

CONCEPTUAL REVIEW OF AKAALAJ JARA HETU ACCORDING TO AYURVEDA

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ABSTRACT

Ayurveda is the mother of all healing systems, is not to just cure diseases but to achieve total good health. Ayurveda advocates on excellent approach for promotion of healthy life. For that various measures are mentioned in Ayurveda like *Dincharya*, *Rutucharya*, *Sadvruttapalan*, *Achar Rasayan*, etc. Ayurveda has been divided in to destine eight branches, *Jarachikitsa* is one of them.^[1] In Ayurveda *JARA* i.e. aging is divided into *Kaalaj jara* (natural aging) & *Akaalaj jara* (premature aging). According to *Charaka*, *Kaalaj jara* is *Swabhavik roga*.^[2] *Akaalaj jara* i.e. premature aging is a condition where you look older than your actual age. Presently it is most

common problem and many factors are responsible for it. The etiological factors for initiating the early aging process according to Ayurveda are clearly described in *Charak samhita and Vagbhata*. This factors can be differentiated in three categories *Aharatmak hetu*- Different types of *Viruddha ahaar* i.e. *Rasviruddha*, *Gunviruddha*, *Virya viruddha*, *Asatmya ahar*, *Vishamashan*, *Adhyashan* etc. are responsible for initiation of aging process. *Viharatmak hetu* comprises *Divaswap*, *Abrahmacharya*, *Avyayam*, *Ativyayam* etc. *Manasik hetu*- *Bhaya*, *Krodh*, *Shok*, *Lobh*, etc. Thus, To avoid premature aging proper practice of all above measures can slow down the process of aging.^[3] This study will be very helpful to create awareness about premature aging and factors responsible for it.

KEYWORDS: *JARA*, *Kaalaj jara*, *Akaalaj jara*, *Ayurveda*, etiological factors, premature aging.

INTRODUCTION

Aging is the natural process of growing older. There are many factors that play a role in whether we age gracefully or not. Now a days, there are many burning issues, premature aging is one of them. Common causes of premature aging is environmental damage, lifestyle choices and medical conditions can also augment the signs of aging at an earlier age. Smoking, sleep derivations also have been shown to accelerate the aging process. The signs of premature aging are often quite visible and can be very disturbing as they are unaccepted. It is very important to focus on causes and reduction process of early aging. In this article, we focused on *Ahaar, Vihar, Mansik hetu* which causes *Akaalaj jara* i.e. premature aging. Due to this we can minimize process of growing older.

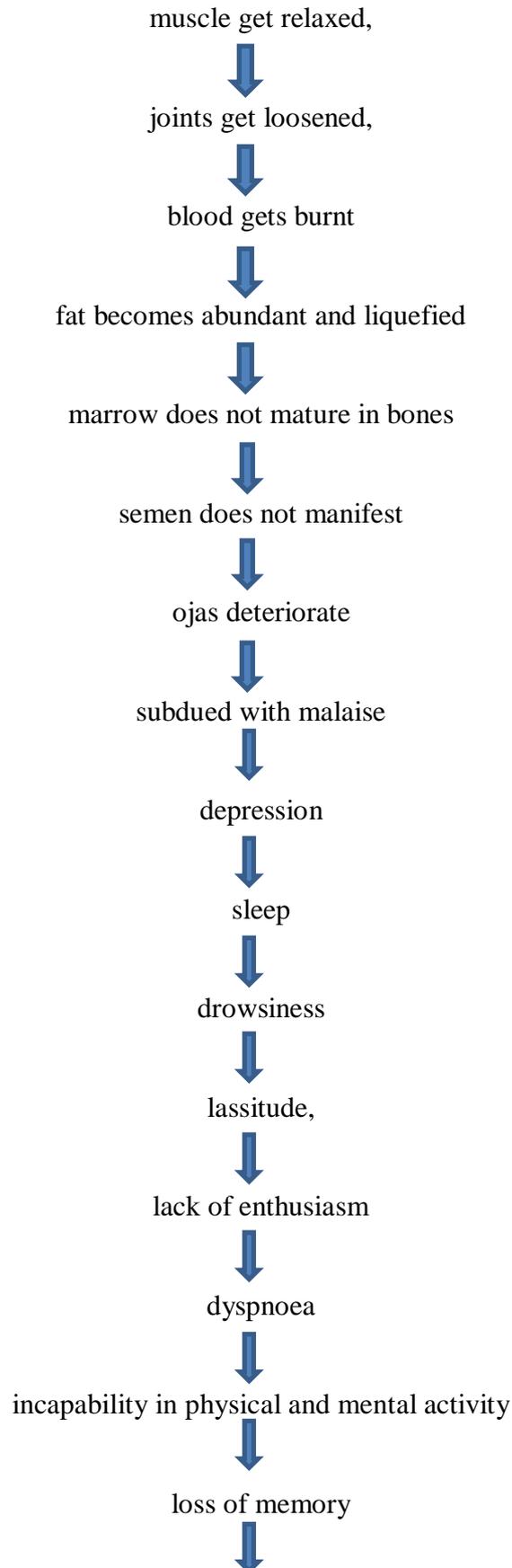
JARA is a term which indicates the decling phase, especially old age. *JARA* means process in which body elements get decreased continuously. Representing this phenomenon, *Acharya Sharangdhar* has narrated decade wise decline conditions. In 1st decade, *Balyavastha* will be diminished, in 2nd decade *Vridddhi*, in 3rd decade *Chhavi*, in 4th decade *Medha*, in 5th decade *Twak*, in 6th decade, *Drishti* and so on... has clearly mentioned that vitiation of any substance has specific cause and it is responsible for vitiation of body elements.^[4] *Rasvagbhat* has quoted that *Jara avastha* appears because of *Pantha* (excessive walking or travelling,) *Sheetam*(cold and frozen food), *Manas pratikulata*(improper condition of mind). All these factors are responsible for *Akalaj jara* or early aging.^[5]

