

GERIATRIC DISEASE MANAGEMENT –CONTRIBUTION OF AYURVEDA WITH EVIDENCE BASED***Dr. Anjini M., Dr. Ramnihor Tapsi Jaiswal, Dr. Manohar Ram**¹P.G Scholar, Department of Samhita Evum Siddhant, Government Ayurvedic P.G College and Hospital Varanasi.³Reader Department of Samhita Evum Siddhant, Government Ayurvedic P.G College and Hospital Varanasi.²H.O.D and Reader Department of Samhita Evum Siddhant, Government Ayurvedic P.G College and Hospital Varanasi.***Corresponding Author: Dr. Anjini M.**

P.G Scholar, Department of Samhita Evum Siddhant, Government Ayurvedic P.G College and Hospital Varanasi.

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ABSTRACT

Geriatric is a science that focus on health care of elderly people. Ageing is a progressive breakdown of homeostatic adaptive response of the body, It is not a disease, however the risk of developing disease is increased in old age. In order to combat this, Geriatric care has become a boon and it aims to promote health by treating and preventing diseases and disabilities. In recent times conventional system of medicine does not support people's trust, So Evidence based medicine has been implemented after standard approach, Hence to satisfy the demand of evidence based medicines, Researches with various drugs are being carried out worldwide. As we follow basic ideologies and treatment modalities for geriatric diseases such as Rasayana Chikitsa, Panchakarma lifestyle modifications, evidence based medicine alongside helps to delay ageing and controls diseases related to geriatrics.

KEYWORDS: Geriatric, Rasayana, Panchakarma, Yoga.**INTRODUCTION**

Ageing is a physiological progressive irreversible phenomenon which affects Somatic, Psychological and Social functions of body. The biological changes associated with ageing are governed by both hereditary and environmental factors but vary from person to person and from organ system to organ system. There are different pattern of functional loss with ageing; eg reproductive functions in female and high frequency auditory loss, another pattern is seen in skeletal muscles and kidneys, where even with the loss of some units, the remaining units can carry the function. The biggest challenge with geriatric diseases is that, in most of the cases, the condition cannot be attributed to a single cause ;In such cases, conventional system of medicine fails to produce an effective management, To overcome this issue evidence based medicines were introduced. Evidence based researches are emerging as a major medical speciality world over as it not only supports Ayurveda but also provides an adaptable medical management to retard the diseases of old and provides healthy ageing.

Aims of Geriatric Care

- Maintenance of health in old age by high levels of engagement and avoidance of disease.
- Early detection and appropriate treatment of disease.

- Maintenance of maximum independence consistent with irreversible disease and disability.
- Sympathetic care and support during terminal illness.

Concept of Ageing in Ayurveda

According to **Charaka**, After 60 years there is progressive diminution of saptadhatu, strength of sense organs, vigor, masculinity, power of understanding, retaining and memorizing, speech and analyzing facts.

Susrutha quotes after 70 years of age the old suffer from above conditions. Acharya Susrutha has mentioned Jara (ageing) under Svabhava Bala Pravrtta Vyadhi which is of two types; Kalaja (appearing at proper time even after proper protection) and Akalaja (appearing before proper time due to improper care and prevention)

There is description of additional features such as aged persons suffers from Kasa(cough),Svasa(dyspnea), Valita (wrinkles), Khalitya (alopecia), Agnisada,Slatha Sara Mamsa Sandhyasthita (looseness of muscles, joints and bones), Tvak Paurusya, Avanama(body bents forward) Vepathu(tremors) etc.

So Vriddhavastha or Jirnavastha is the last phase of life and is represented by the decay or degeneration of body.

Svabhavoparamavada (Theory of natural destruction)

The process of deterioration occurs naturally. Thus Svabhava can be considered as a responsible factor in the causation of Jara (ageing) which is deteriorating invisible and nature's unique process.

Sharangadhara and Ashtanga Sangraha, describes the sequential biological decline occurring during different decades of life, due to process of ageing.

