

ROLE OF AYURVEDA IN GRACEFUL AGEING**Vd. Sanjivani Manoj Kamble^{1*} and Vd. Madhuri Pachghare²**

¹MD. Scholar-Department of Sanskrit Samhita Siddhanta R.A. Podar Medical College (Ayu),
Worli, Mumbai-400018.

²Associate Professor, Department of Sanskrit Samhita Siddhanta R.A. Podar Medical College
(Ayu), Worli, Mumbai-400018.

Article Received on
29 April 2024,

Revised on 19 May 2024,
Accepted on 09 June 2024

DOI: 10.20959/wjpr202412-32868



***Corresponding Author**

**Vd. Sanjivani Manoj
Kamble**

MD. Scholar-Department of
Sanskrit Samhita Siddhanta
R.A. Podar Medical College
(ayu), Worli, Mumbai-
400018.

ABSTRACT

Ayurveda is a system of health care with origins in Ancient India. Ageing is a part of life cycle which involves multiple changes in physical (Muscular, skeletal, changes over skin, sensory ability of sense organs), mental (Memory loss, sleep disturbances, behavioral changes) & social condition of person. According to Ayurveda, Jara (Ageing) is a Swabhavaj Roga which occurs due to the hetu kala. As mentioned in charak sharir-1, according to Chakrapanidatta, Jara (Ageing) is Nishpratikriya (Unresponsive) as it is Swabhavaj Roga so no one can stop ageing but with the help of some Ayurvedic concepts like Rasayan Therapy, by following different Ayurvedic regimens, Ahar, and specific Aushadhi (Medicines) like vayasthapana, Balya Vargas, etc., we can achieve this ageing gracefully.

KEYWORDS: Ageing, Dincharya, Ritucharya, Rasayana, Ahar.

INTRODUCTION

Ayurveda means science or knowledge of life. The main goal of Ayurveda is to promote good health and prevent diseases. In Ayurveda, Ageing is known as "Jara" means old age. Ageing is natural, multidimensional process of physical, psychological and social changes. According to Acharya Charak, the average longevity is 100 yrs which has been divided into three parts i.e. Balyavastha, Madhyamavastha and Jirnavastha. In Ayurveda, Jara is considered as Swabhavaj Roga which occurs due to the hetu kala and divided into kaalaj Jara i.e. ageing appearing at proper time and Akaalaj Jara i.e. appearing before proper time. Among them

kaalaj Jara is swabhavaj Roga. Vriddhaawastha or Jarawastha is considered between 60-100 year of average longevity.

According to Chakrapanidatta, Jara (Ageing) is Nishpratikriya (Unresponsive), so no one can stop ageing but we can achieve this ageing gracefully. Ayurveda has been divided into eight branches and Jarachakitsa is one of them which helps us to age gracefully. Graceful ageing does not mean reducing or stopping of ageing but its all about enhancing physical, mental and immunue health to prolong happy and healthy life. In order to maintain whole longevity Ayurveda has mentioned some regimens, therapies like Rasayan, Ahar & Aushadhi.

Concept of ageing

Ageing is a continuous process which begins with the conception of every individual and ends with the last stage of life i.e. death. In Ayurveda last phase of life span has been referred as Jara i.e. Vardhakya. In this stage of life, Dhatu, Sharir Bala, Indriya Bala, Virya, Oja, Prabha, Medha, Agni, Utsaha decreases which results in deterioration of the normal physiological and psychological functions necessary for survival of healthy life.

As we grow older, we experience an increasing number of natural changes such as skin damage, loss of muscular and physical strength, loss of sensory capacity, changes in sleep pattern, appetite. Skin is the first body part to show signs of ageing. Skin becomes rougher, slack, fragile, thinner as well as loses fat, wrinkling and appearance of age spots are the primary noticeable age related changes.

Ageing process causes various physiological changes, Neurological disorders like Alzheimer's and parkinsons disease, musculoskeletal changes characterised by decrease in muscle strength and muscle mass which causes weakness, disability and morbidity. Several behavioral changes that have major impact on social relationships, moodiness, loneliness, loss of memory increases with increasing age. Although, we can't avoid this process, we can try to achieve it in graceful way. For this purpose Ayurveda described following regimens and therapies.

