

**A REVIEW OF HEALTHY AGEING AND AYURVEDAS ROLE IN PREVENTING GERIATRICS DISORDERS.****Bhaskar M. Perake and Jivan Prabhakar Hanwate\***<sup>1</sup>Assistant Professor, Department of Swasthavritta & Yoga, Government Ayurved College, Nanded, 431601.<sup>2</sup>PG Scholar, Department of Swasthavritta & Yoga, Government Ayurved College, Nanded, 431601.**\*Corresponding Author: Dr. Jivan Prabhakar Hanwate**

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Article Received on 01/10/2021

Article Revised on 21/10/2021

Article Accepted on 11/11/2021

**ABSTRACT**

Ayurveda, the ancient science of life believes in principle of “Swasthasya Swasthya Rakshanam” (maintenance of health of healthy persons) and “Aturashya Vikar Prasamanam” (treating diseased person). Ayurveda mentioned concepts of Dinacharya, Ratricharya, Ritucharya and Sadvritta which helps in preventive promotive and curative aspects of health. These all approaches maintain physical as well as mental health and impart longevity. Ageing is defined as a result of natural changes of the body that progressively leads to the death of individuals. It is also defined as the intrinsic, inevitable, and irreversible age-related loss of viability. Ayurveda contributes most important role in geriatric care, as it is one among the branch of Astanga of Ayurveda. Jara Chikitsahas a good scope in present day scenario as a preventive tool. Furthermore ancient ayurveda science presented principle of Swasthavritta, the fundamental theories of Swasthavritta contributed towards the health management and resist prevalence of diseases. The person who follows rules of Ayurveda acquires good physical and mental health, complexion, compact body, luster, happiness, longevity and disease free state. Ayurveda involves various regimen including daily & dietary consideration, seasonal regimen (Ritucharya), ethical regimen, Ratricharya, Nindra and Yoga, etc which help in geriatric care. Following the rules of Swasthavritta not only promotes general health but also prevents pathogenesis of disease like; obesity, diabetes, anxiety, indigestion, constipation, hyperacidity and insomnia. Here an attempt is made to discuss the role of Ayurveda and swasthavritta regimen to promote and maintain the healthy ageing.

**INTRODUCTION**

Ayurveda, the ancient science of life believes in principle of “Swasthasya Swasthya Rakshanam” (maintenance of health of healthy persons) and “Aturashya Vikar Prasamanam” (treating diseased person). Ayurveda mentioned concepts of Dinacharya, Ratricharya, Ritucharya and Sadvritta which helps in preventive promotive and curative aspects of health. These all approaches maintain physical as well as mental health and impart longevity.<sup>[1-4]</sup> Ageing is defined as a result of natural changes of the body that progressively leads to the death of individuals. It is also defined as the intrinsic, inevitable, and irreversible age-related loss of viability.<sup>[5]</sup> Ayurveda contributes most important role in geriatric care, as it is one among the branch of Astanga of Ayurveda. Jara Chikitsahas a good scope in present day scenario as a preventive tool. Furthermore ancient ayurveda science presented principle of Swasthavritta, the fundamental theories of Swasthavritta contributed towards the health management and resist prevalence of diseases. The person who follows rules of Ayurveda acquires good physical and mental health, complexion, compact body, luster, happiness, longevity and disease free state. Ayurveda involves various regimen including daily & dietary consideration, seasonal regimen

(Ritucharya), ethical regimen, Ratricharya, Nindra and Yoga, etc which help in geriatric care. Following the rules of Swasthavritta not only promotes general health but also prevents pathogenesis of disease like; obesity, diabetes, anxiety, indigestion, constipation, hyperacidity and insomnia, etc.<sup>[6-8]</sup>

**Methodology:**– The review was done with the help of Charaka Samhita, Sushrut Samhita and some online articles were also referred.

**Review****Ayurveda and Science of ageing**

1. **Kala parinama:** Kala Parinama (Changes due to time) is one of the most important factors that affects ageing. Kala Parinama refers to the physical and mental transformation that occurs as a function of time and as we age.<sup>[9]</sup> Ayurveda divides Ayush into various stages of life, Bala-16 years, Vivardhamana-16-20 years, Youvana-20-30 years, Sampurnata-30-40 years, Parihani-40-60 years and older adults Vriddhavastha.<sup>[10]</sup>

2. **Prakriti:** Prakriti is concern to the nature of body constitution (Vatadi doshas and satva, raj, tam) of a subject.
3. **Doshas:** Vatadi Doshas affects the life span at the molecular level. Vata, Pitta and Kapha Doshas are Prana, Ojas and tejas that are essential for blissful life span.<sup>[11]</sup>
4. **Ahara:** It is one of the most important factors that affects ageing. A poor dietary practice like improper timing, bad habits of food mixing of inappropriate food materials with inappropriate lifestyle disturbs equilibrium state of Vatadi Doshas leading to disease conditions and finally death.<sup>[12]</sup>
5. **Achara:** It is a behavioral therapy for calm mind and long life. It controls and maintains the circadian rhythm of the body clock that results in good health, vitality and immunity, all of these slow the physiological ageing process.<sup>[13]</sup>
6. **Agni:** Jatharagni serves as the main digestive element and is the main contributor for all anabolic and catabolic process in the body. If Jatharagni is not strong, the digestion of food is improper which results in impaired absorption and formation of Ama Dosha. If Jatharagni is powerful then it destroys all the related tissues and resulting in degeneration of tissue. Thus, the state of Jatharagni influences the ageing process.<sup>[14]</sup>

