

# AYUSCRIPT

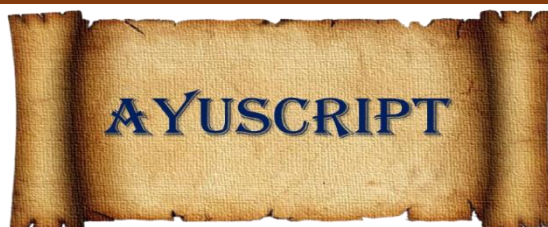
International Journal for Empirical Research in Ayurveda

[www.ayuscript.com](http://www.ayuscript.com)

Volume - 5, Issue - 1  
January-March: 2026

यन्कल्पेन शरीरं समकल्पयन् ॥१॥ विश्वकर्मोणमाहूय पुरीक्षाटकानि  
 र्तेना ॥ तत्र खोडशसहस्रस्त्रीणां चैव वराधिकम् ॥११॥ भवभानिसनो ज्ञानि  
 यो मध्ये चकल्पयन् ॥ परिज्ञानतर्कवैवनासोभोगाय कल्पयन् ॥१२॥ या  
 यानो गृह्णास्तत्र यद्दुपेचाशतकोटयः ॥ अन्यपि बहुवैलोक्यावसंनिधिगत  
 राः ॥१३॥ यन्निर्विद्युत्सुक्तैश्च सुन्दरैश्च दृश्यते ॥ सवाङ्मिन्प्रसूनास्यो पु  
 त्रयुयस्य विद्युते ॥१४॥ यथापि नीरमासाद्य तन्मनस्कतया च सः ॥ सना जि  
 स्तपस्तेपस्वयं मुदिष्टप बुद्धिमाका ॥१५॥ धनं निरसने म्पस्वयं स्वदुक्ता व  
 नः ॥ प्रसन्नो भयवाच्यनोजितपुरस्थितः ॥१६॥ सना जिनापि तुष्टावदृष्टा देवैर्द  
 ाकरय ॥ निजोराशनमस्तुक्तं नमस्तु सर्वतो मुखः ॥१७॥ विश्वव्यापिन्नमस्तुक्त  
 मस्तु निस्तरुपिणः ॥ कल्पयेय नमस्तुक्तं हरिद्वयनमस्तुक्तं ॥१८॥ गृह्णाज्जन्म  
 तस्तु नमस्तु चंद्रो जियो ॥ वेदत्रयनमस्तुक्तं सर्वदेयनमस्तुक्तं ॥१९॥ प्रसीद  
 त्स्तिष्ठे वा सुदृष्टीमां दिवा करे ॥ २०॥ यस्मै कथमानो लोदेवदेवो दिवा करे ॥२  
 १॥ यथाभीरुभयं परं सच जितभया ॥ २२॥ अरं विचयत्रा विचयत्रा विचयत्रा वि





## International Journal for Empirical Research in Ayurveda

### Medhya Rasayana in Today's Stressful Era: An Ayurvedic Review with Special Reference to Paediatric Mental Health.

Kuwarey S.<sup>1</sup>, Gawai V.<sup>2</sup>, Kundanani N.<sup>3</sup>

1. Post Graduate Scholar, Department of Kaumarbhrutya, Government Ayurved College and Hospital, Nanded, Maharashtra, India.
2. HOD and Professor, Department of Kaumarbhrutya, Government Ayurved College and Hospital, Nanded, Maharashtra, India.
3. HOD and Professor, Department of Kaumarbhrutya, Dr. Prafulla Patil Ayurved, College and Research Centre, Parbhani, Maharashtra, India.