METHODOLOGY

- 1) **Dincharya (Daily regimen)** – Dincharya means daily regimen that every person needs to be followed everyday to keep the diseases away and to maintain a healthy life. Dincharya promotes good health of the individual by maintaining normal physiological functions of

the body and keeps the person healthy forever by slowing down the irreversible changes occurring in the body with passage of time (age). By following Dincharya such as waking up in Brahma Muhurta (48 min before sunrise), Nasya, Abhyang, Vyayam, Snan, etc. one can get relief from pain & diseases. Mukh Prakshalana, Dantadhavana, Gandush dharan, etc. helps to maintain facial structures which gives cosmetological effect for long time. Vyayam (Exercise) nourishes body, proportionate body & avoids obesity & early ageing. Abhyang helps in delay ageing by giving nourishment to the body & pacify Vata dosha. That's why Dincharya helps in strengthen immunity, protect against health hazards & promote a healthy lifestyle.

- 2) **Ritucharya (Seasonal regimen)** – Ritucharya is a powerful health giving ayurvedic tool which helps in to live according to the changes in season and make internal adjustments so that our doshas are in a state of balance. Body needs to adapt itself according to the seasonal variation to remain healthy, fit and disease free. Ritushodhana which is mentioned in Ritucharya helps to prevent diseases, promote health and neutralizes effects of vitiated doshas because seasons leave an immense effect on our Tridoshas. If a person follows diet and routine according to the season, the intensity of his health is improved. So, Ritucharya is best Ayurvedic practice.
- 3) **Rasayana therapy (Rejuvenation)** – Rasayana therapy i.e. rejuvenation therapy is one of the most important chikitsa of Ashtang Ayurveda mainly used for maintaining health of the healthy individual although it can be used to treat diseases. Medicinal therapy beneficial to the rasadi Dhatus and their Ayan's (channels or tracts of the body) are called as Rasayana. Rasayana promotes the inner healing power of an individual via promoting the immunity. It forms an integral part of the Jara chikitsa by promoting health & glow, physical strength and immunity & provides longevity & youthfulness. Rasayana aims at maintaining excellent physical and mental health through a combination of nourishing diet, wholesome activities and gentle herbs. It's a way to achieve homeostasis and thus retarding the process of ageing phenomena and prevent the diseases. Rasayana strengthen both body and mind. It gives us graceful ageing with slow transformations and physical fitness ultimately extended life with good quality. It is considered as the most suitable treatment for the symptoms of ageing.
- 4) **Acharya rasayana-** Acharya Rasayana is right code of socio- behavioural conduct. It is a unique Ayurvedic concept of mind rejuvenation. Acharya Charak has mentioned the

Achara Rasayana for perfect mental, physical, social, spiritual health of the human being. Achara Rasayana mainly focuses on maintaining equilibrium of manas doshas by increasing satva guna. It includes moral conducts and behaviour conducts to be followed for acquiring physical & mental well being. It involves implementing positive lifestyle like having satvik diet, speaking the truth, avoiding anger, practising non-violence, meditation, kindness to living beings, indulging in spiritual & religious activities like Japa, mantra, etc. Practising Achara Rasayana helps in reducing stress.

