



## COMMON GERIATRIC PROBLEM AND THEIR MANAGEMENT

**Dr. Dharmendra Kumar<sup>1\*</sup>, Dr. Manohar Ram<sup>2</sup> and Dr. Ramnihar Tapsi Jaiswal<sup>3</sup>**

<sup>1</sup>JR3, Samhita & Siddhant Department, RAC Varanasi.

<sup>2</sup>Associate Professor, H.O.D., Samhita & Siddhant Department, RAC Varanasi.

<sup>3</sup>Assistant Professor, Samhita & Siddhant Department, RAC Varanasi.

**\*Corresponding Author:** Dr. Dharmendra Kumar

JR3, Samhita & Siddhant Department, RAC Varanasi.

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### ABSTRACT

Ayurveda system of medicine is probably the first which efforts to protect life from disease and ageing. This geriatric primer continues our series addressing fundamental issues related to the care of the elderly, focusing not only on concerns related to medication, but also on the social welfare of seniors in our communities.

### INTRODUCTION

Ageing is a natural process. Old age should be regarded as a normal, inevitable biological phenomenon. This process cannot be reversed. We can only prevent and delay this process. Ayurveda takes a holistic approach toward the maintenance of Dhatusamya (homeostasis), for which various principles have been described. Aging is considered as a disease that may be manifested timely or untimely. Therefore, a detailed description regarding the prevention, maintenance, and treatment of aging has been given. Some of the measures that have been advised can be followed and some cannot. However, we can follow some practical principles and make aging comfortable and disease-free. Ayurvedic herbs are more safe and effective in old age as these are natural to the human body. Ayurvedic herbs also have the property to slow down the natural process of ageing.

### AIMS AND OBJECTIVE

The main goals of identify and treat a patient with geriatric problem & improve their life style. prevention of ageing, improving of resistance against diseases throughout ayurvedic management.

### MATERIAL AND METHOD

Management is based on a review of Ayurvedic text. Material related to contribution of Jara chikitsa have been collected from various Ayurvedic text- Charak Samhita, Sushrut Samhita, Astang Hriday, Astang Samgraha and available commentaries on it. Internet, articles and book on modern medical science related to geriatrics.

### Geriatric in ayurveda

In Ayurveda, there is a concept of Jaraawastha (ageing), the last phase of the life span is very commonly known

as Vardhakya. According to Ayurveda, ageing (Jara) is a natural phenomenon like that of hunger, thirst, sleep and death. Sushruta has grouped them under the heading of Swabhava Pravritta Vyadhis. Acharya Dalhana has commented over this concept that these diseases occur due to the power of nature while Acharya Chakrapani has commented that nature of a particular individual depends upon the invisible factor's heredity carries out in that particular race in which he or she is born. It is classified as Kalaja Jara and Akalaja Jara. Akalaja Jara is a process in which the ageing process starts before the natural time of onset and the manifestation of the symptoms is severe. In Ayurveda, treatment and prevention of Akalaja Jara and Kalaj Jara are clearly mentioned in the chapter named Rasayan Adhyay Prankamiyama Rasayanpadam. The branch of Ayurveda called Rasayanatantra deals with the measures to stay youthful, achieve prolonged life, intellect, stamina, strength and to eradicate diseases.

### Common problems in old age

high blood-pressure, Diabetes, bony changes affecting mobility, cognitive dysfunction, delirium versus dementia, depression, dizziness, cognitive dysfunction, Senile cataract, nerve deafness, failure of special senses, changes in mental outlook, atherosclerosis, chronic bronchitis, asthma and cancer are the common problems in old age. osteoporosis, falls, sensory loss, nutrition and weight loss, pain, substance abuse, urinary incontinence, Enlarge of the prostate.

### Prevention of aging

1. Including some important principles of Dinacharya (daily regimen) in the daily routine.
2. By following the other principles of Swasthavritta such as utilization of Tryopastambha (diet, sleep, and coitus).

