



GERIATRIC CARE THROUGH AYURVEDA

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ABSTRACT

Geriatrics is the branch of medicine concerned with care and treatment of elderly. The word geriatrics has a close link with Sanskrit word geeryadi which means degenerated. according to ayurveda ageing is outcome of kala or prinam. vata dosa is most important factor in pathophysiology because of its natural predominance in old age. geriatric care has two distinct dimension, 1. promotion of health and longevity. 2. management of disease of old age, Ayurveda is strong in terms of first dimension of problem as it has rich potential to promote health of elderly besides the scope of rejuvenation and promotion of longevity. Human body consist of sapt dhatus and dhatus get degenerated due to body prolonged structural changes. during old age we can not enhance the capacity of dhatus but it can be protected and rejuvenated by using rasayana therapy, geriatric panchkarma, regular yoga and meditation, maintenance of social and personal hygiene along with dietary care. mental health care in elderly with social support. these measures also help to retard senile neurodegeneration and other age related disorder. anti ageing ayurvedic medicine and various herbal drugs are also useful in age related disorder. prevention and management of health problem could help elderly to improve quality of life and remain self dependent for their daily activities to maximum possible effect.

KEYWORDS: Rasayan therapy, geriatric panchkarma, anti aging drug, dietary and mental health care.

INTRODUCTION

Ayurveda deliberates on the science and philosophy of life and longevity with the goal of healthy aging and long life to achieve purusharth chatustya. human aging can be classified into three

1. Chronological aging (number of years a person has lived).
2. Physiological aging (gradual deterioration of physiological function with age).
3. Psychological aging (type of aging that a person will experience).

Though we can not prevent chronological aging but we can prevent physiological aging by keeping physical fitness and psychological aging with yoga and other mental relaxation technique.

Geriatric in ayurveda focuses on health care of elderly people. it aims to promote health by preventing disabilities and treating disease in older people. the central focus of strength of ayurveda in geriatrics care swing around the concept of rejuvenating Rasayan therapy, rehabilitative panchkarma therapy, anti aging drugs, dietics, yoga and spirituality and mental and social health care.

OBJECTIVE

- To discuss the geriatric health care in Ayurveda for aged.
- To consider the use of Ayurveda in providing mental health care and social support for elderly.

MATERIAL AND METHODE

A comprehensive study of releavent classical and contemporary litreture was done followed by critical analysis of the concept & treatment of geriatric by Rasayan therapy, rehabilitative panchkarma therapy, anti aging drugs, dietics, yoga and spirituality and mental and social health care.

AYURVEDIC REVIEW

Rasayan Therapy (Rejuvenation): Rasayna is a measure which prolongs longevity develops positive health and improves mental abilities and provide resistance against disease and aging process by specialised use of drugs, diet and lifestyle.

1. Classification of rasayana according to method of use

- Kutipravesik rashayna (indoor regimen)

- Vatatapik rashayna (outdoor regimen)-patient can take rashayna without much restriction.

2. According to purpose

- Aajashrik rasayna(drug rasayna)-use of rashayna, food and other item for maintenance of day to day wear and tear ex-water, honey, ghee and milk. Milk

and ghee is AGRAUSDHA OF VARDHAKYA hence their daily use is advisable.

- Naimittika rasayna(promoter of specific vitality in specific disease)-provide solution for early aging and geriatric disorder due to increase in life span by curative of particular disease and immunity promoters.

Decade of Life	Loss of Impact	Desirable Rasayana
1-10	Balya(childhood)	vaca, kasmari, suvarna
11-20	Vraddhi(growth)	kasmari,bala,asvagandha
21-30	Chavi(colour,complexion)	amlaki,lauha rasayana
31-40	Medha(intelligence)	shankhpuspi,yastimadhu,asvagandha,guduchi
41-50	Tvak(skin lusture)	bhringraj,haridra,priyala
51-60	dreesti(vision)	triphala,saptamrat lauha,katak
61-70	Sukra(semen)	kapikachhu,aswagandha,milk,musali
71-80	Vikrama(valour)	these age group and afterward are not fit for

3. According to content of rasayana

- Ajashrik rasayna(dietary rasayna)
- Achara rasayna(conduct rasayna)-most of them are related with mana,dhi,dhriti along with good conduct and these result in maximum benefit.

4. Kamyra rasayna-(promoter of normal health) pran kamyra-(promoter of physical health) -medha kamah (mental health promoter).

Shree kamah (social status promoter).

Rasayna drug acts by influencing the fundamental aspect of body that is dhatu agni and srotas.

