



"A REVIEW OF PREVENTING AND CONTROLLING GERIATRIC DISORDERS THROUGH AYURVEDA"

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ABSTRACT:-

Aging is a process of physical, psychological and social change in multidimensional aspects. As the age advances body becomes fragile, digestion and metabolism gets weakened and the body surrenders to various diseases. According to *Ayurveda* *Vatadosha* is most important factor in aging process. Aim of *ayurveda* is not only to treat the disease but also maintain the healthy status of individual. *Vruddhavastha* is last part of life span and it is mainly characterized by degenerating changes. In *Ayurveda* there are many concepts to decrease these degenerative changes in early age and maintain health status. Use of *Rasayan chikitsa*, *Panchkarma* and various herbal drugs can delay aging process. *Rasayanchikitsa* has also called as *jara chikitsa* is unique branch of *Ayurveda* to delay aging and control degeneration. Hence *Ayurveda* has broad spectrum of preventing measures for combating the aging process and related disorders.

KEY WORDS- Aging, *Ayurveda*, *Vruddhavastha*, *Rasayan chikitsa*, *Panchkarma*

INTRODUCTION -

After age of 70 years *rasa raktadi dhatu kshay* occurs which leads to loss of *indriya*, *bal*, *veerya*. As the age increases, *kapha hras* and *vat* predominance takes place in body. In *vrudhavastha*, *vat dosh* predominance is there which leads to *dhatu kshay* and *jara shosha*. *Shushrutacharya* in *Sutrasthan* 25/26 *shloka* says that, as heavy rain fall leads to destruction of old house such condition is called as *vriddhavastha* or *jara*. According to *Charakacharya*, 60-100 years of age considered as *vrudhavastha*.

According to modern science, aging is a slow process that refers to the impact of passage of time on structure and function of different systems of body. WHO has defined "Elderly" as there more than 65 years of age.² the rate and quality of aging begins the day baby is born. Full growth potential realized up to third decade of life beyond which significant structural (organ & tissues) and functional (psychological) changes of aging slowly begin to appear.

Review of Literature –

Sharangdhar samhitas gives huge contribution to human life. In which he discussed 120 years of lifespan and as per age grows, life shows loss or disabilities in human body.

Pratham Dashak- Loss of balya avastha.
Dwitiya Dashaka- Vrudhi avarodha
Tritiya Dashak- Rupa, soundarya Hras
Chaturtha Dashak- Medha Hras
Pancham Dashak- Twak Hras
Shashtham Dashak- Druk Hras
Ashtam Dashak- Shukra Hras
Navam Dashak- Budhi Hras
Dasham Dashak- Karmendriya Hras

This will leads to day by day wear & tear of body. Now days there are existence of more coronary heart diseases, hypertension, diabetes, stroke, osteoarthritis, cataract, dementia etc. Furthermore with increasing age of population. One can see more of Alzheimer's disease, urinary incontinence, pressure sore and age related degenerative disorders.

Now days there are many cases of “*Akal vrudhavastha*” (Early aging) and some references about it are available in *bhavaprakash nighantu*. He quoted 3 reasons of *akal vardhakya*. Those are *Adhyashan, Anashan, and Abhukta*.

Preventive Measures-

According to *Charak*

- One who takes proper diet and healthy living will lead to healthy life. (*Cha.Su.28/344*)
- The one who follows hitahar and sadachar will live happily for 36000 nights i.e. 100yrs. (*Cha.Su.28/345*)
- Ahar which does poshan of saptadhatus & vyayam necessary for body. The one who follows this will leads to ultimate sukh prapti and dirgha ayushya. (*Cha.Vi.4/46*)

According to *Shushruta*

- Only after digestion of previous food next meal should be taken.
- *Vega na dharayet.*

- *Bramhacharya palan, ahinsa tyag* etc these things leads to *ayu vrudhi*. (*Su.Chi.28/28*)

According to *Ayurveda*

- Use of green vegetables, fruits in daily diet.
- Eating proper amount / required quantity of food as per *bala, youvan* or *vrudhavstha*.
- Don't take unhealthy, spicy food or alcoholic or non alcoholic drinks.
- Avoid unnecessary unnatural movements of body.
- Proper management of time.
- Follow the responsibility towards family, work and our country.

Controlling Measures –

- *Achar Rasayan– Satya vachan, jap, tap, mantra ucharan, adhyatma*, good thoughts, to be followed. Avoid *krodha, madya, maithun, hinsa, atishram, krurata, ahankar*. In *ahar grut, dughā adi sevan* and early to bed early to rise technique should be followed. (*Cha.Chi.1/30*)
- *Vaya Sthapan Mahakashay-* Taking this *kashay* regularly will reduce the *akal vrudhavstha*.
- *Panchkarma-* Before giving any kind of treatment one should go through *shodhan*. After *snehan, swedan* follow the type of *shodhan chikitsa* like *vaman, virechan, basti* and *shirovirechan* in special reference to *jara chikitsa*. This will form the *samya avastha* of *tridoshas* and *saptadhatus* which leads to delayed aging. (*Cha.Su.7/49*) Following *nasya* properly gives *uttmangiya indriya sthairyā* and *bal*. *Abhyang* reduces signs and symptoms of aging like wrinkles. *Agni karma, kshara karma*, and *virechan* are *varjit* in *vrudhavastha*. But whenever necessary procedure should be conducted with *mrudu dravyas*.



- *Rasayan*- Use of rasayan on daily basis gives result like delayed aging, long life. There are many *rasayan* told by our *acharyas* like *vagbhat* mentioned almost 24 types *rasayan kalpa* along with *achar rasayan*. *Sushruta* mentioned *rasayan* in *chikitsasthan* 27th chapter. *Charak* mentioned 30 *rasayan kalpas* whereas *bhaishjya ratnavali* mentioned 37 *kalpa*.

MATERIALS AND METHODOLOGY

Material:-

LITERARY STUDY:-

1. Available literature regarding *vardhakya* from,
 - a) *Bruhtrayi*
 - b) *Laghutrayi*.
2. Authentic Internet sources.

Methodology:-

All the information regarding *jara* or *vrudhavastha* along with their related diseases and their preventive controlling measures collected from authentic sources (*Ayurvediy*) *samhita*, authentic internet sources).

All the literature material mentioned above is thoroughly as well as critically reviewed, concentrating on the references regarding the *jara* and its related disorders.

The collected information is compiled, compared and analyzed scientifically.

DISCUSSION-

A multi dimensional approach is essential to provide a good quality of life to old people. It comprises not only curative but also preventive methods. Age related diseases can be prevented and good quality of life can be maintained for as long as possible. This can be achieved by practicing health promotion encompassing its

three components of health practices of regular physical exercise, balanced diet, stress management or *mansik swasthya*. Joint family system informal support network, social & spiritual enrichment also contribute to healthy happy old age. By means of *ayurveda*, *achar rasayan*, *rasayan*, *panchakarma* helps in delayed aging. Along with all preventive and curative method comprehensive geriatric assessment screening should be done.

CONCLUSION-

In this literary study, it is noted that the classical *samhitas* provide detail information about mechanism of aging, prevention & control over age related disorders. The advantages of following proper regime quoted in *ayurveda*, *achar rasayan*, and *rasayan*, *panchakarma* which cover the physical & psychological benefits and lead to delayed aging. Disadvantages leads to age related disorders or early aging.

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