Bio Loses At Various Decades of Life Loss

SHARANGADHARA	ASHTANGA SANGRAHA
Balyam (Childhood)	Balyam (Childhood)
Vridhhi (Growth)	Vridhhi (Growth)
Chavi (Complexion)	Prabha (Lusture)
Medha (Intellect)	Medha (Intellect)
Tvak (Skin)	Tvak (Skin)
Dristi (Vision)	Sukra (Virility)
Sukra (Virility)	Dristi (Vision)
Vikram (Strength)	Srotendriya (Hearing)
Buddhi (Intellect)	Mana (Spirituality)
Karmendriya (Functions of all indriyas)	Sarvendriya (All the indriyas)

Ayurveda is essentially the science of life and longevity. It presents a sound concept of ageing, incorporates Jara/Rasayana tantra as one of its Ashtanga specialities, which is exclusively devoted to nutrition, immunology and geriatrics, it can be said that geriatrics was first mentioned in ayurveda.

Rasayana is a branch of medicine which deals with the prevention of premature ageing management of diseases related to oldage.

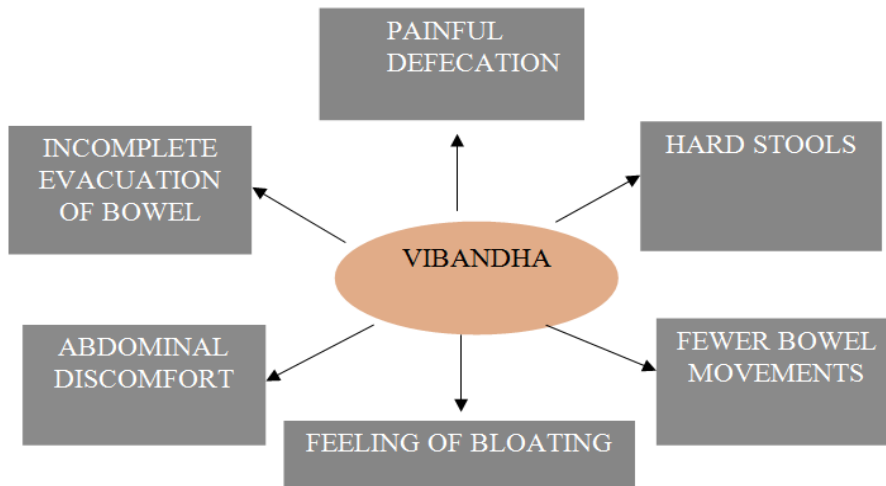
Risk Factors of Geriatrics

- Prone for psychological disorders.
- Prone for injuries.
- Prone for variety of infections.
- Prone for neuro-degenerative disorders.
- Needs special assistance for care and during cure of ailments.
- Increased risk of disability.
- Increased risk for death.

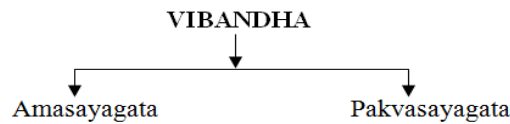
Common Geriatric Problems

HORMONAL	Diabetes, Menopause, Thyroid dysfunction, Higher blood cholesterol, Slower overall metabolism.
NEUROLOGICAL	Diabetes, Parkinson's disease, Alzheimer's disease, Stroke, Poor vision, Hearing impairment, Balance problem.
MUSCULOSKELETAL	Osteoarthritis, Osteoporosis, Gout, Loss of muscle mass, Fracture.
VISUAL	Macular degeneration, Glaucoma, Cataracts, Diabetes, Hypertension related eye disease.
CARDIOVASCULAR	Heart attacks, Congestive heart failure, Irregular heart rhythm, High blood pressure, Atherosclerosis, Peripheral vascular disease.
PULMONARY	COPD, Loss of lung volume.
NEPHROLOGICAL	Poor kidney function from long standing Diabetes and Hypertension.
GASTRO-INTESTINAL	Gastric ulcers, Diverticulitis, Colon inflammation, Swallowing difficulty, Constipation, Bowel incontinence, Haemorrhoids.
URINARY	Urinary incontinence, Urinary urgency, Difficulty in urinating.
PSYCHIATRIC	Depression, Anxiety, Sleep disturbance, Insomnia.
ORAL AND DENTAL	Gum disease, Dry mouth, Poorly fitting dentures, Falling of teeth.
SKIN AND HAIR	Hair loss, Dry skin, Itching.
CANCER	Prostate, Colon, Lung, Breast, Skin.
BONE MARROW AND IMMUNE SYSTEM	Anaemia, Myelodysplasia.
GENERAL PROBLEMS	Fatigue, General weakness, Forgetfulness, Diminished appetite, Weight loss, Medication side effect.

