

## AN AYURVEDA CONCEPT OF AGEING PROCESS

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**ABSTRACT**

The Concept of jara is presented in several Ayurvedic samhita according to acharyas in the process of jara hash of various systemic function. Tridosha (vaat, pitta, kapha) and Agni which are functional homeostasis of body are disturbed when age growing up. Ayurveda have capability to slow down or delayed aging process principle of body equilibrium method because of which we have healthy and long life and broadly prevent disease which happen in old age peoples.

**KEYWORDS:** Jara, Vaya, Vridhavshtha, Agni, Tridosh.**INTRODUCTION**

Geriatrics is branch of medicine dealing with problems of Ageing and disease of elderly using physiological phenomenon.

Ageing Has been defined as the total sum of physiological changes that progressively leads to the death of the individual it is also defined as the intrinsic inevitable and irreversible age associated loss of viability that render us more susceptible to a number of disease. And death or progressive functional this line of physiological function and decrease in fecundity. With age undoubtedly, human Ageing is associated with a wide range of physiological and cellular changes that limit our normal function and make us more susceptible to death.

**Ageing broadly two type**

1. Chronological age- which refers to the actual age of the person in terms of year, month and day.
2. Biological age- individual development and changes based on certain cellular or molecular parameters

Nowadays as stressors are increasing in all the fields of life. Ageing start very early some symptoms of ageing are also seen in 3<sup>rd</sup> to 4<sup>th</sup> decade of life. The number of people in world aged 60 years or over is projected to grow by 56% from 901 million to 1.4 billion by 2030. The global population of older persons is projected to be double by 2050.

Ageing has been considered as a JARA. Acc. *Vagbhatta jara* is on of the branch from *ashtangayurveda*. *Acharya charak* has mentioned the growth period that is up to 30 years after that the growth of individual stop and ageing start to continue.

*Acharya sushruta* mentioned a group of naturally occurring disease named- *svabhavaj roga* which includes *ksudha*, *pipasa*, *nidra*, *jara*, *mrityu*.

Ayurveda also gives attention towards the psychosomatic approach of *ayu* by describing the *Hitayu*, *Dukhayu*, *Ahitayu*, and *Sukhayu* with the description of total span of life.

## AGE CLASSIFICATION

❖ *Chandogyopnisad* emphasizes that a man enjoys 116 years of life. The total life span has been divided into three categories:-

- Childhood – *Balyavastha* – 24 years
- Youth – *Yuvavastha* – 44 years
- Old age – *Vrddhavastha* – 48 year

❖ *Sushruta* gives an elaborate and systematic classification of age

### I) *Balyavaya* (Childhood) – Before 16 years.

- a) *Ksirapa* (milkfed)
- b) *Ksirannada* (weaning)
- c) *Annada* (Food)

### II) *Madhyavastha* (Middle age) = 16 – 70 years

- a) *Vridhhi* – (Growth or evolution) = upto 20 years
- b) *Youvana* – (Youth) = 21 – 30 years
- c) *Sampurna* (Completion of the body with all the dhatus, Indriyas, strength and veerya) = 31 – 40 years
- d) *Hani* – (Involution or decline) = 41 – 70 years

### III) *Vriddhavaya* (old age) = 71 – 100 years

*Dhatu*, *Virya*, *Indriya*, *bala*, *Utsaha* decrease day by day. Alopecia, wrinkling of whole of

body, cough, breathlessness etc. occur. Sequential *Ksaya* in Ageing. *Sarangadhara* presents an interesting schemes of loss of different biological factors during life as a function of Ageing. During the approximate hundred years of total span of life an individual.

Looses different values in different decades of life in the following sequence.

