



Effect Of Herbal drugs On Height

Assistant Professor(Author1), Associate Professor(Author2)

Dr.Jyoti Sanouriya (Deptt. of R.S.B.K) S.S.M.D Ayurvedic college Moga, Dr.Pritpal Singh (Deptt.Of Panchkarma) S.S.M.D Ayurvedic college Moga.

Abstract

Height is multifaceted biological trait influenced by genetic, environmental nutritional and socio-economic factors. It plays significant role in human health outcomes and social dynamics. This article explores the some magic remedies which help to enhance the height of any person besides of the timing. Additionally, it examines the psychological and societal implications of height, including its association with self esteem, employment, the social perception. Current research the article highlights both the biological underpinnings and cultural interpretations of height.

As according to modern science height growth normally stops by the end of puberty cycle in kids by their late early 20s. But we have evidence based result found increase height after 20 years by herbo-mineral composition.

Introduction-

Height plays a significant role in our overall appearance and confidence. If you're looking to gain a few extra inches naturally, Ayurvedic medicine under magical remedies to support height increase. In this article, we will explore the concept of height growth in Ayurveda, Delve into the Ayurvedic herbs and practices believed to promote height, and provide essential tips for achieving the best results. While genetics plays dominant role in determining how tall a person grows, many individuals seek ways to optimize their natural height potential –especially during the growing years. In recent years, interest in height enhancement has expanded beyond adolescence, with adults exploring various methods ranging from posture improvement and stretching exercise to medical intervention and nutritional strategies. This article delves into science of height growth, separates mythes from facts, and provides practical tips and excersises to enhance the height of the individuale.

Understanding Height Growth in Ayurveda

Ayurveda, the ancient Indian system of medicine, views height as a result of a balanced and healthy body constitution. According to Ayurvedic principles, an individual's height is influenced by their genetic makeup and lifestyle choices. While one's genetic predisposition plays a significant role in determining height, Ayurveda suggests that specific herbs and practices can enhance growth during the formative years.

Ayurvedic Herbs for Height Increase

Several Ayurvedic herbs are believed to support the natural growth process and may aid in height increase. Here are some of the commonly used herbs:

1. Ashwagandha (*Withania somnifera*)

Ashwagandha is a well-known Ayurvedic herb that is cherished for its adaptogenic properties. It is believed to nourish the bones and muscles, promoting healthy growth and development. Regular consumption of Ashwagandha may help support the body's growth potential.

2. Shatavari (*Asparagus racemosus*)

Shatavari is a versatile herb in Ayurveda, revered for its rejuvenating properties. It is thought to contribute to bone health and support overall growth. Incorporating Shatavari into one's diet may aid in achieving a balanced growth rate.

3. Guduchi (*Tinospora cordifolia*)

Guduchi, also known as Giloy, is a potent herb that is traditionally used to enhance the body's natural defenses. Its potential to nourish the body and improve vitality might contribute to overall growth and development.

4. Bala (*Sida cordifolia*)

Bala, which translates to "strength" in Sanskrit, is believed to promote physical strength and enhance muscle and bone development. Including Bala in one's daily routine may be beneficial for individuals seeking to improve their height.

5. **Chandrashoor (*lepidium sativum*)** It is also known as garden cress is an herb with various medicinal and culinary uses .It is a nutritional power house , rich in vitamins and minerals ,and is used in ayurveda to balance vata and kaph doshas. It is also known as anti imflammatory and anaalgescic properties .it is used to treat conditions like gout ,diarreha ,skin diseases eye disorder and hiccups .it is also belived to be beneficial for bone health inculding osteoprosis and for reproductive health in both males and females

Ayurvedic Practices for Height Increase

In addition to herbal remedies, Ayurveda emphasizes certain practices to support height increase:

1. Balanced Diet

A well-balanced diet that includes nutrient-rich foods is essential for overall growth. Consume a variety of fruits, vegetables, whole grains, dairy products, and proteins to provide your body with the necessary nutrients for healthy development.

2. Regular Exercise

Engage in regular physical activities, particularly those that promote stretching and lengthening of the body. Yoga, swimming, and hanging exercises are believed to be particularly beneficial for height increase.

3. Adequate Sleep

Quality sleep is crucial for growth and development. Ensure you get enough restful sleep each night to allow your body to repair and rejuvenate.

4. Stress Management

Chronic stress can negatively impact growth and development. Practice stress-relieving techniques like meditation, deep breathing, or spending time in nature to support overall well-being.

Modern scientific view on height

From a scientific perspective, human height is primarily determined by genetics—up to 80 percent of a person's final height is inherited from their parents. However, environmental factors such as nutrition, physical activities, sleep, and overall health during childhood and adolescence also play a significant role.

Modern science recognizes that most height growth occurs during the growth spurts of childhood and puberty, driven by the release of growth hormone, thyroid hormones and sex hormones like estrogen and testosterone. Once the growth plates in long bones (epiphyseal plates) close after puberty, usually between age 11 to 16 for girls and 17 to 20 for boys, natural height increase is no longer possible.

However, science also explores ways to maximize height potential during the growth years and improve posture and appearance in adults. Recent advances include growth hormones therapy for special medical conditions, limb lengthening surgery for extreme cases, and non-invasive techniques like posture correction, spinal decompression, and targeted exercise.

But in Ayurveda we can enhance height naturally by using some herbs and mineral composition.

Practical approach of the medicine toward the patients:

Gender	Age	Height measurement before medication	Height measurement after one month of medication
Male	21yrs	5'9''(175cm)	5'9.5''(176.53cm)
Female	22yrs	4'9''(144cm)	4'11''(149cm)
Female	21yrs	4'9''(144cm)	4'11''(149cm)
Male	23yrs	5'5''(165cm)	5'5.5''(166cm)
Female	22 yrs	4'9''(144cm)	4'11''(149cm)

Discussion—We have found that there are magical drug remedies found in Ayurveda, this composition also one of them. Ashwagandha with Chandrasura churn and Goghrith help to enhance the height of patient physiologically by acting on epiphyseal plate in bone. Some of drug in between them help to detoxify the body. We had recommend Tadaasna, rope skipping and cycling. We have evidence based case which having miraculous result in height.

Conclusion—This article conclude that any person height can also increase after 20 year of age with this magical medicine. We have evidence based result. There is only one reference found in our books i.e. Sharangdhara Samhita.

Clinical cases

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