



**ROLE OF KAYACHIKITSA (INTERNAL MEDICINE) IN THE MANAGEMENT OF
DEGENERATIVE EFFECT OF JARA (AGEING): A REVIEW**

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ABSTRACT

Ayurveda is oldest science of health comprising many branches which deals in specific health areas. *Kayachikitsa* is one the vital stream of ancient Indian medical system which described various aspects related to the diseases and their management through internal medicine. The terminology originates from words "*Kaya & Chikitsa*" means body and treatment respectively. Thus *Kayachikitsa* helps in the restoration of overall health using various medicines. The theories and approaches of *Kayachikitsa* not only help to cure diseases but this branch also suggested various drugs to restore health of elderly (geriatric care). Ayurveda drugs like; *Amalaki*, *Triphala* and *Medhya Rasayana*, etc. offers great advantages in geriatric care. This article summarized role of *Kayachikitsa* in geriatric care.

KEYWORDS: *Ayurveda, Kayachikitsa, Jara, Geriatric Care, Rasayana.*

INTRODUCTION

Kayachikitsa is one of the branches of ancient Indian system Ayurveda which mainly deals with overall management of health through internal medicines. *Kayachikitsa* helps to restore normal health status since approaches of *Kayachikitsa* like medication and detoxifications potentiate *Oja & Agni* thus quality of *Dhatu* improved which ultimately helps to balances *Doshas*. The balancing state of *Doshas* merely considered responsible for good health status. Moreover drugs suggested for internal use also improves immunity therefore prevent prevalence of infectious manifestations.

Balyawastha, *Madhyawastha* and *Vridhawahastha* are the different stages of life described by Ayurveda science. *Vridhawahastha* means elderly state in which many health issues arises due to the diminished state of *Dhatu*. *Vridhawahastha* is degenerative stage when organs functioning become weak and physiological activities get hampers due to the reduced cellular process. Therefore elderly person becomes susceptible to many health problems like; depression, hypertension, alzheimer, arthritis, diabetes, lack of memory, vision impairment, cataract and loss of physical as well as mental strength.

The ageing commonly related with many healthy problems therefore elderly person needs specific care and ayurveda considered this approach as geriatric care. Ayurveda *Kayachikitsa* offers many drugs which possess

role in geriatric care. *Vata dosha* mainly involves in health issues associated with elderly person. Therefore it is require pacifying *Vata dosha* and ayurveda drugs possess ability to pacify aggravated *Vata*. Moreover natural medicines impart beneficial effects to potentiating *Rasa, Mamsa, Asthi* and *Majja*.

Ayurveda described term *Jara* for ageing and considered it as natural stage of life. *Jara* is degenerative stage in which *Dhatu & Balya* lost their strength which resulting *Srotamsi* and improper functioning of biological organs. The physical and mental strength decreases significantly and person becomes susceptible towards the diseases therefore elderly person needs more care to maintain normal health status. There are various drugs which help to prevent prevalence of diseases in elderly. These drugs also help to regulate normal physiological functioning of body and boost internal strength. Ayurveda drugs prevent *Dhatu kshaya* thus resist symptomatic manifestation of early ageing. It is believed that ayurveda drugs which having *Madhura Rasa* and *Snigdha Guna* can help to delay process of early ageing. The internal medicine preserves *Saumya Dhatu*, potentiating *Agni & Oja* thus boost overall strength of body and resist degenerative manifestation of aging. Ayurveda drugs remove *Ama*, impart rejuvenating effect and improve functioning of *Srotus* therefore give nourishment to whole body and prevent negative effect of *Jara*. The therapeutic effects of ayurveda drugs in geriatric care mentioned in Figure 1 as per modern science.

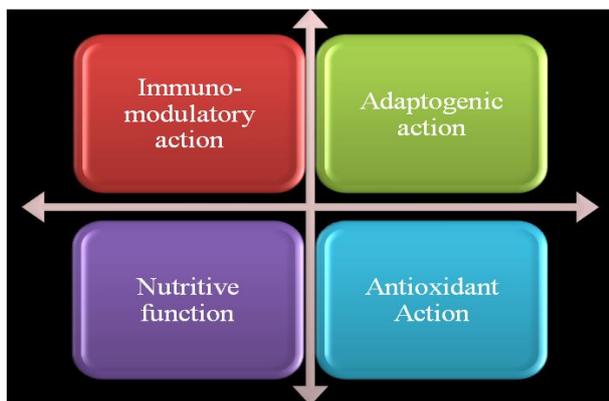


Figure 1: Therapeutic benefits of ayurveda drugs in geriatric care.

