

## AHARA FOR GERIATRIC CARE AND HEALTH PROMOTIVE

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Article Received on 30/11/2022

Article Revised on 20/12/2022

Article Accepted on 10/01/2023

## ABSTRACT

Human life is divided into three states according to Ayurveda: *Balyavastha*, *Tarunyavastha*, and *Vardhakyavastha*. The most vulnerable stage of life, old age, is said to require the greatest level of comfort and care. Around the world, 8.5% of the population is over 65. The ministry for statistics and programmed implementation said in 2016 that 8.5% of the country's population, or 103.9 million elderly people, lived in India. The nutritional needs of the elderly are different from those of the general adult population. People become more susceptible to malnutrition as they age for a variety of reasons, such as *Arocaka* (anorexia), which is caused by ageing, medications, diseases like *Smrutinasha* (dementia), *Manoavasada* (depression), *Kampavata* (Parkinson disease), and other neurological disorders, as well as poor dentition, delayed gastric emptying, poorly fitting dentures, swallowing issues, oral infections, taste changes, and diminished smell sensation. Ageing is a multi faceted process of physical, psychological and social change. *Ahara* is seen as being important to a human body since it offers the fundamental nutrients needed to carry out the body's essential functions of digestion and metabolism. A good, balanced diet can help older persons lead a happy, healthy life by lowering their chance of developing chronic illnesses, decreasing the spread of diseases, and easing their symptoms. *Ahara Vihaar*, *Rasayan*, and *Panchakrama* are crucial elements. Strength contributes to increasing *Agni*, *Ayu*, *Bala* and *Ojas* enthusiasm since it also brings energy. Everyone wants to age well and successfully, which can be achieved by Ayurvedic lifestyle management (*Vihaar*). A balanced geriatric diet (*Aahar*), rejuvenation therapy (*Rasayan*), *Panchakarma* and planned disease-pacifying treatments.

**KEYWORD:** Aahar, Vihar, Ayurved, Geriatrics, Panchkarma, Rasayan, Agni.

## INTRODUCTION

Human life is divided into three states according to Ayurveda: *Balyavastha*, *Tarunyavastha*, and *Vardhakyavastha*. The most vulnerable stage of life, old age, is said to require the greatest level of comfort and care. Around the world, 8.5% of the population is over 65. The ministry for statistics and programmed implementation said in 2016 that 8.5% of the country's population, or 103.9 million elderly people, lived in India.

Ayurveda has prominently described the concept of aging as *Jara*. The word *Jara* is derived from 'Jru' which means decline stage or old age. *Jara* is a *Swabhav Bala pravritta roga* which is defined as becoming old by the act of wearing out. It is also known as *Vardhakya*. According to Acharya Charak *Vriddhavastha* is between 60-100 years and whereas according to Acharya Sushruta and Vagbhatta *vriddhavastha* is above 70 years of age According to Charaka, everyone wants to live a long life, which is why they elaborated on *Dirgam*

*jeevitiyamadhyay* (the chapter on longevity of life) in the beginning of their text *Charaka samhita*. A person who maintains a healthy diet and exercises self control can live for 100 years without getting sick. Stages of life as described in Ayurveda are as follows.<sup>[1]</sup>

1. *Balyavastha* (Childhood), which extends up to age 16 years.
2. *Tarunyavastha* (Adult age), which extends after age 16 to 60 years.
3. *Vriddhavastha* (old age), wherein after 60 to 100 yrs the body elements, sense organs, strength, energy, manhood, velour, memory, understanding, speech and discrimination begin to decay.

In ayurveda text describe three *shariric doshas* and two *mansik doshas*. In equilibrium, they hold body. But in imbalance, they cause diseases. *Doshas* are prominent according to age, in *balyavastha kapha dosha*, In *tarunavastha pitta doasha*, In *vriddhavastha vata dosha*

prominent. But each person have different prakriti at birth. After any *doshaja prakriti*.

According to Ayurveda, Kalaja and Akalaja *jara* are two different forms of *Jara*. Kalaja *Jara* is regarded as Swabhavikavyadhi, which cannot be prevented by medications, but a nutritional diet can prevent many old age disease and kalaja *jara* going smoothly. In contrast to Akalaja *Jara*, or the process of premature ageing, which may be stopped by regularly practising *Panchakarma* (body purificatory practises) and using *Rasayana* medications?

