

NUTRITION FOR OLD AGE PEOPLE**Dr. Preeti*¹**

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ABSTRACT

In Ayurveda, diet forms the important component of life. Ayurveda has systematically classified vaya and three major classification as balayavastha(Childhood,1-30years), Madhyamavastha (Youth,30-60years) and Vruddha(Old Age above 60years). Nutrition is an important determinant of health in person over the age of 60 year. Human body requires food to provide energy for all life process, growth, repair and maintenance. A balanced diet contains different type of food in such quantities and proportion that the need of the body is adequately met. Eating a well balanced diet on a regular basis and staying at ideal weight are critical factors in maintaining emotional and physical well being. Ayurveda, diet forms the important component of life as it is included in the Tri-upastambh(Three Pillars of Life). Each food article aggravating action or pacifying or balancing action on human body. To keep the homoeostasis of Doshas(Health), Ayurveda

has described specific diet. Adequate nutrition and as well as balanced diet is very vital in old age to prevent and common hazards after the age of 60 years, because after that, many metabolic and physiological changes impact on nutritional needs of the individual. Proper planning and indulging of the diet can maintains our body.

KEYWORDS: Nutrition, Sattwik ahara, Diet, Pathya.

INTRODUCTION

Nutrition is about eating a healthy and balanced diet. so your body gets the nutrients that it needs nutrients are substance in the food that our body needs so they can function and grow. They include carbohydrates, fat, protein, vitamins, minerals and water. Nutrition is an important determinant of health in person over the age of 60. Which is essential factor for

maintenance of life. Acc. To WHO, a majority of the diseases that older people suffers are as a result of lack of proper diet.

AIM AND OBJECTIVE

Goal of nutritional care in elderly is to achieve a healthy, Independent living as well as quality of life through “Sattwik Ahara”.

Concept of Nutrition

Micronutrients deficiency is shared among the elderly due to factors such as reduced food intake and lack of variety in their diet. Not proper take diet cause a lot of disease such as cardiovascular, renal, degenerative disease, neurological, digestive, psychological and immunological. Aging is linked to a variety of change in the body, including muscle lose, thinner skin and less stomach acid. Scientific studies in ayurveda have proven the preventive efficacy for aging its condition just because of rasayana therapy and with the dietary prevention. Eat to lead a healthy long life through bhojan, mitabhojan and kalabhojan is the philosophy of Aurvedic nutrition. The functional capacity of the immune system decline with involution of thymus gland and collapse of stem cells leading to increase in the incidence of infection and other immune mediated diseases in the elderly.

Balanced Diet in Elderly

The constituents of a well balanced diet includes good and fine: -

Shastik and Shali Rice - Carbohydrate.

Mudga(Green Gram) – Iron and Potassium, Protein.

Saindhava(Rock salt) – Iodine, Lithium, Magnesium, Phosphorus, Iron, Zinc etc.

Amlaki - Vitamin C, Antioxidant.

Yava – Carbohydrates, Dietary fiber, Phosphors.

Milk - Fat, Carbohydrate, Vitamin etc.

Sarpi (Ghee) – Fat.

Jangala Mangsha - Animal Protein.

Honey - Free Cholesterol, Butanoic, Citric, Gluconic acid etc.

Diet for the elderly should be soft, well cooked and liberal amount of fresh fruits, milk and milk products should be there. Diet for the immune function according to ayurveda, these are specific diet and medicinal plants that act immune function include whole grain meat, soup, seasonal fruits, kitchen spices like

Ginger – Phenolic and Terpene compounds, Polyphenols.

Cinnamon – Antioxidant, Antitoxic.

Turmeric – Antioxidant, Immune-Modulation, Antiallergic.

Garlic – Carbohydrates, Vitamins, Folic acid, Niacin, Riboflavin, Thiamine, Vit. C.

Sarshapa(Mustard) – Anti-Kapha, Antibacterial.

Methi – Iron, Copper, Manganese, Phosphorus, Magnesium etc.

Tulsi - vitamin A and C, Calcium, Zinc, Iron, Chlorophyll etc.

CONCLUSION

Ayurvedic balanced diet is one that not only nourishes the body, but also restore balance of tridosha, which is very much essential for maintaining health and mind. In most of the golden classic of ayurveda, emphasis is made on diet that will not produce Ama and protect Jatharagni and promote dhatuagni is considered an ideal diet. So diet after 60 year should be nutritionally adequate and well balanced. In simple words, sattwik ahara is the key diet for elderly. So special attention towards diet should be given to maintain health and mind.

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