

ADAPTIVE CARE FOR AGING PATIENTS AND SUPPORTIVE CARE IN GERIATRIC DISEASE THROUGH AYURVEDA

Gupta Mohini^{*1}, Bansal Harendra², Yadav Arvind³ and Sharma Shraddha⁴

¹Post Graduate(PG) Scholar, Department of Kayachikitsa, Pt.Khushilal Sharma Govt.(Auto.),
Ayurveda College And Institute, Bhopal (M.P.) India.

²Post Graduate(PG) Scholar, Department of Dravyaguna, Pt.Khushilal Sharma Govt.(Auto.),
Ayurveda College And Institute, Bhopal (M.P.) India.

³Post Graduate(PG) Scholar, Department of Rachna Sharir, Pt.Khushilal Sharma
Govt.(Auto.), Ayurveda College And Institute, Bhopal (M.P.) India.

⁴Assistant Professor, Department of Kayachikitsa, Pt.Khushilal Sharma Govt.(Auto.),
Ayurveda College And Institute, Bhopal (M.P.) India.

Article Received on
04 Nov. 2021,

Revised on 25 Nov.2021,
Accepted on 16 Dec. 2021

DOI: 10.20959/wjpr20221-22644

*Corresponding Author

Dr. Gupta Mohini

Post Graduate(PG) Scholar,
Department of Kayachikitsa,
Pt.Khushilal Sharma
Govt.(Auto.), Ayurveda
College And Institute,
Bhopal (M.P.) India.

ABSTRACT

Aging is not a disease, however the risk of developing disease is increased. Geriatrics is a branch of medical science deals with problems of ageing & diseases of elderly. Ageing is a natural process. *Ayurveda* has prominently described the concept of ageing as '*Jara*'. The word *Jara* itself has been derived from root word '*Jru*' which means decline stage or old age. *Jara* is defined as, phenomenon of becoming old by the act of wearing out. It is synonymic as "*vardhakya*" meaning increasing age. The last stage of human life- *Vridhhaawastha* corresponds to the old age of modern ideology. According to *Acharya Charak*, ageing or *Vridhhaawastha* is between 60-100 years. *Swabhav* and *Kala* play pivotal role in the process of ageing. *Jara* is considered as natural phenomenon like hunger, thirst

and sleep Modified improper dietary habits, sedentary life style, excessive stress and anxiety enhance the process of ageing. Some Common Geriatric Problems are Dementia and delirium, Arthritis, Urinary incontinence, Pressure ulcer- due to immobility, Diabetes, Hypertension etc. *Ayurvedic* Classics believe that human body is meant to be *shatayushi* (live for 100 years) provided one follows the right daily regimens (*Dincharyas*) that include *Abhayanga* (*Ayurvedic* Body Massage), Diet and exercise. Failure to follow a healthy

lifestyle leads to development of lifestyle disorders, the risk of which increases with age. It is the demand of the hour to develop an effective holistic protocol for geriatric care by combining *Rasayana*, *Panchkarma*, Dietetics, *Ayurvedic* medicines, lifestyle and Yoga is timely. In Ayurveda there are tools for the same purpose are by exercising healthy life style & regular taking of *Rasayana* from the middle age of life. Ayurveda may be more applicable & success for the providing better healthy life specially in elderly age group.

KEYWORDS: Geriatric, Aging, Arthritis, Hypertension, Rasayana.

INTRODUCTION

Aging is not a disease, however the risk of developing disease is increased. Geriatrics is the branch of internal medicine that focuses on health care of the elderly. It aims to promote health, prevent and treat diseases and disabilities in older adults.

Geriatrics is a branch of medical science deals with problems of ageing & diseases of elderly. Ageing is a natural process. Ayurveda may be more applicable & success for the providing better healthy life specially in elderly age group.