*Doshas prakriti* is predetermined at conception, but according to age, the effect of *Vata Dosha* is more in old age. Diseases caused by *Vata Dosha* are more likely to occur, so such a diet should be taken in old age which suppresses vata dosha, and does not allow vatic disorders to arise. *ahara* in old age should be taken keeping in mind *Agni, Desh, Kala, doshas* and diseases. *Vata dosha* predominates according to age in old age. Therefore, eating habits that provoke *Vata* should be reduced. Due to *Vata Dosha* aggravated, *Samana Vayu* is affected *jatharagni*, then *Jatharagni* is abnormal and proper digestion of food is not possible, due to distortion of *Jatharagni*, rest of the *Agni* gets distorted progressively. then occurred malnutrition.

It is often seen in old age that an old person feels lonely. Because of which he becomes mentally weak, due to which the normal functioning of the body is affected. Proper digestion of food is not possible. Unable to get proper sleep, due to which the *Vata Dosha* becomes more agitated. Common diseases related to old age are found, such as asthma, high blood pressure, rheumatoid arthritis, etc., according to the diseases, diet should be taken.

The science of geriatrics focuses on the analysis of illnesses and how to treat them, especially in elderly people. A physiological process called ageing begins at birth, continues throughout life, and culminates in death. A branch of medicine dealing exclusively with the problems of ageing and the diseases of the elderly. It is derived from the Greek root "ger- gero- geronto" meaning "old age" or "the aged" *Ahara* is referred to be one of the three *Upasthambas* in classical Ayurvedic literature. *Ahara* is regarded as being necessary to a human body since it offers the fundamental nutrients needed to carry out digestion and metabolism's core functions. When consumed properly, *Ahara* nourishes the body and mind, and it is the food that enables a person to achieve good health and physical development.<sup>[2]</sup>

A major factor in determining an older person's quality of life is their nutritional status and pleasure of food. A good, balanced diet can help older persons lead a happy, healthy life by lowering their chance of developing

chronic illnesses, decreasing the spread of diseases, and easing their symptoms.<sup>[3]</sup>

The nutritional needs of the elderly are different from those of the general adult population. People become more susceptible to malnutrition as they age for a variety of reasons, such as *Arocaka* (anorexia), which is caused by ageing, medications, diseases like *Smrutinasha* (dementia), *Manoavasada* (depression), stroke, *Kampavata* (Parkinson disease), and other neurological disorders, as well as poor dentition, delayed gastric emptying, poorly fitting dentures, swallowing issues, oral infections, taste changes, and diminished smell sensation. Ageing is a multi faceted process of physical, psychological and social change. *Ahara* is seen as being important to a human body since it offers the fundamental nutrients needed to carry out the body's essential functions of digestion and metabolism. A good, balanced diet can help older persons lead a happy, healthy life by lowering their chance of developing chronic illnesses, decreasing the spread of diseases, and easing their symptoms.

The broad principle of the use of dietary substances - such dietary substances should be consumed regularly, which would lead to the maintenance of health, that is, the health would remain perfect and the diseases that had not arisen could not even arise.<sup>[4]</sup>

What, when, where, and how we consume, according to Ayurveda, shapes our personalities. According to Ayurveda, aware eating encourages good digestion, which immediately and directly corrects imbalances, hence preventing diseases and slowing down the ageing process. An aged person's balanced diet should be prepared individually while taking into account the following concepts, such as *Prakriti, Vaya, Kaal, Agni,* and *Bala*, which have an impact on digestion, metabolism, and lifespan.

Shali (Rice), Mudga (Green Gram), Saindhava Lavana (Rock Salt), Amalaki (Gross Berry), Yava (Barley), Anriksha Jala (Rain Water), Paya (Milk), Ghrita (Ghee), Jangala Mamsa (Meat), and Madhu (honey) are foods that are Hita for the body. These foods are regularly ingested to preserve health and avoid sickness.

1. Shashtika is a type of rice that matures very quickly (within sixty days, hence the name) and is consequently easily digested. It is abundant in potassium and carbs.
2. Shali is a variety of rice, sometimes translated as red rice. It is rich in carbohydrates.
3. Mudga is a pulse called green gram (maybe including black gram) similar to lentils which is light on digestion. It is rich in proteins, phosphorus, calcium, potassium.<sup>[5]</sup>
4. Saindhava lavana is which is known as rock salt; it is powdered and pale pink in hue. It is claimed that potassium predominates over sodium in its composition. Unlike other salts, this salt is cooling.

