds for the development of clinical drugs and community oriented approaches emphasising local use It demonstrates how the framework of African traditional medicine can be preserved in a contemporary clinical context The book outlines the history and beliefs surrounding the traditional use of herbs by the local population alongside their application in contemporary phytotherapy in Nigeria and West Africa It features a critical assessment of the scientific rationale behind the use of these plants in ethnomedicine and offers a composite catalogue of phytotherapeutic and wellness agents detailing the safety profile efficacy and scientific integrity of plants used to treat diseases and optimise health Features An ethnobotanical survey containing over 200 full colour photographs of Nigerian and West African plants A unique combination of ethnobotany and pharmacognosy bridging the divide between pharmaceutical and community oriented approaches to herbal medicine research Contextual discussion of the therapeutic potential of Nigerian herbal medicine Offers a template which can be used to separate the superstitious aspects of ethnomedicine from culturally inherited deposits of knowledge A handbook for herbal and natural medicine practitioners the book is aimed at African thinkers scientists healthcare providers and students of pharmacology and ethnomedicine *Natural Aphrodisiacs* Ravi K. Puri Ph.D., Raman Puri MD., 2011-12-05 The widespread use of effective prescription drugs for erectile dysfunction has helped advance societys acceptance of talking about sexual dysfunction for both men and women As the authors elegantly describe sexual dysfunction and attempts at treating it have been around for as long as sexuality itself Its no surprise that history is full of myths about aphrodisiacs Despite all the advances we have made in medicine the myth of the aphrodisiacs is as powerful as ever However sexual dysfunction is very often a complex problem requiring careful thoughtful and educated treatment Rarely is there quick natural fix Consumers need to do their homework before buying into the claims of companies selling natural aphrodisiacs This book is an excellent resource for those seeking to educate themselves about the history effectiveness safety and future of natural aphrodisiacs Nevertheless the information contained within the text is also important and valuable for both sides of the patient physician equation in the treatment of sexual dysfunction Siobhan Hyland McGaughey M D Urologist Urology Associates of central Missouri Columbia MO 65201 The authors have expressed very clearly the various merits and demerits of natural aphrodisiac products on the market Discussion on the future prospects of plant used as aphrodisiacs is excellent information for the phytochemists who are interested to pursue research limitations in the area of existing natural aphrodisiacs and their standardizations is consistent with the rising interest of

global consumers in green environment A special effort in creating the drawings of the natural products for enabling readers to identify the natural products is phenomenal I recommend this book to the lovers of natural products without any hesitation I hope that manufacturers scholars and consumers of natural aphrodisiac products will take advantage of this document in years to come Usha Chowdhary Ph D Professor Human Environmental Sciences Central Michigan University Mount Pleasant MI 48859 The latest research on herbal aphrodisiacs cited by the authors is very impressive The appropriate quotations at the beginning of each chapter are very fascinating It is a comprehensive compendium on natural aphrodisiacs comprising their origin myth chemistry pharmacology risk and romance Hand drawings of the plants are excellent and depict their morphological characteristics that can be helpful in identifying them The book is actually a ready reckoner for physicians pharmacist or herbalists for guiding the patients who are incorporating natural products in their daily regime K C Varma Ph D Emeritus Professor Chief Editor Indian Journal of Natural Products India *Advances in Medicinal and Aromatic Plants* Amritesh C. Shukla, Sunita Facknath, Debashis Mandal, Bernadette Montanari, 2024-07-05 This new two volume book categorically provides detailed information on highly demanded and medicinally important plants and their natural habits and habitats taxonomy cultivation practices essential oils active ingredients biomolecules modes of action drug development and value additions for marketing purpose Examples of such plants include *Achillea* spp yarrow *Acorus calamus* sweet flag *Ocimum* spp basil *Dioscorea* spp *Eucalyptus* spp *Commiphora* spp guggul *Kaempferia galanga* aromatic ginger and *Lavandula* spp lavender Many others are included in the volume as well With contributions from international experts these two volumes present chapters that detail the history of these major medicinal and aromatic plants and also report on systematic botany advanced production and propagation technologies plant nutrition moisture management intercultivation plant protection postharvest technology processing value addition and marketing trade Further the book presents promising low cost and ecofriendly plant products and biomolecules which are free from side effects for use as pharmaceuticals and herbal drugs The most ancient form of medical therapies involving herbs has been neglected for a few decades back and has regained enormous popularity because of the effectiveness and fewer hazardous properties of many medicinal and aromatic plants Nature has all sorts of protective medicinal compounds within its huge bioresources which are still being identified for beneficial health purposes Herbs containing aromatic properties because of their essential oils also have medicinal uses apart from being used as dependable sources of natural fragrance for cosmetics perfumery and food industries competing with synthetic aroma chemicals These volumes will be an excellent and comprehensive compendium for academicians and professionals working in plant resources The compilation will also be valuable for students researchers medical practitioners farmers entrepreneurs traders industrialists and NGOs who are involved in research and development and production and pharmaceuticals of medicinally important plants *Ayurveda in The New Millennium* D. Suresh Kumar, 2020-11-10 Ayurveda or the sacred knowledge of longevity has been practiced in India and many Asian countries since time immemorial Interest in