Vriddhavastha is the last part of the lifespan and is mainly characterized by degenerative changes. Aging refers to a multidimensional process of physical, psychological, and social change. The changes are always degenerative in nature. According to Ayurveda the lifespan of an individual is divided into three parts known as *Vaya*. These are *Balavastha* (childhood), which lasts up to the age of 16 years; *Madhyavastha* (young and middle age), which lasts from the age of 16 years to 60–70 years; and *Vriddhavastha* or *Jirnavastha* (old age), which refers to the period after 60 or 70 years. Thus, every person will pass through a period when various decaying changes will take place, and this time period is known as *Vriddhavastha*.

Ayurveda has prominently described the concept of ageing as '*Jara*'. The word *Jara* itself has been derived from root word '*Jru*' which means decline stage or old age. *Jara* is defined as, phenomenon of becoming old by the act of wearing out. It is synonymic as "*vardhakya*" meaning increasing age. The last stage of human life-*Vridhdhaawastha* corresponds to the old age of modern ideology. According to *Acharya Charak*, ageing or *Vridhdhaawastha* is between 60 -100 years *Swabhav* and *Kala* play pivotal role in the process of ageing. *Jara* is considered as natural phenomenon like hunger, thirst and sleep Modified improper dietary habits, sedentary life style, excessive stress and anxiety enhance the process of ageing.

Some Common Geriatric Problems are Dementia and delirium, Arthritis, Urinary incontinence, Pressure ulcer- due to immobility, Diabetes, Hypertension etc.

Geriatric giants

- 4I
- I. Immobility
- II. Instability (falls)
- III. Incontinence
- IV. Intellectual impairment

Classification

WHO classification of the elderly individuals:-

- Elderly :- 60 to 75 years
- Old :- 76 to 90 years
- Very old :- Above 91 year

Health problems in old age

Advancement of age usually creates numerous problems in the individual. Geriatric problems may be mainly divided into four categories:

Physical problem

1. Psychological problems
2. Social problems
3. Economical problems

Physical problems

Ailments	% of occurrence
Visual complaints	88 %
Locomotors system disorders	40 %
Neurological complaints	18.7 %
Cardiovascular system	17.4%
Respiratory system	16.1 %
Skin conditions	13.3 %
GI tract	9 %
Psychiatric complaints	8.5 %
Healing loss	8.2 %
Genito-urinary complaints	3.5 %

Skin conditions	Loss of elasticity of skin, Wrinkling, Loss of hair, Alopecia and Baldness, Slurred speech
GI tract Complaints	Peptic ulcer, Constipation, Ulcerative colitis, Carcinoma of GIT
Hearing loss	Nerve Deafness, Conductive hearing loss
Genito-urinary complaints	Enlargement of prostate, Dysuria, Nocturia, Frequency and Urgency Micturation

Psychological problems	These form 8.5 % of the old age complaints. Anxiety, Depression, Alzheimer's , Delirium, Schizophrenia, Personality disorder, Suicide and deliberate self harm
Social problems	Abuse – mistreatment of older peoples referred to as elder abuse, Dependency, Insecurity, Rehabilitation
Economic problems	I. No or inadequate source of income II. Total economical dependence on children for for their daily needs

SOURCE:- Report of the independent commission on health in india.

Goals of geriatric care

1. Provide safe and supportive environment.
2. Restore and maintain the highest possible level of functional capacity.
3. Preserve individual autonomy.
4. Maximize quality of life.
5. Provide comfort and dignity for disabled and ill.
6. Stabilize and delay progression of chronic illness.
7. Prevent acute medical illness, early detection and treatment.

ADAPTIVE AND SUPPORTIVE CARE FOR ELDERLY PEOPLES

Dietary modifications

- Saturated and trans-fatty acid should be discouraged.
- Salt intake should be limited.

- Mono and poly unsaturated fatty acid should be encouraged.
- Encouraged the intake of fiber containing food.
- Micronutrients rich food.
- Calcium and vitamin D rich food.
- Drink plenty of water

Physical activity

➡ Regular exercise helps maintain good health as it helps to-

- Control weight.
- Improves emotional wellbeing.
- Improves blood circulations.
- Increase flexibility and balance.
- Lower blood pressure and blood sugar.
- Improve bone density.
- Promotes good sleep.