#### ABSTRACT:

The global rise in psychological stress has significantly affected cognitive and emotional health across all age groups, particularly among children. The increasing prevalence of anxiety, behavioral disturbances, learning disabilities, and attention disorders highlights the need for safe, preventive, and holistic approaches to mental health care. Ayurveda offers a unique concept known as *Medhya Rasayana*, which refers to intellect-promoting rejuvenative therapies that enhance cognitive functions and support mental stability. Among the classical Ayurvedic texts, *Kashyapa Samhita* gives special importance to Kashyapokt Medhya Rasayana, a group of herbal preparations designed to nourish the brain and nervous system and promote healthy mental development in children. The principal *Medhya Dravyas* described include Mandukaparni (*Centella asiatica*), Yashtimadhu (*Glycyrrhiza glabra*), Guduchi (*Tinospora cordifolia*), and Shankhapushpi (*Convolvulus pluricaulis*). These herbs are traditionally believed to enhance *Dhi* (intellect), *Dhriti* (retention), and *Smriti* (memory) while strengthening *Majja Dhatu* and promoting *Ojas*, the vital essence responsible for immunity and vitality. The Rasayana principles underlying these therapies emphasize longevity, clarity of mind, and the balancing of *Vata* and *Pitta Doshas*, which are considered key factors in mental well-being. This review study was conducted by analyzing classical Ayurvedic texts such as *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya*, and *Kashyapa Samhita*, along with relevant modern scientific literature sourced from PubMed, Google Scholar, and cross-referenced articles. Findings from both traditional descriptions and contemporary research indicate that these Medhya herbs possess adaptogenic, neuroprotective, and anxiolytic properties that may help improve cognitive performance and enhance resilience to stress.

**Key words:** Medhya Rasayana, Enhancing Intellect (*medha*), Memory, Mental Clarity, Stress, Mental Health, Kaumarbhrutya, Cognitive Enhancement, *Mandukaparni* (*Centella asiatica*), *Yashtimadhu* (*Glycyrrhiza glabra*), *Guduchi* (*Tinospora cordifolia*), *Shankhapushpi* (*Convolvulus pluricaulis*), *Jadyata*, Cognitive Deficit

#### CORRESPONDING AUTHOR:

**Dr. Sonu Kuwarey**

Post Graduate Scholar, Department of Kaumarbhrutya,  
Government Ayurved College and Hospital, Nanded, Maharashtra, India

Email: [sonu.kuwarey@gmail.com](mailto:sonu.kuwarey@gmail.com), Mobile no. 9689700738

#### How to cite this Article:

Kuwarey S., Gawai V., Kundanani N. Medhya Rasayana in Today's Stressful Era: An Ayurvedic Review with Special Reference to Paediatric Mental Health. AYUSCRIPT 2026;5(1):61-68 DOI: <http://doi.org/10.55552/AYUSCRIPT.2026.5111>

**Introduction:**

Stress has become an inevitable component of modern life. Academic competition, digital overexposure, sedentary habits, nuclear family structures, and psychosocial instability have significantly affected mental health, particularly among children. The World Health Organization reports increasing trends of anxiety disorders, attention deficit, and behavioral disturbances in paediatric populations.

The prevalence of mental health issues in children is significant worldwide, and recent data highlights both the scale and the challenges in addressing it:

Global (WHO, 2025 report): Over 1 billion people worldwide live with a mental disorder, and children make up a substantial portion of this figure. Mental disorders are among the leading causes of disability globally.<sup>[1]</sup>

United States (CDC, 2022–2023): About 9.8% of children aged 3–17 years were diagnosed with anxiety. A round 4.5% had depression. Approximately 9.8% had ADHD. Nearly 1 in 5 children (20%) experience some form of mental, emotional, or behavioral disorder, though many do not receive adequate treatment.<sup>[1]</sup>

Social determinants (family stress, poverty, school pressures) play a major role in prevalence. Ayurveda conceptualizes mental health through the equilibrium of Manas, Indriya, Atma, and Sharira <sup>[2]</sup>. Disturbance of mental faculties due to excessive Chinta (worry), Shoka (grief), Bhaya (fear), and Krodha (anger) results in Manas Roga <sup>[3]</sup>.

