

A CONTROLLING MEASURES FOR GERIATRIC CARE IN AYURVEDA

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ABSTRACT

The Prevalence of illness increases as we get ageing at the same time, life expectancy decreases. Ayurveda, has got potential for prevention of diseases by health promotion and management of disease occurring in old age. We discuss lifestyle recommendations such as exercise, yoga, Rasayana therapy and good nutrition. Jara Chikitsa or Rasayana in Ayurveda is a unique Therapeutic methodology to delay ageing and to minimize the intensity of Problems occurring in this degenerative phase of one's life. Prevention and management of health problems could help the elderly to improve quality of life and remain self dependent for their daily activities to maximum possible extent.

KEYWORDS: Geriatrics, Ageing, Rasayana, Geriatrics in Ayurveda, Geriatrics care.

INTRODUCTION

Ageing is a complex multifactorial and inevitable process, which begins before birth and continues through the entire life span. Twenty first century is witnessing a gradual decline in fertility, and with increases in life expectancy, the society will need to grapple with issue of longevity. The world population of the elderly is increasing and by the year of 2050, adults older than 65 years will comprise 1/5th of the global population.

Geriatrics care has to address two fold of problems, firstly the basic anti ageing care to retard the rate of physiological ageing and secondly the medical management of disease specially occurring in old age. Ayurveda has a focused branch called Rasayana which deals with the problems related to ageing and methods to counter the same. Its unique therapeutic methodology delays ageing and minimizes the intensity of problems occurring in this

degenerative phase of life by restoring physiological processes that influence metabolic and immunological status. Such interventions are significant in the context of geriatric care.

AIM AND OBJECTIVES

1. To elaborate preventive measures in geriatrics by Dinacharya, Ritucharya, Rasayana, Panchakarma therapy.
2. To consolidate some preventive measures on diseases based on Neurological, Neuro psychiatric, cardiovascular, Endocrine, Respiratory, Gastrointestinal, Musculo skeletal, Genito urinary disorders in geriatrics.

MATERIAL AND METHODS

Maintenance of a healthy life by one's own right action is called Swasthavritta which means the regime of abiding one's own nature. Health is the dynamic integration between our environment, body, mind and spirit. Ayurveda and other traditional Indian health systems lay emphasis on preventing the diseases. Elaborate description is available on personal hygiene encompass diet and regimen during daily routine (dinacharya), seasonal routine (ritucharya) and behavioural and ethical guidelines (sadvritta).

Ayurvedic understanding of geriatrics

Ayurveda considers ageing as the swabhavaja vyadhi i.e. it is inherent nature of the living being to get old. Sarangdhar Samhita present an interesting scheme of loss of different biological factors during different decades of life as a function of ageing (table below).

Decades	Age related loss of biological factors
0-10	Loss of childhood
11-20	Loss of growth
21-30	Loss of complexion
31-40	Loss of intellect
41-50	Loss of skin texture
51-60	Loss of vision
61-70	Loss of virility
71-80	Loss of strength
81-90	Loss of cognitive power
91-100	Loss of locomotive ability

Daily regimen (Dinacharya)

The Ayurvedic regimen of right living is designed for maintenance of health achievement of a long, healthy active life, providing relief from pain and disease thereby achieving satisfactory enjoyment of life and attainment of self-realisation.

Time to wake up

It is advisable to wake up during brahma muhurta (preferably between 4.00 a.m. to 5.30 a.m.).

Cleansing of teeth and mouth

After every meal in addition to early morning and before going to bed.

Drinking Water

Drinking water early in the morning according to one's capacity cleanses the body by enhancing the elimination of toxic wastes.

Bowels

One should attend the nature's calls.

Eye Care

wash eyes with triphala water every day.

Betel Chewing

Chewing of betel leaves with small pieces of puga (Areca nut) and fragrant substances like cardamom, cloves, refreshes the mouth and enhance digestion.

Abhyanga (Oil Massage)

It is highly beneficial to massage whole body including scalp with oil everyday to prevent dryness of body and stiffness of joints due to ageing in elderly.

Exercise

Regular exercise builds up stamina and resistance against disease, clears the channels of body (srotas) and increases the blood circulation and efficiency of vital organs, promotes appetite and digestion and prevents obesity.

Bath

Bathing improves enthusiasm, strength, appetite, span of life and removes sweat and other impurities from the body.