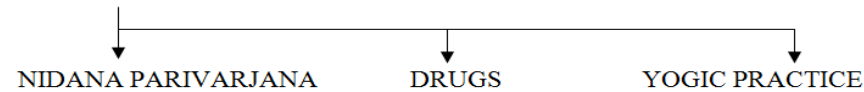
Few geriatric diseases with ayurvedic management
Vibandha (constipation)



TYPES :



TREATMENT :



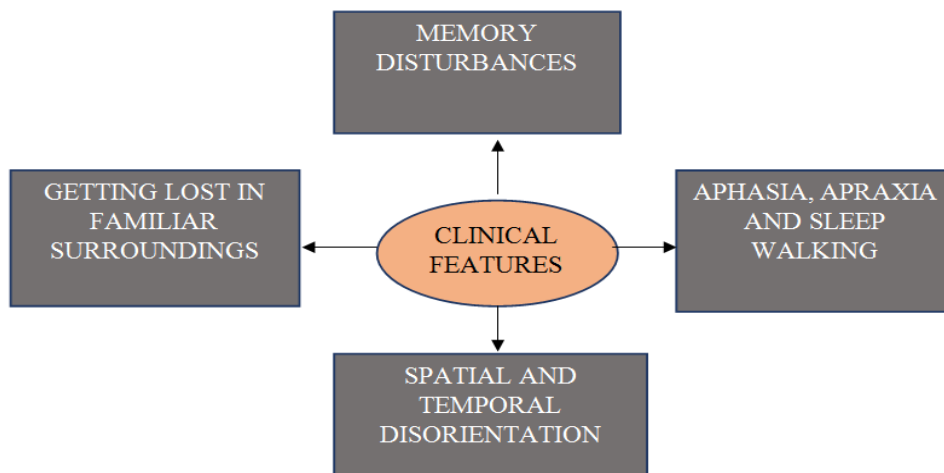
Avoid ;

Incompatible diet	Hinguvadi vati	Kurmasana
Irregular food habit	Pancalavana churna	Vakrasana
Low fibre diet	Vyosadi kwatha	Katichakrasana
Stress	Vacadi churna	Svasana
Inadequate fluid intake	Pancasakara churna	Vajrasana

Alzheimer's Disease

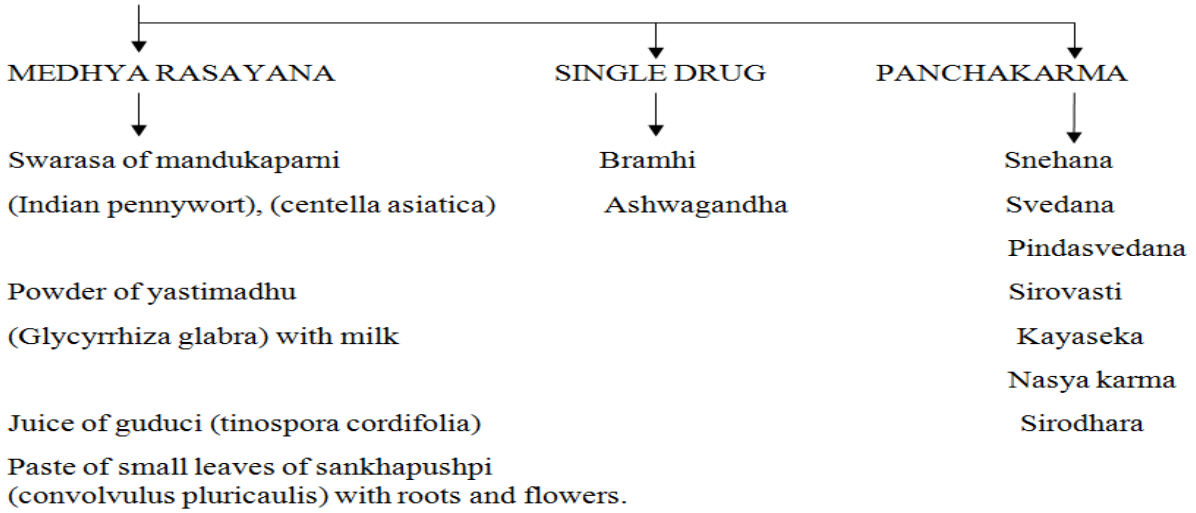
It is a neuro-degenerative disorder associated with progressively worsening of cognitive functions and

behavioural disturbances. It is the most common form of primary dementia and mortality in the geriatric age group.



