5th International Conference on

Medicinal Practices: Herbal, Holistic & Traditional

November 26-27, 2018   Bali, Indonesia

Medhya rasayana- A critical review from Ayurveda

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According to Ayurveda , Health is a well being of physical as well as Mental condition, it also describes preventive measures of physical as well as Mental disorders. Ayurveda is the science which has described Mind- Memory- Soul- Indriya is dependent on each other. Inputs received by Panch Dnynanendriyas are stored in the form of Memory and Recall at proper time. When Atma, Mann, Indriya, vishaya, they established a kind of co-ordinations and rise to knowledge about that subjects or the subject. As per Modern science, Memory is our ability to encode, store, retain, and recall information from our past experiences. Drugs, diet and regimens, which promote longevity by delaying aging and preventing diseases, are called Rasayana. Rasayana therapy is not a simple drug therapy but is a specialized therapeutic procedure implicating the fundamental concept of. It may leading to Comprehensive clinical effects designated as Vaya Sthapana, Ayushkara, Medhakara, Balakara and Jara Vyadhi Nashana effects. Medhya Rasayana promotes medha. This review suggests that Medha is a ability which co-ordinates sense organs, mind, intellect and motor organs. Medhya Rasayana therefore strengthens the functions of all these factors.

Biography

Meenal Deepak Lad has comleted her Ph.D. from Pune University in 2005, she has published more than 30 research papers in peer reviewed international journals. She is currently working as Professor and HOD of Dravyaguna Vigyan at PDEA's College of Ayurved, Pune, India. She is working in the field of academics as well as practitioner in Ayurveda since 28 years. She is post graduate and PhD guide in the field of Ayurved. She is practising pure Ayurveda since 1990 to till date.

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