In this context, Medhya Rasayana emerges as a unique therapeutic category aimed at enhancing intellect, memory, and psychological resilience.

**Concept of Medhya Rasayana in Classical Texts**

The term Medhya refers to substances that enhance Medha (intellect and retention capacity). In Charaka Samhita Chikitsa Sthana chapter 1 section 3 Karaprachitiya Rasayana pada in, specifically in verses 30-

31 four principal Medhya Rasayana are described:

“Mandukaparni, Yashtimadhu, Guduchi and Shankhapushpi are Medhya Rasayana” <sup>[3]</sup>.

These drugs improve:

- Dhi (acquisition power)
- Dhriti (retention and control)
- Smriti (memory recall)

Ayurveda explains that mental faculties depend upon:

- Sattva Guna
- Proper functioning of Prana Vayu
- Balanced Sadhaka Pitta
- Nourished Tarpaka Kapha

The enhancement of these factors promotes clarity of mind and emotional stability.

Ayurvedic Understanding of Stress Pathogenesis

Ayurveda correlates stress with disturbance in Rajas and Tamas gunas. According to Charaka Samhita Sutra Sthana 1:

“Rajas and Tamas are responsible for mental disorders” <sup>[4]</sup>.

Excessive psychological strain disturbs:

- *Prana Vayu* → anxiety, restlessness
- *Sadhaka Pitta* → irritability, anger
- *Tarpaka Kapha* → poor memory, dullness

This leads to *Dhi-Dhriti-Smriti Vibhramsha* (impairment of cognitive functions).

Medhyarasayanas mentioned by Acharya Charak - *Mandukaparni, Yashtimadhu, Guduchi, Shankhpushpi* improves memory, concentration, grasping capacity.<sup>[5]</sup>

Primary *Medhya Rasayana* Drugs

**1. Mandukaparni (Centella asiatica)**

- Enhances memory, improves neuronal regeneration, Acts as anxiolytic, Promotes Sattva Guna.<sup>[10]</sup>

Researches on Medhya Dravyas Mandukaparni (*Centella asiatica* Linn.) <sup>[11,12,13]</sup>

1. Major constituents of it are saponins, medacaside, asiaticoside, medacassoside and asiatic acid, a new triterpenic acid.

2. They act on behaviour besides being neuro-protectives and brain growth promoters. Dendritic arborization is supposed to be the neuronal basis for improved learning and memory.

3. Anti-seizure activity may result from direct or indirect modulation of ATPase activity. *Centella asiatica* Linn. inhibits the memory impairment induced by scopolamine through the inhibition of AChE.

4. Methanol extract of *Centella asiatica* Linn. showed highest free radical scavenging activity that can be attributed to the presence of polyphenols and flavonoids as this fraction contains maximum amount of these secondary metabolites (0.07 mg/ml). These two namely poly phenols and flavonoids are responsible for potent anti-oxidant activity and terminate free radicals.

5. *Centella asiatica* Linn. extract selectively decreases amyloid beta levels in hippocampus of Alzheimer's disease animal model.

6. *Centella asiatica* Linn. accelerates nerve regeneration upon oral administration and contains multiple active fractions increasing neurite elongation in-vitro.

### 2. *Yashtimadhu* (*Glycyrrhiza glabra*)

• Neuroprotective, Anti-inflammatory, Enhances voice and intellect.<sup>[14]</sup>

Researches on *Medhya Dravyas Yashtimadhu* (*Glycyrrhiza glabra* Linn.)

1. The roots and rhizomes of *G. glabra* have been studied with respect to spatial learning and passive avoidance, preliminary free radical scavenging, cerebral ischemia and antioxidant capacity towards LDL oxidation.

2. *Glycyrrhiza glabra* Linn. aqueous extract markedly improves anti-hypoxic effects induced by sodium nitrite in rats and this effect may be mediated by its antioxidant properties.

