

**PANCHAKARMA FOR THE MANAGEMENT OF AGEING RELATED DISORDERS**Dr. Vijayata Kanungo\*<sup>1</sup> and Dr. Neeraj Kanungo<sup>2</sup><sup>1</sup>Assistant Professor, Dept. *Panchkarma*, Shubhdeep Ayurveda Medical College, Indore (M.P.) India.<sup>2</sup>Assistant Professor, Dept. *Kayachikitsa*, Govt. Ashtang Ayurveda College, Indore (M.P.) India.**\*Corresponding Author: Dr. Vijayata Kanungo**Assistant Professor, Dept. *Panchkarma*, Shubhdeep Ayurveda Medical College, Indore (M.P.) India.

Article Received on 11/10/2020

Article Revised on 01/11/2020

Article Accepted on 22/11/2020

**ABSTRACT**

*Jarachikitsa* is the branch of *Ashtang Ayurveda* which is concerned with the treatment of various *Jara vyadhi* and care of the old-age people. It deals with the anti-ageing care and on the other hand it provides the management for the age related disorders. According to the report of United Nations, it is estimated that share of old age people (60 years of age) in India's population is estimated to rise by twenty percent in 2050. Such high number suggest us to develop new strategies to deal with the geriatric disorders. *Vridhha vastha* is the last stage of a life span characterised by the physical and mental degeneration. *Jara vyadhi* occur due to the deteriorating changes in cellular and tissue structures such as cardiovascular disorders, liver disorder, respiratory disorders etc. *Ayurveda* provides great management for the ageing related problems through *Rasayana* and *Panchakarma* therapy. *Panchakarma* is the therapy of purification procedures which help in the normal functioning of the body by removing various toxic materials and stagnant *Doshas* out of the body.

**KEYWORDS:** *Jarachikitsa*, *Panchakarma*, *Rasayana*, *Doshas*, Aging.**INTRODUCTION**

Due to the improvement in life expectancy, population of elderly people is increasing in world. According to the report of United Nations, life expectancy in India has increased to sixty-nine years of age and thus number of elderly people will increase to around 20% of total population in India by 2050. Due to such rise in old age population, *Jara Chikitsa* come to play important role in combating the physiological ageing and to provide the treatment for the various *Jara Vyadhi* such as Hypertension, Diabetes, Cataract, Muscular dystrophy etc. According to the report released by the government of India, cardiovascular diseases account for most of the death in elderly people. Other major problems causing morbidity in elderly people are respiratory disorders, tuberculosis, cancer, gastrointestinal disorders etc.

*Ayurveda* is the science of enhancing quality and longevity of life. *Ayurvedic* scholars have classified the lifespan into three stages i.e. *Baal vastha*, *Madhyavastha* and *Vridhha vastha*. *Ayurvedic* literature consider *Vridhha vastha* as the *Swabhav* of life in which *Dhatus* get degenerated. Ageing is the result of *Kala* where metabolic activities and other functions of life slow down and body is exposed to various diseases. *Jara Chikitsa* deals with *Rasayana* therapy in which drugs are used to improve the functioning of body, enhance the longevity, to improve the strength etc. These drugs appear to be effective when they are administered in a

properly prepared body. *Panchakarma* therapy is a unique way of purifying body through five techniques which help in the removal of toxins from the body.

**Ageing – A Swabhik phenomenon**

Ageing is a multidimensional process of physiological, psychological, immunological changes which are result of continuous wear and tear of the body since the birth. Certain factors are responsible for the proper growth and development of body such as *Ahara*, *Swabhava*, *Kala* and *Vighata abhava*. Due to the continuous physical work, *Anidra*; lack of *Vyayama*, proper *Ahara*; *Dosha* balance gets disturb. According to various scholars, *Vridhha vastha* is characterized by the predominance of *Vata Dosha*. It causes degenerative changes such as atrophy of various structures of the body and depletion of *Agni*. This results in loss of *Dhatu*, *Ojas*, *Bala* (immunity) and vitiation of *Rakta* (blood). There are certain characteristics of *Vridhha vastha* such as graying of hair, drowsiness, weakness; loss of memory, complexion, virility, strength etc.