*Saindhava lavaṇa* (Rock salt) have properties *tridoṣaśāmaka*, *snigdha*, *śitavīrya*, *dīpanam*, *pācanam*. By virtue of its properties, It doesn't even vitiate *Pita*, its *vātānulomaka* properties work on *annavaḥsrotasa*, balance *vāta doṣa* then improved *pāchakaagni*. *Tridoṣaśāmaka* properties balance *tridoṣa* and it work which disease caused by *tridoṣaśāmaka*. Which one who have high blood pressure use *saindhava lavaṇa* instead of *sadharana lavaṇa*.

- Amalaki is a type of fruit indigenous to India. It is rejuvenative, antioxidant, pacifying to all Doshas but Pitta, especially. It is rich in vitamin C and calcium.<sup>[6]</sup>
- Yava (Barley) is also light, laxative, diuretic, and is especially useful for removing excess Kapha from the body. It is rich in carbohydrates, Vit. B1, B2, phosphorus.<sup>[7]</sup>
- Rain water is the translation in the text but because of environmental pollution a better meaning would be pure water. It's interesting to note that the source of water determines its Doshic qualities. Well water

is heavy while moving water is lighter. Hot water reduces Kapha and body weight while cold water increases Kapha and body weight. It maintenance the fluid in the body and minerals.<sup>[8]</sup>

- Paya (Milk) that comes fresh from cows is best among milks. It is more easily digested if brought to a boil then drank warm. Milk is light in digestion, nourishing the body and tri-Doshic. It rich in fat, protein, vitamins and minerals. But now a days in cities cow milk not available easily. then use pasteurized milk.<sup>[9]</sup>
- Ghee is clarified butter and is best among oils for pacifying Pitta. It also pacifies Vata and because it increases the digestive fire and is digested easily it does not aggravate Kapha. Rich in fat. An old person should also do light exercise along with it, so that fat is digested, and there is no accumulation of fat in the blood vessels.<sup>[10]</sup>
- Honey pacifies Kapha predominantly and Pitta secondarily. Honey must be raw, uncooked and never used in foods to be cooked. The lighter the colour means the less sharpness in it.<sup>[11]</sup>

#### Dietary modification for old age person.

| Dietary modification      | Reason                                   |
|---------------------------|--|
| Soft easily chewable food | Dentition, fallen teeth                  |
| Easily digestible         | Decrease production of digestive enzymes |
| Restricted fat in diet    | Susceptible to heart diseases            |
| Food rich in fibres       | To avoid constipation                    |
| Calcium rich food         | To compensate bone loss                  |
| Green leafy vegetables    | Source of vitamins, antioxidant          |
| Small and frequent meals  | Favours more complete digestion          |
| Plenty of fluids          | Dehydration etc                          |

#### Dravyas Specific To Age And Kind Of Loss Of Biological Feature As Per Sharangdhara.<sup>[12]</sup>

|        |             |                                     |
|--------|-------------|-------------------------------------|
| 40-50  | Twak        | Somaraji, bhringraa, shatawari      |
| 50-60  | Drishti     | Triphala, saptamritaloha, shatawari |
| 60-70  | Sukra       | Kapikachu and vajeekarana           |
| 70-80  | Vikrama     | Dravyas like shilajatu vidari       |
| 80-90  | Buddhi      | Amalaki, brahmarasayan              |
| 90-100 | Karmendriya | Vayasthapana aushadha               |

In rural areas mostly use modak kalpana various pulses, seeds for old age people. Fenugreek, ajvayana modak for *vatic* disorder, Mudge modak for *Arocaka* (anorexia).

