



Research Article

Charakaukta Vaya Sthapana Mahakashaya: A Traditional Ayurvedic Formulation as a Targeted Nutricosmetic for Skin Rejuvenation and Anti-aging

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Abstract

This review explores the potential of *Charakaukta Vaya Sthapan Mahakashaya*, a traditional Ayurvedic formulation, as a targeted nutricosmetic for skin rejuvenation and anti aging. The review synthesizes information from classical Ayurvedic texts and modern research to evaluate the formulation's composition, pharmacological properties, mechanisms of action, and potential benefits for skin health. The analysis suggests that *Vaya Sthapan Mahakashaya*, rich in antioxidants and bioactive compounds, may offer a holistic approach to mitigating skin aging by addressing oxidative stress, chronic low grade inflammation, impaired tissue nourishment, and collagen degradation. Individual constituent herbs such as *Amrita* (*Tinospora cordifolia*), *Dhatri* (*Emblca officinalis*), *Abhaya* (*Terminalia chebula*), *Mandukparni* (*Centella asiatica*), and *Punarnava* (*Boerhavia diffusa*) exhibit immunomodulatory, anti inflammatory, wound healing, and hydrating effects that are relevant to nutricosmetic use. Additionally, their *Rasayana* properties align with the Ayurvedic concept of *Vaya Sthapana* (stabilization of aging) through *Tridosha* balance and *Dhatu* nourishment. Further research, including well designed preclinical studies and clinical trials, is warranted to validate these findings, define optimal dosage and formulations, and establish the safety and efficacy of *Vaya Sthapan Mahakashaya* as a standardized nutricosmetic intervention.

Keywords

Vaya Sthapan Mahakashaya, *Ayurveda*, Nutricosmetics, Skin Rejuvenation, Anti-aging, *Rasayana*

1. Introduction

Aging is a complex biological process characterized by the gradual accumulation of cellular and molecular damage, leading to functional decline and increased susceptibility to age-related diseases. The skin, being the body's outermost layer, is particularly vulnerable to the effects of aging, manifesting as wrinkles, loss of elasticity, dryness, and pigmentation changes. While chronological aging is inevitable, premature aging can be accelerated by various extrinsic factors, including UV radiation, pollution, poor diet, and stress.

Concept of Aging in Ayurveda

Ayurveda, views aging (*Jara*) as a natural and inevitable process influenced by various factors. This process involves a decline in tissue strength (*Dhatu Kshaya*), [1] reduced immunity (*Oja Kshaya*) [2], and the dominance of *Vata dosha* [3]. Understanding these Ayurvedic principles is crucial for developing targeted interventions to promote healthy aging and skin rejuvenation. In recent years, there has been growing interest in nutricosmetics – dietary supplements that support skin

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health and beauty from within. Ayurveda, the ancient Indian system of medicine, offers a rich tradition of herbal formulations with potential nutricosmetic benefits. Among these, the *Charakaukta Vaya Sthapan Mahakashaya* stands out as a potent anti-aging formulation. [4].

The *Vaya Sthapan Mahakashaya*, described in the *Charaka Samhita*, is a combination of herbs traditionally used to promote longevity, vitality and overall well-being. These herbs are believed to possess *Rasayana* properties, which involve rejuvenating and revitalizing the body's tissues. However, a comprehensive evaluation of the *Vaya Sthapan Mahakashaya's* potential as a targeted nutricosmetic for skin rejuvenation and aging prevention is lacking.

This review aims to bridge this gap by synthesizing information from classical Ayurvedic texts and modern research to:

- 1) Identify the key ingredients of the *Charakaukta Vaya Sthapan Mahakashaya*.
- 2) Explore the potential mechanisms of action of these ingredients in promoting skin health.
- 3) Evaluate the available evidence supporting the use of *Vaya Sthapan Mahakashaya* as a nutricosmetic for skin rejuvenation and aging prevention.

Concept of Rasayana and its relevance to anti-aging and skin rejuvenation.