3. The roots and rhizomes of *Glycyrrhiza glabra* Linn. is an efficient brain tonic; it

increases the circulation into the CNS system and balances the sugar levels in the blood.

4. Liquorice has significant action on memory enhancing activity in dementia. It significantly improved learning and memory on scopolamine induced dementia.

### 3. *Guduchi* (*Tinospora cordifolia*)

• Immunomodulator, Adaptogenic, Improves stress tolerance

Researches on *Medhya Dravyas Guduchi* (*Tinospora cordifolia* (Willd) Miers.)

1. Its root is known for its anti-stress, anti-leprotic and anti-malarial activities.

2. Chemical constituents' classes are alkaloids, diterpenoid lactones, glycosides, steroids, sesqui-terpenoids, phenolics, aliphatic compounds and polysaccharides.

3. Neuro-protective and ameliorative properties are due to their antioxidant and trace element contents.

4. *Tinospora cordifolia* (Willd) Miers. is known to be a rich source of trace elements (Zinc and Copper) which act as antioxidants and protects cells from the damaging effects of oxygen radicals generated during immune activation.

5. It increases the blood profile and has led scavenging activity.

6. *Tinospora cordifolia* (Willd) Miers. has been claimed to possess learning and memory enhancing and antioxidant activities

7. *Tinospora cordifolia* (Willd) Miers. enhanced the cognition in normal and cognition deficit animals in behavioural test Hebb William maze and the passive avoidance task. Mechanism of cognitive enhancement is by immune-stimulation and increasing the synthesis of acetylcholine, this supplementation of choline enhances the cognition.

8. Myriad actions of *Guduchi* may be attributed to its antioxidant and immunomodulatory properties.

### 4. *Shankhapushpi* (*Convolvulus pluricaulis*)

• Anti-anxiety, Cognitive enhancer, Improves sleep quality.

Researches on Medhya Dravyas Shankhapushpi (*Convolvulus pleuricaulis* Chois.)

1. Important chemical principles are microphyllic acid, shankhapushpin, kaempferol-kaempferol-3 glucoside, 3, 4 dihydroxycinnamic acid and sitosterols. Neuro-protective and intellect promoting activity is implicated to the free radical scavenging and antioxidant properties.
2. BR-16A (Mentat) a poly-herbal combination containing Shankhapushpi significantly reversed the social isolation stress-induced prolongation of onset and decrease in pento-barbitone-induced sleep, increased total motor activity and stress-induced anti-nociception in experimental model.
3. Ayushman-8 (containing *Shankhapushpi*, *Brahmi* and *Vacha*) reported to be effective on *Manasa-mandata* (mental retardation).

4. *Shankhapushpi* compound containing *Shankhapushpi*, *Sarpagandha*, and *Gokshura* in equal quantities are studied to be effective in *Chittodvega* (anxiety disorders)

5. *Shankhapushpi* is effective in relieving signs and symptoms of *Chittodvega* (anxiety disorders)

6. Herbalists believe that *Shankhapushpi* calms the nerves by regulating the body's production of the stress hormones, adrenaline and cortisol

7. Few investigations report that *Shankhapushpi* has potent depressive action in mice.

8. *Convolvulus pleuricaulis* Chois. whole plant extract, shows the highest inhibitory activity against *Helicobacter muridarum*.

9. *Convolvulus pleuricaulis* Chois. aqueous extract possesses neuro-protective potential, thus validating its use in alleviating toxic effects of scopolamine.