#### Geriatrics Panchakrama

Panchakarma therapy is the therapeutic method of *samsodhana* karma which forms the most fundamental component of ayurvedic treatment. Certain procedures of classical panchakarma such as *vamana* are of drastic in nature therefore ordinarily they re contraindicated in elderly. However the procedures may be modified to be administered. The *poorvakarma* like *deepan pachan snehana* and *swedana* can be easily administered. External *snehana* and *abhyanga* are specially indicated in elderly patients. *Vaman* after 60 yrs administered with

great precaution and careful monitoring the health. *Virechana* especially *mrudu* type is best suited. *Basti* is specially indicated, *matra basti* is harmless and its a standard *sneha basti*. Besides these a number of Keraliya traditional practices such as *Dhara karma*, *Patra sweda*, *Kaya seka*, *Annalepa*, *Sirolepa* or *Sirovasti* are very useful in geriatrics care.<sup>[13]</sup>

*Basti* deserves special mention among the *Panchakarma*. Geriatric disorders have flourished in old age which is the best period for *Vata* vitiation and *Sarvadhatukshaya*. *Vata doṣa* shaman is the primary treatment. *Basti* holds a very good treatment in *Vatavyadhis*. It is *ardha chikitsa* and can be given easily to old aged patient. It has many benefits and therefore evident that it is a multifaceted and highly appropriate measure in conditions occurring in

*vridhdhas*. *Yapana basti* is the special *basti* which is having the property to support life and longevity.

#### Indications Of Panchakrma In Geriatric.<sup>[14]</sup>

|                    |                                     |   |
|--------------------|-------------------------------------|---|
| CVS                | Hypercholestramia                   | Lekhana basti                                       |
| UROGENITAL         | Bph,oilgospermia                    | Anuvasana, asthapana etc                            |
| RESPIRATORY SYSTEM | Bronchial asthma, allergic rhinitis | Vaman virechana but acc to age                      |
| NERVOUS SYSTEM     | Neurodegenerative                   | Basti, Sirobasti, Shirodhara, Kayaseka, patra sweda |
| SKIN               | Wrinkling , pigmentation,dryness    | Snehana, swedana. Abhyamnga                         |
| LOCOMOTOR SYSTEM   | Amavata, spondylosis, gout          | Snehana,swedana,patrapinda sweda, basti etc         |
| ENT                | Pratishyaya, deafness               | Nasya, karnapurana, shirodhara                      |

#### Rasayan therapy

*Rasayana* is beneficial for geriatric care, particularly when it comes to topics like nutrition, geriatrics, and rejuvenation. It serves as a solution to both the problem caused by ageing and the prevention of premature ageing. It affects the *Dhatu*, *Agni*, and *Srotas*, which are basic components of the body. As a result, the nutritional value of circulating plasma is enriched. It also improves digestion, absorption, and metabolism. It also improves microcirculation and tissue perfusion. *Rasyana* medications are probably immunological modulators, anti-stress agents, nutritional tonics, and antioxidants with overall anti-aging properties. Famous single *Rasyana* medications like Aamalaki, Ashwagandha, Shatavari, Brahmi, Mandukparni, Shankhapuspi, Madhuyashti, Guduchi, and Haritki, as well as popular compound formulations like Chyavanaprasha, Brahma Rasyan, and Amalaki Rasyana, have all demonstrated antiaging effects. *Naimittika Rasayan* produces unique immune and bio-strength to combat certain ailments, such as Shilajatu for Diabetes Mellitus and Tuvarak for leprosy. The non-pharmacological technique known as *Achara Rasayana* describes the way of life, social behaviour, and Sattvika Aahar that promotes the lifespan of health. *Ajasrika Rasayana* is a term used to describe a diet that is continuously high in nutrients, such as milk, ghee, and other foods. As a result, *Rasayana* therapy of Ayurveda encourages preventive measures, can postpone age-related incapacity, and can improve the health and happiness of aged individuals.<sup>[15]</sup>

Geriatric nutrition uses nutritional principles to manage the common physical, psychological, and emotional changes associated with getting older, as well as to delay the effects of ageing and disease. Age-related calorie needs are reduced, yet individual needs vary widely based on activity level and health. Poor calorie diets should include nutrient-dense foods because they may be low in protein, calcium, iron, and vitamins. A balanced diet is the cornerstone of geriatric nutrition. This offers the best nutrition to assist heart disease, cancer, and stroke—the three main causes of death—become less deadly. Additionally, continuing studies suggest that dietary practices, such as caloric restriction and antioxidant consumption, may lengthen life. Our way of life may become less active as we age; may sit more and perform less vigorous exercises or physical labor. Also,

our bodies may have a slower or less effective metabolism. These changes to lifestyle and metabolism may result in weight gain and less effective nutrient absorption. We should choose more nutrient-dense foods with fewer fat and sugar calories (empty calories). We should reduce our intake of fat or sugar if we have trouble reducing weight. A range of foods that are good providers of protein, vitamins, minerals, and fibre should be consumed.<sup>[16]</sup>

