

ROLE OF FUNDAMENTALS OF AYURVEDA IN GERIATRIC CARE

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ABSTRACT

Ageing is a complex process of accumulation of molecular, cellular, and organ damage, leading to loss of function and increased vulnerability to illness and death, the rate and extent of which varies among person. Ayurveda, the Indian traditional holistic health science has broad diapason of preventative measures for combating the geriatric process. Ayurveda wisdom has addressed geriatric health issues under a heading “Jara”. In Ashtang Ayurveda “Jara” is incorporated at 7th number among its eight branches. Jara one among the Swabhavik Vyadhi. Jara awastha is period for vitiation of Vata dosha and Dhatukshaya which leads to Jarajanya vyadhi. Sharira it degenerate from birth itself. It's a natural Process. Rasayana and other Ayurvedic approach for Jara treatment will check and help the process of early degeneration by maintaining strength of Dhatu and help in bringing a happy and healthy ageing. It brings Vayasthapana and helps in Buddhivardhana, Balavardhana, Rognashana and helps in adding Vyadhikshamatva. It rejuvenates the body both on physical and mental levels. The Charaka samhita begins its Chikitsasthana with Rasayanachikitsa. Panchakarma procedures like basti, abhyanga, shirodhara, shiropichu, kayaseka etc can be advised to fight the degenerative process thereby perfecting quality of life. Basti it is supreme line of treatment particularly in aged person. Ahaara vihaara along with Rasayana and Panchakarma is important factor. Since it also brings vitality, strength helps in adding enthusiasm, Agni, Aayu, Bala, Ojas. A healthy and successful ageing is what everyone solicitation, which can be brought on the base of Ayurvedic lifestyle management (Vihaara), Balanced geriatric diet (Ahaara), Rasayana (rejuvenation remedy), Panchakarma along with planned complaint pacifying treatment.

KEYWORDS: Ageing, Rasayana, Panchakarma, Senile diseases, Geriatric care.

INTRODUCTION

Ageing is a complex process of accumulation of molecular, cellular, and organ damage, leading to loss of function and increased vulnerability to complaint and death, the rate and extent of which varies among persons. Ayurveda wisdom has addressed geriatric health issues

under a heading “Jara”. In Ashtang Ayurveda “Jara” is incorporated at 7th number among its eight branches. Jara one among the Swabhavik Vyadhi. Jara awastha is period for vitiation of Vata dosha and Dhatukshaya which leads to Jarajanya vyadhi. Sharira it degenerate from birth itself. It's a natural Process.

Age span	Tridoshic dominance	Dominant bio-activity
Young age	Kapha predominant	Growth activity
Adult age	Pitta predominant	Metabolic activity
Old age	Vata predominant	Degenerative activity

Rasayana in geriatric care

Ayurveda has a focused branch of medicine called Rasayana (Rejuvenation therapy) which simply deals with the problems related to Aging and Methods to fight the same. Geriatrics or Jara chikitsa or Rasayana in Ayurveda is a system to control decelerate down the aging process in the human being during the degenerative phase of one's life. Ayurveda takes into consideration the systemic changes involved in the

process of aging and all its treatment modalities under jara chikitsa are aimed at decelerating down the process of growing itself while correcting the diseases of aging. Traditional Indian system of medicine is presumably the only system that elaborates on interventions to decelerate down the geriatric process and introduce the conception of healthy ageing, which is explained in the environment of serviceability of Rasayana chikitsa. The Rasayana remedies described in Ayurveda are claimed to retain

special nutritive supplement effect. Generally most of the Rasayanas are micromolecular nutrients and they act through nutrition dynamics and not really on pharmacodynamics like other medicines. The Rasayana medicines are likely to be nutrient tonics, anti-oxidants, anti-stress, adaptogen and immuno-modulators. The net effect of all these attributes is the anti-aging effect. Certain recent studies on popular Rasayana remedies like Amalaki, Ashwagandha, Guduchi, Brahmi and classical emulsion Rasayana Chyawanaprasha have shown substantiation to suggest their efficacy as anti-aging remedies. The following tables are being reproduced to give a regard of such a substantiation about the popular Rasayana medicines, Aswagandha, Tulasi and Ginsen.

Panchkarma in geriatric care

Ayurveda practices an unique approach of bio-purificatory remedy designed to cleanse the micro channels of the body enabling the organism to serve typically and also to restore the inner transport system performing in turn to better nutritive status with acceptable chances of form of wear and tear and gash of the body with rejuvenative exertion. In geriatric practice an Ayurvedic practitioner uses selective rehabilitative Panchkarma remedy avoiding the drastic evacuatory practices like Vamana and strong Virechana procedures. The schedule in the geriatric should consists of treated massage, sudation, Pindasweda, Shirodhara and BrimhanaBasti suitably planned for each existent.

Geriatric diseases

Incontinence, Indigestion, Constipation, Urinary infections, Benign prostatic hyperplasia, Urological malignancies, Respiratory Diseases, Hypertension, Ischemic Heart Disease, Cerebro-Vascular Accident/ Hemiplegia, Parkinsonism, Senile Dementia & Alzheimer's Disease, Depression, Insomnia, Osteoarthritis and Osteoporosis, Diabetes Mellitus, Menopausal Syndrome, etc.

Geriatric care

The Ayurveda-based package of geriatric care may correspond of –

- Recording of the Prakriti, Vaya, Agni & Ojas status, Desha-Kala, Vyadhi and overall health status to help in planning the elders care.
- Swasthavirtta & Sadvritta i.e. codes of perticular and social hygiene.
- Dietary care avoiding too much of fat and heavy proteins preferring fluently digestible nutritional satvika diet.
- Regular exercise according to Vyayama-shakti.
- Regulated rest and relaxation.
- Yoga and meditation
- Selective Panchakarma remedy.
- Rasayana remedy.
- Medical management of associated age-related conditions if any.
- Supportive therapy and care of spiritual health.

CONCLUSION

Increased life expectation, rapid urbanization and lifestyle changes have led to an emergence of varied problems for the elderly in India. Ayurveda, being the science of life and longevity, offers a treasure of geriatric care. It deliberates on the science and philosophy of life and longevity with the goal of healthy aging and long life to achieve the Purusartha chatustaya - Dharma, Artha, Kama, Mokhsa. It considers aging as Swabhava of life and describes in details the pattern of successional losses of natural strength with advancing age in relation to the doctrine of Tridosha and advocates the management of aging and diseases of aging on principles of Samanya and Vishesha (Homology versus Heterology). The central focus of strength of Ayurveda in geriatric care swings around the concept of Rasayana remedy which compensates the age-related biological losses in the mind-body system and affords rejuvenative effect to a notable extent. Combining Ayurvedic Rasayana, rehabilitative Panchakarma therapy dietetics, swasthavirtta, sadvritta, yoga and spirituality it is possible to develop an effective package for geriatric care today for global use. There is a need to generate awareness among the masses about the consequences of Population-Aging and about the strength of Ayurveda in Geriatric health care.

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