**Table. 1. Medhya Rasayana Dravya**

Drug Name	<i>Mandukaparni</i>	<i>Yastimadhu</i>	<i>Guduchi</i>	<i>Shankhapushpi</i>
Botanical Name	<i>Centella asiatica</i>	<i>Glycyrrhiza glabra</i>	<i>Tinospora cordifolia</i>	<i>Convolvulus pleuricaulis</i>
Rasa	Tikta, Kashaya, Madhura	Madhura	Tikta, Katu, Kashaya	Tikta, Kashaya
Guna	Laghu, Sara	Guru, Singdha	Guru, Snigdha	Snigdha, Pichhila
Virya	Sheeta	Sheeta	Ushna	Sheeta
Vipaka	Madhura	Madhura	Madhura	Madhura
Karma	VPK Shamak	VP Shamak	VPK Shamak	VPK Shamak

Visual Reference of Major Medhya Herbs  
Modern Scientific Correlation  
Recent pharmacological studies demonstrate:

- Adaptogenic action: Reduction of cortisol levels
- Antioxidant properties: Prevention of neuronal oxidative damage
- Neurotransmitter modulation: GABA and serotonin balancing
- Neuroplasticity enhancement

*Centella asiatica* has shown improvement in working memory and attention.

*Guduchi* exhibits anti-stress activity via hypothalamic-pituitary-adrenal axis modulation. *Yastimadhu* possesses glycyrrhizin compounds with neuroprotective effects. *Shankhapushpi* demonstrates anxiolytic activity comparable to mild tranquilizers.

Medhya Rasayana in Paediatric Mental Health (Kaumarbhrutya Perspective)  
Childhood represents a critical phase for brain development. Ayurveda emphasizes mental nourishment from foetal stage.

**Garbhini Paricharya**

Maternal diet and mental state directly influence foetal cognition.

In *Ashtanga Hridaya*, **Sharira Sthana, Chapter 1 (Garbhaavakranti Sharira)**, Vagbhata explains how the mother's **diet, lifestyle, and mental state directly influence the foetus's development, including cognition and temperament.**<sup>[6]</sup>

The specific verse is:

“Yadannam yadrasam chaiva  
yadbhāvam ya cha sevate  
Tadgarbho'nuvrajatyāśu yathā strī  
pumānapi”

**Translation:**

Whatever food (*anna*), taste (*rasa*), and mental state (*bhāva*) the mother indulges in during pregnancy, the foetus quickly adopts those qualities — whether male or female.

**Kashyapa's View**

Kashyapa Samhita describes Balya and Medhya preparations for enhancing intellect in children.<sup>[7]</sup>

**Clinical Indications in Children**

- Learning difficulties
- Attention deficit
- Hyperactivity
- Speech delay
- Exam anxiety
- Emotional instability

**Suvarnaprashana**

According to Kashyap<sup>[6,a]</sup> and In Sushrut Samhita Acharya Sushrut explain four formulations of Suvarna which enhances intellectual power and overall growth of baby. These are

- Kustha, Vacha, Brahmi, honey and Ghrita
- Paste of Bhrami and Shankhapushpi
- Arkapushpa, Vacha with Ghrita and honey.

• Kaidarya and Shwet Durva with Ghrita Promotes immunity and intellect<sup>[7]</sup>.

**Rajat bhasma**-Ras Vagbhata in his book *Ras ratnasamucchya* mentioned the properties of Rajat Bhasma as Medhya, Balya, vata har, Rasayan, Sarva rog har.<sup>[8]</sup> Medhya Rasayana strengthens:

- Majja Dhatu
- Ojas

- Emotional resilience

**Formulations and Clinical Usage**

Common preparations:

1. *Brahmi Ghrita*
2. *Saraswata Churna*
3. *Medhya Ghrita*
4. *Guduchi Satva*
5. Ayushman- 8 :- A combination formulation

containing **Shankhpushpi** (*Conv olvulus*

*pluricaulis*), **Brahmi** (*Bacopa monnieri*), and **Vacha** (*Acorus calamus*), is documented in Ayurvedic literature to be effective in managing **Manasa-mandata** (intellectual disability/mental retardation)

**Paediatric Dosage Considerations**

- Age-appropriate dosage
- Use of *Ghrita* base for better brain penetration
- Long-term administration under supervision

**Time of administration**

Early morning before food, is the ideal time for the administration of *Medhya Rasayana*. In Yoga Ratnakar, 'Prabhata' is the word used for the time of administration of four Medhya formulations.<sup>[16]</sup>