There are various disorders which occur during old age, such as:

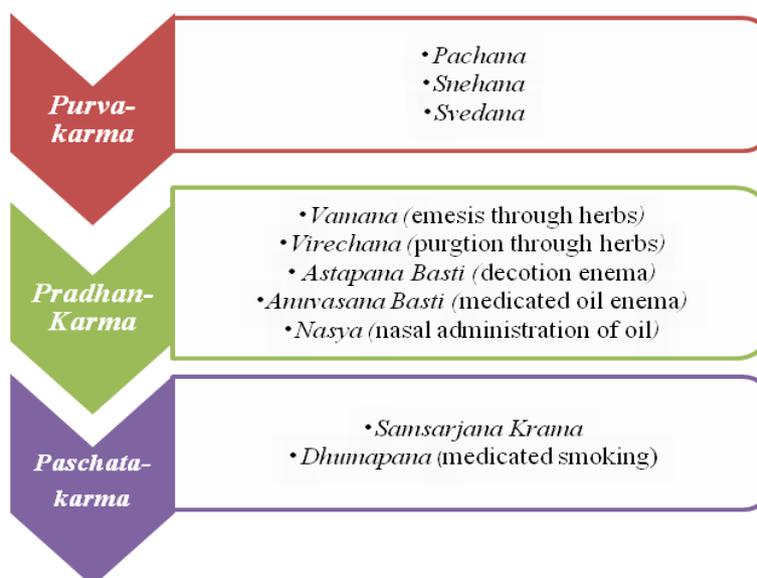
- **Neurological disorders** – *Smriti Nasa* (Dementia), *Anidra* (insomnia), *Cittidvega* (anxiety), *Kampavata* (Parkinson's disease) etc.
- **Gastro-intestinal diseases** – *Amlapitta* (peptic), *Vibandha* (constipation), *Ajeerna* (indigestion) etc.

- **Cardio-vascular diseases** – *Vyanabala Vaisamya* (Hypertension) etc.
- **Respiratory diseases** – *Tamaka svasa* (Asthma), *Jeerna Kasa* (Bronchitis) etc.
- **Endocrinal disease-** *Madhumeha* (Diabetes mellitus) etc.
- **Musculo-skeletal diseases** – *Sandhi vata* (osteoarthritis), *Asthi dhatu kshaya* (osteoporosis) etc.
- **Eye related problem-** Cataract etc.

### Panchakarma therapy

*Jara chikitsa* has two main therapies included in it i.e. *Rasayana* therapy and *Panchakarma*. *Rasayana* drugs are beneficial when they are administered in detoxicated

body. *Ayurveda* suggest *Panchakarma* for the purification of the body to remove the disease causing factors. It is integrated process of five procedures which are performed to achieve balance of *Doshas* and removal of toxins from the body. *Panchakarma* therapy help in increasing the bioavailability of *Rasayana* drugs and make body adaptable for the various regimens. Major components of *Panchakarma* therapy are mentioned in **figure 1**. They are divided into *Purvakarma* (preparatory phase), *Pradhan karma* (main procedural phase) and *Paschatkarma* (post-procedural phase). Some other *Panchkarma* therapies like *Sarvanga dhara*, *Nadi Sweda*, *Abhyanga* (massage using medicated herbs), *Shirodhara* and *Matra Basti* are very helpful in geriatric care.



**Figure 1: Main components of Panchakarma therapy.**

#### ❖ *Purvakarma*

These preparatory procedures are done to prepare the body for the removal of toxins. It consist of procedures such as *Swedana*, *Snehana* and *Pachana*. *Abhyanga Snehana* is application of oil on the body which help in movement of toxins towards the gastrointestinal tract. After this, *Snehana* is done by steaming the herbal mixture which help in removal of toxins, improving digestion and metabolism.

#### ❖ *Pradhana Karma*

*Vamana* (emesis) is the procedure of removal of aggravated *Kapha* and *Pitta Doshas* through *Uradhamarga* (mouth). It helps in removal of toxic materials specially from the upper body in the case of diseases such as bronchitis, asthma etc.

*Virechana Karma* (purgation) is the procedure of removal of vitiated *Doshas* through *Adhomarga* (anal route). When the vitiated *Pitta Dosha* gets accumulated in the liver and intestine it result in inflammation, fever, vomiting and rashes.

*Nasya* is the nasal administration of medicated herbs. This helps in removal of vitiated *Doshas* accumulated in throat, sinus and head. It is effective in treating disorders

such as *Kampavata* (Parkinson's), *Vibandha* (constipation), *Sandhivata* (osteoarthritis) etc.

Old age is characterized by *Vata* predominance. *Basti* is the best suitable treatment for the *Vata* related disorders. *Basti* is the introduction of herbal medicament through *Gudamarga* (rectum), *Mutramarga* (urethra) and *Yonimarga* (vagina). *Basti* helps in treating some problems such as heart pain, sciatica, rheumatoid arthritis, spasms and fever.