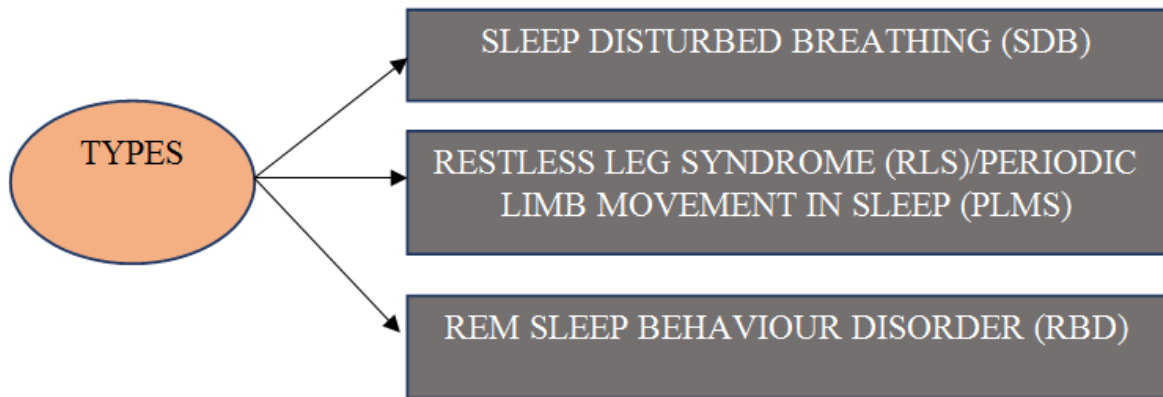
TREATMENT

ALZHEIMER'S DISEASE



Sleep Disturbances in Elderly

- ✓ Falling or staying asleep
- ✓ Too much of sleep
- ✓ Abnormal behaviour with sleep

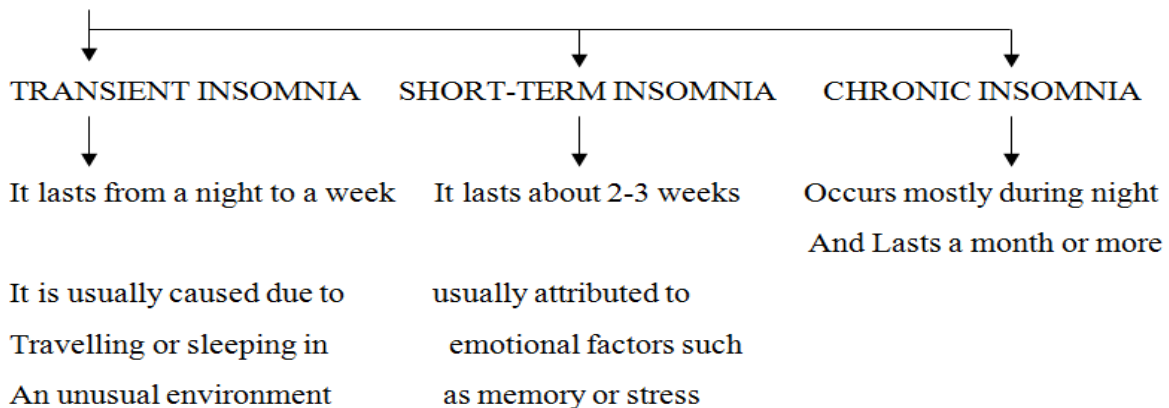


Insomnia

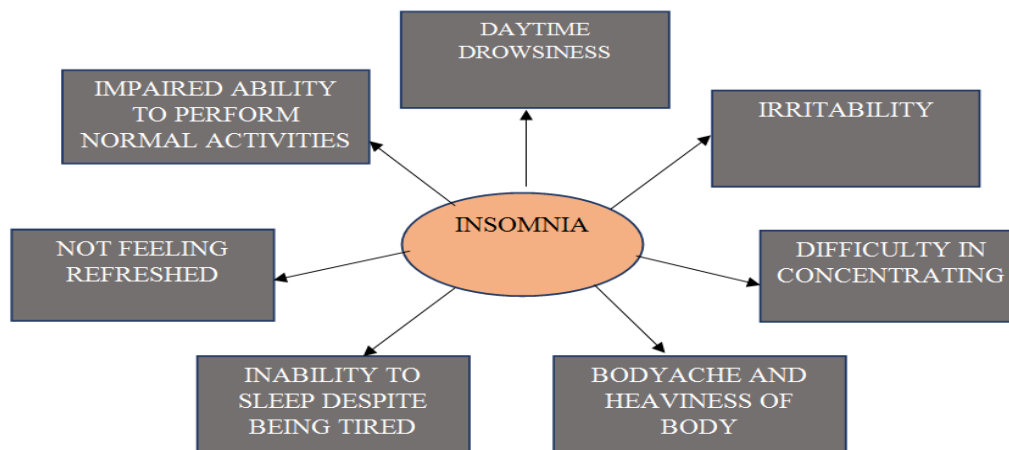
It is the perception of inadequate or poor quality of sleep because of difficulty in falling asleep difficulty in

maintaining sleep or waking too early in the morning. It comes under Vataja Nanatmaja Vikara and called as Anidra or Nidranasa.

