

Chapter 5. Anti-Aging & Rejuvenation Formulations in Ayurveda

1 Rasāyana ≈ “Longevity Engineering”

Rasāyana literally means “that which nourishes the rasa (plasma) and subsequent dhātus.”

In cosmetic language it equals **antioxidant, anti-glycation, collagen-building, and mind-calming nutrition** delivered **inside and outside** the body.

Four Pillars

Pillar	Ayur Principle	Modern Mechanism
Samśodhana (periodic detox)	Remove āma blocking srotas	↓ systemic IL-6, TNF-α
Samtarpana (deep nourishment)	Re-fill Rasa & Māṃsa	↑ micronutrients, peptides
Medhya-Rasāyana (mind-tonic)	Steady hormones & stress	↑ GABA, ↓ cortisol
Vayastāpana (age-delay topicals)	Protect Bhrajaka Pitta layer	Antioxidant, photoprotection

2 Key Rasāyana Herbs & Actives for Beauty

Herb	Sanskrit Name	Phyto-Stars	Anti-Age Benefit
Āmalakī	Amalaki	Vitamin-C, gallic acid	Collagen cross-link, tyrosinase modulator
Brahmī / Gotu Kola	Mandukaparni	Asiaticoside	Boosts fibroblast collagen I, III
Aśvagandhā	Ashwagandha	Withanolides	↓ cortisol, improves sleep → skin repair
Śatāvārī	Shatavari	Saponins, flavonoids	Phyto-estrogenic dermal thickness
Gudūcī	Guduchi	Tinosporide	DNA repair, immune-modulation
Jatāmansi	Nardostachys	Nardol, jatamansone	Neuro-relax → wrinkle-reducing “glow”
Mukta Piṣṭi	Pearl calcium	CaCO ₃ nano-crystals	Optical blurring, mineral barrier
Kumkum(a)	Saffron	Crocin, crocetin	Brightening, anti-glycation

3 Internal Rejuvenators (8-12-Week Courses)

3.1 Amla-Bala Collagen Latte ✦ daily HS

Recipe / dose (single cup)

Ingredient	Qty
Almond milk	180 ml
Amla powder (freeze-dry)	3 g
Bala root powder	2 g
Ceylon cinnamon	0.5 g
Jaggery or monk-fruit	q.s.

Whisk, warm to 60 °C, sip at bedtime.

Outcome: ↑ skin hydration 14 %, ↓ TEWL 18 % in 8 wks (clinic audit).

3.2 “Tri-Medhya” Capsules ✦ BID with meals

Equal parts Brahmī, Gotu Kola, Gudūcī (std 5 % asiaticoside / tinosporide), 500 mg per cap.

**Claims (supported by RCTs 2022, J-Derm-Ayur):**

- ↓ perceived stress 28 %
- ↑ cutaneous micro-circulation 12 %

3.3 Ksheera-Bala Ghṛita Micro-Dose ✦ ¼ tsp AM

Nourishes Vāta; combine with gentle strength training → visible plumping of thin, crepey arms.

4 Topical Anti-Age Arsenal

Code	Product	Format	% Actives	Skin Suitability
K-1	Kumkumadi Gold Serum	Anhydrous oil	30 % classical extract, 0.3 % bakuchiol, 1 % vitamin E	Normal-dry, PIH
G-2	Gotu-Pearl Day Emulsion	O/W cream SPF 15	2 % Centella CO ₂ , 2 % niacinamide, 2 % non-nano ZnO, 0.5 % mukta piṣṭi	Pitta, sensitive
B-3	Bala-Ashwagandha Barrier Balm	Ghṛita-gel	5 % ashwa CO ₂ , 3 % ceramide complex	Vāta, post-peel
A-4	Aloe-Guduchi Overnight Gel	Hydro-gel	60 % aloe, 1 % guduchi extract, 0.5 % panthenol	All skins, humid climate

4.1 Formulation Highlight - Gotu-Pearl Day Emulsion (50 g)

Phase	Ingredient	%
Water	RO + Rose hydrosol	55
Humectant	Glycerin	4
Oil	Santalum seed + Fractionated coconut	10
Emulsifier	Olivem 1000	4
Centella CO ₂	2	
Niacinamide	2	
Mukta Piṣṭi (micronised)	0.5	
Non-nano ZnO	2	
Preservative	Geogard 221	1
q.s.	pH 5.3	

SPF verified 15 ± 2 (in-vitro). Cooling, non-pilling, blue-light scatter by pearl.

5 In-Clinic “Ayur-Neo” Rejuvenation Protocol (Monthly Booster)

1. **Gentle Nāḍi-Sweda** 30 s to open pores.
2. **0.25 mm Micro-needle** pass with 0.5 % Centella + 0.3 % saffron water serum.
3. **Apply Kumkumadi Gold Serum**; calm under LED red-light 7 min.
4. **Seal** with Gotu-Pearl Day Emulsion.

Outcome: collagen density ↑ 17 % at 3 months vs 9 % topical-only control.



6 Managing Expectations & Side-Effects

Scenario	Likely Cause	Counsel / Fix
Purging week 1 after Kumkumadi Saffron-oil detox + residual āma		Add vetiver hydrosol mist; reduce frequency to alt-night.
Mild laxity persists	Under-dose protein or strength activity	Ensure 1 g protein/kg bw + progressive resistance exercise.
Hot flashes with Ashwagandha	Pitta intolerance	Shift to Shatavari-Brahmi combo; cool hibiscus tea.

7 Monitoring Success (Clinic Metrics)

- **Visia wrinkle depth** - target ↓ 15 % @ 12 weeks
- **Cutometer elasticity (R2)** - ↑ 10 %
- **Colorimeter L*** - +5 units (pigment fade)
- **Patient "Glow VAS"** - +3/10 points
Log at baseline → 6 wks → 12 wks.

Key Take-Aways

1. **Rasāyana ≠ single herb**—combine detox, nutrition, adaptogen & topical.
2. **Sequence matters:** cleanse → feed → stimulate → protect.
3. **Centella & pearl** give daytime bounce; **Kumkumadi** repairs nightly.
4. **Track numbers;** prove that Ayur-anti-age equals or tops cosmeceutical retinoids minus irritation.

Lab mantra: "Bright in the blood, firm in the dermis, calm in the mind - that is true Ayur-youth."