

**PANCHKARMA IN GERIATRIC CARE****Dr. Rekha Bajpai\*<sup>1</sup> and Dr. A. K. Dixit<sup>2</sup>**<sup>1</sup>Associate Professor/HOD Panchkarma, State Ayurvedic College and Hospital Lucknow.<sup>2</sup>Medical Officer Panchkarma State Ayurvedic College and Hospital Lucknow.Article Received on  
09 November 2020,Revised on 30 Nov 2020,  
Accepted on 21 Dec. 2020

DOI: 10.20959/wjpr20211-19523

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Geriatric literally means the care of old persons. It deals with diagnosis treatment and prevention of diseases and rehabilitation of elderly. In Ayurveda Geriatrics is described under the heading 'JARA'. Jara chikitsa is well defined as Geriatric care. Panchkarma is biopurification of body. Important procedures of Panchkarma for Geriatric care are Snehan. Sedan, Nasya, and Basti chikitsa.

**KEYWORDS:** Geriatrics, Panchkarma, snehan, Basti, Jara Chikitsa.**INTRODUCTION**

Geriatric is branch of medicine concerned with preventive care and treatment of older persons.

**GERNATOLOGY** is the study of the problems of all aspects of ageing. Ageing process proceeds.

At different rates in different people .Age related physiological changes and functional decline can be defined as-overall decline in body system functions and presentation of different symptoms of different diseases. Certain factors are responsible for functional decline like ageing process, diseases, adverse environmental factors, adverse lifestyle changes etc.

Different systems and organs that are effected by ageing are Cardiovascular system, Respiratory system, CNS and Brain. Renal system, Hepatobiliary, GI system, Immune system and Endocrine system.

In Ayurvedic literature it is defined as JARA. According to acharya Charak age has been divided in 3 steps-Balyawastha(young age), Madhym awastha(middle age), Jara awastha (old

age). After 60 yrs of age person is said to be old. In old age there is progressive diminution of Dhatu (cells), lack of strength of sense organs, vigour, muscularity etc. Acharya Sushruta has defined JARA as Swabhava pravritta vyadhi. Panchkarma is bio-cleansing program of the body. VATA is predominant dosha in old age. BASTI is treatment of choice.

**OBJECTIVE:** To discuss Geriatrics and its Ayurvedic perspective.

To achieve a state of healthy old age by various promotive and preventive panchkarma procedures.

To keep the patient active and improve quality of life through Panchkarma chikitsa.

**GERIATRICS:** Word Geriatric is derived from Greek word 'geren' meaning old man and 'iatreia; meaning treatment of disease. Geriatric is the branch of medicine that is related with the care and treatment of elderly people.

Ageing is defined as biological process which occurs as the person gets older it includes age related degenerative process and diseases which are conglomerated effect of genetic, environmental and biological factors.

**CONCEPTS OF AGEING:** It is defined in different steps -

**1-Chronological Ageing-**Actual amount of time and number of days a person has been alive.

**2-Biological Ageing-**Physical changes that causes gradual deterioration of body functions'

**3-Psychological Ageing-**Changes in mental function, feelings etc.

**4-Social Ageing-**Related with person's role with relatives and social circle.

**5-Cognitive Ageing-**Related with age related impairment in reasoning, intellect and memory etc.

**AYURVEDIC CONCEPT OF AGEING:** Ayurvedic acharyas have described concept of ageing as JARA.

ACHARYA SUSHRUTA has mentioned Jara under Swabhava pravritta vyadhi which is of 2 types

**1-Kalaj-**Appearing at proper time.

**2-Akalaj-**Appearing before time.

### **SROTAS AND AGEING**

Vitiations of Vayu and Mandagni causes srotodushti and srotorodha which leads to improper nourishment of body tissues causing ageing process.

**STRENGTH OF AYURVEDA IN GERIATRICS**

Jara chikitsa/Rasayan chikitsa of Ayurveda is for preventing, /maintaining youthfulness, stamina and vitality.

PANCHKARMA and Yoga are proven to be efficacious in numerous musculoskeletal, psychosomatic and other chronic health problems of elderly people.

