

CONCEPTUAL STUDY ON MADHWADI YOGA IN GERIATRICS

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**Rajesh Gupta

*PG Scholar, Shalya Tantra, Dr Sarvapalli Radhakrishnan Rajasthan Ayurved University, Jodhpur, Rajasthan.

** HOD, PG Department, Shalya Tantra, Dr Sarvapalli Radhakrishnan Rajasthan Ayurved University, Jodhpur, Rajasthan

ABSTRACT

Geriatrics health refers to health care of elderly people. Older patients have special healthcare needs that can make their medical care more complicated. A report released by the United Nations Population Fund and Help Age India suggests that India had 90 million elderly persons in 2011 with number expected to grow to 173 million by 2026. In India, elderly people suffer from dual medical problems i.e. both communicable as well as non-communicable disease. A decline in immunity as well as age related physiological changes lead to an increased burden. In population over 70years of age, more than 50% suffer from one or more chronic condition including HTN, CHD and cancer. Therefore, need is to focus on preventing such diseases and effects of age, so that our elderly have a better immunity, health and thus life. Acharaya Sushrut has described enough formulations or yogas that help continue with good health even in old age. One of such yoga is *Madhwadi yoga* that has been described to be effective even in a *rogi* (patient) with *Arishta lakshan* (*fatal signs*). This paper emphasizes on use of *Madhwadi yoga* in elderly starting at 50 years of age, helps providing better immunity and also delays age-related signs and symptoms and also critical or communicable disease in old age.

KEY WORD: Elderly people, immunity, physiology, *Madhwadi yoga*.

INTRODUCTION

There is a slow and steady growth of elderly population during the last few decades. The elderly population is presently about 70 million and the demographers project that within 25 years time, this would come to 150 million. The percentage of elderly population is also increasing faster than that of total population. These demographic changes may be due to improvement of health status, socio-economic status and medical care facilities.¹

During oldage, an individual has to face many physical, mental, intellectual and social changes. They become vulnerable to various communicable, non-communicable, psychological and systemic disorders. In population over 70years of age, more than 50% suffer from one or more chronic conditions. The chronic illnesses usually include HTN, Coronary Heart Disease and cancer. Therefore, need is to focus on preventing such diseases and effects of age, so that our elderly have a better immunity, health and thus life and here

Ayurveda, provides an answer.

GERIATRIC HEALTH AND AYURVEDA

The term ‘Geriatrics’ is derived from Greek word, ‘Geri’= old age and ‘iatrics’ = care. This word also has a close link with the Sanskrit word 'Geeryadi' which means degenerated. . It is the branch of medicine concerned with the care and treatment of elderly.

In Ayurveda, old age has been accepted above 60 yrs by Acharya Charak² and above 70 yrs by Acharya Sushruta³. Acharya Sushruta says that after 70 years of age, there occurs continuous *kshinta* (decrease) in *dhatu*s, *indriya*, *bala* –*virya*, *utsaah* etc and also that elderly get prone to various diseases⁴. However, he also accepts that beginning of this *kshinta* occurs after the age of 40 years only³. *Vata* dosha is the most important factor in the pathophysiology of ageing and related diseases because of its natural predominance at that stage of life⁵.

Ayurveda is basically the science of life and longevity. Therefore, Rasayan Therapy, one among Ayurveda’s major eight branches⁶ is

specifically devoted towards health, longevity, immunity and youthfulness even in older age.

MADHWADI YOGA⁷

Acharya Sushrut has described *Rasayan* Therapy and various *Yogas* for the same in *Chikitsa Sthan* starting from 27th chapter named, ‘*Sarvaupghaata Shamaniya Rasayan*’, i.e., rejuvenator therapy which subsides all types of damages or diseases. *Madhwadi yoga* has been described in chapter 28, named, ‘*Medhaayushkaamiya Rasayan Chikitsa*’ meaning rejuvenatory therapy for those desiring great intelligence and long life. *Yogas* (formulations) described in this are specially meant for increasing mental cognitive abilities and longevity. It is said for this yoga that he who consumes this gets relieved of the fear of loss of life, even though possessed of fatal signs⁸.

CONTENTS

- *Madhu* (Honey)
- *Amalaki Churna* (*Emblica officinalis*)
- *Suvarna Bhasm* (Gold Bhasm)

