

## AYURVEDA DRUGS FOR GERIATRIC CARE: A LITERARY REVIEW

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**ABSTRACT**

Ayurveda the Indian science of health management considered ageing as a condition of degeneration. Ageing mentioned under Svabhavabalapravrittavyadhi which occur naturally and associated with other condition like; kshudha, anidra, jara and mrityu. Ageing resembles different manifestation including skin wrinkles, graying hairs, baldness and fatigue. Ayurveda suggested various approaches for the prevention of early ageing such as; good conduction of daily regimen, balance diet, panchakarma, yoga and medicine. The use of herbal medicine for geriatric care mainly involves utilization of Rasayana therapies such as; amalaki rasayana, triphala rasayana, brahma rasayana and medhya rasayana. Present article described role of herbal medicine for geriatric care along with panchakarma.

**KEYWORDS:** Kayachikitsa, Ayurveda Medicine, Geriatric care, Rasayana.**INTRODUCTION**

Ayurveda described various stages of life as *balyawastha*; early growing age, *madhyawastha*; middle age and *vridhawahastha*; old age. *Vridhawahastha* is considered as stage when *dhatu* diminishes along with decrease sensitivity of sense organs and mental coordination. There are various diseases which mainly associated with *vridhawahastha* like; alzheimer, depression, hypertension, arthritis, cataract and diabetes.<sup>[1-4]</sup>

The condition of ageing involving degenerative manifestation termed as geriatric syndrome. Ayurveda considered ageing as a cycle of time (*Kala*) and it is believe that *Vata Dosha* is mainly contributes towards the early manifestation of ageing. The degeneration of *Dhatus* restricts physical mobility and mental alertness. Ayurveda literature suggested that *Pranayama*, *Yogic* exercises, good conduction of *Dincharya* and *Ritucharya* help to delay symptoms of early ageing.

Modern science considered aging as a progressive decline of physiological functioning of body associated with cellular degenerative process. The natural process of aging depends upon *prakriti* of an individual due to

which some person get affected with early manifestation of ageing while some person suffered with ageing on later stage. The prevalence of diseases increases with ageing since immunity diminishes and degeneration process dominated process of regeneration.<sup>[3-5]</sup>

Ayurveda described that drugs having *madhura rasa*, *madhura vipaka* and *snigdha guna* help to prevent clinical manifestation of early ageing. These drugs help to maintain normal physiological functioning of body, increases *saumya dhatu* and prevent *dhatu kshaya*. Similarly drugs which enhance *Agni* and *Oja* potentiate *dhatu* thus help in restoration process. In this regards ayurveda mainly suggested use of *Rasayana* as rejuvenator for the prevention of early ageing. *Rasayana* boosts *Agni*, *Rasa* and nourishes all *Dhatu*.<sup>[4-8]</sup>



**Figure 1: Beneficial effects of Rasayana in ageing.**

### Ayurveda medicine for ageing

Ayurveda science suggested various natural drugs for the prevention and management of early ageing and amongst them *Rasayana* therapy is a most important approach for geriatric care. *Rasayana* control process of degeneration thus prevents premature ageing, imparts longevity and enhances immunity against various diseases prone to elderly person. *Rasayana* drugs such as; *Amalaki*, *Shatavari*, *Shilajatu*, *Madooka parni*, *Lashuna*, *Bhallataka*, *Pippali*, *Vacha*, *Haritaki*, *Ashvagandha*, *Bhibitaki* and *Guduchi* recommended by various ayurveda text for the management of early ageing symptoms.

The beneficial effects of different *Rasayana* drugs for geriatric care are as follows:

- *Ashvagandha* and *Shilajatu* enhance mental attentiveness and reduce stress.
- *Achara Rasayana* improves psycho immuno-modulator effect.
- *Gambhari* promote tissue formation since it balances amino acid consumption.
- *Guggulu* enhances activity of *Shrotas* thus improves nutritional supply and circulatory process.
- *Amalaki* possesses antioxidants effect thus restrict tissue free radical mediated tissue damage.
- *Amalaki*, *Haritaki* and *Guduchi* enhance immune power thus prevent age related diseases.
- *Bhasma* containing *Rasayana* offers rejuvenating effects and enhances longevity.

### *Amalaki Rasayana* for Ageing

*Amalaki Rasayana* consisted of *Amalaki*, *Goghrita*, *Madhu* and *Khanda Sharkara*. It offers *vaya sthapana* effects, possess *Madhura Rasa*, *Snigdha*, *Guru*, *Sheeta* and *Mrudu* property along with *Madhura Vipaka* thus provides *Vatapittahara* effect resulting enhanced digestive power, mental compatibility and immunity etc.

