



ROLE OF AYURVEDA IN PREVENTION OF AGEING

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Article Received on 08/06/2020

Article Revised on 29/06/2020

Article Accepted on 19/07/2020

ABSTRACT

When it comes to staying healthy, most people have the same motivation: living as long and fulfilling a life as possible. Ayurveda shows the path to lead such a healthy and long life. In Ayurveda there is a mention of different Rasayana (Rejuvenating) therapies and other means which are useful to increase the longevity and to have a healthy life. Anti-ageing addresses how to prevent, slow or reverse the affects of ageing and help people live longer, healthier and happier lives. Anti- ageing factors that work mostly included nutrition, physical fitness, skin care, hormone supplements, vitamins, and alternative medicines and holistic- approaches. "Panchakarma therapy" on regular basis eliminates impurity from the body as a prevention measure to remain free from diseases and get longer life.

KEYWORDS: Rasayana, Anti-ageing, Panchakarma therapy.

INTRODUCTION

Elders in India traditionally bless the Young with words "Shataayu Bhavana! " The Blessing is not too remove from literal. According to Ayurveda, the human body is needed engineered for full five score years and more. Man always wanted to survive longer and live a healthy life from the time immemorial. They constantly engaged themselves to search for different means to increase their life span. We get such evidences from different ancient literatures.

In Ayurveda, there are mentions about different Rasayana (Rejuvenating) therapies and other means which are useful to increase the longevity and to have a healthy life.

Monks, Rishis etc used to perform different Yogic kriya (breathing exercise, mediation, etc) and survived for longer times. Even some group of people (Debatas, Asuras etc) thought to extent of achieving immortal life status (Amaratva) and enjoy happy life forever. In order to achieve that, they were in search of Amrita, special type of preparation that gives immortal life. So, it is obvious, man always urged to slow down his ageing process to survive longer. Ageing is any change in life process towards the death of the individual creative. Human life cycle begin rightly with the formation of Zygote, which passes through the different developmental & wear and tear phases, and end with the death. Human beings reach a peak of growth and

development and end with its death. Human being reach a peak of growth and development during their mid twenties. After that the development process almost retards the and the body enters slowly into the decaying phase. There is a general decline in physical and probably mental functioning. As age increases the function of the different systems gradually slow down, specially the cardiovascular, nervous, digestive, excretory reproductive and urinary systems are affected an individual is more prone to develop some chronic and fatal illnesses. The most common diseases of ageing include arthritis, diabetes hypertension, heart diseases, Alzheimer's disease and cancer. Body function that are mostly affected by age include.

- Visual ability reduces
- Respiratory and cardiovascular functions decline
- Nervous system functions slow down
- Hearing reduces
- Lung and kidney functions become less efficient and thus the routine elimination of wastes is affected.
- Sexual hormones and sexual function decline
- Sensation of smell and taste decreases.
- Protein synthesis reduces and that leads to shrinkage in muscle mass, skin, and to decrease bone formation that probably causes the osteoporosis
- The body water decrease and that reduces their body's ability to absorb water soluble nutrients

There are several theories on why the body gets aged over the time and ageing body loses functionary.

Physical fitness, skin care, hormone supplements, vitamins and alternative medicines and holistic approaches. In Ayurveda there is elaborate description of the subject, How to get a longer and healthier life, Charak depicted the matter in detail in "Rasyana – Adhyaya" (Rejuvenation Chapter). According to him, "If a person undergoes rejuvenation therapy properly, he may attain longevity, memory, intellect, freedom from disease, youth, excellence of lusture, complexion, and voice, excellent potentiality of body and sense organs and brilliance.

He also described the procedure of the use of Rasayana Therapy elaborately. He enlisted in several important single and compound Rasayana drugs for this purpose. Brahms-rasayana, Amlaki Rasayana, shilajit Rasayan, Pipali Rasayana, chyavanapras are few such compound rasayana, drugs to name. The single ingredient like pipali (piper longum), amlaki (*Emblca officinalis*), Haritaki (*terminalia Chebula*), bhallatak (*semecrapus anacardium*), Nagbala (*Grewata Populifola*), vaca (*Acorus Calamus*) are few important one used as Rasayana drugs. Carak also advised people to perform "Achara Rasayana (Healthy & Ideal Activities) for achieving the longer and healthy life. For that it dictates that one should be truthful, Truthful and free from anger. It may be that several factors work together or that one particular factor is the culprit in a given individual.

