

A critical Drug review of ingredients of *Sarasvatha Choorna*: Used as a Remedy for *Maanasa roga* (Mental Disease)

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According to the present data, there is a high 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. This is a literal review article gathering information from specially relevant chapters of unmada (Insanity), apasmara (Epilepsy) in vriddathrai, laguthrai, bhavaprakasha, materia medica books and literature survey of Dementia in journals and web sources.

Among many preparations mentioned in the authentic Ayurvedic Sanskrit texts as a treatment of manasa roga, Saraavtha choorna has been frequently used in the 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, AchE inhibition, anti stress, memory-enhancing, anti demential, brain-tonic, nervine stimulant and tonic, enhance the learning and memory abilities of the rats, anti diabetic, anticancer and immunomodulatory, analgesic, antimicrobial, anthelmintics, analgesics and anti-inflammatory, spasmolytic, bronchodilator, gastro protective, hepatoprotective, nephroprotective, prevention of neurodegeneration in Alzheimer's disease can be encourage, 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, conditions and Management of Dementia.

Keywords: Maanasa roga, Dementia, Smruthibramsha, Sarasvatha choorna.