As per modern science *Amalaki Rasayana* consisted of vitamin C and ascorbic acid thus provides antioxidant property. *Amalaki Rasayana* control symptoms of early ageing and decrease severity of pathological conditions like; constipation, insomnia and fatigue. It believes that *Amalaki Rasayana* along with milk help greatly in the management of ageing ailments. The chief ingredients of *Amalaki Rasayana* offers beneficial effects like; *Agnivardaka*, *Chakshushya*, *Twaka varnakara*, *Balya* and *Buddhi vardakya*.

### *Medhya Rasayana* in Ageing

*Medhya Rasayana* such as; *Yashtimadhu churna*, *Shankhapushpi kalka*, *Mandukaparni swarasa* and *Guduchi swarasa* are organ specific, prevents aging related brain ailments, promotes neural tissue regeneration and provides adaptogenic, antistress and memory enhancing properties.

### *Brahma Rasayana* for Geriatric Care

Ayurveda recommended that use of *Brahma Rasayana* help in delaying ageing process. *Brahma Rasayana* consisted of *Amalaki*, *Bala*, *Jeevniya panchmoola*, *Shatavari*, *Gokshura* and *Madhuyashti* etc. These ingredients provide *Dhatuposhana* effects, pacify age related *Vata* vitiation and boost process of tissue's nourishment. *Brahma Rasayana* posses *Rochana*, *Dipana* & *Pachana Karma* due to their *Guru*, *Snigdha Guna* and *Madhura rasa* thus improves *Dhatv-agni* and reduces formation of *Ama*. *Brahma Rasayana* helps in *dhatu* regeneration process and enhances anabolic activity than catabolic activity thus controls early manifestation of ageing.

### *Triphala Rasayana* for Geriatric Care

*Triphala Rasayana* acts on *Agni*, *Dhatu* and *Srotas*, etc thus offers longevity and rejuvenation. *Triphala Rasayana* boosts immunity and restores normal health status by protecting from pathological conditions. *Triphala* along with *Tugaksiri*, *Madhuka* and *Pippali* help to restore young age, keep away from infectious disease, improves *Smriti*, *Medha* and *Bala*.

### *Mandukaparni swarasa*

*Mandukaparni swarasa* act as neuroprotectives, affects neural behavior, prevent neural impairment and relief ageing symptoms.

### *Yashtimadhu churna*

*Yashtimadhu* (*Glycirriza glabra*) increases circulation of CNS system, boosts learning, improves memory and thus relief age related symptoms of dementia.

### *Guduchi swarasa*

*Guduchi* improves memory, provides antioxidant and anti-stress properties prevent physiological ailments related to infections.

### *Vayasthapana* Medicine

*Amrita*, *Dhatri*, *Abhya*, *Mukta*, *Jeewanti*, *Aprajita*, *Shatavari*, *Sthira*, *Punarnava* and *Mandookparni* are considered *Vayasthapana* medicine which offers anti ageing property. These drugs offer anti-ageing property; nourishes skin, improve physiological functioning, maintain youthfulness and balances *Doshas*.

### *Panchakarma* for Geriatric Care

Ayurveda described that *Sodhna* play pivotal role in the management of early ageing through detoxification procedure. *Sodhna* therapies not only promote longevity but also prevent disease pathogenesis. *Panchakarma* is

one of the important *Sodhna* procedures which remove toxins from body, helps to maintain circulatory process of body, maintain synchronization of body organs and open up *Shrotas* of body thus eliminates toxic waste and delay ageing.

## CONCLUSION

*Rasayana* drugs balances *Pancha Bhoutik Agni*, *Jataragni* and *Dhatvagni*. These drugs remove *Kleda* and *Ama*, offers anti oxidant properties, prevent free radicals induce tissue damage, increases *Ojas* and strength of the body.

*Vayasthapana* herbs enhance collagen synthesis; prevent several inflammatory conditions associated with ageing, natural drugs provides antioxidant property, prolongs cell life, reduces tissue degeneration, improves cell migration and boost process of tissue formation. Similarly some natural herbs improves complexion and physical appearance thus prevent symptoms of ageing.

Drugs possess *Shita Virya*, *Madhura Rasa*, *Snigdha*guna and *Madhura Vipaka* promotes intellect restoration thus prevent dysfunctions associated with ageing. Natural drugs including *Rasayanas* can be used in *Vardhakya* for delaying the deteriorating process of *Jara*.

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