TYPES



Clinical Features



TREATMENT

NIDANA PARIVARJANA	PANCHAKARMA	DRUGS (SINGLE DRUG)	YOGA
Avoid excess; Alcohol Caffeine Excessive computer Work. Watching gadgets. Smoking	1. Virechana with eranda tailam (10ml-20ml) with half glass of milk at night. 2. Abhyanga, Padabhyanga, Siroabhyanga with medicated oils. 3. Sirodhara with (milk/water/ Narayana tailam) 45-90 minutes for 21 days. 4. Picu with Chandanabala Tailam/ Himsagara Tailam. 5. Takradhara daily 45mins For 14 days.	Ashwagandha churna Jatamamsi churna Bramhi svarasa Mandukaparni (Churna /Svarasa) COMPOUND FORMULATIONS: Sarasvatharishta Bramhi vati Sarpagandha vati Ashvagandharista	Pranayama Yama Niyama Suryanamaskara Tadasana Matsyasana Makarasana Padmasana Bhujangasana

General Measures to Be Taken Care in Elderly

- ✓ Proper and balanced nutritional intake.
- ✓ Adequate fluid intake should be ensured.
- ✓ Maintaining proper sleep.
- ✓ Exercising regularly.
- ✓ Maintaining proper weight.
- ✓ Optimizing health of heart, lung and vascular system.
- ✓ Maintaining bone and muscle health.
- ✓ Improving the rate of good and bad cholesterols.

Ayurveda emphasis a major preventive approach for maintaining and improving the quality of life includes:

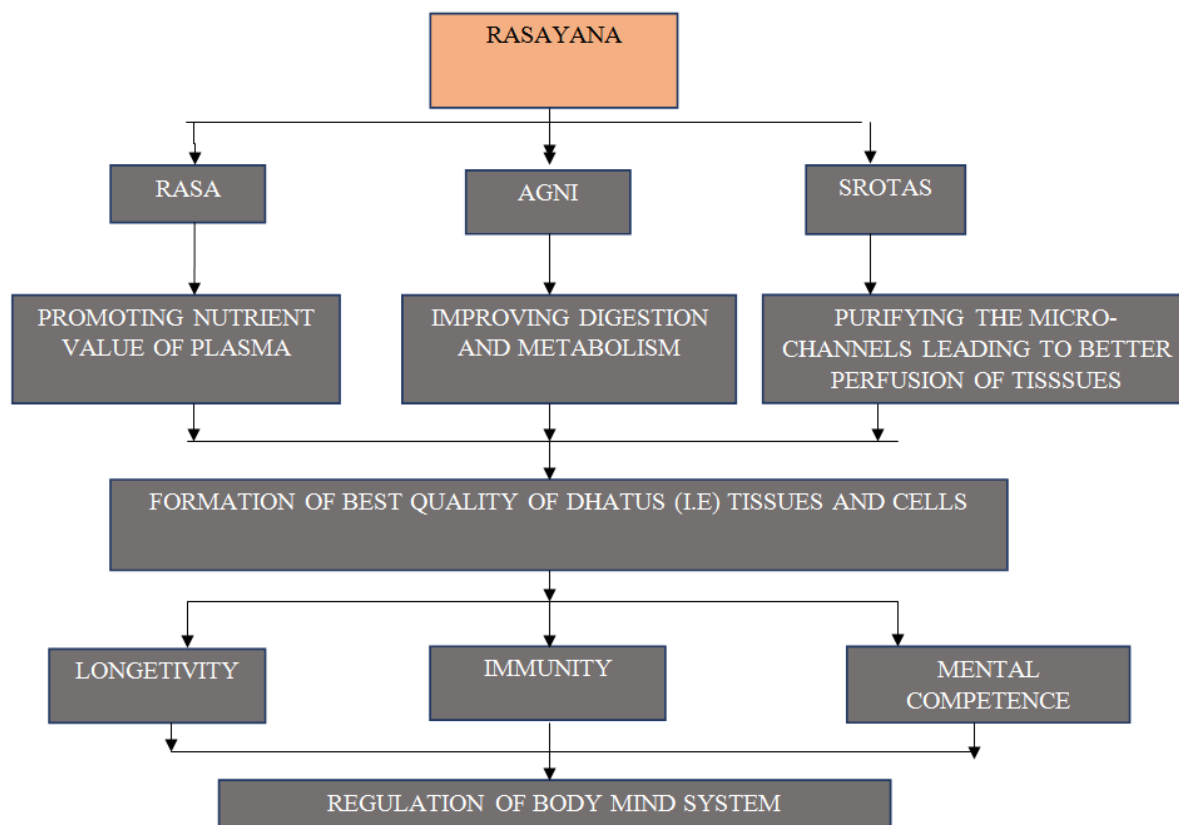
- ✓ Dinacarya
- ✓ Ritucarya
- ✓ Raticarya
- ✓ Hita ahara and vihara
- ✓ Matravat ahara
- ✓ Sadvrta-palana