Season	Diet and regimen	Panchakarma(Bio-cleansing) regimen
<i>Hemant</i> (Nov-Dec)	Massage, exercise, intake of sweet, sour, salty items	-
<i>Sisira</i> (Jan-Feb)	Use of woolen blankets, measures for protect against cold	-
<i>Vasanta</i> (March-April)	Massage exercise, fomentation, light and dry food etc.	<i>Vamana (Therapeutic Emesis)</i>
<i>Grishma</i> (May-june)	Seasonal fruits like amra, Jambu, milk, sweets, butter milk etc.	-
<i>Varsa</i> (July-August)	Avoid stagnant water in surrounding area and sleeping on ground	<i>Vasti (Administration of medicated enemata)</i>
<i>Sarada</i> (Sep-Oct)	To sit in moon light in the first quarter of night	<i>Virechana(Therapeutic purgation)</i>

THE DIET REGIMEN AND PANCHAKARMA (BIO-CLEANSING MEASURES)IN DIFFERENT SEASONS

Specific Rasayana Drugs according to age

Age in yrs	Bio-values which are on decline	Suitable Rasayana
1-10	Balya (Childhood)	Vacha (<i>Acorus calamus</i>), kasmari (<i>Gmelina arborea</i>), Svarna (<i>Aurum</i>)
11-20	Vridhi (Growth)	kasmari (<i>Gmelina arborea</i>), Bala (<i>Sida cordifolia</i>), Asvagandha (<i>Withania somnifera</i>)
21-30	Chavi (color and complexion)	Amalaki (<i>Phyllanthus emblica</i>), Lauha Rasayana
31-40	Medha (Intelligence)	Sankhapuspi(<i>Convolvulus pluricaulis</i>), Yasthimadhu (<i>Glycyrrhiza glabra</i>),Asvagandha (<i>Withania somnifera</i>), Guduchi (<i>Tinospora cordifolia</i>)
41-50	Twak (skin Lusture)	Bhringraj (<i>Eclipta alba</i>), Somaraji (<i>Psoralea corylifolia</i>), Haridra (<i>Curcuma longa</i>)
51-60	Dristi (vision)	Triphala ghrita, Saptamruta lauha
61-70	Sukra (semen)	Kapikacchu bija (<i>Mucuna pruriens</i>), Asvagandha (<i>Withania somnifera</i>), Milk, ghrita
71-80	Vikrama (Valour)	These age group are not fit for Rasayana karma
81-90	Buddhi (Wisdom)	
91-100	Karmendriya (Muscles and organs)	

Preventive measures

Neuropsychiatric Disorder

- Chitoudveg (Anxiety neurosis)
 - Use madhura Rasa Pradhan Ahara and buffalo milk
 - Follow sadvritta (mental hygiene)
- Manoavasada (depression)
 - Use fiber rich food like whole grams, whole Fruits, fresh vegetables, Amalaki etc.

- Be active physically and mentally.
 - Engage in social activity.
3. Smurti nasha (Dementia)
- Use of Sali variety of rice, mudga, dharoshna dugdha, leaves of bramhi, tanduliya and vastuka, leaf and fruit of patola, fruit of kusmanda and drakhya.

Respiratory Disorder

1. Jirna kasa (Chronic bronchitis)
- Use of Godhuma, mudga, Kulatha, old rice, pravala, Rasona, Haridra, Adraka, Krushna Maricha, mishri, guda, tulsi, cows urine, ela, sunthi, goat milk, luke warm water are beneficial.
 - Practice pranayama and yoga Regularly

Gastro intestinal disorder

1. Vibandha (Constipation)
- Consumption of godhuma, mudga, old rice, Rasoana, seasonal fruits, Hingu, drakhya, amalaki, haritaki, pipali etc.
 - Avoid suppression of natural urges
2. Ajirna (indigestion)
- Consume light and easily digestible food and chew food properly .
 - Practice vajrasana after milk

Musculo skeletal disorder

1. Asthi sausraya (osteoporosis)
- Use of masa, tila, milk, milk products, dietary article rich in calcium.
 - Regular Abhyanga of joints with medicated oils.
 - Prevent Injury to joints
2. Sandhivata (Osteoarthritis)
- Use of masa, Palandu, rasona, Tila, Sunthi, Adraka, Mulaka, ladiesfinger , kusmanda, mudga, fruit like dadima, Amra, drakhya indiet.
 - Perform adequate physiotherapy.

Genito –urinary disorder

1. Asthila (Benign prostatic hypertrophy)

- Use of wheat, old rice, mudga juice, kulatha, yava, haridra, Adraka, patola, sigru, cucumber, watermelon, coriander, cumin seed etc.
- Avoid pea, black gram, spinach, jamun, mustard, excess hot and spicy food.

CONCLUSION

To live a long and healthy life is every individual's wish. Due to changing lifestyle and thus not able to follow the rules of dietetics human beings have led to an emergence of varied problems for the elderly in India. It is obvious that the process of ageing was elaborately described in ayurvedic texts and a separate medical discipline called Rasayana tantra was developed which described a variety of methods and measures to promote healthy longevity. Undoubtedly, it is the strength of Ayurveda in the context of geriatric care Rasayana is a therapy which bestows excellent rasa which ultimately result in promotion of longevity, alleviation of old age and diseases so as to enjoy the full span of life. It is the demand of the hour to develop an effective holistic protocol for geriatric care by combining Rasayana, Panchkarma, Dietetics, Ayurvedic medicines and lifestyle and yoga.

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