Ayurveda started growing all over the world in the late 1970s following the Alma Ata Declaration adopted by the W H O in 1978 Ayurveda in the New Millennium Emerging Roles and Future Challenges attempts to survey the progress made in this field and to formulate a course of action to take Ayurveda through the new millennium It also identifies the many stumbling blocks that need to be removed if Ayurveda is to cater to the needs of a wider audience Features Newer insights into the history of Ayurveda Regulatory aspects of the manufacture of ayurvedic medicines Industrial production of traditional ayurvedic medicines Quality control The scientific rationale of single herb therapy Biological effects of ayurvedic formulations Optimization of ancient wisdom and newer knowledge Conservation of threatened herbs Nutraceuticals and cosmeceuticals from Ayurveda Critical view of Ayurveda in the West Direction for the Ayurveda renaissance Ayurveda in the New Millennium Emerging Roles and Future Challenges describes the strength of Ayurveda and how to usher in the Ayurveda renaissance This book will be of interest to proponents of Ayurveda and all branches of traditional and alternative medicine Experts from the fields of medicine pharmacology new drug discovery and food technology will also find it useful

*Herbal Principles in Cosmetics* Bruno Burlando,Luisella Verotta,Laura Cornara,Elisa Bottini-Massa,2010-06-23 Interest in the molecular and mechanistic aspects of cosmetic research has grown exponentially during the past decade Herbal Principles in Cosmetics Properties and Mechanisms of Action critically examines the botanical ethnopharmacological phytochemical and molecular aspects of botanical active ingredients used in cosmetics Along with dermato

**Phytochemicals and Medicinal Plants in Food Design** Megh R. Goyal,Preeti Birwal,Santosh K. Mishra,2022-05-18 Phytochemicals and Medicinal Plants in Food Design Strategies and Technologies for Improved Healthcare explores the therapeutic potential of various natural and novel phytochemicals in the design of new foods Divided into two parts the first section discusses plant based secondary metabolites for healthcare focusing on the health aspects of herbs and medicinal plants and nutraceuticals for livestock production and for the treatment of diseases such as HIV and diabetes The authors also address the benefits of preserving indigenous knowledge of medicinal plants and current consumer views of health issues from foods The second part delves into the design and utilization of healthy foods This section discusses the application of novel designs and herbal formulations in conjunction with other biomolecules for the development and utilization for food products with health benefits Key features Encourages the preservation of indigenous knowledge on herbs and medicinal plants Explains the health promoting effects of some herbs and medicinal plants Discusses the therapeutics and their mechanisms of actions of the biological compounds for food safety This informative volume will be valuable for faculty students scientists researchers and industry professionals in the development of superfoods from phytochemicals and medicinal plants *Medicinal Roots and Tubers for Pharmaceutical and Commercial Applications* Rakesh Kumar Bachheti,Archana Bachheti,2023-11-03 The root and tuber are vital parts of medicinal plants providing mechanical support producing critical growth regulators and storing food Bioactive compounds obtained from plant roots and tubers demonstrate