Social activities

- Promoting joint family system.
- All aged needs sympathy and assistance by their family members and community.

Specific protection

- Immunization
- Avoidance of injuries and falls
- Calcium and vitamin D rich supplements.
- Certain food rich with antioxidant property – protect against cancers and degeneratives disorders.

Health education

- Explaining the biological changes in agencies.
- Personal hygiene.
- Regarding smoking, alcohol related disease.
- Use of aids like visual, auditory, walking aids etc.
- Information regarding elderly abuse.

Environmental modification

- Maintenance of clean housing conditions.
- Need for fresh air, light & ventilation.
- Adequate lighting.
- Stairs – landing at short intervals.
- Slip resistant flooring.

Preventive, promotive and therapeutic potential of Ayurveda in geriatrics

Rasayana (*Rasa* = nutrition + *Ayana* = circulation and promotion) especially deals with the science of nutrition, geriatric care and rejuvenation. The strength of *Ayurveda* in the context of Geriatric care is *Rasayana* therapy. *Rasayana* stands as an answer in preventing premature ageing and to solve the problems due to ageing; it also ensures healthful longevity including mental health and resistance against various geriatric disease conditions. *Rasayana* therapy has multiple benefits and is helpful for slowing the ageing, to maintain intelligence, memory, complexion, sensory and motor function, several single and compound *Rasayana* formulations are described in *Ayurveda*.

Merits of Ayurveda regime

- Time- tested holistic and comprehensive remedies based on nature's law.
- Cost effective, affordable by all sections of peoples.
- Well tolerated.

Single *rasayana* drugs for some specific diseases conditions

1. **Rasayana for health promotion:-** Guduchi (*Tinospora Cordifolia*), Amalaki (*Emblica Officinalis*), Aswagandha (*Withania Sominifera*), Cow's Milk and Takra (*Butter Milk*).
2. **Arthritis:-** Rasona (*allium sativum*), Guggulu (*Commiphora Mukul*), Aswagandha (*Withania Sominifera*), and Shunthi (*Gingiber officinalis*).
3. **Asthama:-** Sirisha (*Albezia Lebbeck*), Agastya (*Sesbania Grandifolia*), Haridra (*Curcuma Longa*), Haritaki (*Terminalia Chebula*).
4. **Cardioprotective:-** Arjuna (*Terminalia Arjuna*), Salaparni (*Desmodium Gangetium*), Guggulu (*Commiphora Mukul*), Pushkaramula (*Inula Racemosa*).
5. **Neuropathies:-** Rasona (*alium sativum*), Guggulu (*commiphora mukul*), Bala (*sida cordifolia*), Aswagandha (*withania sominifera*).
6. **Diabetes:-** Silajatu (*black bitumen*), Amalaki (*emblica officinalis*), Haridra (*curcuma longa*), Tejpatra (*cinnamomum tamala*), Methika (*trigonella foenumgraceum*).

7. **Lipid disorder:-** Guggulu (*Commiphora Mukul*), Haritaki (*Terminalia Chebula*), Pushkaramula (*Inula Racemosa*), Vacha (*Acorus Calamus*)
8. **Brain and memory disorder:-** Brahmi (*Bacopa Monnieri*), Mandooka Parni (*Centella Asiatica*), Jyotasmati (*Celastrus Peniculatus*), Kapikachhu (*Mucuna Pruriens*), Tagara (*Valeriana Wallichil*).
9. **Diseases of eye:-** Jyotasmati (*Celastrus Peniculatus*), Triphala (*Three Myrobalans*), Satavari (*Asparagus Racemosus*), Yastimadhu (*Glycyrrhiza Glabra*) And Amalaki (*Emblika Officinalis*).