रसायनं च तज्ज्ञेयं यज्ज्वराव्याधिनाशनम् । (शा.स.पूर्व खण्ड, 4/14)

Rasayana (rejuvenation therapy) is aimed at establishing longevity, intellect, and strength. It enhances bodily functions, removes diseases, and eradicates aging and ailments.

Drugs which possess *rasyana* properties have anti aging effect.

2. Material and Methods

This review employed a comprehensive literature search strategy to gather relevant information. The following resources were consulted:

- 1) Classical Ayurvedic texts: *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridayam*, and other relevant Ayurvedic compendia.
- 2) Electronic databases: PubMed, Scopus, Web of Science, Google Scholar.

The inclusion criteria were:

- 1) Studies or articles discussing the composition, properties, or uses of the *Vaya Sthapan Mahakashaya* or its individual ingredients.
- 2) Studies investigating the effects of these ingredients on skin health, aging, or related biological processes.
- 3) Articles providing information on the Ayurvedic principles underlying the use of the formulation.

Information extracted from the selected sources included:

- 1) List of ingredients in the *Vaya Sthapan Mahakashaya*.
- 2) Traditional uses and properties of each ingredient according to Ayurveda.
- 3) Modern scientific evidence supporting the potential mechanisms of action of these ingredients.
- 4) Studies evaluating the effects of these ingredients on skin health or aging.

3. Results

The *Charakaukta Vaya Sthapan Mahakashaya* typically includes the following key ingredients:

Table 1. Ten herbs under *vaya sthapan mahakashaya*.

S.no.	Plant name	Botanical name	Family	Pharmacological properties	Used part
1.	Amrita	<i>Tinospora cordifolia</i>	<i>Menispermaceae</i>	<i>Rasa-Tikta, Kashaya Guna-Guru, Snigdha Virya- Ushna Vipaka-Madhura</i>	Kaanda
2.	Abhaya	<i>Terminalia chebula</i>	<i>Combrataceae</i>	<i>Rasa-Pancharas (Kashaya Pradhan) Guna-Laghu, Ruksha Virya- Ushna Vipaka-Madhura Prabhava-Tridoshar</i>	Phala
3.	Dhatri	<i>Embolica officinalis</i>	<i>Euphorbiaceae</i>	<i>Rasa-Pancharas (Amla Pradhan) Guna-Guru, Ruksha Virya-Sheeta Vipaka- Madhura</i>	Phala
4.	Mukta	<i>Pluchea lanceolata</i>	<i>Asteraceae</i>	<i>Rasa-Tikta Guna- Guru Virya- Ushna Vipaka- Katu Prabhava-Vishaghna</i>	Patra
5.	Shweta	<i>Clitoria ternatea</i>	<i>Fabaceae</i>	<i>Rasa-Katu, Tikta Guna-Laghu, Ruksha Virya-Sheeta Vipaka-Katu</i>	Patra, Pushpa, Moola
6.	Jivanti	<i>Leptadenia reticulata</i>	<i>Asclepidaceae</i>	<i>Rasa- Madhura Guna-Laghu, Snigdha Virya- Sheetata Vipaka- Madhura</i>	Moola
7.	Atirasa	<i>Asparagus racemosus</i>	<i>Liliaceae</i>	<i>Rasa-Madhura, Tikta</i>	Kanda

S.no.	Plant name	Botanical name	Family	Pharmacological properties	Used part
				<i>Guna-Guru, Snigdha Virya- Sheeta</i> <i>Vipaka- Madhura</i>	
8.	<i>Man-dukparni</i>	<i>Centella asiatica</i>	<i>Umbelliferae</i>	<i>Rasa-Tikta, Kashaya Guna- Laghu Virya- Sheeta</i> <i>Vipaka- Madhura Prabhava-Medhya</i>	<i>Panchanga</i>
9.	<i>Sthira</i>	<i>Desmodium gangeticum</i>	<i>Fabaceae</i>	<i>Rasa-Madhura, Tikta</i> <i>Guna- Laghu Virya- Ushna</i> <i>Vipaka- Madhura</i>	<i>Panchanga</i>
10.	<i>Punarnava</i>	<i>Boerhavia diffusa</i>	<i>Nyctaginaceae</i>	<i>Rasa-Madhura, Tikta</i> <i>Guna-Laghu, Ruksha</i> <i>Virya-Ushna</i> <i>Vipaka- Madhura</i>	<i>Moola, Bheej, Panchanga</i>