Role of *kayachikitsa* in geriatric care

Bhringaraja improve skin texture and complexion, *Musali* enhances *Shukra* thus restore sexual strength, *Calamus* boosts nervous system, *Vidanga* enhances excretory functioning, *Puskarmula* maintain cardio functioning and *Haritaki* helps in digestive functioning. *Guggulu* reduces excessive fat thus helps to combat against circulatory health problems in elderly. *Amalaki* offers antioxidants effects thus prevent oxidative denegation and Vitamin-C present in *Amalaki* strengthens teeth of elderly. *Brahmi* prevent memory impairment and enhances mental coordination. *Turmeric* imparts anti ageing effect and relieves pain related to the joint inflammation. *Ashwagandha* possess rejuvenation and helps to restore mental coordination. *Shilajit* is considered most important rejuvenating drug and it offers many health benefits in case of geriatric problems; it cure fatigue, anorexia and insomnia. *Shilajit* gives strength to sexual and digestive system. *Centella asiatica* possess *Vayasthapana* effect since it improves synthesis of collagen. *Triphala Rasayana* strengthens *Agni* and *Dhatu*, regulates functioning of *Srotas* and act as rejuvenator thus provides great benefits in degenerative symptoms of ageing. *Yastimadhu* increases circulation of *Rasa*, boost digestive functioning and prevent symptoms of age related dementia.

Advantages of ayurveda internal medicine in *jara*

- ✚ Ayurveda drugs clear toxic (*Ama*) from body thus improves functioning of minute channels (*Srotas*).
- ✚ Acts on *Jataragni* and *Dhatvagni* thus regularizes digestive functioning and maintain nourishment of whole body.
- ✚ The Ayurveda drugs relives excessive fat thus resist obesity induce degenerative process.
- ✚ Natural drugs empowered *Asthi Dhatu* and prevent age related joint pain.
- ✚ Ayurveda drugs possess *Rasayana* effect act as an anti oxidant thus prevent tissue damage.
- ✚ Internal medicine balances *Doshas* and increases *Ojas* thus improves immunity and resist frequency of general infections in elderly.
- ✚ *Rasayana* drugs balances physical integrity and provides good skin texture and complexion.

Probable mode of action of drugs in geriatric problems

- ❖ The drugs possess *Madhura rasa*, *Shita virya* & *Snigdhaguna* pacifies *Kapha* and boost *Dharana karma* therefore helps in geriatric care.
- ❖ Drugs having *Laghu Guna*, *Katu Rasa* and *Katu Vipaka* reaches through minute channels and potentiate *Agni* and provides nourishment to whole body.
- ❖ *Rasayana* drugs acts on *Jataragni* and *Dhatvagni* and remove *Kleda* and increases *Ojas* thus provide strength to the body organs.
- ❖ *Medhya Rasayanas* acts for intellect restoration and cure age related brain dysfunction.
- ❖ *Vayasthapana* herbs maintain youthfulness since they balances *Doshas* and regulate circulatory process of body.
- ❖ *Vayasthapana* herbs promote collagen synthesis and enhances cell life thus reduces process of tissue degeneration.
- ❖ Ayurveda drugs migration of leukocytes thus contributes towards good immunity and resists prevalence of infections in elderly.

CONCLUSION

The complete health restoration of body can be achieved by various approaches of *Kaya Chikitsa* which deals in diagnosis and treatment of diseases. The internal medicine recommended in ayurveda helps to balance *Doshas* (*Vata*, *Pitta* and *Kapha*) thus prevents pathological progression of diseases. The internal medicine utilized in *Kaya Chikitsa* therapy potentiates *Dhatu*, improve nourishment of body, enhances circulatory process, boost immunity and facilitate detoxification of body thus prevent degenerative health effects of ageing. Ayurveda drugs provide longevity, improve skin luster, potentiates functioning of heart, regulates metabolic activities, empowered nervous system and restore functioning of sense organs therefore Ayurveda medicine as an approach of *Kaya Chikitsa* can be used effectively for geriatric care in elderly.

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