

GLIMPSE OF AYURVEDA AND YOGA IN GERIATRIC CARE – A REVIEW

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ABSTRACT

Geriatric is rising as a difficult drawback of twenty first century, because the population of aged individuals is increasing, not solely in Republic of India however throughout the entire world, it's each medical and social science issues. The physical deterioration because of written account advancing age makes an individual aged. In today's age geriatric diseases and connected issues of adulthood increasing. Symptoms of premature ageing are occurring; explanation for this can be our irregular hurry worry curry life vogue. It's seen that when forty years getting on untimely old age begins to be mirrored. It suggests that of rescue is feasible with piece of writing and yoga. Piece of writing is basically the science of life and longevity. It presents a sound construct of aging, its bar and management. Piece of writing

specially incorporate rasayana tantra collectively of its Astanga Ayurveda specialties that is completely dedicated to nutrition, medical specialty and medical specialty. It teaches us diet and behavior and yoga provides us physical and mental stability. From that we are able to avoid increasing premature ageing likewise as cut back the speed of progression of the signs of ageing in quick growing age and might attain longevity.

KEYWORDS: Geriatric care, Yoga, Aging, Dincharya, Rasayana.

INTRODUCTION

Geriatrics, or geriatric medicine, may be a specialty that focuses on health care of the old age people. Gerontology differs from normal adult medication as a result of it focuses on the distinctive desires of the aged person. The aged body is completely different physiologically from the younger physique, and through adulthood, the decline of varied organ systems becomes manifest. Previous health problems and manner selections turn out a special constellation of diseases and symptoms in numerous folks. The looks of symptoms depends on the remaining healthy reserves within the organs.^[1]

The world population of the old is increasing and by the year 2050, adult older than sixty five years can comprise 1/5th of the worldwide population. In India 3.8% of the population area unit older than sixty five years mature. In keeping with an estimate the seemingly range of old folks in Republic of India by 2016 are going to be around 113 million. The 21st century is witnessing a gradual decline in fertility, and with increase in anticipation, the society ought to grapple with problems with longevity. The reason for morbidity world over is shifting from disease some decades past to non disease. The leading reason for mortality among aged individuals comprises metastasis drawback, heart condition, cancer and stroke. vital causes of morbidity among this cluster is chronic inflammatory and chronic conditions like inflammatory disease, diabetes, osteoporosis, Alzheimer's illness, depression, psychiatric disorders, Parkinson's illness and age connected urinary issues.^[2]

Ayurveda deals in detail with the problems of ageing, premature ageing, and senility etc. The word generally used for old age in ayurveda is Jara. The term Jara literally means loss in life span. Ageing that takes place before its kala i.e. premature ageing is called akalaja jara.^[3] In case of ageing the phenomenon generally progresses very slowly and starts at the age of seventy years. A physician always appreciates the changes of ageing at their starting point and therefore he says 60 years above as the old age.^[4]

Table 1: The factors getting lost in respective decade of the life.^[5,6]

Decade	Astanga samgraha	Sharangdhara
1 st	Childhood	Childhood
2 nd	Growth	Growth
3 rd	Complexion	Complexion
4 th	Medha/intellect	Medha/intellect
5 th	Skin	Skin
6 th	Sukra/reproductive power	Vision
7 th	Vision	Sukra/reproductive power
8 th	Hearing	Valour
9 th	Mind	Buddhi
10 th	All the indriyas	Motar organs
11 th		Mind
12 th		Life

Hence it can be stated that the changes in the body tissues are gradual but continuous throughout the entire life. The process of ageing according to Ayurveda begins at the fourth decade of life and the effect of ageing is more visible at the fifth decade of life where the skin changes are visible, and slowly this process affects to the other organs of the body.^[7]

The basic concept of sharira are dhatus, which are responsible to maintain a state of equilibrium with the help of doshas and malas. Heyamana dhatu is a feature of old age. They basically perform two functions- (a) dharana (b) poshan. In old age due to vikrit vata, vishmagani, ksheena kapha, the first dhatu ras is not formed properly and its function of preenana to the rest of dhatus is not performed, resulting in sequential weakening of all the dhatu i.e. dhatukshya. Hence due to this malformed rasa, it sets off a chain of malformed upadhatus and dhatu malas. The various symptoms and diseases observed in old age.^[8]

Table 2: Dhatu-Kshaya lakshana and related vikara's in old age.