health benefits presenting antioxidative antimicrobial hypoglycaemic hypocholesterolaemic and immunomodulatory properties Roots of many medicinal plants have been used for the treatment of disease and formulation of drugs and they are also known for their commercial value being used as an ingredient in the pharmaceutical and cosmetic industries Medicinal Roots and Tubers for Pharmaceutical and Commercial Applications provides information on the medicinal properties of roots and tubers and various phytochemicals derived from them Features Presents exhaustive information on plant roots and tubers including Glycyrrhiza glabra Curcuma longa Beta vulgaris Zingiber officinale Boesenbergia pandurata Houlttuynia cordata Eutrema japonicum and Withania somnifera Explains the roles of secondary metabolites isolated from roots and tubers and features information on their pharmaceutical and commercial applications Discusses opportunities for future prospects of different roots and tubers for their industrial applications A volume in the Exploring Medicinal Plants series this book provides information on phytochemicals derived from medicinal plant roots and tubers This is valuable information for scientists researchers and students working on medicinal plants economic botany chemistry biotechnology pharmaceuticals and many other interdisciplinary subjects

*Rasa Shastra* Andrew Mason, 2024-06-14 The quintessential guide to an ancient Indian tradition of healing and alchemy In this revised and expanded edition of his seminal text Andrew Mason explores the branch of Ayurveda involving the traditional ancient Indian medicine called Rasa Shastra in which various metals minerals and other substances are purified and combined with herbs to treat illnesses Based on years of observation and practice in Sri Lanka Mason offers a detailed exploration of this medicinal purification practice that seeks to enhance the therapeutic potential of materials metals and gemstones as well as offering a concise overview of traditional and modern equipment and methods used in the manufacture of these medicines The author's unique and fascinating account of the hidden alchemical arts also explains some of the historical background behind the on going quest amongst Asian alchemists for immortality The new edition of Rasa Shastra includes a reformatting of tables reevaluating the processing and utilisation of materials a comprehensive account of the purification process in the section on Parada a new Essentials in the Pharmacy sections an expanded materials section with a comprehensive section on Lavana and important types of salt additional plants such as Langali and an enriched Materials chapter

**Ethnobotany of India, Volume 4** T. Pullaiah, K. V. Krishnamurthy, Bir Bahadur, 2017-09-01 Ethnobotany of India Volume 4 Western and Central Himalayas is the 4th volume of the 5 volume set an informative book series on the ethnobotanical aspects of India The books cover different regions including Volume 1 Eastern Ghats and Deccan Volume 2 Western Ghats and West Coast of Peninsular India Volume 3 North East India and Andaman and Nicobar Islands Volume 4 Western and Central Himalayas Volume 5 The Indo Gangetic Region Each volume looks at the important ethnic plants of the specific region Volume 4 covers the Western and Central Himalayas the well known mountain range on the Indian subcontinent The unique flora and fauna of the Himalayas are varied affected by climate rainfall altitude and soils and are vulnerable to impacts from climate change The editors espouse that because indigenous non Western

societies form the vast majority of people now as well as in the past a study of their plant interrelationships is necessary and India is one of the most important regions of the old world for its ancient and culturally rich and diverse knowledge of ethnobotany With this in mind these volumes share a great deal of information that will be valuable to plant botanists and others working in and interested in ethnobotany This important volume covers the ethnobotanical aspects of many plants of the region It looks at ethnic diversity of people ethnic food plants and food preparation ethnomedical aspects of plants psychedelic plants and their possible link to soma a vedic ritual drink whose plant origins are a mystery ethnoveterinary medicinal plants ethno conservation practices biodiversity heritage sites The volume includes the details of the plants used their scientific names the parts used and how the plants are used providing the what how and why of plant usage The book is well illustrated with 20 color and 67 b w illustrations Together the five volumes in the Ethnobotany of India series presents the available ethnobotanical knowledge of India in one place India s ancient and culturally rich and diverse information and use of ethnobotany will be valuable to those in the fields of botany and plant sciences pharmacognosy and pharmacology nutraceuticals and others The books also consider the threat to plant biodiversity imposed by environmental degradation which impacts cultural diversity

