

**SUB-THEME -GERIATRIC HEALTH CARE THROUGH AYURVEDA GERIATRIC
THROUGH AYURVEDIC DRUGS: A BOON TO MANKIND****¹Dr. Shivangi, ²Prof. Makhan Lal, ³Dr. Ramanand**¹M.D. Scholar, Post Graduate Department of Dravya Guna, State Ayurvedic College and Hospital, Lucknow.²HOD, Post Graduate Department of Dravya Guna, State Ayurvedic College and Hospital, Lucknow.³Lecturer, Post Graduate Department of Dravya Guna, State Ayurvedic College and Hospital, Lucknow.***Corresponding Author: Dr. Shivangi M.D.**

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ABSTRACT

In the world including India the incidence of elderly people has been rising day by day. It has been estimated that by the year 2050, the global population of elderly people will comprise 1/5th of the global population older than 65 years of age. India itself comprises 3.8% of the population older than 65 years of age. Hence, Geriatrics has emerged as the major speciality globally. Likewise Ayurveda, the Indian traditional holistic health science, has also emerged as a boon to mankind in the field of Geriatrics as two of its principal objectives ie maintenance and promotion of health, prevention of disease and cure of sickness can be applicable in all disciples of life. Maintenance and promotion of the health of elderly people will help them to improve their quality of life and prevent disease will help them remain self-dependent for their activities to the maximum possible extent. So many Ayurvedic Dravyas have been mentioned in different Ayurvedic literature, which have been proved to be a safe and cost-effective protocol for geriatric care and very much helpful in retarding the rate of ageing to a limited extent and helpful in promoting healthy ageing. In this paper, an effort has been made to shed light on some ayurvedic drugs that are very helpful in Geriatric care.

KEYWORDS: Geriatrics, Ageing, Ayurvedic Drugs, Geriatrics in Ayurveda, Geriatric Care.**INTRODUCTION**

Ageing is a complex, multifactorial physiological phenomenon that results because of involuntary changes in the mind-body system. It is estimated that, on an average, 30 brain cells die every minute. If the functional capacity, at the age of 30 is taken as 100% (Sampoornata in Ayurveda) then there is a measurable decline at 60 years.

1-Nerve conduction velocity-15%

2- Resting metabolic rate -20%

3- Cell water -25%

4-Cardiac output- 30%

5-Glomerular rate- 40%

6-Vital capacity of lungs- 50%

7- Renal plasma flow- 70%

8- Maximum voluntary ventilation- 80%

Biologist defines ageing as the sum of all changes that occur in a living organism with time and lead to a decreasing ability to survive stress, functional impairment and death. With the rise in the elderly population world over including in India, it is now felt necessary to develop newer strategies for Geriatric health care. Geriatric care has to address twofold problems,

firstly the basic antiaging care to retard the rate of physiological ageing and secondly the medical management of diseases occurring in old age. There are so many ayurvedic drugs that deal with the problem related to ageing and have the capacity to counter the same. The unique way of working these drugs delays ageing and minimizes the intensity of problems occurring in this degenerative phase of life by restoring physiological processes that influence metabolic and immunological status. Such interventions are significant in the context of Geriatric care.

MATERIAL AND METHODS

The world population of the elderly is increasing significantly and by the year 2050, adults older than 65 years will comprise 1/5 of the global population. In India, 3.8% of the population is older than 65 years of age. Three factors that affect the life span are Heredity, Diet and Ionizing Radiation. Changes with age are universal, intrinsic, progressive and deleterious. All cells are engaged in four basic major activities- Production of energy needed for vital cell processes, synthesis of proteins both structural and enzymatic, maintenance of chemical and osmotic haemostasis, reproduction or

replication. Ayurvedic texts provide ample amount of drugs that can be used in different age groups as

described by Acharya Sharangdhar.