#### Management of ageing related disorders through *Panchakarma*

##### ❖ *Vyanabala Vaisamya* (Hypertension)

*Shirodhara*, *Parisheka* and *Shaman* can be used as *Ayurvedic* management for Hypertension. *Ksheerdhara* (pouring of milk) help in reducing systolic and diastolic pressure. *Shamana* drugs such as *Brahmi*, *Amalaki* are helpful in *Rasayana* therapy. *Lekhan Basti* is helpful for the hypertension, hyperlipidemia etc.

##### ❖ *Smriti Nasa* (Dementia)

*Vataja* dementia is treated by *Rajyapana Basti*, *Nasya* therapy with *Ksheerbala* in each nostril. *Pittaja* dementia

is treated by *Abhyanga* using *Mahanarayana taila* and *Nasya* with *Ksheerbala taila*. *Kaphaja* dementia can be treated by *Abhyanga* with *Sarshapa* and *Laksha taila*. *Nasya* procedure can be done with *Vachachoorna*. *Dhoompana* procedure can be done with *Jyotishyamati*, *Vacha*; *Lashuna swarasa* drops in each nostrils.

#### ❖ Glaucoma

Glaucoma is of various types such as *Kaphaja*, *Vataja*, *Pittaja*, *Raktaja*. Various *Panchakarma* therapies such as *Sirodhara*, *Nasya*, *Virechana*, *Anjana* are effective in treating glaucoma.

#### ❖ Rheumatoid arthritis

It can be treated by *Mrudu virechan*, *Pachana* and *Basti* procedures. *Mrudu virechan* is an effective therapy. *Snehan* with *Vishagarbha taila* and *Niruha Basti* with *Dashamool kwath* can be done to cure Rheumatoid arthritis.

#### ❖ Sandhi vata (Osteoarthritis)

It is degenerative disease of joint which can be treated using *Swedana*, *Shamana*, *Abhyanga* and *Ksheerbasti* procedure. *Abhyanga* with *Narayan taila* can be done followed by *Pinda Swedana*. *Guduchi Siddha Ksheerbasti* is proved to be very effective.

#### ❖ Kampavata (Parkinson's disease)

It is a degenerative motor neuron disease which can be treated by using *Panchakarma* therapies such as *Abhyanga*, *Shirobasti*, *Shirodhara* and *Yapana basti*. *Yapana basti*, *Shirobasti* and *Shirodhara* can be done after *Rasayan* therapy. *Sarvaang Abhyanga* with *Ksheerbala taila*, *Narayan taila* can be done to cure this *Vyadhi*.

#### ❖ Madhumeha (Diabetes)

*Panchakarma* procedures such as *Deepana*, *Pachana*, *Snehana*, *Swedana*, *Vamana*, *Virechana* and *Basti* are done to treat *Madhumeha* patients. *Abhyanga* with *Ksheerbala taila* can be done to treat diabetic neuropathy.

#### ❖ Indigestion

*Pachana* and *Deepana* are the procedures effective in the treatment of indigestion.

#### ❖ Stroke

Stroke is sudden neurological impairment which can be treated with *Snehana*, *Swedana*, *Basti* and *Shirobasti* (*Vatahara taila*). *Abhyanga* (*Ksheerbala taila*) is followed by *Swedana*. *Sneha Mrudu Virechana* can also be done.

#### ❖ Ear, Nose, Throat problems

*Panchakarma* therapies like *Shirodhara*, *Nasya* and *Basti* can be done to cure diseases like *Karnaksveda*, headache, *Karnanada*, deafness, sinusitis etc.

#### ❖ Skin disorders

Dryness of skin, wrinkling, pigmentation, Psoriasis are certain old age problems associated with skin. They can be treated by using various *Panchakarma* therapies such as *Snehana*, *Swedana*, *Virechana* and *Vamana*.

#### ❖ Benign prostatic hypertrophy

It is a very common disorder seen in men above 60 years of age. Various therapies such as *Purvakarma*, *Avagaha Swedana*, *Basti* (*Narayan taila*) are helpful in restoring the urinary function.

### CONCLUSION

*Ayurveda* has a unique branch of *Rasayana Tantra* which deals with formulations for anti ageing. *Rasayana Tantra* along with *Panchakarma* therapy provides a great combination for geriatric care. *Panchakarma* is the therapy which involves preventive, curative and nutritive aspects. It not only deals with the cure of the disease but also eradicates the root cause of the disease. *Rasayana* therapy when followed by *Panchakarma* therapy are more effective towards various ailments of neuromuscular, metabolic, musculoskeletal, endocrine origin. *Basti chikitsa* provides the effective treatment against *Vata vyadhis*. *Panchkarma* therapy done in proper *Kala* and *Ritu* helps in proper metabolism, stimulate *Manas*, senses, increases strength and provides healthy life to the individual.

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