Some classical formulation advised for preservation and promotion of health

- *Brahama rasayana*
- *Chyawanprasha*
- *Aswagandha lehyam*
- *Mahatriphala ghruta*
- *Triphala churana*
- *Aswagandha churana*
- *Agastya rasayana*
- *Amalaki rasayana*

DISCUSSION

Ageing is inevitable. It is a natural phenomenon and an intrinsic feature of life. As we age the body undergoes several physiological changes. Increasing age is associated with various illnesses including high blood pressure, diabetes, bone diseases, memory problems, etc. Ageing people also tend to show poor Mental Health which is of great concern. Disturbed Mental Health along with memory problems also increases risk of falls and injuries. Since ageing also reduces the strength of bone and makes them brittle, fractures at an old age are more difficult to treat.

Ayurvedic Classics believe that human body is meant to be *shatayushi* (live for 100 years) provided one follows the right daily regimens (*Dincharyas*) that include *Abhayanga* (Ayurvedic Body Massage), Diet and exercise. Failure to follow a healthy lifestyle leads to development of lifestyle disorders, the risk of which increases with age.

Some of the most common diseases of old age include arthritis, cataract, diabetes, dementia, depression, asthma, hypertension, cardiovascular disease, cerebrovascular disease, liver

& kidney diseases, cancer etc. Moreover impaired body functions, delayed wound healing and susceptibility to infection are frequently observed in old age. Common medicinal plants used for these ailments are as here under–

- Arjuna (*Terminalia arjuna*), Guggulu (*Commiphora mukul*) and Karveera (*Nerium indicum*) as cardioprotective in cases of ischemic heart disease,
- Arjun (*Terminalia arjuna*), Sarpagandha (*Rauwolfia serpentina*), Shankhpushpi (*Convolvulus pluricaulis*), Ashwagandha (*Withania somnifera*) and Punarnava (*Boerhavia diffusa*) in hypertension.
- Vijaysar (*Pterocarpus marsupium*), Gudmar (*Gymnema sylvestre*), Jambu (*Syzygium cumini*), Methika (*Trigonella foenum-graecum*), Sadabahar (*Lochnera rosea*), Haridra (*Curcuma longa*) and Karvellaka (*Momordia charantia*) in diabetes.
- Ashwagandha (*Withania somnifera*), Guduchi (*Tinospora cordifolia*), Shunthi (*Zingiber officinale*), Shallaki (*Boswellia serrate*), Rasna (*Pluchea lanceolata*), Lashun (*Allium sativum*), Eranda (*Ricinus communis*), Nirgundi (*Vitex negundo*) and Shuddha Kuchala (*Strychnos nuxvomica*) in arthritis.
- Brahmi (*Bacopa monnieri*), Shankhpushpi (*Convolvulus pluricaulis*), Mandukparni (*Centella asiatica*), Guduchi (*Tinospora cordifolia*) and Madhuyasti (*Glycyrrhiza glabra*) in the treatment of senile dementias.
- Varuna (*Crataeva nurvala*), Gokshura (*Tribulus terrestris*) and Shigru (*Moringa oleifera*) in treatment of senile enlargement of Prostate. Triphala (*Embllica officinalis*, *Terminalia bellirica* and *Terminalia chebula*), Jyotishmati (*Celastrus panniculatus*) in senile visual disorders.
- Kapikacchu (*Mucuna prurita*) in treatment of Parkinsons disease.
- Amrita (*Tinospora cordifolia*) and Amalaki (*Embllica officinalis*) in immunodeficiency.
- Shirodhara and Shiobasti in headache, insomnia, anxiety etc.

CONCLUSION

Jara Avastha (stage of old age) is the later phase of life in which maximum decline of bodily elements is observed. Aging is a natural process. The pathophysiology of aging is mostly dependent on diet, and therefore, this process of aging can be slow down by correct diet planning. *Vridhdhavastha* can be managed by palliative treatment. It is even possible to treat *Vridhdhavastha* according to the principles of *Rasayana*. It is the demand of the hour to develop an effective holistic protocol for geriatric care by combining *Rasayana*, *Panchkarma*, Dietetics, *Ayurvedic* medicines, lifestyle and Yoga is timely.