Therapeutic indication as vata sthaphana

Amrita-“रसो...आयुःप्रदान्यामयनाशनानि बलाग्नि...वर्ण-स्वरवर्धनानि ।..रसायनानि ॥”च. चि. 1/3-31) [5].

Amrita is a rejuvenating drug that possesses immuno-modulatory (i.e. *rasayana*) property which helps to promote longevity, enhance strength and complexion.

1) *Abhaya*- “हरीतकी..... च रेचनी कोष्ठामयघ्नी ।..रसायनी.... त्वगामयघ्नी ॥”(रा. नि) [6].

Haritaki is beneficial for cleansing the intestines which helps in detoxification of body.

It is a rejuvenating herb that helps to cure skin diseases.

2) *Dhatri*- “आमलकी वयास्थापना ॥”च.सू.२५/40) [7].

Dhatri helps to restore or stabilize aging. (i.e *vayasthapana*) Promotes collagen synthesis, wound healing, and reduces inflammation. [8].

3) *Mukta*- “रसना वताहरा ॥ ”(च.सू.२५/40) [7].

Rasna is a promising drug which helps to pacify *vata dosha* which is mainly responsible for *akalaja jara* (i.e. early aging signs)

4) *Shweta* – “गिरिकर्णी कुष्ठरुजापहा ॥” (ध.नि.) [9].

Girikarni, *Hima* and *Tikta* are beneficial in pacifying pitta dosha.

It is effective in curing skin diseases.

5) *Jivanti*- “जीवन्ती शीतला स्वादुः स्निग्धा दोषत्रयापहा । रसायनी बलकरी (सु. उ० १७-५०) [10].

Jivanti also possesses Immunomodulatory property, adaptive effect and supports tissue repair.

6) *Atirasa*- “वातकफहरे तिक्ते महाश्रेष्ठे रसायने ॥” (रा.नि.) [6].

Satavari supports hormonal balance and promotes skin hydration. [11].

7) *Mandukparni*- “कषाया मधुरा स्वादुपाकायुष्या रसायनी

॥ स्वर्या स्मृतिप्रदा कुष्ठ ॥” (भा.प्र.) [12].

Enhances cognitive function and reduces stress, which can indirectly benefit skin health. [13].

8) *Sthira*- “शालपर्णी.....दोषत्रयहरी बृंहण्युक्ता रसायनी तिक्ता विषहरी स्वादुः (भा.प्र.) [13].

Anti-inflammatory effects Reducing inflammation, which is a key contributor to skin aging and various skin conditions.

9) *Punarnava*- “पुनर्नवा तिक्ता रसायनी ।” (रा.नि.) [14, 15].

Diuretic and rejuvenative, support kidney function and detoxification.



Figure 1. *Tinospora cordifolia*.



Figure 2. *Terminalia chebula*.



Figure 3. *Embelica officinalis*.



Figure 4. *Pluchea lanceolata*.



Figure 5. *Clitoria ternatea*.



Figure 6. *Leptadenia reticulata*.



Figure 7. *Asparagus racemosus*.



Figure 8. *Desmodium gangeticum*.



Figure 9. *Centella asiatica*.



Figure 10. *Boerhavia diffusa*.