**Therapies Used**

**Shirodhara** Tridoshas, Trigunas and Manovahastrotas are consequently effective in improving memory with other Cognitive processes. Shirodhara had shown efficacy in all areas like working memory, processing memory, visualization, and visual motor skills.<sup>[17]</sup>

**Nasya** The drug given through the nose as Nasya enters the brain and removes only the morbid Doshas responsible for creating the disease. An article on the effectiveness of Brimhana Nasya in psychosomatic disorders showed that Nasya is a drug delivery port to the brain and intranasal delivery of medicine bypasses the blood brain barrier to target the central nervous system, which reduces drug systemic exposure thus reducing side effects. Stress and the brain are closely related to each

other, separating stress from the root can prevent psychosomatic disorders and provide nourishment to the brain.<sup>[18]</sup>

**Basti** According to the aetiology of Jadyata, Vata is mainly responsible for such mental ailments and as per Acharya Charak, there is no medicine other than Basti to subside the Kupita Vata.<sup>[19]</sup>

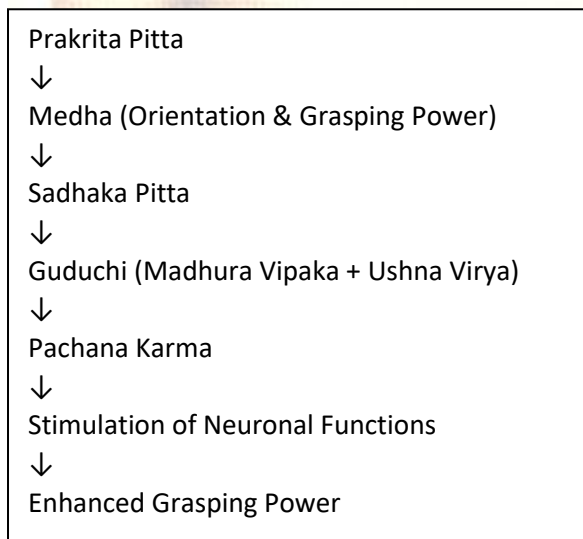
Preventive Role in Today's Stressful Era  
Medhya Rasayana serves:

- ✓ Preventive cognitive tonic
- ✓ Adjunct in anxiety and ADHD
- ✓ Neurodevelopmental support
- ✓ Psycho-neuro-immunological modulator.<sup>[20]</sup>

Integration with:

- Achara Rasayana
- Yoga

### Role of Virya and Vipaka in Medha and Dhruti <sup>[15]</sup>

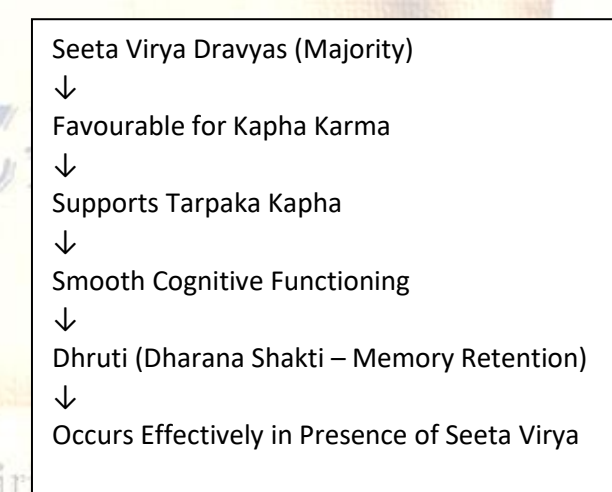


- Pranayama
- Sattvic diet

### Discussion:

The classical description of Medhya Rasayana aligns with modern concepts of neuroprotection and stress resilience. Ayurveda views mental health as a multidimensional construct involving doshic balance, guna equilibrium, and *dhatu* nourishment.