In old age energy requirements progressively decrease. Moderately active men and women aged 51 and older need between 1,800 and 2,400 calories per day. 45 percent to 65 percent of those calories should come from carbohydrates and 20 percent to 30 percent should come from fat.<sup>[17]</sup>

#### Protein-Rich diet

Body proteins are continuously produced and consumed throughout a person's lifespan to sustain the functionality of the cells and organs. For older adults, a sufficient protein consumption and protein reserve are essential, especially under times of emotional and physical strain. Muscle loss can be avoided with protein. Eat foods high in protein, like meat, fish, dried beans, and peas. Additionally, these meals are excellent suppliers of zinc and iron. With women aiming for 46 grammas per day and males aiming for 56 grammas per day, the remaining 10 to 35 percent of daily calories should be made up of protein.

#### Plant-Based Diet

According to research, a range of nutrient-rich fruits, vegetables, and whole-grain diets may shield cells from free radicals (unstable substances). Additionally, they might aid in defending you from the damaging impacts of common cancer-causing substances like viruses, tobacco smoking, pollution, and dietary variables.

#### Fiber-Rich Diet

For a healthy digestive tract and normal bowel function, fibre or roughage is crucial. Problematic is constipation for many elderly people. To maintain regularity, choose a range of high-fiber foods, such as whole-grain foods, beans, nuts, fruits, and vegetables, and drink lots of water. Consume at least one high-fiber meal each day to help you reach your daily goal of 20–35



grammes, such as pears, dry beans and peas, corn, dates, 100% bran cereals, or potatoes with skins.

### Fruits and Vegetables

Consuming fruits and vegetables, which give the body critical vitamins and minerals, lowers the risk of chronic disease and helps treat it. Aim for five to nine servings of fruits and vegetables each day. Try cooking fruits and vegetables until they are mushy if their texture makes them difficult to eat.

### Calcium-Rich Foods

Strong bones and teeth require calcium and vitamin D to stay healthy. After the age of 50, additional calcium, or 1,200 mg, is required to fend off osteoporosis. The minerals in the bones are lost as people age, and bones may become thinner. Eat three servings of low-fat or fat-free yoghurt or milk each day that has been fortified with vitamin D. Protect your bones by consuming calcium-rich foods including milk, cheese, yoghurt, greens, broccoli, sardines, canned salmon with bones, dry beans, and peas, as well as items that have been fortified with the mineral.

### Vitamins and Minerals

A lot of elderly people do not get enough vitamin B-12, which can be found in lean meats, poultry, and fortified cereal. Neurological issues that may compromise sensory and motor function might result from a vitamin B-12 deficiency, as well as macrocytic anemia.

The risk of high blood pressure can be decreased by increasing potassium intake while lowering salt intake. Calcium absorption is aided by vitamin D. Fortified cereals, dried milk products, and liquid milk all include it. When skin is exposed to sunlight, the body can produce vitamin D on its own. Try to go for a stroll or spend 20–30 minutes in the sun many times per week. In the winter, when there is less sunlight, this is especially crucial. Blood levels of vitamin B-12 often decline with ageing. Making red blood cells and keeping the central nervous system healthy require vitamin B-12. Vitamin B-12 is well-sourced in animal products. Antioxidants are substances found in foods, such as vitamins A, C, and E. They shield our cells from deterioration, may lower our risk of developing cancer and heart disease, and may even slow down the ageing process. A healthy, normal cell is prevented from developing into a malignant cell by the presence of photochemical, which are naturally occurring substances or components in all plant-based diets. Choose a variety of fruits, vegetables, dried beans, nuts, whole grains, and other colourful foods for your meals and snacks. It is the simplest method of obtaining all of these crucial nutrients.

Malnutrition, which includes dehydration, can be an issue in older people, especially those over the age of 85. Constipation, disorientation, a functional deterioration, and, in severe situations, death are all symptoms of dehydration. Older adults typically require 2.7 to 3.7

litres of fluid each day. Drinking Enough Fluids Drinking enough water or other liquids is essential to preventing dehydration and constipation. Water or other liquids (100 percent juices, milk, drinks, or soup) should be consumed in six to eight (8-ounce) glasses per day. Limit your intake of caffeinated beverages like coffee, tea, and soda, and make sure you have at least 2 glasses of water each day. You require more water if you are taking medicine.

