



REJUVENATION AND GERIATRIC CONSIDERATION IN PREVENTIVE, PROMOTIVE AND SOCIAL CONCEPT OF HEALTH CARE

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ABSTRACT

Ayurveda having holistic approach aims at prevention, promotion, preservation and also cure from the disease. Everyone wants to give the impression of being young forever and increases life-span by staying healthy. Ageing, a complex and inevitable process begins before birth and continues through entire life span. The strength of *Ayurveda* in the context of Geriatric care is *Rasayana* therapy *Rasayana* i.e., rejuvenation therapy is one of the most important branch of *Astangayurveda*. As the incidence of elderly people is rising in the population worldwide including India. In India 3.8% of the population are older than 65 years of age. *Rasayana* therapy deals primarily with geriatric problems to improve their quality of life and remain self dependent for their daily activities to maximum possible extent. Moreover it is necessary to rejuvenate the body system for a better harmony of the body, mind and soul. *Rasayana* therapy has considerable scope to develop a safe and cost effective protocol for geriatric care. Moreover in *Ayurvedic* texts, there are given many ways in prevention and promotion of health. Various regimens like *Dincharya* (daily regimen), *Ritucharya* (seasonal regimen), *Rasayana* therapy (rejuvenation), *Sadvritta* (rules & regulations of ideal routine) and *Achara Rasayana* (code of conduct) along with Yogic practices are utmost important factors to maintain a healthy life style and happy psychological set up.

KEYWORDS: *Ayurveda*, *Rasayana*, *Astang*, Rejuvenation, Geriatric etc.

INTRODUCTION

Ayurveda has two aims i.e., prevention, promotion of health and secondly cure from the disease. Everyone wants to give the impression of being young forever and increases life span by staying healthy. But ageing is a complex multifactorial and inevitable process which begins before birth and continues through the entire life span. It is essentially a physiological phenomenon which results because of involuntary changes occurring in the body system and mind. Every cell and tissue of the body undergoes changes as age advances so it is necessary to rejuvenate the body system for a better harmony of body, mind and soul.

According to an estimate the likely number of elderly people in India by 2016 will be around 100 million and that by the year 2050 this would rise to about 323 million, constituting 20% of total population by 2050, the report jointly brought out by United Nations Populations Fund and Help Age International (The Times of India). In world elderly people make up 12.3% of global population and by 2050, that number will rise to almost 22% (UNPF). With the rise in elderly population all over the world including India, it is now felt necessary to develop newer strategies for Geriatric Health Care.

The urge to live, the fear of death, the desire of youthfulness, the distaste for old age and the quest for rejuvenation have always interested mankind from antiquity to modern times. Man the most developed and sophisticated living being on earth, due to his tremendous intellectual abilities is always in search of one prime goal-

long life with perfect health. He desires not only to live but also live a long, happy and disease free life as far as possible.

With the rise in elderly population world over including India, it is now felt necessary to develop newer strategies for Geriatric Health Care. *Ayurveda* has got potential for prevention of disease by promotion of health and management of disease occurring in old age. It has a focused branch called *Rasayana*.

Rasayana word is made up of two words *Rasa* means nutrition and *Ayan* means channels. *Ayurvedic* system of medicine specially incorporates *Rasayana Tantra* as one of the eight discipline of *Astang Ayurveda*, which is exclusively devoted to Geriatric Health Care. According to *Acharya Charaka* in Ch. Chi.1/1/8^[1] - The substance which invigorate a healthy person by producing the best quality of *Rasa*, *Rakta dhatu* and other *dhatu*s are called as *Rasayana*. As per *Acharya Sushruta* in S.Su. 1/7^[2]- *Rasayana Tantra* is the branch which deals with delaying of ageing process, increasing of intellect and strength, prolongation of life and curing of disorders and *Acharya Sharangadhara* (Sh.P.4/13)^[3] conceived *Rasayana* as a measure which delay ageing, prevent diseases and thus maintain the positive health

In modern science, Geriatric is made up of two words *Gerias* and *Iatric*. *Gerias* means to grow old whereas *iatric* means medical treatment. Geriatrics, the branch of general medicine concerned with preventive, medical,

economical and social aspects of illness in the elderly where as Gerontology deals with the effect of ageing and age related diseases on human being.