Medhya drugs are mainly Madhura and *Sheeta Dravyas*, but there are many Medhya drugs which do not possess these qualities. It is observed that main Medhya *Rasayanas* (*Mandukaparni*, *Yasthimadhu*, *Guduchi* and *Shankhapushpi*) are *Madhura Vipaki Dravyas*.



Unlike symptomatic psychiatric interventions, *Medhya Rasayana* addresses:

- Root cause correction
- Long-term neuronal nourishment
- Immune and endocrine stability

Particularly in children, early *Rasayana* intervention may prevent progression of cognitive and behavioral disorders.

### Conclusion:

*Medhya Rasayana* is highly relevant in today's psychologically demanding era. Classical Ayurvedic texts provide a detailed framework for enhancing intellect and emotional stability through herbal rejuvenatives. Modern research substantiates their neuroprotective and

adaptogenic potential. With special reference to paediatric mental health, *Medhya Rasayana* offers a safe, preventive, and integrative approach for cognitive enhancement and stress management.

Further clinical trials are recommended to validate standardized paediatric protocols.

## Conflict of Interest

None declared.

## References:

- World mental health today: latest data 2 September 2025| Publication Acharya YT, Charaka Samhita of Agnivesha, 5th Ed, Varanasi, Choukhambha Prakashana, 2007, Charaka Samhita, Sutra Sthana 1/42. PP: 385.
- Charaka Samhita, Nidana Sthana 7.
- Charaka Samhita, Chikitsa Sthana 1/3.
- Charaka Samhita, Sutra Sthana 1/57.
- Agnivesha. Charak Samhita, Edited by Pt.Kashinath Shastri and Gorakhnath Chaturvedi. Revised edition Chaukhambhasubhartiprakshan, Varanasi. Chikitsasthan. Page-39 shlok-30-31
- Kashyap, Kashyap Samhita, Edited by Shri SatyapalaBhisagacharya, Reprint edition, Chaukhambha Sanskrit Sansthan, Varanasi, sutra sthan, chapter-18 Lehaadhyaya page-86 a.Kashyap, Kashyap Samhita, Edited by Shri SatyapalaBhisagacharya, Reprint edition, Chaukhambha Sanskrit Sansthan, Varanasi, Sutra sthan, chapter-18 Lehaadhyaya, page-6
- Chaukhambha Orientalia: Varanasi; 2005. Dalhana commentator. Sushruta Samhita, Sharira Sthana, Garbhiniyakarana Adhyaya, 10/68-70, reprint ed; p. 395.
- Ras vagbhatt. Ras ratnasamucchya, MeharchandLacchh mandas Publications, New Delhi, India:1998. Shlok 5/28-29
- Ghanekar BG (2013) 10th Chapter, Sushruta Samhita, Sharira Sthana with elaborated Ayrvedrahasya deepikakhya, garbhini vyakaranm shariram adhyaya 13 14: 313.
- [IJRAR22D1928.pdf](#) Review on: Medhya Rasayana Drugs in Ayurveda Patil Vishal S\*, Bhujbal Nikhil Suresh, Oswal Rajesh J Genba Sopanrao Moze college of Pharmacy, Wagholi, Pune 412207.
- Neuro-protective evaluation of standardized extract of Centella asiatica in monosodium glutamate treated rats. Ramanathan M, Sivakumar S, Anand vijaya kumar PR, Saravana babu C, Pandian PR Indian J Exp Biol. 2007 May; 45(5):425-31.
- Centella asiatica (L.) leaf extract treatment during the growth spurt period enhances hippocampal CA3 neuronal dendritic arborization in rats. Mohandas Rao KG, Muddanna Rao S, Gurumadhva Rao S Evid Based Complement Alternat Med. 2006 Sep; 3(3):349-57.
- The antiepileptic effect of Centella asiatica on the activities of Na/K, Mg and Ca-ATPases in rat brain during pentylenetetrazol-induced epilepsy. G V, K SP, V L, Rajendra W Indian J Pharmacol. 2010 Apr; 42(2):82-6.
- [https://www.researchgate.net/profile/Paramkusha-Madupu/publication/303913893\\_A\\_Study\\_on\\_Ayurveda\\_Herbal\\_Drugs'\\_Memory\\_Boosting\\_Activity\\_Medhya\\_a\\_Karma\\_in\\_School\\_Going\\_Children\\_WSR\\_to\\_Kshirena\\_Yastimadhukasya\\_Churnam/links/575d578408aed88462161109/A-Study-on-Ayurveda-Herbal-Drugs-Memory-Boosting-Activity-Medhya-Karma-in-School-Going-Children-WSR-to-Kshirena-Yastimadhukasya-Churnam.pdf](https://www.researchgate.net/profile/Paramkusha-Madupu/publication/303913893_A_Study_on_Ayurveda_Herbal_Drugs'_Memory_Boosting_Activity_Medhya_a_Karma_in_School_Going_Children_WSR_to_Kshirena_Yastimadhukasya_Churnam/links/575d578408aed88462161109/A-Study-on-Ayurveda-Herbal-Drugs-Memory-Boosting-Activity-Medhya-Karma-in-School-Going-Children-WSR-to-Kshirena-Yastimadhukasya-Churnam.pdf)
- file:///C:/Users/Pihu/Downloads/ija pradmin,+Journal+manager,+461639 2%20(1).pdf CRITICAL REVIEW OF MEDHYA RASAYANA DRUGS MENTIONED IN AYURVEDA – TRADITIONAL INDIAN MEDICINE B. Mahadev<sup>1\*</sup>, G. Siva Ram<sup>2</sup>, V. Subhose<sup>3</sup>, T. Maheswar<sup>3</sup>, G. Babu<sup>4</sup>
- Indradeva Tripathi & Dr. Daya Shankar Tripathi, Yoga Ratnakara, 1st Ed, Krishnadas Academy, 1998, PP:890.
- Effects of certain adavyabhutachikitsa in restoring cognition in children. Deepmala Yadav<sup>\*1</sup>, Banshidhar Behera<sup>2</sup>, Abhimanyu Kumar<sup>3</sup> 1, 2 Research Fellow, National institute of Ayurveda,

