



PROPHYLACTIC CARE IN GERIATRIC HEALTH WITH RESPECT TO AYURVEDA

¹Dr. Suman Verma, ²Dr. Deena Nath Singh and ³Dr. Ramesh Kant Dubey

¹M.D. Roga Nidana Evum Vikriti Vigyana, ²Assistant Professor, Roga Nidana Evum Vikriti Vigyana,
³Assistant Professor, Department of Swasthavritta, Government Ayurvedic P.G. College and Hospital, Varanasi.

***Corresponding Author: Dr. Suman Verma**

M.D. Roga Nidana Evum Vikriti Vigyana, Department of Rog Nidana, Government Ayurvedic P.G. College and Hospital, Varanasi.

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ABSTRACT

The life is time bound phenomena. The man is born, grows to adulthood, passes to senility and ultimately dies. Ayurveda has got the potential for prevention of disease by health promotion and management of diseases occurring in old age. The ideal time for treating the geriatric problems is during adulthood. Adherence to discipline in the growing stage and by adopting healthier lifestyle, keeps the geriatric related problems away in youth. We discuss lifestyle recommendations such as smoking cessation, yoga, exercise, *dinacharya*, *ritucharya*, *sadvritt palan*, *aachar rasayan*, *rasayana* therapy and good nutrition. In Ashtang Ayurveda “Jara” is incorporated at seventh number among its branches, Rasayana is a unique branch of medicine in Ayurveda, exclusive devotes to “Jara Janya Vyadhi”. The methodology is to delay ageing and to minimize the intensity of problems occurring this degenerative phase of one’s life. Ageing is a complex multifactorial and inevitable process, which begins before birth and continues throughout the entire life span. Specific causes of morbidity among the elderly are degenerative arthritis, Osteoporosis, Alzheimer’s disease, Depression, Parkinsonism, Hypertension, Diabetes Mellitus, Benign prostate hypertrophy, Cataract, Macular degeneration etc. With rise in the elderly population world over, it is now felt necessary to develop newer strategies for geriatric health care. Geriatric care has to address two - fold problem, firstly the basic anti- ageing care to retard the rate of physiological ageing and secondly the medical management of diseases occurring in old age.

KEYWORD: Geriatric, Swasthvritt palan, Rasayan, Geriatric care in ayurveda.

INTRODUCTION

The world’s elderly population is increasing. By 2050, one fifth of the world will be older than 65 years. In India, they will be about 113 million elderly by 2016. Ayurveda has the potential for disease prevention by health promotion and non - communicable disease prevention. On account of the interaction of kala, various changes occur in the body during period of Ayu, these are natural and cannot be changed. Life span has been divided into three parts, these are *Bala*, *Madhya*, *Jirna* or *Vriddhavashtha*. *Vriddhavashtha* is the last part of the lifespan and is mainly characterised by degenerative changes. It’s beginning at 60-70 years. This stage is characterized by decay in the body, dhatu, perception power of *indriya*, potency, strength, memory, retention etc. During this phase there is predominance of *Vata dosha*. The major physical changes seen at this time are wrinkling of skin, graying of hair, baldness and a diminishing ability to do physical work. In Sushruta Samhita jara is mention in *swabhava bala pravritt roga*. This change can be slow down, may be prevented, if the changes have already manifested, they can be managed. When the changes are produced due to defective diet and lifestyle, *vriddhavashtha* begins earlier and it is then known as *Akalaja Vriddhavashtha*. It can be managed

and treated through *Dinacharya*, *Ritucharya*, *Aachar rasayana*, *Sadvritt palan*, Rasayan therapy and good nutrition.

AIMS AND OBJECTIVE

1. To evaluate, discuss, and expand on numerous Ayurvedic beliefs and principles of aging.
2. To gain a better understanding of the elderly's health issues.

MATERIALS AND METHODS

Material related to aging, *vaya*. The main Ayurvedic text used in this study are *Charak Samhita*, *Sushrut Samhita*, *Astang Samgrah*, *Astang Hridaya*, and *Sharangdhar Samhita* and available commentaries on these. We have also referred to modern texts and searched various websites to collect information on relevant topics.

PROPHYLACTIC CARE OF AGING

The process of aging is dependent on diet and lifestyle. Aging can be prevented by.

Dinacharya

Daily regimen of right living is designed as means of promotive and preventive health care. The prescribed to

wake up in the morning is *Brahma Muhurta* approximately between 4 -5 AM. This should be followed by cleansing the teeth, tongue and mouth with suitable tooth brushes like Khadria, Karanja, Neem, Babool or any other having bitter and astringent in taste with antiseptics' property. They should be followed by drinking water, bowel evacuation, *anjana*, *abhyanga*, *shiro abhyanga*, *nasya*, *vyayama* as prescribed.

Ritucharya

Seasonal regimen is another important component of *swasthavritta*, prescribed in terms planning diet, lifestyle and seasonal *samshodhana*. Regular removal of aggravated *dosha* according to *Ritu* by *Panchakarma*, described here.