- 1) First decade of life – *Balya* – Childhood
- 2) Second decade of life – *Vridhhi* – Growth
- 3) Third decade of life – *Chavi* – Beauty
- 4) Fourth decade of life – *Medha* – Intellect
- 5) Fifth decade of life – *Tvaka* – Health of skin
- 6) Sixth decade of life – *Drsti* – Vision
- 7) Seventh decade of life – *Sukra* – Sex
- 8) Eighth decade of life – *Vikrama* – Strength
- 9) Ninth decade of life – *Buddhi* – Wisdom
- 10) Tenth decade of life – *Karmendriya* – Activity

#### Decade Decline condition *Vagbhatta -Sharngdhara*

Decade	Condition	<i>Aacharya Vagbhatta</i>	<i>Aacharya Sharngdhara</i>
1 <sup>st</sup>	Balya	+	+
2 <sup>nd</sup>	Vridhhi	+	+
3 <sup>rd</sup>	Chavi	+	+
4 <sup>th</sup>	Medha	+	+
5 <sup>th</sup>	Tvaka	+	+
6 <sup>th</sup>		Shukra	Drishti
7 <sup>th</sup>		Drishti	Shukra
8 <sup>th</sup>		Shravana	Vikrama
9 <sup>th</sup>	Buddhi	+	+
10 <sup>th</sup>	Karmendriya	+	+
11 <sup>th</sup>	Chetasa	-	+
12 <sup>th</sup>	Jivitama	-	+

#### *Vardhikiyaavastha*

*CarakaAacharya* 60-100 yrs

*SushruthAacharya* 70 onwards

*VagbhattaAacharya* 70 onwards

#### WHO Classification of the Elderly individuals

➤ Elderly – 60 to 75 years.

➤ Old – 76 to 90 years.

➤ Very Old – Above 91 years.

## AGEING AND TRIDOSHAS

*Vata*, *Pitta* and *Kapha* are the three basic constituents of living human body. A Balanced state of the structure and function of these three *Doshas* maintains the healthy life and their imbalance is the basis of pathology according to Ayurveda. As per fundamental principles of Ayurveda, *Kapha* is the predominant *Doshas* during childhood, *Pitta* during the adulthood and *Vata* during Old age. *Kapha* is the principal humor responsible For growth and development while *Pitta* is Responsible for the vigour and vitality of Youth. *Vayu* according to its fundamental Properties precipitates atrophy and involution i.e. *Kasaya* and *Shosha* of *dhatus* Which is responsible for most of the Manifestations of Ageing. As a function of Ageing, with advancing age *Kapha* gets Gradually depleted and *Vata* increases Spontaneously. It is postulated that the Following could approximate *Doshic*.

<i>Dosha</i>	<i>Balayavastha</i> (Child hood)	<i>Madhya vastha</i> (Middle age)	<i>Vriddhavastha</i> (Old age)
<i>Vata</i>	+	+	+++
<i>Pitta</i>	++	+++	++
<i>Kapha</i>	+++	++	+

## AGEING AND AGNI

Thirteen types of *Agnis* described in Ayurveda represents the digestive and metabolic fire in the body which consists of the digestive juices and different kinds of hormones, enzymes and co- enzymes participating in the metabolism. Digestive capacity and the metabolic rate are highest in young adults which is also the period of increased activity of *Pitta*. The optimum activity of *Agni* maintains the vigour and vitality of an individual and also keep up the growth and development of the body. With the advancing age on one hand the *Vata* increases which induces involuntary changes while on the other hand the depleted *Agni* leads to decreases in the vigour and vitality with decay and atrophy due to defective metabolism.

## SOME THEORIES OF AGEING ARE CLASSIFIED UNDER THE FOLLOWING HEADINGS

### I. Genetic Molecular Theories

- Codon Restriction: Accuracy of DNA-mRNA Impaired
- Error Theories: Accuracy of mRNA-Proteins Impaired
- Gene Regulation: Post reproductive changes in gene Expression

- d. Somatic Mutation: Radiation damage to DNA

## II. Cellular Theories

- Wear and Tear Theory
- Age pigments Theory
- Cross- linking Theory
- The Glycation Theory
- Free radicals Theory

## III. System Level Theories

- Neuro -endocrine Control Theory
- Hayflick limit theory
- Immune-Control Theory