- 5) **Ahara (Food)** - Ahara (food) is the most important factor for the sustenance of life. It is described as foremost pillar among the three pillars of life (Ahara, Nidra & Bramhacharya) in Ayurveda. Various lifestyle disorders & diseases occurs due to faulty dietary habits which can be prevented by Satvik ahara, Fresh & hot food, green leafy vegetables and Seasonal Fruits. A balanced and nourishing diet is key to graceful ageing. Eating food which are rich, healthy sources of protein, healthy fats, and antioxidants could help to reduce the signs of ageing. Ayurveda insists that Ahara should be chosen in accordance to the Prakriti or constitution of individual.
- 6) **Specific aushadhi**- The Ayurvedic herbs is an integral part of the Ayurvedic medicine system. There are various Ayurvedic medicinal plants that are used to slow down ageing and enhance memory including Ashwagandha, Guduchi, Haridra, Amalaki, Haritaki, Shatavari, etc. Amalaki, a potent antioxidant, rich in vit c, tannins & gallic acid is foremost amongst the anti-ageing drugs. Similarly, specific Aushadhi Gana mentioned by Acharya Charak such as Vayasthapana, Balya, Brihniya, Jivaniya, etc. helps in removing toxins, restoring balance & rejuvenating the body, thus supporting graceful ageing.

DISCUSSION

Ayurveda emphasis the cure of disease as well as blissful long life. The Ayurveda aims at prevention rather than cure only. Nowadays due to sedentary lifestyle ageing occurs before expected age. For improving quality of life, it is very important to have a calm, composed and concentrated mind. Dincharya, Ritucharya, Ahara, Rasayan therapy, Achara Rasayana and some of the specific aushadhis are the preventive Ayurvedic approaches for maintaining and improving the quality of life. So, for the purpose of graceful ageing it is necessary to follow above mentioned regimens, Ahar & therapies.

CONCLUSION

Ageing is a natural body process characterized by sluggishness of body activities as well as other age related changes in the body. Ayurveda effects includes immunue modulatory and longevity enhancing. Ayurveda helps in graceful ageing by balancing Tridoshas, improving vitality, providing strength & by increasing immunity. Ayurvedic concepts like Rasayana therapy, different Ayurvedic regimens helps in graceful ageing by detoxifying, strengthening and balancing the body and mind. By understanding our unique therapies and adapting our lifestyle, diet accordingly, we can age gracefully.

REFERENCES

1. Agnivesha, Carak Samhita, edited by Yadavjee trikramjee Acharya, Sharir sthana, Chaukhamba Subharati Prakashan, Varanasi, 2016; 1.
2. Sushruta, Sushrut Samhita, edited by Yadavjee trikramjee Acharya, Sutrasthana, Chaukhamba orientalia, Varanasi, reprint, 2021; 1.
3. Agnivesha, Carak Samhita, edited by Yadavjee trikramjee Acharya, Sutrasthana, Chaukhamba Subharati Prakashan, Varanasi, 2016; 5.
4. Sushruta, Sushrut Samhita, edited by Yadavjee trikramjee Acharya, Chikitsa sthana, Chaukhamba orientalia, Varanasi, reprint, 2021; 24.
5. Shrimadvagbhata, Astanga Hridayam, edited by Bramhananda Tripathi, Sutra stana, Chaukhamba Sanskrit Pratishtan, Delhi, reprint, 2019; 2.
6. Agnivesha, Carak Samhita, edited by Yadavjee trikramjee Acharya, Sutrasthana, Chaukhamba Subharati Prakashan, Varanasi, 2016; 6.
7. Shrimadvagbhata, Astanga Hridayam, edited by Bramhananda Tripathi, Sutra stana, Chaukhamba Sanskrit Pratishtan, Delhi, reprint, 2019; 3.
8. Sushruta, Sushrut Samhita, edited by Yadavjee trikramjee Acharya, Sutrasthana, Chaukhamba orientalia, Varanasi, reprint, 2021; 6.
9. Agnivesha, Carak Samhita, edited by Yadavjee trikramjee Acharya, Chikitsa sthana, Chaukhamba Subharati Prakashan, Varanasi, 2016; 1.
10. Sushruta, Sushrut Samhita, edited by Yadavjee trikramjee Acharya, Chikitsa sthana, Chaukhamba orientalia, Varanasi, reprint, 2021; 27.
11. H. S. Datta and R. Paramesh, "Trends in aging and skin care: Ayurvedic concepts," Journal of Ayurveda and Integrative Medicine, 2010.
12. A. Vivek, "An ayurvedic insight towards ageing with its preventive measures," International Journal of Research in Ayurveda and Pharmacy, 2013.