Preventive Concept of Geriatric Health Care

Hypertension

Life style modification like

- Ushapan
- Regular morning walk
- Practice of *Sukshmvayam*
- Regular practice of *Asanas* like *Shavasana*, *Makarasana*, *Adhavasana*
- Regular practice of *Pranayama* Like *Bhramri*, *Chanderbhedi*, *Sheetli*, *Sheetkari*, *Anulom Vilom*
- Practice of meditation
- Diet low in salt
- Decrease intake of fat

Respiratory System

Life style modification like

- Alternate activity with period of rest.
- External *Snehana* with *Sarsapa Taila* (mixed with *Saindhava Lavana*) on chest followed by hot fomentation act as expectorant and relieves breathlessness.
- Avoid smoking, intake of chilled water, exposure to dust, cold, humid atmosphere, fumes and pollutants.
- Practice of *Pranayam* (deep breathing exercises) and drinking lukewarm water.

Digestive System

Life style modifications like

- Maintenance of good oral hygiene by *Dhantdhawn*, *Jivahnirlekhan*, *Kaval* and *Gandush*
- Repair or replace damaged teeth
- Relaxed eating atmosphere
- Practices of *Asanas* like *Sanshakasana*, *Mandukasana* and *Pawanmuktasana*
- Practices of *Pranayam* like *Kapal Bhati* and *Bhastrika* at the speed of 30-40 strokes per minute.
- High- fiber high-protein foods
- Increased fluid intake
- Avoid smoking, intake of excessive tea, coffee, heavy, oily and spicy food items
- Practice of *Vajrasana* after meal.

Nervous System

Life style modifications like

- Use of *Medhya Rasayana* *Brahmi*, *Mandukaparani*, *Ashwagandha*.
- Use of *Drishtipradha Rasayana* for maintain the visual acuity.
- Use of *Anjana*, *Nasaya* and *Karanpurna*
- Practice of *Jal Neti*, *Kapalbhati*, *Trataka*, *Anulom-vilom* and *Bhramri Pranayam*.
- Use of spectacles, hearing aid devices.
- Medical care for illness.

Excretory System

Life Style Modification like

- Increased fluid intake
- Decreased fluid intake before bed time
- Regular trips to bathroom
- Practice of *Banda*, *Mudra* and *Yogaasana*
- Use of *Rasayana* drugs like *Shilajatu*
- One should avoid *Vega Udirna*

Endocrine System

Life style modifications like

- Regular exercise, *Yogasana*, *Pranayam* and meditation
- Intake of Soya, Nuts, Fresh seasonal fruits, milk, diet rich in calcium and antioxidants
- Exposure to mild sunlight
- Adequate rest
- Medical care for illness

Locomotor System

Life style modification like

- Regular gentle massage with medicated oils
- Adequate rest to joints
- Weight reduction
- Practice of *Sukshmvayama*
- Avoiding prolonged walking, standing, kneeling, squatting and crossed leg sitting
- Intake of milk, milk products, banana and other dietary items rich in calcium
- Exposure to mild sunlight

❖ Promotive concept of Geriatric Health Care

Promotive aspect of health in *Jara* include programming of lifestyle in a such a way that *Akalaja Jara* can be avoided and *Kalaja Jara* can be delayed.

For this purpose, *Rasayana Sevana*, adaptation of *Dincharya*, *Ritucharya*, *Achara Rasayana*, *Sadvritta*, wholesome diet and healthy life style etc. together show promising outcome.

➤ **Rasayana Sevana**- *Rasayana Chikitsa* is not only a drug therapy but a multi-angled approach taking care of both body and mind, thus providing a total wellbeing to an individual. It decreases the ageing process, maintains positive health, preserves youth and cures morbid sleep, drowsiness, physical as well as mental fatigue, laziness and weakness. This is discussed under the heading of benefits of *Rasayana* in all the Ayurvedic texts which^[4]

- 1) Decreases the ageing process, maintains positive health, preserves youth and cures morbid sleep, drowsiness, physical as well as mental fatigue, laziness and weakness.
- 2) Maintains proper balance among *Vata*, *Pitta* and *Kapha*, It produces stability and cures smoothness of the muscle.
- 3) Stimulates the enzymes responsible for digestion and metabolism and brings about excellence in lustre, complexion as well as voice.