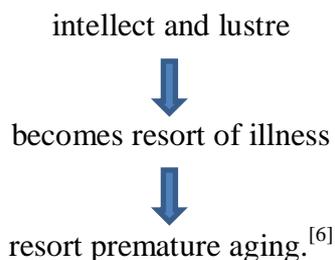
Premature aging is when your skin undergoes an unnatural aging process, such as with extreme sun exposure or living with an unhealthy life style. It is always due to poor habits. There are other reasons due to skin may age prematurely. There are some things you can do to prevent your skin from aging prematurely, throughout this article, we will discuss the common causes of premature aging.

Process of early aging

All morbidies arise due to domestic food in those eating soar, pungent, alkaline, dried vegetables, meat, sesamum, preparation of rice flour, germinated or fresh or leguminous cereals, antagonistic unsuitable, alkaline and channel blocking substances, decomposed heavy, purified and stale food items, irregular diet, or eating while previous food is undigested, day sleep, wine, affected with fear, anger, grief, greed, confusion and exhaustion. Because of this, *Jatharagni* gets affected, undigested *Ahaarras* formation *Dhatvagni*,

improper *Rasadi dhatu* formation. *Rassaar* is *twaksaar* so this process ultimately affects on *Twacha*.





Causative factor

Mind plays a significant role in whether we are aging faster or slower, we use the mind to help us accelerate or decelerate the process. Happier people are quite simply younger looking.

Aging and prakruti

In *Pitta prakruti* people process of aging takes place earlier than *Vata* and *Kafa prakruti*.^[7]

Aging and diet

There are foods which you can eat that will help you retain a younger body. Foods which we take will gradually induce the *Agni, Bal, Varna* and *Oja*.^[8] Foods that cause inflammation, like refined sugar, white flour, excessive dairy product can readily create inflammation in the body that contribute to aging process. *Acharya vagbhata* said that excessive intake of *Amla ras* leads to early aging.^[9] *Lavan ras* and *Kshar* are main cause of *Vali, Palit, Khalitya*.^[10]

Aging and weight

Being too thin or too heavy can add to the aging process. Being underweight reduce the natural fats in facial structure which allows the skin to sag and adds to the appearance of wrinkles.

Aging and cosmetics

The chronic use of harsh chemicals on and around the body can add aging.

Aging and stress

High stress lives are a good recipe for aging. *Krodh, Shok, Shram* are the factors responsible for *palit*.^[11]

DISCUSSION

JARA is one of the irreversible process in human life and can be experienced by every individual. The above mentioned causative factors can be observed in day to day life. On the

other hand, natural process of aging has also become fast due to changes in environment, food cultivation with chemical fertilizer, pesticides, and because of food processed through modern technology. Consumption of this type of food and toxin accumulation in the body causes premature aging. Another most important cause is psychological stress.

Many formulations have been explained in *samhita* to slower down process of aging like *Ahaar, Vihaar Dincharya, Rutucharya, Sadvruttapalan, Rasayanchikitsa*, this formulations help to reduce premature aging.

CONCLUSION

It is said that *jara* is irreversible process that can only be prevented not cure. *Akaalaj jara* appears because of many causes like environmental, life style choices, medical conditions, food habits etc. above mentioned causative factors can be observed in day to day life. This article help us to focus on what are the causes and how we control it. To slower down the aging process, Ayurved has mentioned many things like *Ahaar, Vihaar Dincharya, Rutucharya, Sadvruttapalan, Rasayanchikitsa*, etc. this formulations help to reduce aging process.

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