- Jaipur-302002 3 Professor and Head, Dept. Of BalRoga, National Institute of Ayurveda, Jaipur-302002]
18. Tiwari swati, Singh Shipra, Gupta Sanjay. Role of Brimhananasya in psychosomatic disorders. IJGP. 2018;12(2):301-305.
19. Agnivesha: Charak Samhita, Edited by Pt.Kashinath Shastri and Gorakhnath Chaturvedi. Revised edition
- Chaukhambhasubhartiprakashan, Varanasi. Siddhi Sthan. Page-871shlok-1/39
20. [https://www.journalijar.com/uploads/2021/06/60e829621c631\\_IJAR-36433.pdf](https://www.journalijar.com/uploads/2021/06/60e829621c631_IJAR-36433.pdf) MANAGEMENT OF COGNITIVE DEFICIT THROUGH AYURVEDA Shah Nandini 1, Deepshikha2 and Garg G.P 3

**Authors Contribution:** All authors have contributed equally.

**Financial Support and Sponsorship:** None declared

**Conflict of Interest:** There are no conflicts of interest.

**Declaration of Generative AI and AI Assisted Technologies in the writing process:** The author has not used generative AI/AI assisted technologies in the writing process.

International Journal for Empirical Research in Ayurveda

©2026 AYUSCRIPT (International Journal for Empirical Research in Ayurveda) An Official Publication of ARCA- AYURVEDA RESEARCH & CAREER ACADEMY

**Website:** <https://ayuscript.com/>

**Email:** [ayuscriptjournal@gmail.com](mailto:ayuscriptjournal@gmail.com)

**IIFS Impact Factor: 2.125**