- Rasayna drug acting at level of rasa are having madhura, guru, snigdha and sheeta properties and help in obtaining best quality of dhatu ex-dugdha, ghrita, shatavari, bala.
- Rasayna drug acting at level of agni vitalizes the organic metabolism leading to improved structural and functional pattern of dhatu ex-pippali, gugglu, rason, bhallatak.
- Rasayna drug chittrak and haritaki enhance agni at level of jathragni.
- Rasayna drug which influence oja and supposed to induce bala and vyadhikshamtva and improvement in mental ability arejivantyadi gana drug, swarna and pippali.

GERIATRIC PANCHKARMA

Panchkarma therapy has **three major** components

1. Preparatory procedures (purva karma)

- Deepan and pachan-improvement of digestive process.
- Snehan-(internal use) in elderly sadya sneha is preferred in harsva matra.medicated sneha of 50 ml with 2-3 gm of Saindhav lavan for 3-7 days is administrated.
- External snehan- It is highly beneficial to massage whole body including scalp with oil(til tail, sarsap

tail, narikel tail)to prevent dryness of body and stiffness of joint due to ageing in elderly.

- Swedan-steam sudation, nadi sweda, pind sweda is preferred in elderly.

2. Main procedure (pradhan karma)

- Vaman karma
- Virechan karma
- Anuvasan karma
- Asthapan karma
- Nasya karma

In elderly people usually vata is predominant and more prone to develop vata disorder like sandhivata, kampvata, katisula gradhsi, daurblya, vibandh so they are advised to have mradu vaman and mradu virechan karma along with regular periodical basti karma. for prevention and cure of these age related disorder panchkarma should be advocated with special precaution and careful monitoring of general condition.

3. Pascatkarma- regular diet is not advisable for few days following vaman and virechan karma. only liquid food is advisable, food may also be changed from liquid to solid and then to regular food.

- Dhoompan and kavalgrah is advised.

DIETECICS; AGING AND NUTRITION

With increasing age elderly become more prone to mal nutrition because of medications neurological disorder, delayed gastric emptying, painful swallowing.

- Vitamin D and ca absorption is impaired so calcium intake along with vitamin D is necessary to prevent bone mineral loss in elderly. Diet containing dairy product, fish, legume should be given in addition to organic calcium like praval pisti, praval panchamrit, sankha bhasm, kapard bhasm.
- Fluid intake is necessary to replace physiological losses, better digestion and intestinal function and renal clearance so liquid intake should be frequent and in small quantity in elderly.

- Folic acid deficiency is common in elderly so diet containing cereal, vegetable, legume and fruit should be given in elderly.
- Heavy food should not be given at night. proper time for night meal is two to three hour before going to bed.

TREATMENT MEASURE

- Ayurveda recommends less doses of medicine in elderly than the adult this is to be kept in mind while prescribing the medicine in elderly. there should be clear indication about doses and duration of drug and suitable dosage forms should be chosen.

MENTAL HEALTH CARE AND SOCIAL SUPPORT

- Yoga practices and meditation are beneficial. practice of pranayam and meditation along with practice of yam and niyam, deep relaxation technique, asan however these should be performed only under guidance of qualified yoga therapist.
- Observance of certain rules regarding Dharniya and adharniya vega also paves way towards positive health. Maintenance of healthy life by svasthavratra (compares dincharya and ritucharya) and sadvratta or achar rasayana.
- In elderly patient religion and spirituality plays an important role belief on god, hopeful and positive attitude about life, active involvement in religious activities helps the patient in active lifestyle and socialising which in turn minimise the problem arising from isolation and chronic disease.
- Elderly patient living with their family member may face fewer problem compared to others who are living alone.

CONCLUSION

Due to increase in elderly population, the prevalence of Geriatric specific diseases are also increasing and creating a big burden to the health care providers and the government. Development of new geriatric health care management is becoming the need of society now. Dhatu kshya is the main reason behind all senile diseases which ultimately leads to degenerative changes so principal line of treatment should be to reduce the dhatu kshya and cope up with degenerative changes. rejuvenating Rasayan therapy, rehabilitative panchkarma therapy, anti aging drugs, dietics, yoga and spirituality and mental and social health care are the preventive measures which is thought to improve metabolic processes which results in the best possible biotransformation and produce the best quality bodily tissues and eradicates sensility and other disease of old age. It is the duty of health care professionals to explore Ayurvedic classics and to create awareness about strength of Ayurveda in geriatric health care.

Through all these methods it is possible to develop an effective package for geriatric care for global use.

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