#### **Complementary and Alternative Medicinal Approaches for Enhancing Immunity**

Mehwish Iqbal, 2022-08-24 Ancient therapeutic systems have played a tremendous role in health preservation all around the globe for thousands of years even the earliest humans on earth had used these approaches along with simple surgical procedures for the betterment of their health Complementary and Alternative Medicinal Approaches for Enhancing Immunity examines various aspects of health and diseases and the importance of basic but essential factors for the preservation of health and management of diseases Concisely written the author discusses ancient ways to enhance self healing abilities and stimulate the immune system such as fasting meditation acupuncture cupping therapy balneotherapy and aromatherapy The importance of nutrition and diet is also examined as it plays a crucial role in the prevention and causation of diseases Additional features include Discusses how the integration of various CAM modalities helps in enhancing self healing abilities and boosts the human immune system Contains various topics from different systems of medicines that are taught widely as individual courses or discussed broadly in several institutes Reviews Eastern pharmacotherapy and how using certain herbs minerals and animal based products aids in maintaining health and alleviating diseases Using evidence based knowledge taken from ancient literature and recently published articles this book will inform readers on the importance of holistic health approaches and some ancient treatment modalities that enhance the immune system to combat diseases

*Connecting Indian Wisdom and Western Science* Luisella Verotta, Maria Pia Macchi, Padma

Venkatasubramanian, 2015-04-24 A truly integrated collection of research Connecting Indian Wisdom and Western Science Plant Usage for Nutrition and Health compares Ayurvedic and Western conceptions of wellness healthy lifestyle and diet Examining the phyto pharmacological phytochemical clinical ethnobotanical sociocultural and biomedical approaches to



plant and herb b      **Proceeding of International Conference Sukhapraudha -2021** Parul Institute of Ayurved, Parul University, Vadodara, Gujarat ,2021-11-18      *Herbal Drug Technology* Dr. Singh E.A ,Dr. Jagtap Suresh,2025-05-22 Herbal Drug Technology by Dr Singh E A and Dr Jagtap Suresh is a comprehensive guide that blends the wisdom of traditional herbal practices with modern pharmaceutical advancements Perfect for pharmacy students researchers and health professionals this book explores herbal formulations processing quality control and the role of herbal medicine in modern healthcare With scientific insights case studies and practical applications it offers a clear understanding of herbal drugs in today s therapeutic landscape An essential read for anyone interested in herbal medicine wellness or pharmaceutical innovation      *Chemistry , Biochemistry and Ayurveda of Indian Medicinal Plants* Prof. I.P. Tripathi,2010 This book aims to discuss and practices all the issues pertaining to medicinal plants research documentation utilization conservation activities standardization quality control tissue culture biotechnology biochemistry phytochemistry and chemical characterization taking place in various Universities Institutions Colleges and their impact on medicinal plants      **Medicinal Plants of the Asteraceae Family** Hari Prasad Devkota,Tariq Aftab,2022-12-06 This book highlights 12 major plants in the Asteraceae family from the aspects of traditional uses as food and medicine phytochemistry and pharmacological activities Asteraceae is one of the largest family of flowering plants comprising over 1 600 plant genera and 32 000 plant species Plants belonging to this family have a long history of being used as medicinal plants for the treatment of various diseases Many of them are also used in the preparation of foods beverages and also used in pharmaceutical and cosmetic industries In addition plants such as *Artemisia annua* have played an important role in the discovery of novel drugs The book summarizes the traditional uses of the plants in the family Asteraceae and their scientific validation which helps readers understand their relation and impact on human health It also explains the Phytochemistry of the species and presents the pharmacological activities and mechanisms in detail Understanding current scientific knowledge will help in the commercialization of products based on these plants and also helps to find the research gaps that should be fulfilled in the future for their optimal use It also helps in increasing the awareness of the plant species related to conservation cultivation and sustainable utilization This edited volume comprises chapters contributed by experts from around the world      *Bioactives and Pharmacology of Lamiaceae* T. Pullaiah,2023-10-27 This new book provides a wealth of information on plants in the Lamiaceae family noted for their essential oils and bioactives and pharmacological properties The chapters investigate a wide variety of species providing for each an introduction characteristics properties distribution traditional uses and current and potential pharmacological applications Aiming to be a resource for the development of new drugs based on species within the Lamiaceae family the volume discusses 26 species including bungleweed *Ajuga* Malabar catmint *Anisomeles malabarica* beechwood *Gmelina arborea* Brazilian mint *Hyptis crenata* rosemary *Rosmarinus officinalis* L holy basil *Ocimum tenuiflorum* and many more Edited by the noted botanist T Pullaiah PhD this new volume under his AAP Focus on Medicinal Plants book series will be a

valuable reference for those in drug discovery botany and fragrance chemistry

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