- ✓ Achara rasayana
- ✓ Rasayana therapies
- ✓ Practice of yoga
- ✓ Panchakarma therapy

Contribution of Rasayana In Geriatric Diseases

Rasayana therapy includes three aspects

- ✓ Rejuvenative
- ✓ Health promoting measures
- ✓ Dietary regimens.



Rasayana According to Diseases

Naimittika Rasayana

PRAMEHA - Shilajatu, Haridra, Amalaki.

AMAVATA - Amrta –ballathaka, Sunti.

HRIDROGA - Arjuna, Salaparni.

MEDOROGA - Guggulu, Haritaki.

SVASA - Bhallataka.

KUSHTA - Tugaraka, Bakuchi.

PANDU - Lauha.

MANAROGA - Medhya rasayana.

NETRA-ROGA - Triphala.

JARAVASTHA - Amalaki.

Panchakarma

It is a cellular bio-purifactory method comprising of five main procedures:

- Facilitates better bio-availability of pharmacological therapies.
- Helps to bring about homeostasis of body humors.
- Cleansing of channels.
- Eliminates the vitiated dosas and malas from the body and checks the recurrence and progression of disease.

Methods Involved

- Vamana, Virechana are avoided in elderly patients.
- Snehana, Svedana, Pindasveda, Sirovasti, Sirodhara, Kayaseka, Nasyakarma, Yapanavasti, Sthanagata Vasti, Brimhana Vasti.

By practising Panchakarma, especially Pindasveda is known for its rehabilitative and nutrition promoting effects in many neuro-degenerative conditions and neuropathies.

Yoga Therapy in Old

Practising of yoga including some Asanas Pranayama and meditation have been proven very effective method for improving health and spiritual wellbeing in the elderly people.

1) Relaxation asanas

Savasana Sukhasana Makarasana Yoganidra
Relieves stress and produce autonomic balance

Helps to correct numerous psychosomatic conditions that are prevalent in old age

2) For Musculo-skeletal disorders in old age

Pavanamuktasana

Bujangasana

Salabhasana

Tadasana

3) Pranayama such as

a) Anuloma –Villoma Bhramari, Sitali, Sitakari

Helps to improve lung functions.

Controls the process of respiration.

Refreshment of mind in elderly.

4) Practising dharana dhyana

Normalizes the higher functions

Evidence Based Researches**1)Guduchi (tinospora cordifolia)**

Immunomodulatory agent.A new leading management of obstructive jaundice by Tinospora cordifolia Indian J Gastroenterol 12(1993)5.

2)Ashwagandha (Withania somnifera)

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4) Clinical study of amalaka rasayana in patients suffering from age related **Macular Degeneration** - Sathye eye research institute,alternative medicines PUNE JRAS Vol.XXIX.NO.1,Jan –March -2008,PP-27-30.

5) A clinical study on **Godanti Bhasma And Medhya Rasayana** in the treatment of tension headache vis vatika sirahsula in old BHU 1991

CONCLUSION

As the population ages,It is important to provide the elderly with utmost specialised care for preventing diseases and providing healthy ageing.Government of india,ministry of AYUSH has launched programs for geriatric health care and also with evidence based researches.The standard of management of any particular disease related to elderly has been increased through evidence based medicine with maximum result thus providing comfortable and disease-free ageing.

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