Decades of age in years	Karma	Ayurvedic Drug to be used
1-10	Balya (Strength)	Vacha
11-20	Vrudhi (Growth)	Bala, Ashwagandha
21-30	Chhavi (Beauty)	Amalaki
31-40	Medha (Intellect)	Shankhapushpi, Jyotishmati
41-50	Tvaka (Skin health)	Bhringaraja, Bakuchi
51-60	Drushti (Vision)	Jyotishmati
61-70	Shukra (Potency)	Ashwagandha, Atmagupta
71-80	Vikrama (Physical strength)	Shatavari, Ashwagandha
81-90	Buddhi (Wisdom)	Ayurvedic drugs may not work effectively
91-100	Karmendriya (Locomotor activity)	

Signs and symptoms of ageing are the strength and energy of man dwindle day by day, the organs and virility become weak, the hair turns silvery-white and begins to fall off and the parched skin looks shrivelled. The skin slags down and becomes flabby, the respiration becomes laboured and painful etc. There are so many ayurvedic drugs that have been mentioned in Ayurvedic classics for some specific diseased conditions.

Specific Ayurvedic drugs for some specific Organ/Diseased conditions

For eye- Jyotishmati, Amalaki, Shatavari, Yashtimadhu.
 For Heart- Arjuna, Shalparni, Guggulu, Pushkarmool.
 For Asthma- Haridra, Haritaki, Agastya, Shirish.
 For Arthritis- Guggulu, Rasona, Shallaki, Shunthi, Ashwagandha.
 For Diabetes-Haridra, Amalaki, Shilajatu, Tejpatra, Methika.
 For Neuropathies- Bala, Guggulu, Rasona, Ashwagandha.
 For Lipid disorders- Pushkarmool, Haritaki, Vacha, Guggulu.
 For Hypertension- Sarp Gandha, Rasona, Ashwagandha, Jatamansi.
 For Brain and Memory Disorders- Mandookparni, Brahmi, Tagar, Kapikachchhu, Jyotishmati.
 For Overall Health- Amalaki, Ashwagandha, Guduchi.

Also, many ayurvedic drugs work on the Dhatu Poshan aspect of ageing as Draksha for rasa, Bhringaraja for rakta, Bala for Mansa, Amrita for Medha, Laksha for asthi, Vasa for majja, Atmagupta for Shukra etc.

RESULT AND DISCUSSION

Applied aspect of Ayurvedic Drugs in Geriatrics
 Guggulu is commonly used in musculoskeletal disorders due to its Bringham and Vatshamak property. Ginger is also used in many musculoskeletal disorders due to its Vatshamak and Balya property due to its Madhur Vipak. A compound derived from its rhizome inhibits prostaglandin synthesis even better than indomethacin. Eranda is also used in musculoskeletal disorders due to its vatshamak property. A recent study in AIIMS shows

that Eranda oil in a non-purgative dose could control disease activity in more than 40% of cases of Rheumatoid arthritis. Remaining ayurvedic drugs like Guduchi, Amalaki, Ashwagandha, etc improve Sarayukta production ie, in turn, causes Ojas Vruddhi (increase). All the above-mentioned drugs are primarily of promotive value and are essentially meant to rejuvenate the body and mind to impart longevity against ageing and immunity against disease. From promotive treatment, one attains longevity, memory, intelligence and freedom from disorders, youthful age and excellence of lustre, complexion and voice, optimum strength of physique and sense organs, successful word respectability and brilliance. These karma are due to Vatshamak, Bringham, Vrishya, Balya, Medhya, Rasayan and Dhatuposhak karma of these Ayurvedic Drugs.

CONCLUSION

Ayurveda has provided a considerable emphasis on the presentation of the ageing process. It provides an ample opportunity to improve the quality of life among the aged. These ayurvedic drugs help in the formation of Shreshtha Rasadi dhatu. These drugs are rich in antioxidants which remove free radicals from the body. Free radical in the body produces progressive damage to body tissue and play important role in developing many diseases like Cardiovascular disease, Neurogenerative disorders etc. These drugs revitalize and rejuvenate the functional dynamics of body systems. It promotes good quality body tissues. Hence the antioxidant activity of these drugs must be taken into account.

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