

EFFECT OF ERANDA TAILA IN JARA (AGEING) AWASTHA

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ABSTRACT

Ayurveda has considered "Jara" or "Vardhakya" as a natural and inexorable process or "Swabhavaja Vyadhi" (Natural diseases). Acharya Sushruta in Adhidaivika Vyadhi mentioned Svabhava Balapravritta Vyadhis, which include Kshudha (Hunger), Pipasa (Thirst), Nidra (Sleep), Jara (Ageing) and Mrityu (Death). Jara is of two types viz. "Kalaja-Jara" (Natural ageing) and "Akalaja-Jara" (Premature ageing). Kalaja is a natural phenomenon. Akalaja is a condition where you look older than your actual age. Presently it is most common problem and many factors are responsible for it. Akalaja Jara is affected by Aharatmak Hetus (Junk food, Consumption of pesticides etc.), Viharatmak Hetu (Divaswapna, Ativyavaya etc.), Manasika Hetu (Bhaya, Krodha, Shoka etc). All these factors causes Akalaja Jara as they causes Mandagni responsible for Srothoavarodh (Obstruction of channel) and Vata Prakopa, affecting the Dhatu Poshana process. To reverse the symptoms of Akalaja Jara, Eranda Taila is indicated. In Sutrasthana 45/114 Acharya Sushruta has mentioned Eranda Taila useful in Vyah Sthapanam' and is known for its anti-ageing and rejuvenation action. Full description regarding the action of Eranda Taila on ageing will be discussed in the full paper.

KEYWORDS: Jara, Akalaja-Jara, Toxin, Eranda Taila.

INTRODUCTION

Every human desires to live a long, happy and disease free life. Ayurveda the 'science of human life' deals with physical, psychological as well as spiritual wellbeing of an individual. Vagbhatta has considered Jara as one of the Astanga Ayurveda. Ageing is a continuous process beginning with conception and ending with the death. But now a days due to environmental damage, dietary habits, defective life style, excessive stress, lack of exercise, smoking, sleep deviations etc. people suffer from Akalaja Jara (Premature ageing).^[1]

Synonyms of Jara and Vriddha

Different synonyms described in Sanskrit literature illustrate the different facets of old age and the aged individual.^[2]

Jara

स्थविस्म् – स्थविरं तु वृद्धत्वम्।

The aspect of being old.

विस्त्रसा – विस्त्रंसते अधः पतति भारीरमनयेति विस्त्रसा ।

The degradation of the Shareera.

Vriddha

वृद्धः – वर्धते वृद्धः

one who has already attained Vriddhi.

जीर्ण/जरन् – जीयते जीर्णः जरञ्च।

one who is attaining deterioration etc.

(Sources: Vachaspatyam and Gurubala Prabodhika)

Definition of Jara (Ageing)

Ageing is continuous process of growing old.^[3] In Ayurveda ageing is defined as 'Jara'. Jara word derived from Panini's Sanskrit root "Jrush Vayohanau (जृश् वयोहानौ)" explained as.^[4]

1. "Vayah Krita Slathamamsadyavastha Vishesha" meaning loosening of muscle and other tissues under the influence of ageing (Vachaspatya).
2. In Sabda Koustubha, the word "Jara" has been defined as "Shaithilya Apadakavastha" also conveying the same import.

3. According to *Gurubala Prabodhika* commentary on *Amara-kosha* “*Jeeryanti Anayo Angani Iti Jara*” conveying the meaning of degeneration of bodily organs.
4. *Jara* is an inescapable part of life.^[5] *Acharya Sushruta* has mentioned “*Jara*” (Ageing) under “*Swabhava Balapravritta Vyadhi*” which is of two types 1. *Kalaja Jara* 2. *Akalaja Jara*.^[6]
 - *Kalaja Jara* is *Swabhavaj* or *Sahaja* in nature which affects everyone and is unavoidable.^[7]
 - *Akalaja Jara* is “*Akale Jata Iti Akalaja*” and is represented by “*Akalotpanna lakshana-Akalaja*”.^[8] i.e it occurs in young age and is responsible for both physical and mental agony in people. But by some care and use of *Rasayana*; it can be avoidable.