In Ayurveda there are tools for the same purpose are by exercising healthy life style & regular taking of *Rasayana* from the middle age of life. Besides it NGO's can play important role to aware the older generation for walk in fresh air & open discussion about their problems with the same age group, healthy discussion on the other topics. Ayurveda may be more applicable & success for the providing better healthy life specially in elderly age group.

REFERENCES

1. Ingle GK, Nath A. Geriatric health in India: concerns and solutions. Indian J Community Med., 2008; 33: 214-218.
2. Dey AB. Handbook of Geriatrics. (1stedn), Paras Medical Publisher, Hyderabad, India, 2007; 118.
3. Ambikadutta S. Sutra Sthan 35/35, Sushruta Samhita. Chaukhambha Sanskrit Sansthan, Varanasi, India, 2007; 1: 134.
4. Kashinath S, Gorakhnath C. Viaman Sthan 8/122, Charak Samhita, Part I. Chaukhambha Bharati Academy, Varanasi, India, 2004; 782.
5. Ferri CP, Prince M, Brayne C, Brodaty H, Fratiglioni L, et al. Global prevalence of dementia: a Delphi consensus study. Lancet, 2005; 366: 2112-2117.
6. Ayurveda and Siddha for geriatric care (Rasayana therapies-Background papers), CCRAS, New Delhi.
7. Shri Ambikadatta Shastri (Purvardh) Sushrut Samhita elaborated Ayurvedatatvasandipika Hindi commentary Sutra sthan Vranprashnam Chapter 21 verse 8; Chaukhmba Sanskrit sansthan, 88.
8. Sharangdhar Samhita, Purvakhand, 6/19: 54.
9. Shri Satya Narayan Shastri (part 2) Charak Samhita elaborated Vidhyotini Hindi commentary Chikitsa Sthan, Rasayana-pratham paad- Abhayaamalakiya, 1 Paad 1.
10. Varanasi Chaukhambha Bhartyacademy, 2013; 5.
11. Sharangdhar Samhita, Purvakhand, 6/19: 54.
12. Dwivedi, K.K. and Singh, R.H., A study on geriatric patients and response of Ashwagandha as anti-aging agent. Ph.D. Thesis Kayachikitsa, Banaras Hindu University., 1997.
13. Singh, R.H., the holistic principles of Ayurvedic Medicine, Chapter 8. Choukhamba Surbharati, Varanasi New Delhi., 1998.
14. Singh, R.H. Swasthavrtta Vijynana, Chapter 3, 4, 7, 22-23, Choukhamba Surbharati, Varanasi., 2005.

15. Singh, R.H., Body- Mind Spirit Integrative Medicine in Ayurveda, Yoga and Nature-cure. Choukhamba Surbharati, Varanasi., 2009.
16. Singh, R.H., Strength of Ayurveda in Geriatric Health Care. Keynote lecture delivered at State launching of National Campaign on Geriatric Health Care through Ayurveda, Dept. of AYUSH, Govt. of India, New Delhi., 2008.
17. Shri Satya Narayan Shastri (part 2) Charak Samhita elaborated Vidhyotini Hindi commentary Chikitsa Sthan, Rasayana-pratham paad- Abhayaamalakiya; Chapter 1 Paad 1 verse 16; Varanasi Chaukhambha Bharty academy, 2013; 7.
18. Fiske A, Wetherel JL, Gatz M. Depression in older adults. *Annu Rev Clin Psychol*, 2009; 5: 363-389.
19. Koenig HG, George LK, Titus P. Religion, spirituality, and health in medically ill hospitalized older patients. *J Am Geriatr Soc.*, 2004; 52: 554-562.
20. Stratton RJ, Green CJ, Elia M. Disease-related malnutrition: an evidence-based approach to treatment. CABI Publishing, Wallingford, UK., 2003.