#### General conduction of ayurveda which helps in prevention of geriatrics includes

##### 1. Rasayana therapy

##### 2. Daily regimen

Rasayana therapy specially deals with the science of geriatric care and rejuvenation. The strongest point of Ayurveda in the context of geriatric care is Rasayana therapy.

##### Pratarutthanam

Waking up early in morning before sunrise (Brahma Muhurta), this practice boosts circulatory process thus prevent problem of blood pressure. Morning time respiration provides fresh air and in this condition lungs acquired with vital energy therefore oxygen insufficiency gets relived and problem of constipation also get sorted out.

##### Ushapana/Achaman

Drinking water after cleaning mouth, washing hands and feet with lukewarm water. It clears toxins, regularize urine passage, improve digestive power and delays ageing.

##### Malamutra visarjan

Passage of urine and defecation regularly in morning time; means one should not avoid natural urges. This

practice helps to prevent pathological conditions and accumulation of toxins.

##### Dantadhavan

Cleaning of teeth using Nimba, Nyagrodha, Arka, Karanja and Khadira, twig. Cleaning of teeth and tongue prevent gums, throat infection, dental carries and helps to maintain oral health.

##### Nasyakarma

The nasal medication with sesame oil or medicated oil into each nostril in morning time regularly, this practice helps in the management of respiratory function and clears nasal blockage therefore relief cough & cold. This practice prevents or treats headache, sinusitis, spondylitis, tiredness, facial paralysis and improves breathing process.

##### Gandush

Gandush means gargling with lukewarm water or water mixed with natural ingredients, this practice helps to clear mouth and maintain oral hygiene. Pathologically it helps to delayed graying of hair, removes wrinkles, prevent diseases of oral cavity.

##### Abhyanga

The massage with oil to whole body regularly in morning time using sesame or coconut oil, this practice prevent lethargies, maintain compactness of body thus improve physical appearance, relieve joint pain, helps in arthritis and improve circulation thus helps in case of high blood pressure and improves overall physical strength.

##### Vyayama / Yoga

Daily exercise or Yoga practice in morning hours helps to maintain efficiency of lungs, increases circulation thus clears blockage, prevent digestive problems and cure numbness especially related to the sense organs.

##### Dhyanam

Meditation in peaceful atmosphere at lonely place in morning time helps to boost strength of mind thus provide relief in mental disorders including anxiety, stress, depression, insomnia and relaxes whole body physically as well as mentally thus cure weakness and fatigue.

##### Ahara/Dietary regimen

Ayurveda suggested specific Ahara (dietary regimen) to maintain normal health status. As per ayurveda meal should be taken in proper manner with appropriate time and in optimum quantity. The wholesome diet help to prevent infection since it enhances general immunity.

##### Ratricharya

Ratricharya should be consumed 2-3 hours before bedtime, it should be light and oily food must be avoided at night, this practice help to prevent indigestion, feeling of heaviness, gas trouble and sleeping disturbance.

## Nidra

Proper sleep is essential to keep whole body relax, sleep gives mental relaxation and prepare body for physical activities. One should sleep at least for eight hrs. however this time increase in elderly person and children. Proper sleep regularizes process of regeneration therefore prevent early aging and tissue loss. The person who takes proper sleep remains away from anxiety, depression, stress and headache.<sup>[15-19]</sup>

## CONCLUSION

Due to increased elderly population, the prevalence of geriatric specific disease conditions is also increasing. This is creating a big burden to the health care providers and the government.

The ayurveda approach of Swasthivritta helps to establish balances synchronization between body and mind. Swasthivritta involves various activities including Bhramamuhurta Jagarana, Ushapana & Nasapaana, Malatyaga, Achamana, Daantadhavana, Jihwanirlekhana, Mukha netra prakshalana, Anjana, Pratimarsha Nasya, Kawal, Dhumapana, Abhyanga, Vyayama, Udavartana, Snana and Anulepana, etc. These all approaches help to prevent pathological conditions such as; Udararoga, kushtha, Medoroga, Arsharoga, Raktapita, Mutraghata, Kasa, Swarbhanga, Mukha malinta, Durgandha, Vairasya, Manyasthambha, Ardhavabhedaka and Santarpanajanya vyadhis, etc. Proper conduction of Ahara and vihara balances Doshas, boost Dhatus, potentiate Agni, regularizes circulation, control metabolic activity and maintain hormonal regulation therefore provides health benefits and resist pathological progression of many diseases in old age.

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