3. Follow, as far as possible, all the rules regarding diet; take a Laghu (light) and Santarpaka (nutritive) diet.
4. Utilization of Rasayana, Vaajikarana, and Yapan Vasti regularly.
5. Follow the principles of Sadvritta and Achara Rasayana.

#### Ayurvedic herbs for treating various disorders

**Cardiac Problems:** Single Ayurvedic herbs like Arjuna (*Terminalia arjuna*), Pushkaramula (*Inula racemosa*), Guggulu (*Commiphora wrightii*) and Lasuna (*Allium sativum*) are recommended.

**Hypertension:** the treatment of hypertension, herbs like Sarpagandha (*Rauwolfia serpentina*), Katuki (*Picrorrhiza kurroa*), Brahmi (*Bacopa monnieri*), Shankapushpi (*Convolvulus pluricaulis*), Chandana (*Santalum album*), Bhringaraja (*Eclipta alba*), Lasuna (*Allium sativum*), Punarnava (*Boerhaavia diffusa*), etc. are useful.

**Diabetes:** Silajitu (Black bitumen), Amalaki (*Emblica officinalis*), Haridra (*Curcuma longa*), Tejpatra (*Cinnamomum tamala*), Methika (*Trigonella foenumgraecum*).

**Arthritis:** Rasona (*Allium sativum*), Guggulu (*Commiphora mukul*), Aswagandha (*Withania somnifera*) and Shunthi (*Ginger officinalis*).

**Brain and Memory Disorders:** Brahmi (*Bacopa monnieri*), Mandooka pamni (*Centella asiatica*), Jyothishmati (*Celastrus paniculatus*), Kapikachhu (*Mucuna pruriens*), Tagara (*Valeriana wallichii*).

**Diseases of Eye:** Jyothishmati (*Celastrus paniculatus*), Triphala (Three myrobalans). Satavari (*Asparagus racemosus*), Yastimadhu (*Glycyrrhiza glabra*) and Amalaki (*Emblica officinalis*).

**Asthma:** Sirisha (*Albezia lebbeck*), Agastya (*Sesbania grandiflora*), Haridra (*Curcuma longa*), Haritaki (*Terminalia chebula*).

**Cancer:** Haridra, Daruharidra, Manjistha (*Rubia cordifolia*), Triphala, Chitrak (*Plumbago zeylanica*), Pasanbheda (*Bergenia ligulata*) and Tulasi (*Ocimum sanctum*) are some of the herbs useful in cancer.

**Neuropathies:** Rasona (*Allium sativum*), Guggulu (*Commiphora mukul*), Bala (*Sida cordifolia*), Aswagandha (*Withania somnifera*).

**Liver Disorders** Liver protective herbs like Katuki (*Picrorrhiza kurroa*), Bhumyamlaki (*Phyllanthus niruri*), and Rohitaka (*Tecoma undulata*), Bhringaraja (*Eclipta alba*), etc.

#### Ayurvedic formulation preservation & promotion of health

- Chyawanprasha
- Aswagandha Churna
- Amalaki Rasayana
- Mahatriphala ghrit
- Brhma Rasayana
- Agastya Rasayana
- Aswagandha lehyam

#### DISCUSSION

Important role of Ayurveda in geriatric care. it contributes an excellence and maintain the integrity of Saptadhatu (body tissues) of the body thus increase the longevity.

#### CONCLUSIONS

Ayurveda has great potential to prevent and treat the diseases of old age. Rasayana can prevent and slow down the natural process of ageing and also effectively manage the diseases of old age. A lot of Ayurvedic herbs and compound preparations come under Rasayana. These herbs are much popular in the society. One of the examples is Chayvanprash that is famous all over the world for its antioxidant, anti-ageing and therapeutic properties. Ayurvedic herbs can be used for geriatrics problems with greater efficacy and safety in the present era.

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