Concept of Jara (ageing)

Vaya (Age) can be defined as the duration of time since birth to the present for a living individual^[9] According to *Acharyas* age has been divided in three part i.e. *Balyavastha* (Young age), *Madhyamavastha* (Middle age) and *Jeernavastha* (Old age).^[10,11,12] After sixty-seventy years of age one is called as old in whom the *Dhatus*, *Valita* (Wrinkle), *Twakapaurushya* (Skin becomes rough) and other complaints, is incapable of doing anything. So the *Vridhdhavastha* or *Jjirnavastha* is the last phase of life and is represented by the decay or degeneration of the body.^[13]

Causes of Akalaja-Jara (Premature ageing)

The etiological factors for initiating the early ageing process according to *Ayurveda* are clearly described by *Acharya Charaka* and *Vagbhata*. All the etiological factors for ageing can be differentiated in three categories.^[14,15]

Aharatmaka Hetu

- *Amla*, *Katu*, *Lavana Rasa*, *Kshara*, *Abhishyandi* (Those which obstruct the channels of circulation) etc. food articles accelerates the process of ageing.
- *Navashukadhanya* (Newly harvested class of corns), *Navashamidhanya* (Newly harvested class of pulses), *Tila* (Sesamum) etc. produces *Ama* by decreasing *Agni* and leads to ageing process.
- Different types of *Viruddhaahara* (Incompatible diet) are also responsible for initiation of ageing process.
- *Asatmya Ahara* (Unwholesome diet), *Vishamashana*, *Adhyasana* etc. leads to *Agnidushti* and Senility.

Viharatmaka Hetu

Viharatmaka Hetu of *Jara* comprise *Divaswapna* (Day sleep), *Ativyavaya* (Excessive indulgence in sexual act), *Ayasa* (Excessive exercise) etc.

Manasika Hetu

Bhaya, *Krodha*, *Shoka*, *Lobha*, *Moha* etc. are the factor responsible for the senility.

Role of Tridosha in ageing

The *Tridosha* exists in the body all the time but it varies as per age.^[16] In the old age *Vata Dosh*a is dominant and its properties are pain, wrinkle on skin etc. It shows premature ageing.

Role of Agni in ageing

Agni also plays an important part in ageing process. Body tissues are regularly nourished by dietary substances and *Agni* is said to be responsible for the conversion of dietary substances into tissue elements^[17] but causes of *Akalaja Jara* affects *Jatharagni* leading to *Mandagni*. In *Manda* state, *Agni* results in the formation of *Ama*. It is the improper formation of the first *Dhatu*, called *Dushta Rasa*.

Role of Dhatus in ageing

Intake of Junk food, pesticides etc. and *Divaswapna*, *Ativyavaya*, *Krodha*, *Shoka* etc. affects *Jatharagni* leading to improper digestion which further disturbs the *Dhatvagni* responsible for *Dhatu Kshaya* and *Vata Prakopa* in person.

Role of Srotas in ageing

Charaka has described that various pathological conditions arise in the body due to *Srotodushti* of different *Srotasa*. The main function of *Srotasa* (Channels of body) is to transfer the body fluids. In *Srotodushti* there are four pathological conditions that take place i.e. *Aatipravritti*, *Sanga*, *Siragranthi* and *Vimargagama*. The main cause for *Srotodushti* is vitiation of *Vata* and *Mandagni* which are prominent in aged.^[18]

According to Modern

Old age

The very term conjures up images of a frail, hunched, wrinkled body, with a toothless, dribbling mouth and uncontrollable bladder and bowels. Hardly surprising then, But is the above notion an unquestionable truth?

Ageing

Ageing is defined as a progressive failure of the body's homeostatic adaptive responses. It is a general response that produces observable changes in structure and function leading to increased vulnerability and decreased viability to environmental stress and disease.