Dosha	Sanchay	Prakopa	Prashamana	Prescribed samshodhana
Vata	Grishma	Varsha	Sharad	Vasti
Pitta	Varsha	Sharad	Hemant	Virechana
Kapha	Shishir/Hemant	Basant	Grishma	Vamana

Sadvritt Palana

Two objective simultaneously – health and control over sense organs. One should wash twice a day, one should clean excretory passages and feet frequently, cutting of hair, shaving and nail cutting should be done thrice a fortnight, should take initiative in talk remain cheerful.

Aachara Rasayana

In *Rasayan chaturtha paad: Ayurvedsamthaniya* - Aachara rasayana is a nonpharmaceutical method of obtaining the rasayana effect through a rejuvenated lifestyle. It encompasses enhanced personal and social behaviour, as well as *sattvika* aahara, which leads to improved health and life. Another term, *Ajasrika* rasayana, refers to the continual eating of nourishing foods like as milk, ghrita, and other such foods in order to maintain optimal nutrition by direct sustenance.

Rasayana - Boon for Geriatric Care

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Rasayana is particularly concerned with nutrition, geriatric care, and rejuvenation. It is a key to the problem of healthy lifespan. It provides immunity, happiness and better cognition among other benefits. Rasayanas are nutrients, tonics, antioxidants, stress relievers and immunomodulators. All of these characteristics add up to an anti-aging effect.

Recent research on popular rasayana treatments including *Aamalki*, *Aswagandha*, *Guduchi*, *Brahmi* and *Chyavanprash* has found evidence that they are effective anti-aging remedies. Some Rasayana are disease specific, such as *Shilajatu* for diabetes mellitus and *Tuvaraka* for skin - illnesses and leprosy, are known as *Naimittika* rasayana. Some Rasayanas are age specific and can be administered to a specific age range. When Rasayana

therapy is preceded by appropriate panchakarma, it becomes more successful and effective. Ayurvedic literature mention a wide range of rasayana medications, both plants and minerals, that can be used alone or in combination. *Ashwagandha*, *Shatavari*, *Brahmi*, *Mandukaparni*, *Shankhapushpi*, *Madhuyasti*, *Guduchi*, *Aamalki*, *Haritaki*, *Bhallataka* are prominent single rasayana herbs, while *Chyavanprasha*, *Brahma rasayana*, *Aamalki rasayana*, *Siddha makardhwaja*, *Makardhwaja*, *Navjeevan rasa*, *Shilajitvadi vati*, *Ashwagandarist* etc. are in combination. As a result, Ayurvedic Rasayana therapy is a multifaceted discipline that provides physical, social, and psychological support. With this therapy, age-related impairment can be delayed or addressed, making the elderly healthier.

Geriatric's Diet

In comparison to adults, the nutritional needs of the elderly are different. Elderly people become more sensitive to malnutrition for a variety of reasons. As a result, the aged should eat a diet rich in cereals, legumes, vegetables and fruits. Calcium is essential for bone health. In order to minimise bone mineral loss in the elderly, a diet rich in dairy products, seafood, legumes, nuts, seeds and egg is recommended. Limit your intake of salt, oil and high protein foods. Meals should be tasty, light, fresh, digestible and nutritious.

Geriatric's Exercise and Yoga

Exercise aids in weight management, mental wellbeing, stress relief, blood circulation, and flexibility. Yoga promotes a healthy balance, blood flow, and tissue vitality. Many age-related problems can be avoided if a person joins the Geriatric Yoga programme on a regular basis. It uses relaxing strategies to minimise sympathetic activity.

The following yoga techniques will help you live longer.

Asana	Pranayama	Mudra	Astang Yoga
Surya Namaskar	Nadisodhana	Khechari	Dharana
Pavanamuktasana,	Kapalbhati	Bhuchari	Dhyana
Ardha Matsyendrasana	Bhramari	Agochari	Swadhyaya
Bhujangasana,	Bhastrika	-	Yama
Shavasana etc.	Tratak, Neti etc.	-	-

Cessation of smoking and alcohol

Drinking is linked to liver diseases, stomach ulcers, gout, depression, osteoporosis, heart disease and hypertension. Sensitivity to the effect of alcohol increases with the age.

and commentaries including related topics and study.

DISCUSSION

Aging is a natural phenomenon, but nobody wants to grow old. These natural diseases are due to swabhava and depend on kala. Follow the principles of *Sadvritt and Aachara rasayana*, involve oneself in the supreme power or the eternal truth by any means as it increases the level of satva in mind. The practice of yoga and exercise can skip the aging. Comprehensive description of aging and its prevention and treatment have been given in the classical texts.

CONCLUSION

Increased life expectancy, urbanisation and lifestyle changes have resulted in a slew of issues for India's elderly. As a result, geriatric health care must be integrated into primary health care. Rasayana Tantra is a discipline that describes a number of approaches and techniques. Steps to encourage a long and healthy life. Ayurveda's strength in the field of medicine is undeniable. Government of India has also launched a national campaign to popularize the strength of Ayurveda and Yoga in geriatric health care. Thus, there is a need to create awareness among the masses about the strength of Ayurveda in Geriatric health care. It is the demand of the hour to develop an effective holistic protocol for geriatric care by combining *Rasayana, Panchakarma*, dietetics, yoga, lifestyle and Ayurvedic medicine.

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