**IMPORTANT PROCEDURES OF PANCHKARMA****Sneha-Sweda****ABHYANGA-INDICATIONS**

Neuromuscular disorders-pakshavdha, Gridhrisi Angamarda, arthritisetc.

COMMONLY USED OILS-Masha taila,Narayan taila,Dhanvantara taila, Ksheerbala taila etc

**SHIRODHARA**-with TAILA(Ashwagandhabala, ksheerbala),TAKRA, KSHEER

**INDICATIONS**

Insomnia, headache, anxiety neurosis, hypertention, facial palsy, hemiplegia etc.

**PIZHICHILL**-rejuvenate body, snehan and swedan boath

Taila used are-ksheer bala, Dhanvantara, ashwagandha bala taila etc

INDICATIONS-Paraplegia, degenerative joint disorders, post fracture stiffness of joint, peripheral neuropathy etc

**KARNPURAN** –tinnitus/karnanada, deafness with karnabindu taila, bala taila etc

**KAVALGRAHA** Keeping oil/ghrita in mouth/oil pulling

**INDICATIONS**

Dental problems, gums problems, stomatitis, bad breath etc.

**GANDUSHA**-decoction/oil/ghrita used like goghrita, triphala ghrita, kanji, til taila etc.

**AKSHITARPAN**-INDICATINS-Dryness of eyes, vision problems, blepharitis etc.

Grita used-TRIPHALA GHRITA

**PINDASWEDA-SHASHTIKSHALI PINDA SWEDA****INDICATION**

Hemiplegia, paraplegia, muscular dystrophy etc.

**NASYA-SNEHAN, SAMAN, BRINGHAN**

**INDICATIONS**

Cervical Spondylitis, headache, memory problem, hairloss, insomnia

Oil used-Anu taila, ksheerbala taila, swarasa. Etc.

**BASTI CHIKITSA-SNEHA BASTI, MATRA BASTI, YAPNA BASTI, BRINGHAN BASTI**

**DIFFERENT DISEASES IN OLD AGE AND PANCHKARMA CHIKITSA****Parkinsons Disease**

Snehapan-kalyanak ghrita

Abhyanga –kalyanak ghrita, swedan

Virechan-eranda taila

Nasya-ksheerbala taila

Shirobasti-ashwagandha taila

Shirodhara-bala taila

Pizhichil-pinda taila

**DEMENTIA/ALZHEIMERS DISEASE-Snehapan-Kalynak ghrita**

Shirolepa-paste of Amalki, Musta in takra.

Shirobasti/shirodhara-Maha Mash taila/bala taila

Nasya-pratimarsha-ksheerbala taila

**Muskuloskeletal disorders-osteoarthritis-abhyanga-mahanarain taila, ksheerbala taila**

Upnah, pottali sweda, janu basti etc.

Rheumatoid Arthritis-baluka sweda, nadi sweda.

Vaitaran basti

**LOW BACK PAIN**

Abhyanga –kati basti-mahanarain taila, dhanvantar oil etc

Patra pinda sweda

**CARDIOVASCULAR DISORDER**

Urobasti Dhanvantara taila

Hypertention –takradhara

**CONSTIPATION**

-VIRECHAN-Erand taila,Avipattikar churna,

BASTI-Ksheer basti, Matra basti, Asthapan basti

Phala varti.

### **PILES**

Awagaha sweda-apamargadi quath

Bahyaupchar-jatyadi taila

Dhoopan-ashwagandhadi churna

### **UROGENITAL DISORDER**

#### **BPH**

Lekhan basti with gomutra

Uttarbasti

### **OBESITY**

UDVARTANA-Kokuladhadi churna

Virechan triphala churna, trivrita churna

### **MUTRA KRICHCHA/DYSUREA**

Snehan/swedan-Avgah sweda-Dashmoola kwath

Basti-matra basti with sahcharadi taila

Uttarvasti

### **GRACEFUL AGEING-Avoiding diseases**

Engagement with life

Maintaining physical and cognitive functions.

### **CONCLUSION**

Panchkarma like snehan swedan abhyanga shirodhara virechan nasya and vasti chikitsa is the best way for rejuvenating, preventing diseases of old age and helpful for geriatric care.

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