Modern research suggests that these ingredients may exert their beneficial effects on skin health through various mechanisms, including:

- 1) Antioxidant activity: Protecting against free radical damage caused by UV radiation, pollution, and other environmental stressors.
- 2) Anti-inflammatory effects: Reducing inflammation, which is a key contributor to skin aging and various skin conditions.
- 3) Collagen synthesis: Stimulating the production of collagen, which is essential for skin elasticity and firmness.
- 4) Wound healing: Promoting tissue repair and regeneration.
- 5) Hydration: Improving skin hydration and reducing dryness.
- 6) Immunomodulation: Strengthening the skin's natural defenses against infection and inflammation.

4. Discussion

The *Charakaukta Vaya Sthapan Mahakashaya* represents a holistic Ayurvedic formulation designed to promote *Vaya Sthapana*—the stabilization or reversal of the aging process. Its multidimensional therapeutic potential lies in addressing the fundamental biological and *doshic* mechanisms that contribute to cutaneous and systemic aging. The rich antioxidant profile of constituent herbs such as *Amrita* (*Tinospora cordifolia*), *Dhatri* (*Emblica officinalis*), and *Abhaya* (*Terminalia chebula*) plays a crucial role in combating oxidative stress, one of the primary factors accelerating cellular aging. These antioxidants scavenge free radicals, prevent lipid peroxidation, and protect structural proteins such as collagen and elastin from degradation.

In addition to antioxidant support, several herbs in the formulation exhibit potent anti-inflammatory and immunomodulatory properties that assist in maintaining dermal homeostasis. *Amrita* and *Jivanti*, for instance, modulate immune function and enhance tissue regeneration, while *Punarnava* aids in detoxification and fluid balance. Furthermore, *Mandukaparni* (*Centella asiatica*) promotes fibroblast proliferation and collagen synthesis, resulting in improved skin texture, firmness, and elasticity. *Shatavari* (*Asparagus racemosus*) contributes to hormonal equilibrium, thereby supporting cutaneous hydration and delaying hormonal aging in women.

From an Ayurvedic standpoint, *Vaya Sthapan Mahakashaya* works on multiple levels—by balancing the *Tridosha* (Vata, Pitta, and Kapha), nourishing the *Dhatus* (tissues), and rejuvenating *Ojas*, the essence of vitality and immunity. Because premature aging is primarily linked to *Vata vitiation* and *Dhatu Kshaya* (tissue degeneration), the *Rasayana* (rejuvenative) action of this formulation is particularly effective in stabilizing *Vata* while supporting tissue regeneration and nutritional assimilation. This integrative balancing of physiological and psychological elements aligns with the Ayurvedic concept of *swasthya* (dynamic equilibrium of body, mind, and spirit).

Despite promising traditional insights, the scientific validation of *Vaya Sthapan Mahakashaya* as a nutricosmetic formulation remains limited. There is a need to investigate the synergistic interactions among its components through pharmacodynamic studies, in vitro models, and clinical trials. Such studies should measure specific parameters like dermal hydration, transepidermal water loss (TEWL), collagen density, wrinkle depth, and pigmentation, thereby providing quantitative evidence for its nutricosmetic efficacy. Comparative analyses with standard antioxidant agents could further elucidate its relative potency and mechanism of action.

5. Limitations

This review is limited by the availability of scientific evidence specifically evaluating the *Vaya Sthapan Mahakashaya* as a nutricosmetic. Most of the evidence is based on studies of individual ingredients or related formulations. Further research is needed to confirm the synergistic effects of the formulation as a whole.

6. Conclusion

The *Charakaukta Vaya Sthapan Mahakashaya*, a traditional Ayurvedic formulation, holds promise as a targeted nutricosmetic for skin rejuvenation and aging prevention. Its rich antioxidant content, anti-inflammatory properties, and potential to support collagen synthesis and hydration make it a compelling candidate for further research. Clinical trials are needed to validate its efficacy and safety and to fully elucidate its mechanisms of action. Future research should also focus on optimizing the formulation and delivery methods to maximize its nutricosmetic benefits.

Abbreviations

UV Ultraviolet

Conflicts of Interest

The authors declare no conflicts of interest.

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