

**A REVIEW OF GERIARTIC PROBLEM AND THEIR MANAGEMENT****Dr. Shailendra Kumar Tripathi<sup>1\*</sup>, Dr. Ramnihor Tapsi Jaiswal<sup>2</sup> and Dr. Manohar Ram<sup>3</sup>**<sup>1</sup>PG Scholar, Department of Samhita Evum Siddhanta, Rajkiya Ayurvedic Mahavidyalaya Evum Chikitsalaya, Varanasi, UP.<sup>2</sup>Associate Professor, Department of Samhita Evum Siddhanta, Rajkiya Ayurvedic Mahavidyalaya Evum Chikitsalaya, Varanasi, UP.<sup>3</sup>Associate Professor, Department of Samhita And Siddhanta, Rajkiya Ayurvedic Mahavidyalaya Evum Chikitsalaya, Varanasi, UP.**\*Corresponding Author: Dr. Shailendra Kumar Tripathi**

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**ABSTRACT****Geriatrics problem**

Geriatrics is a progressive Irreversible phenomenon of body rather than disease. It is natural phenomenon of becoming age and decaying. There are decaying body organ function like digestion, respiration, eye and immune system also. Other than skin organ show clearly. All cell engage in four basic major activity Production of energy, maintenance of chemical and osmotic homeostatic reproduction or replication. Geriatrics or Jara Chikitsa in ayurveda is a method to control / slow down the ageing process in human being during the degenerative phase of life. Fear of disease, sorrow and death were observed in this age group Ayurveda may be more applicable & success for providing better healthy life specially in elderly age group (Rasayana). Rasayana chikitsa, Panchakarma therapy and yoga meditation are the principle treatment of ayurveda in a well proven fact in old age disease management.

**KEYWORDS:** Geriartics Ayurveda, Ageing Jara.**INTRODUCTION**

Geriatrics -Study of Ageing.

Ageing is irreversible consequence of human body. The old age frequently related to set of illness as well discomfort of healthy lifestyle.

Old age also creates difference life style disorder like

Diabetes Hypertension, cardio-vascular disease (stenosis /ischaemia) Stroke (CVA-CEREBRO VASCULAR ACCIDENTS), Eye problems (Cataract and gradual loss of vision), osteoporosis and osteopenia etc.

The biggest challenge with geriatric disease is that in most of the cases the condition Cannot be attributed to a single cause or in certain condition of neuro-pshychatric disorder like senile dementia, Alzheimer's disease Depression, Delirium.

**Geriatrics in Ayurveda**

Ayurveda refers to human body (sharir).

Human body is bound to destroy other related in Ayurveda which are irreversible with nature and Considered as swabhavaja vyadhis (Natural disorder).

Jara is a Ageing process in one of them, Ayurved divided life cycle of a person Into 3 phase

- Bala
- Madhya
- Jeerna

Duringc Jeernavastha or vridhavastha there is predominance of vata dosha in the body. Ayurvedic concept believed in in prevention of diseases as well as cure of disease. It does not aim to create only the health of individual but simultaneously provide the preservation of health that are focused to Rasayana or Jarachikitsa In Ayurveda.

Geriatrician distinguish between disease and effect of normal ageing For example Renal impairment maybe be part of ageing, but renal failure and urinary incontinence are not.

**Aims and Objectives**

- 1) To elaborate and discuss of various Ayurvedic diseases and Treatment related to ageing.
- 2) To Health related problem of the elderly, ageing is natural and atleast Yasya (Palliative) disease and there is risk factors in many diseases.

## MATERIALS AND METHODS

The article is based on Review of geriatric problem mainly in Modern and Ayurvedic concepts.

The ayurvedic text used for mainly ayurvedic samhita respectively we have also preferred to modern text and various websites to collect information on these topics.

### In Ayurvedic aspect

The Geriatric means vridhavastha chikitsa, these are the last part of life span of human that characterized by degenerative changes.

As Ayurvedic preferred vridhavastha may be of two types

- 1) KALA - 60-70 years
- 2) AKALA - ageing may result due to aggravation of vata and pitta.

### Modern Aspect

These are the most common problem in Geriatric condition divided into,

- Physical
- Psychological
- Emotional
- Social

### Physical Problem

- 1) CARDIO - HTN, MI, CCF.
- 2) RESPIRATORY - ASTHMA, COPD
- 3) MUSCULOSKELETAL - OSTEOPOROSIS, SPASM DROPPING SHOULDER
- 4) GASTROINTESTINAL - DYSPEPSIA, FLATULENCE AND CONSTIPATION
- 5) LOCOMOTOR - OSTEOARTHRITIS, RHEMATOID ARTHRITIS, GOUTI - ARTHRITIS.
- 6) ENDOCRINE - DIABETES
- 7) OPHTHALMIC - SENILE CATARACT, GLAUCOMA
- 8) HEARING - LOSS OF HEARING
- 9) ONCOLOGY - CANCER

### Psychological Problem

Dementia delirium, mania, Depression is the most harmful and widely noticed psychological problem in vridhavastha condition.

### Emotional

In state of ageing there are vridhavastha. Came fast in the man have involve emotional condition every time and other than familiar and economical issue and chronic disease are boost up it.

### Social

In our society there are more competition. Condition seen in every age but Condition of our Status the vridhdha man are more involve than younger man, so degenerate of thought and physical weak to attach gradually degenerative condition.

These are condition is correlated to each other in ageing

groups.

### Management of Ageing

In Ayurveda it is a natural and yapa Condition so it is essential to manage this period of ageing as it is time of increased Susceptibility of various diseases which are chronic and degenerative.

### So that are managed by

- 1) Avoid the initiative causes of kshaya and vata e.g. excessive physical and mental works tolerance of non-suppressible urges exercise etc.
- 2) Follow proper diet rule take laghu and santarpaka diet.
- 3) Uses of Rasayana Vajikarana and Achara rasayana increases level of satva in mind.

Jara a kind of disease and its treatment has been described in various Ayurvedic text.

- 1) Sushruta samhita chapter titled Svabhava Vyadhi Pratisedhani adhyaya which Rasayan chikitsa is described
- 2) In Charak Samhita chikitsasthana prathama bhaga where in 4 Chapter described Rasayana and dwitiya bhaga - 4 Chapter vajikarana described properly to prevent ageing gradually Like maharshi chayavan.

## DISCUSSION

Jara is natural phenomenon there no one can stop completely but it can delay. In Ayurveda there are Tridosha (vata, pitta and kapha) to perform our body function and Samyavastha but little amount in them dominant in our body which called prakriti. But if there disturbance in their nature to lead for ageing (JARA) condition gradually.

## CONCLUSION

Ageing is a natural process. the body is continuously decaying. (Akala) ageing is wholly preventable if the principle of Ayurveda are very strictly following. The path physiology of Jara is most depend of ahara and therefore this process of ageing (vridhavastha) can be slow down by correct diet planning.

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