S.N.	Dhatu	Lakshana	Vikara
1	Ras kshaya	Roukshya, bhrama, shabdasahishilta	Aruchi, tandra, arasajnata, angamarda Pandutwa, agninasha, valipalita, krishagata
2	Rakta kshaya	Sirashaitihilya, rukshata	Skindisease, hypertension, vertigo, decreased luster etc
3	Mamsa kshaya	Shushkata of sphik etc	Arbud of mamsa, loss of weight, improper sensory function etc.
4	Medo kshaya	Sandhivedana, glani, shuskata etc	Splenomegaly, prameha purvaroopo etc
5	Asthi kshaya	Asthitoda, danta-kesha sadana	Disease of hair root and nail, disease of bone
6	Majja kshaya	Asthi soushirya bhrama	Vata vicar, pain in joints, vertigo etc, shukralpata
7	Shukra kshaya	Harsha, dainya, chiraprachyuti	Anaemia, decreased libido etc.

Aging and srotas

The ancient acharyas have stressed the fact that the whole body is composed of srotas which act as a network in connecting the whole body. Transportation of various types of nutrition, waste material etc, take place through different channels. srotas may be larger, minute, long, cylindrical, as their synonyms indicates. There is no structure in the body devoid of srotas. Hence, a structural deformity ensures the deformity within the srotas of vice versa, and hence, due to the 'kha' vaigunya or srotovaigunya the dosha dushya sammurchana occurs leading to different features manifested by the srotodushti. In Charak Samhita it has clearly discussed of four types of pathophysiological condition of srotas in term of atipravriti, sanga, vimarag gamana and siragranthi.^[9]

Table 3: The manifestation of various srotodushti are.^[10]

S.N.	TYPES OF SROTAS	DISEASE
1	Pranavaha/Rasavaha	Dyspnoea, chest-pain, vertigo, asthama, cough, Respiratory tract infection, Diabetes Melitus,
2	Annavaha	Low digestive fire (aganimandya), anorexia (aruchi), adhmaana, indigestion (avipaka), vomiting
3	Udakvaha	Dryness of tongue, palate and throat
4	Raktavaha	Anaemia(pandu), debility(daurbalaya) burning(daha)skin disorders
5	Mamsavaha	Emaciation (krishata) loosening of muscles, wrinkled skin, loss of elasticity.
6	Medovaha	Dryness of palate(talu shosha), thirst (pipasa), deranged cholesterol and lipid metabolism, arteriosclerosis, nephropathy, Hypertension
7	Asthivaha	Osteoporosis, osteoarthritis(sandhivata) gout(vatarakta) polyarthritis, rheumatoid arthritis(amavata)
8	Majjavaha	Joint pain (sandhi vedana), bhrama, darkness before eye
9	Shukravaha	Impotency (klaivyata), early ejaculation (shukra praseka)
10	Mutravaha	Polyuria (mutra atisara) dribbling of urine, dysuria, scanty urination etc
11	Purishvaha	Constipation, distension of abdomen, pain and sound in abdomen, IBS
12	Swedavaha	Excessive sweating, roughness of skin (parushta), burning (paridaha) horipillation (loma harsha)
13	Artavavaha	Sterility (vandhyatva), gynecological disorders (yoni vyapad)

According to ayurveda it can be understood that in jaraavstha vata elements predominates, dhatugata portions of pitta gets impaired and shlesma elements predominates and dhatu formed are not of good qualities, as age advances the total number of cell mass is reduced. This reduces the functional capacity of the organs. Ayurved attributes primary importance to

preventive and primitive health care and the maintenance of positive health. The major preventive approaches for maintain and improving the quality of life include individualized specific daily regimen (dincharya), seasonal regimen (ritu charya) behavioral and ethical consideration (sadvritta). Healthy life style is emphasized as the determinant of longevity of life, which by and large depends on the prakriti (bio identity i.e. body mind constitution) of an individuals.^[11,12]

Rasayana therapy: - Preventive care constitutes general toning up measure elaborated in ayurveda which require to be started at least during the phase of climetric i.e. around 40 years both male and female, start of presenile period. Rasayan therapy balance the senile hazard .rasayana drugs deals with anti ageing longevity of life span, improving physical strength and memory i.e. improving the functions of brain and body as well as treating various disease in old age. Acharya sharangdhar describes and identifies relevant denominators of ageing, specific to each decade of life of 100 years and specifically sets the guidelines for selection of specific primitive measures in rasayan therapy.^[13]

Table 4: Rasayan Suggested according to age.^[14]