Antiageing theories include

- **Programmed Senescence or ageing clock theory**
- The ageing of the cells for each individual is programmed into the genes, and there are number of possible Rejuvenation in the life of a given cell. When cells die at a rate faster than they are replaced, organs do not function properly and they become unable to maintain the function necessary for life.
- **Genetic Theory:** Human cells maintain their own seed of destruction at the chromosome level.
- **Connective tissue or cross linking theory** – Changes in the make up of the connective tissue after the stability of body structure, causing a loss of elasticity and functionality and leading to symptoms of ageing.
- **Free radical theory:** The most commonly held theory of ageing is based on the fact that ageing chemical reaction of ageing cells produce free radical. In the presence of oxygen, these free radicals cause the cell of the body to break down.
- **Immunological theory:** These are changes in the immune system as it begins to wear out and the body is more prone to infection and the tissue damage, which way ultimately cause death.

According to Ayurveda ageing is described as a process of increasing rate in the body in which there is a tendency to become thinner more dry, more nervous, more restless and more fearful, while experiencing decline in both sleep and aptitude.

Antiageing addresses how to prevent, slow or reverse the

affects of ageing and help people live longer, health lives, life extension and is part of antiageing focused on living as long as possible. Antiageing factor that work mostly include nutrition and has been used for centuries as a natural medicine in China, Japan and other Asia Cultures. Similarly many other herbal drugs are also proved to very useful for maintaining the positive health and there by maintaining the positive health and there by increase one's life span.

CONCLUSION

Preventive health practices such as healthy diet, daily exercise, stress management and control of the lifestyle habits, such as smoking, can lengthen the life span and improve the quality of life as people age. Exercise can improve appetite, bone health emotional and mental outlook, digestion and circulation. Drinking plenty of fluid aids in maintaining healthy skin, proper elimination of wastes. Up to eight glasses of water should be consumed daily, along with plenty of herbal teas, diluted fruit and vegetables juices. Alcohol, nicotine and caffeine all have potential damaging effect, and should better be avoided. A diet high in fibre and low in fat should be used. Processed food should be completely eliminated.

Most remarkably, in south states of India specially in Kerala People undergo "Panchakarma Therapy" on regular basis to get elimination of imputites from their bodies as preventive measure so, that they can remain free from diseases and longer life. Avoid alcohol; sex and violence, practice Japa (incantation etc) and cleanliness and offer prayers to the Gods, etc.

The other Ayurvedic scholars opinees more or less the similar views on the subjects.

In srangadhar samhita there are more specific indication of the use of different rasyana drugs to the people of different age group in order to get the desired effect for particular purpose. For eg, people of the age group 41-50 yrs should take Jyotismati (*celestrus Paniculate*), Priyala (*Buchanania Langen*), Somraji (*centratherum anthenenticum*), Bhrinaganja (*Eclipta alab*) for the purpose to intact the lusture complex and elasticity of skin. Similarly the people of age group 51-60 yrs should take jyotismati, trifala (*Haritaki, Amlaki, Buherea*) Saptamrita louha, satavari (*A speragers racemosus*) in views to keep the eye sight intact.

In modern scientific research, it is found that Garlic (*Allium Sativa*) is helpful in preventing heart disease, and improving the tone and texture of skin Garlic stimulates lives and digestive system functions and also helps manage heart disease and high blood pressure. Siberian ginsey (*Electherococcus senticosus*) supports the adrenal gland and immune functions. It also moreases metal and physical performance and may be useful in treating memory loss, chronic fatigue and immune dysfunctions green tea has powerful anti- oxidant

qualities.

Every human being want to live, a healthy and long life. Ayurveda goes a long way in fulfilling this desire of man. Ayurveda is popular with its Rejuvenation therapies that increase the longevity of life. Panchkarma therapies mentioned in ayurveda are meant to eliminate the impurities from the body that act as a preventive measure keep body free from diseases. Antiageing process aims to slow ageing and help to live healthier life.

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