➤ **Dincharya (Daily Regimen)** - The daily regimen of proper living is designed for maintenance of health achievement of a long, healthy active life, providing a disease free life thereby achieving satisfactory enjoyment of life and attaining of self-realisation. *Dincharya* (daily regimen) is described in brief under the following headings according to Ayurvedic texts. [5]

- a) Wake up at *Brahma Muharta*- It is advisable to wake up during *Brahma muharta* (preferably between 4.00 a.m. to 5.30a.m./ before sunrise). This is the best time for study and to do Yogic exercises.
 - b) *Maltyag* (Defecation)- One should attend the nature's calls. Elimination of urine and feces cleanse the body and cheers up the mind.
 - c) *Aachmana*- It is advisable to do *Aachmana* to maintain hygiene.
 - d) *Dantdhawan* and *Jihwanirlekha* (Cleansing of teeth and tongue)- Cleansing of teeth and oral cavity should be practiced twice a day in early morning and before going to bed (*Ch.Su.5/71*) [6] The soft brushes made out of twigs of *Khadira*, *Karanja*, *Nimba*, *Arka*, *Apamarga*, etc. should be used for this purpose. Tongue should be cleaned by a long flexible strip of metal or plant material. It not only cleanses the tongue but also stimulates digestion.
 - e) *Anjana* (use of Collyrium)- One should use *Anjana* daily to prevent eye diseases and promote vision.
 - f) *Nasya*-It is of great importance to use *Pratimarsha Nasya* daily to prevent greying of hairs, falling of hairs, blemishes and *Urdhva Jatrugata Vyadhi*.
 - g) *Gandusha*
 - h) *Dhoompaana*
 - i) *Tambul Sevena*
- } It helps in maintaining oral hygiene and preventing *Urdhvajatrugata Vyadhi*
- j) *Vyayam*- Regular exercise builds up stamina and resistance against disease. It clears the channels of body (*Srotas*) and increases the blood circulation along with efficiency of vital organs. It promotes appetite, digestion and prevents obesity.
 - k) *Abhyanga* (Oil Massage)- It is highly beneficial to massage whole body including scalp with oil every day to prevent dryness of body and stiffness of joints resulting into delay in ageing in elderly. Oil massage ensures softness and unctuousness of skin, free movement of joints and muscles; renders nourishment, improves peripheral circulation and eliminates metabolic wastes.
 - l) *Udvaratana*- Massaging the body with powders i.e. *Udvaratana* it actuates *Kapha* and liquefies *Meda* in body. Moreover, the stability, compactness, strength of body parts and excellence of skin is also achieved by *Udvaratana*.
 - m) *Snana* (Bath)- Bathing improves enthusiasm, strength, appetite, span of life and removes sweat and other impurities from the body. After bath, one should wear clean clothes and should have regular shaving, haircut, clipping of nails etc.
 - n) *Prasaadan*- Wearing garland with pleasant odour, good dress etc. should be used.

- o) *Mangala kritya*- One should worship.
- p) *Bhojan* (Meals)-Only after the digestion of previous meal taken, the person should take next meal. It should be compatible to him/her.
- q) *Sadvartana*- A long healthy life, wealth, reputation are attained by one who follows the *Sadvartana* and after death he/she also obtains eternal peace and happiness.

➤ **Ratricharya** [7]

- a) *Sayankal Bhojan* (Evening meals)- One should consume *Laghu, Hitkari Bhojan*.
- b) One should remember God or should do *Bhagwad Samarana*
- c) One should do Self-analysis of day activities and religious contemplation
- d) After following all these activities one should go for sleep in divine remembrance.

➤ **Ritucharya**

Seasonal changes bring about diseases and they may be prevented by adopting certain seasonal diet and life style according to *Dosha Sanchya Prokopa* and *Shamana* respective to the season.

➤ **Acharya Rasayana and Sadvritta** [8]

A healthy mind is as important as healthy body. *Acharya Rasayana* contains principles of right conduct that are applicable to all. Some of these are summarized as follows.

One should suppress urges of greed, grief, fear, fury, pride, shamelessness, envy and excessive passion. Observe self-control and always speak truth. One should not harm others and should always act in a polite manner. Errors/ mistakes in dietetic and behavioral habits if any should be given up gradually and good habits should be practiced.

Social Concept of Geriatric Health Care

Issues having direct co- relation with physical, social and mental well being of elderly are marital status, financial status, work history, education, responsibilities, living atmosphere, *Acharya Rasayana, Sadvritta*-Have great impact on social promotion of health, belief on God, hopeful and positive attitude about the life and illness influence the health, social and moral support, economic independence, better health services and adjustment in the family and society as well as financial Govt. Assistance

CONCLUSION

Elderly persons should be treated with love, affection & respect by youngsters. They should provide congenial family atmosphere and definite purpose of life. They should advice to do physical & mental exercise, daily walk and *Yogic* practices. They should provide atmosphere of regular sleep, awakening and avoidance of alcohol and tobacco. Elderly people should give nutritious and easily digestible food.

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