Aims
and
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In Indian medicines, for centuries together various plants and their extracts have been used by practitioners of Indian medicine to control and combat various diseases and to increase the vigour and vitality of individuals.

Since ancient times the physicians of Indian medicines have used indigenous plants and their extracts for well being of individuals suffering from various diseases associated with aging, we thought it will not be inappropriate to make an attempt to plan and study the effect of some of these indigenous product on the aging process of the individual following scientific methodologies in view of paucity of literature's on the use of indigenous drugs in relation to aging process. It has been claimed by the practitioners of Indian medicine that use of Ashwagandha, Satavari, extracts of Kulukhera and seeds of Alkushi increase longevity and potency even in old individuals. Ginseng steam leaf and rhizoma saponins have been used extensively for the well being of an individual in aged persons (Son et al 1989). But these conclusions have not been examined by scientific analysis of these indigenous plant extracts. Well being observed in a few patients by the use of these extracts have been taken into account for drawing such conclusions. Datas were not properly collected nor any scientific analysis have been made.
It was planned to study the effect of *Asparagus racemosus* and *Mucuna pruriens* extracts on thyroid and gonadal status of aged individuals since it is well known that with the advancement of age metabolic activity of the body is reduced and like menopause in women there occurs andropause in men when sexual activity in male reach a descending pattern. In order to study the hormonal status serum T$_3$, T$_4$ and TSH levels along with the concentration of serum FSH, LH and testosterone have been estimated following administration of *Asparagus racemosus* and *Mucuna pruriens*.

It was also thought pertinent to estimate the lipid profile in view of the fact that arteriolar changes associated with alteration of lipid metabolism and incidence of coronary problems and hypertension at old age. The purpose of the study was to examine whether *Asparagus racemosus* and *Mucuna pruriens* could change the lipid profile towards normal and thus prevent the incidence of cardio vascular diseases.