

Review article

A critical drug review of ingredients of *Sarasvatha choorna*: used as a remedy for dementia

T. D. N. Karunaratne^{1*}, Kahapola Sugataratana², H. A. S. Ariyawansa¹, H. A. de Silva³

¹Institute of Indigenous Medicine, University of Colombo, Sri Lanka.

²Faculty of Humanities, University of Kelaniya, Sri Lanka.

³Faculty of Medicine, University of Kelaniya, Sri Lanka.

Key words: *Manasa roga*, Dementia, *Smruthibramsha*, *Sarasvatha choorna*.

***Corresponding Author:** T. D. N. Karunaratne, Institute of Indigenous Medicine, University of Colombo, Sri Lanka.

Abstract

According to the present data, there is a high (3.1%) prevalence of Mental Disease among elders of Sri Lanka. Prevalence of Dementia (*Smruthibramsha in Ayurveda*) is 3% of elders in between the age of 60 to 80 years. This will be a big issue for Health policy planning and Health management in future. Objective of this study is carried out critical drug review of ingredients of *Sarasvatha choorna* which has been using mental Disease in Ayurveda. This is a literal review article gathering information from specially relevant chapters of *unmada* (Insanity), *apasmara* (Epilepsy) in *vridhdathrai*, *laguthrai*, *bhavaprakasha*, materia medica books and literature survey of Dementia in journals and web sources. Among many preparations as a treatment of *manasa roga* mentioned in the authentic Ayurvedic Sanskrit texts, *Sarasvtha choorna* has been frequently used as a treatment and management of *Unmada* (Insanity) which has mentioned in *Bhavaprakasha*. It is indicated person who are mentally retarded and who have low levels of intellect. If, this preparation is regularly consumed, decisive mind, intellect, comprehension and improved memory gradually. Many research have been shown that the Ingredients of *Saarasvtha choorna* have antioxidant, anti stress, anti Demential, brain-tonic, nervine stimulant and tonic, enhance the learning and memory abilities, anti diabetic, anticancer and immunomodulatory, analgesic, antimicrobial, anthelmintics, analgesics and anti-inflammatory, spasmolytic, bronchodilator, gastro protective, hepatoprotective, nephro-protective, prevention of neurodegeneration in Alzheimer's disease, intellect promoting, behavior modifying, anticonvulsant, acetyl cholinesterase inhibitory & memory enhancing properties. It can be concluded that the *Sarasvatha choorna* can be used for many mental diseases, mental conditions and in the Management of Dementia.