Take frequent breaks to drink water, or fill up a glass in the morning to serve as a reminder. Take fewer sips of buttermilk or milk at a time. A healthy diet either delays the ageing changes or enhances one's physical, mental, and nutritional wellbeing. Although vitamins, minerals, antioxidants, and possibly specific herbs are good for our health, it's crucial that we avoid substituting supplements for food or using them in excessive amounts. Several herbal treatments and high-potency vitamin and mineral supplements may impair the effectiveness of some prescription and over-the-counter drugs.

### DISCUSSION

Compared to the general adult population, the elderly have different nutritional needs. People become more prone to malnutrition as they get older for a variety of reasons, such as Arocaka (anorexia) brought on by ageing, medication, diseases like Smrutinasha (dementia), Manoavasada (depression), stroke, Kampavata (Parkinson disease), and other neurological disorders, poor dentition, delayed gastric emptying, poorly fitting dentures, swallowing issues, oral infections, taste changes, and reduced smell sensation.<sup>[18]</sup>

Older people have a tendency to feel thirst considerably less than younger people, which makes them more susceptible to dehydration, especially when they have a fever and diarrhoea. In order to replenish physiological losses, improve digestion and intestinal function, and promote renal clearance, it is therefore required to consume fluids. Fats and carbs are still absorbed the same way, but vitamin D and calcium absorption are affected, which causes a deficit. Vitamin and calcium supplementation is important to stop older people from losing bone mineral density.<sup>[19]</sup>

Calcium and vitamin D are abundant in a diet that includes dairy products, fish, legumes, nuts, eggs, and others. Organic calcium supplements like Pravalapisti, Pravala Panchamruta, Kukkutanda Twak Basma, Shanka Bhasma, and Kaparda Bhasma, among others, may also be administered as medicine. The elderly are more likely to have folic acid deficiency. The elderly should be fed a diet consisting of cereals, vegetables, legumes, and fruits. The diet should be balanced, the quantity should be in accordance with one's digestive ability, and it should be controlled taking into account the habitat, season, age, and other factors. While recommending a nutritional and other lifestyle regimen, the following factors may be taken into account. The meal should be enticing,

nourishing, fresh, and appealing. Food that is very spicy, salty, or pungent should be avoided.

Food shouldn't be overly hot or cold, and drinking liquids should be done more frequently and sparingly. Only a small amount of heavy meals can be prescribed, and it shouldn't be given at night. Two to three hours before to bedtime is the ideal period for a night food. It is preferable to suggest going for a quick walk after dinner. Avoid strenuous exercise right after eating. Eating should be done in a calm state of mind, just when you are truly hungry, and without going overboard. Consuming enough fruits and veggies in your diet. Vardhakya prefers milk and ghee as a drug of choice (senility).<sup>[20]</sup>

So it is recommended to use them regularly. Patients with hyperlipidemia, ischemic heart disease, and obesity must utilise them in moderation. These dietary groups could be considered Sattvic, supporting the development of consciousness. The attributes of foods to be preferred for mental and physical evenness are described in the Bhagavad Gita. Foods that are flavorful, smooth, firm, and pleasant to the stomach are known to promote life, virtue, strength, health, happiness, and fulfilment. The Sattvic are interested in such. The Rajasic craves meals that are acrid, sour, salty, very hot, harsh, astringent, and burning. These foods cause pain, anguish, and illness. The meals that the Tamasic crave are stale, rancid, leftover, disgusting, and unpleasant.<sup>[21]</sup>

## CUNCLUSION

All living things inevitably experience ageing. Most individuals fear getting elderly. They are more bothered by the effects of ageing than the ageing itself. It is possible to slow down the ageing process, regain physical and mental power, and prevent some of the effects of ageing to some extent by eating according to Ayurvedic principles. Those who don't maintain the appropriate dietary and behavioural routine have akalajara, or premature ageing or early commencement of ageing. they have not passed their old age smoothly. so want to healthy swabhavik jara take healthy ahara according to vya, kala, bala, prakriti, desha. Timely taken rasayan therapy to prevent early ageing and also do detoxification by panchakarma.

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