Drug	Properties
MADHU ⁹	<ul style="list-style-type: none"> ❖ Ras: Madhur rasa, kashaya anurasa, ❖ Guna: laghu, ruksha and tikshna guna ❖ Its Tridosha shaamak ❖ Increases bala, varna and is agnideepak ❖ Its beneficial in Heart diseases, eye disorders, diabetes, cough, vomiting, diarrhoea, worms etc. ❖ Enters sukshma channels of the body, ❖ <i>Yogavaahi</i>-enhances effects of drugs its given with
AMALAKI CHURNA ¹⁰	<ul style="list-style-type: none"> ❖ Ras: Pancharsasa (Amla predominant and Lavana rahit) ❖ Guna: Laghu,ruksha, sheeta, Veerya: sheeta, Vipaka: madhur ❖ Prabhaav: One of the most important Rasayana in Ayurveda ❖ <i>Tridosha hara</i>, <i>Pittashamak</i> (mainly) ❖ <i>Vayasthaapan</i>, <i>Prajasthaapan chakshushya</i> ❖ Anti-oxidant, antidiabetic, cholesterol lowering, Cardiotonic ❖ Carminative, expectorant, laxative and immunity booster

<p>SUVARNA BHASM¹¹</p>	<ul style="list-style-type: none"> ❖ Ras: Kashaya, tikta, madhur ras ❖ Guna: snigdha, sheeta, pichhila ❖ Virya: sheeta ❖ Vipak: madhur ❖ <i>Tridosha nashak</i> ❖ <i>Chakshushya, sarvadoshaprashaman and vishaghna</i> ❖ Cardiogenic, immunity booster, improves intelligence, memory ❖ Helpful in Asthma, dementia, Parkinsonism, infertility, tissue wasting, skin ailments, syphilis etc.
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AGE GROUP: Considering views of Acharyas gradual *kshinta* in dhatu, *indriya*, *bala* etc. begins after the age of *sampoornta*, i.e., 40 years and old age is considered above 60 years. Therefore, it could be optimally started at the age of 50 years in healthy individuals.

Dose and Duration

Amalaki churna 3 gram, Suvarna Bhasm 20 mg and madhu enough to mix these two or as per requirement should be taken daily in early morning in continuation for at least 3-4 months in healthy individuals and six months in diseased ones and then a break or gap could be given and then started again.

DISCUSSION

Madhwadi Yoga contains *Madhu*, *Amalaki* and *Suvarna Bhasm*. *Amalaki* acts as a *Rasayana* by *prabhav* and thus it not only prevents effects of ageing but also cures diseases. *Amalaki* and *Suvarna bhasm* both have their effects on vital organs of the body, thus maintaining Systemic Health, for e.g., Heart for Circulation and Agni for GIT. *Amalaki* includes bioflavonoids, flavones, polyphenols and carotenoids and is richest source of Vitamin-C, which plays significant role in synthesis of neurotransmitters. It detoxifies body with its rich antioxidant content. On a systemic level detoxification begins with Agni in GIT and also relies on healthy circulation, digestion and elimination. *Amlalaki* supports all three of

these and has a particular affinity for the blood. It supports virtually every stage from innate intelligence of Agni to proper elimination of wastes and toxins. *Madhu* and *Suvarna bhasm* both are proved catalysts and thus along with their own gunas, enhance effects of the other two drugs. *Madhu* enters *sukshma strotas* or channels of the body taking effect of this *yoga* (formulation) to cellular level.

There is damage of macromolecules by Reactive Oxygen Species (ROS) causing irreversible cell damage and lead to cell dysfunction which may lead to ageing and degenerative diseases such as Cardiovascular disease, DM, Alzheimer’s disease etc. and antioxidants found in natural products such as medicinal plants and honey (e.g. phenolic content, flavonoids) can act as a ROS Scavenger preventing cells from Oxidative damage and thereby these diseases. Honey could provide with invaluable nutritional ingredients and antioxidant substance and trace components such as Cu , Zn and unidentified materials that could ensure an elderly stay in healthy lives. *Suvarna bhasm* is also anti-depressant and anti- anxiety in nature and monolayer of Polyethylene glycol (PEG) over gold nanoparticles has been found to improve the cellular internalization properties.

The *Madhwadi Yoga*, probably, also helps in Homeostasis, delays Apoptosis (natural cell death) and maintains cellular Vitality. Vitality

in turn, heals injuries faster, protects against infections and increases stamina. It helps prevent degenerative disease processes and can even help to reverse them. However, further research is needed to prove above point.

Therefore, *Madhwadi yoga*, not only delays age related signs but also rejuvenates whole body ,i.e., all *dhatu*s ,*indriyas*, *bala* (*strength*), *varna* (*skin lusture*), *smriti*(*memory*), *medha* (*intelligence*) etc.

CONCLUSION

The yoga is easy to administer and ingredients have easy availability. Above discussed *Madhwadi yoga* has ingredients powerful enough to increase immunity, cognitive abilities and also strengthens major organs preventing systemic diseases. Therefore, it is advocated here, that this yoga should be considered and used in elderly.

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CORRESPONDING AUTHOR:

Dr. Garima

PG department of Shalya Tantra, University College of Ayurved, Dr Sarvapalli Radhakrishnan Rajasthan Ayurved University, Nagaur Road, Karwar, Jodhpur, Rajasthan

Email: garimaa1234@gmail.com

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