Decade of life	Life in year to ageing	Specific loss due	Suggested rasayan
1 st	0-10	Balya (childhood)	Suvarna (gold) vacha (acorus calamus)
2 nd	11-20	Vridhhi (growth)	Kashmari (gmelina areborea) bala (sida cordifolia)
3 rd	21-30	Chhavi (beauty and luster)	Amalaki (embelica officinalis)
4 th	31-40	Medha (intellect)	Shankhapushpi (convolvulus pluricaulis)
5 th	41-50	Twak (luster of skin)	Somraji (hydnocarpus laurifolia)
6 th	51-60	Drishti (vision)	Jyotishmati (celestrus panniculatus)
7 th	61-70	Shukra (sexual ability)	Kapikachchu (mucuna puriens) ashwagandha (withania somnifera)
8 th	71-80	Vikrama (physical ability)	Guduchi (tinospora cordifolia) bala (sida cordifolia)
9 th	81-90	Budhi (thinking)	Brahmi (bacopa mannieri)
10 th	91-100	Karmendriya (locomotion)	Jatamansi (nordastachys jatamansi) shatavari (asparagus racemosus)

Importance of Dincharya

The old age is also a disease and it too can be prevented for a certain period for this purpose in ayurved, dincharya and its allied therapy from an important part. Mainly necessary processes in elders are-

1. Tail gandush- oil gargle imparts strength to jaws and voice. it prevents dryness of mouth and throat, lip craking, dental carries, teeth sensitivity. in old age have feeble voice, uprooting of teeth, painful teeth. Tail gandush prevents all these problems.
2. Pratimarsh nasya- pratimarsh nasya is preventing unimpaired sight, smell and hearing, hair fall, premature graying hair. it also helpful for prevention in stiffness of back and neck, headache, facial paralysis lock jaw, chronic rhinitis migraine, head tremors.
3. Karna purana-it can also be prescribed daily. It prevents senile deafness.
4. Anjan-daily anjan prevents loss of eye sight, cataract which develops in old age.
5. Abhyanga- application of oil massage prevents skin diseases and improves joint mobility also. If elder persons fallow the rules of dincharya akalaja jara can be prevented and kalaja jara can also be checked and extension of healthy long life.^[15,16,17]

Importance of Yoga for elders

Yoga is a way to create a positive approach in life for elders. If we want to prevent and control of common health and emotional problems in old age, some yoga asana and pranayam plays an important role for elders

1. Kapal bhati- kapalbhatti is a breathing technique. it is a cleansing process of our body.it helps to clean air passage for easy breath and give strength to lungs.
2. Sukhasana-it strengthen the spine, relaxes our body and mind. it prepares our body for different asanas.
3. Marjarasana- it coordinates movement and breath. it increases flexibility of spine, back and pelvis. it increases blood circulation towards kidney for cleansing blood impurities.
4. Shwanasana- this pose reduces stiffness of legs and strengthens pelvis legs and arms.
5. Ardha matsyendra asana- it tones abdominal muscles, twists and tones spinal nerves and ligaments.
6. Pawanmuktasana- it removes excess gas from stomach lungs and intestine.it tones lower back and removes stiffness of spine, back muscles and ligaments.
7. Asanas for prostate problem sarvangasana, dandasana, naukasana, badhakonasana, virasana and shwasana.
8. Asanas to improve mem uttanasana, pashchimottanasana and janushirshasana.

Yoga helps to maintain good health, to control weight, improves emotional wellbeing and relives stress in old age.^[18,19]

DISCUSSION

In ayurveda the effect of jara or old age affects our Dosha, Dhatu, Mala and Srotas. As a result of which the disease begins or immunity to fight from the disease decreases. Due to which the body and mind suffering from disease get to the old age quickly. In ayurveda there is provision to fight jara. Follow the rules of Ayurveda can be slowed down ageing. Mental calmness is more important with advancing age thus yoga protects us from body stiffness; make it mentally strong and peaceful. By increasing the effect of vital air in body, it provides nourishment to all our organs and prevents ageing. By following Ayurveda rules and yoga regularly in daily life we can protect and slow down the ageing process. It is very vital and immensely beneficial to the prevention of ageing and extension of healthy long life.

CONCLUSION

Ayurveda comprises of a specialized branch that deals with ageing and has a rich source of drugs, formulation and various principles for anti ageing, it can also play a major role in managing the long term debilitating disorders. More the elderly are independent, more improving in their quality of life is seen. Holistic approach in making them active and healthy is necessary for this Ayurveda with all its medicines and principles related to life style, food and psychological wellbeing can be applied to benefit the senior citizens in Indian society.

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