## SIGNS AND SYMPTOMS OF AGEING

Signs & symptoms	Aacharya Charak	Aacharya Sushruta	Aacharya A. S.	Aacharya A.H.	Aacharya Madhav Nidan
Dhatukshya	+	+	+	+	-
Indriyakshaya	+	+	+	+	-
Balakshaya	+	+	+	-	+
Veeryakshaya	+	+	+	-	-
Utsahakshaya	-	+	+	-	-
Ojohani	-	-	-	+	+
Vali	-	+	+	+	-
Palita	-	+	+	+	-
Khalitya	-	+	+	+	-
Paurushahani	+	-	-	-	-
Parakramahani	+	-	-	-	+
GrahanadharanaSmaranhani	+	-	-	-	+
Vigyanahani	+	-	-	-	-
Vachanahani	-	-	-	-	-
Dhatugunakshaya	+	-	-	+	-
Alparetas	+	-	-	-	-
Agni sada	-	-	+	-	+
Kasa	-	+	-	+	+
Swasa	-	+	+	-	+
Vaipathu	-	-	+	-	+
Slathasara	-	-	+	-	-
Slathamamsa	-	-	+	-	-
Prabhahani	-	-	+	-	-
Medhahani	-	-	+	-	+
Twakparushya	-	-	+	-	-
Dhairyapranasha	-	-	-	-	+

YuvJanochitkrityarasha	-	-	-	-	+
Chinta	-	-	-	-	+
Ghrinaadhikta	-	-	-	-	+
Krishta	-	-	-	-	+
Krodhabahulya	-	-	-	-	+
Kaphavridhicha gale Nirantaram	-	-	-	-	+
Saktih, Nisthivanehsahnirgamo	-	-	-	-	+
Hasta-pada- kampaJihwakampa	-	-	-	-	+
Vepathu	-	-	-	-	+
Murdha-skhlana	-	-	-	-	+
Pada-dvayaskhalana	-	-	-	-	+
Dhanurvata	-	-	-	-	+
Dehasyachtinamanam	-	-	-	-	+
Buddhibalyamjayeta	-	-	-	-	+
Prakritoatikharata	-	-	-	-	+
Vataamaya	-	-	-	-	+
Swalpa-shakti- avashishyatkleshma	-	-	-	-	+
Ativismanti	-	-	-	-	+
Dandashrayen – Gaman	-	-	-	-	+
Rad hinta-aassye	-	-	-	-	+

Signs of Jara as mentioned by *Acharya Sushruta Dhatukshaya*- Deterioration of body elements *Indriyakshaya* -Deterioration of perception of sense organs *Balakshaya*- Loss of power

*Viryakshaya*- Loss of fertility

*Utsahakshaya*- Lack of energy and enthusiasm

*Vali* - Loss of skin elasticity i.e. wrinkling

*Palita, Khalitaya* - Premature graying, loss of scalp hair

*Kasa, Shwasa* - Cough and breathlessness on exertion *SarvakriyasuAsmartha* - Inability to perform gross motor activities *Krishta*- Emaciation

*Manda Virya-Buddhi-Bala* - Loss of seminal secretions, intellect and power

*Kampa* - Tremors

*Aruchi*- Loss of appetite

*Chhinapatrasvara*- Husky voice like broken pot

*Gaurava* -Heavyness

*Arati* - Restlessness

*Mandaagni* - Inappropriate digestion

## SYSTEM WISE DISEASE

1. Healthy Ageing *Rasayana Tantra* Preventive & Promotive Measures in Geriatrics

## 2. Musculo-skeletal Disorders

- (a) Rheumatoid Arthritis, Osteoarthritis, Spondylitis
- (b) Osteoporosis

## 3. Digestive Disorders

- (a) Poor Appetite, Indigestion
- (b) Constipation
- (c) IBS

## 4. Respiratory Disorders

- (a) Chronic Bronchitis, COPD
- (b) Asthma.

## 5. Neurological Disorders

- (a) Depression, Insomnia
- (b) Alzheimer's disease, Dementia, Ataxia
- (c) Parkinsonism

## 6. Uro-genital disorders

- (a) BPH
- (b) Recurrent UTI
- (c) Loss of libido

## 7. Cardiac Disorders

- (a) Hypertension
- (b) Cardiomegaly
- (c) CAD
- (d) Atherosclerosis

## CONCLUSION

Jara is considered as *swabhavika vyadhi* which is natural and unavoidable we have briefly discussed some of the major changes that occur with age in several of the body systems. To care for someone who once cared for us is the highest honor Elderly people are goldmine store house of knowledge.

During old age there will be marked reduction of cellular metabolism decreased immunity, power, general weakness etc. The psycho-neuro immune endocrine axis (PNI axis) of the human body will get altered. When all these are in homeostasis the body function well.

In this modernized era, lifestyle and faulty dietary habits are the main cause for the premature ageing.

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