The process of Ageing

From the moment of conception, right into extreme old age, the human body undergoes considerable change in shape, size and composition. The most dramatic changes take place during the first fraction of life, in utero, but changes is a continuous process and changes occurring in the latter half of the lifespan may have considerable impact on the physiology, pathology and pharmacology of the older individual.

Theories of Ageing

Though the decline in body structure and function once maturity is reached is an intrinsic part of nature it is not well understood and various theories have been put forward to explain these changes.^[19]

To explain ageing many theories have been put forward. Free radical theory and Collagen theory are one of them. As the ageing progress there is increase of free radicals and decrease of collagen leading to appearance of wrinkles on the body. But many of the times there is premature ageing due to exposure of stress, junk food, pollution etc. To overcome the effects of premature ageing *Eranda Taila* is very effective.

Role of *Eranda Taila* in preventing early ageing

To reverse the symptoms of *Akalaja jara*, Acharya *Susruta* has mentioned the use of *Eranda Taila* in *Sutra Sthana*.^[20]

Eranda Taila is very effective in diminishing characters of aggravated *Vata* like appearance of the wrinkles and loss of glow in the body. *Eranda Taila* diffuses into the skin and due to its *Vatahar Guna* makes it smooth and hydrated and thus can revamp the skin by making it look soft and bright.

Modern science also accepts its role in reversing the symptoms of premature ageing.

- *Eranda Taila* is a vegetable pressed taila extracted from the plant *Ricinus communis*.
- The main active component is considered to be Ricinoleic Acid (85-90%), Oleic acid, Palmitic acid, Linoleic acid and Dihydroxy Stearic acid^[21].
- It **reduces the free radicals in the body** responsible for ageing.
- Topically, it has been used as a wound healer, anti-inflammatory agent, detoxifier, immune modulator, anti-infectious, anti-rheumatic, laxative, anti-ageing, analgesic.
- It works as a **natural moisturizer**, enhance the tone and complexion of the skin.^[22]
- It's pungent and astringent quality **flushes out salts and toxins** of the system.^[23]
- *Eranda Taila* acts as an **amazing remedy for lessening wrinkles**. It diffuses into the skin and **stimulates the production of collagen** which smoothens and hydrates the skin. Apply eranda taila in the wrinkled area, let it stay overnight and rinse well. This can revamp the skin by making it look soft and bright.^[24]
- It reduces inflammation and pain so use in Arthritis.
- For many centuries, folklore medicine has recommended the use of *Eranda Taila*, either orally or Trans dermally for a wide range of complaints.
- Orally dose – 1 teaspoon with milk in night.
- Trans dermally – apply to skin.

Therefore as *Eranda Taila* **stimulates the production of collagen, flushes out salts and toxins, reduces the free**

radicals, as an amazing remedy for lessening wrinkles and other symptoms of premature ageing.

DISCUSSION

Jara is an undesirable and inevitable phase of human life.^[25] The life science of *Ayurveda* explains the process of age. In ageing *Vata Dosha* prominent. During ageing quantity and quality of all the *Dhatu* decreases. The prominent *Vata Dosha* and deterioration of *Rasadi Dhatu*, *Srotas* and *Agni* are responsible for the various degenerative changes and process of decay in the body.^[26] To prevent ageing *Sama Agni* and *Sama Dosha* especially *Vata* is important. *Eranda Taila* due to its *Madhurm*, *Depanam*, *Srotovishodhanm*, *Twachyam*, *Vrishayam*, *Vya Sthapanam*, *Kantikar*, *Vata-kaphahara* etc. is effective in rejuvenation and anti-ageing.

CONCLUSION

It is said that *Jara* is irreversible process that can only be prevented not cured.^[27] *Akalaja Jara* is affected by changes in environment, food cultivation with chemical fertilizer, pesticides, life style choices, psychological stress etc. and this type of food accumulates toxins in the body. Through *Ahaar*, *Vihaar*, *Dincharya*, *Rutucharya*, *Sadvruttapalan*, *Rasayanchikitsa* slow down process of ageing.^[28]

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