

A REVIEW STUDY ON THE AYURVEDA AND GERIATRICS

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ABSTRACT

The ancient holistic health system of India known as *Ayurveda* offers a variety of preventative methods for delaying the ageing process. It has an area of expertise called *Rasayana* that is dedicated to senior concerns. Consequently, all that is needed to promote healthy ageing is to slow down the ageing process to a certain degree. Around the world, geriatrics is rising to prominence as a field of medicine. The traditional medical system has little to offer in senior care, except medical therapy for old age disorders. The medical speciality of geriatrics focuses on concerns related to ageing and ailments that afflict older people. The natural course of ageing. So yes, more medical research or advancement has yet to stop humans from ageing. The elderly experience a variety of physiological and psychological changes. Numerous research on this age group has discovered a rise in fear of disease, melancholy, and mortality. This age is typically accompanied by discomfort and illness in several different systems. Due to several circumstances, the senior population is rapidly growing in emerging nations.

Key words: Geriatrics, *Rasayana*, Physiological Effect, etc.

INTRODUCTION

Ageing is a continuous process that begins at conception and ends with death. Due to improvements in health care and living standards, the world's population has continued its noticeable transition pathway from a high birth rate to a low mortality rate during

the previous several years. As a result, the number of older adults in society continues to rise. In the history of civilisation, such quick and widespread expansion has never been observed. Gerontology is a field of

research that studies the social aspects of ageing and the policies that govern it.¹

The state of senior health care in our nation, which has over one billion people, is critical due to a lack of health insurance and health plans for older people. As our medical facilities are already overrun with patients suffering from a range of infectious and non-communicable diseases, as well as trauma sustained by younger and middle-aged patients, the expense of healthcare may become intolerable. In addition, the tendency toward nuclear families, poor access to healthcare in rural regions, the middle generation's move to urban areas, a lack of education, and poverty make the issue worse.²

Population ageing is occurring on a global scale. Only 4.1% of the 76 million people in the United States in 1900 were 65 or older, and only 3.2% of those in this age category were 85 or older. More than 8% of the population was 65 or older in 1950, and this number rose to 12.6% by 2000. A population's age composition can alter depending on birth rate and senior survival rate changes. European nations have the oldest populations in the world due to increased longevity and low birth rates. At around 19% apiece, India, Italy, and Germany are thought to have the oldest populations in Europe and the second-third oldest in the whole globe. With nearly one in four Europeans expected to be 65 or older by 2030, India and Europe will continue to have the oldest populations in the whole globe.³

METHODOLOGY

The Geriatrics content was gathered from reliable websites, articles, books, *Samhitas*, and other sources.

PHYSIOLOGICAL AND AYURVEDA

According to one definition, ageing is the culmination of physiological changes that eventually cause a person to pass away. It is also known as a steady decline in physiological function and a reduction in fertility with age or an inherent, unavoidable, and irreversible age-associated loss of viability that makes humans more vulnerable to various illnesses and mortality. Human ageing unquestionably results in different physiological and cellular changes that

restrict our normal functioning and increase our susceptibility to mortality. Chronological ageing, which refers to a person's actual age in years, months, and days, is one of ageing's two fundamental components. This aspect of ageing cannot be stopped, changed, or reversed.^{4,5,6}

The second factor is physiological/biological ageing, which describes how an individual develops and changes due to specific cellular or molecular factors. This entails examining people as they are and how they operate, rather than as they were at birth. Therefore, biological ageing is a series of processes that, about chronological age, cause health to decline and, eventually, mortality.^{7,8,9}

AYURVEDA AND GERIATRICS (JARA)

The term "*Jara*" (also known as "*Vardhakya*" or "ageing") refers to something that has aged via the process of wearing out. Ayurveda views ageing as a normal phenomenon similar to hunger, thirst, and sleep rather than a sickness. According to Charaka's theory of natural destructions (*Swabhavoparamavada*), while there is a reason for a being's manifestation, there isn't one for its cessation because birth is followed by death, a condition of natural flow. The four entities that make up the word "*Jara*" are *Nityaga*, which stands for continued consciousness, *Dhari*, which stands for the factor(s) that preserve the body from ageing; *Jeevitam*, which stands for the act of maintaining life; and *Anubandha*, which stands for bodily transmigration.^{10,11}

As a result, elements affecting *Shareera* (physical), *Indriya* (emotional), *Satwa* (psychological level), *Agni* (metabolism), and *Bala/Ojas* have an impact on *Jara*/ageing (immunity). Additionally, a person's ageing process is influenced by *Parinama* (cellular transformation), *Sharira vriddhikara bhavas* (genotypic and phenotypic traits), and *Garbhahinivrittikara bhava* (pregnancy-induced fetal development and alterations).^{12,13}

Kala Parinama—Given that it encompasses all of creation, *Kala Parinama* (time and transformation) is one of the most significant and influential variables that affects *Jara* or aging¹⁴. The term "*Kala Parinama*" describes the physical and mental changes that

take place throughout time and as we age. Being out of sync with nature's rhythms and cycles can lead to unwholesome metamorphosis and discordant alterations, making the body susceptible to illness and premature aging¹⁵.

Prakriti The term "Prakriti" refers to a person's biological makeup, which includes their physical, physiological, and psychological makeup. Each person has a unique *Prakriti*, which represents the fundamental traits of that person, including metabolism, mental make-up, immunity, innate strength and weakness, and propensities. A person's potential for change at the physical, cognitive, and emotional levels is thus determined by *Prakriti* due to interactions with internal and external stimuli, all of which have an impact on the ageing process.¹⁶

Doshas or biological energy systems determine dosha Cellular lifespan. *Vata*, closely connected to pranic life energy and is the energy of movement, controls all biological activity and all aspects of life. *Pitta* governs digestion and metabolism. *Kapha* regulates anabolism and is the lubricating and building energy that gives the body its physical form, structure, and seamless operation of all parts. The state and interplay of the body's *doshas*, which speed up or slow down ageing, directly reflect health and sickness. These *Doshas* may be balanced via appropriate nutrition, exercise, and a harmonious lifestyle, ensuring a long-life expectancy.^{17,18}

DISCUSSION

All living things experience the inevitable process of ageing, which is unavoidable. It is known as a *Svabhavika Vyadhi* in the classics because the likelihood of developing numerous diseases increases with ageing (naturally occurring sickness). Structural and functional changes occur at the cellular, tissue, and organ levels. To understand the ageing process in terms of Ayurveda, the physiological changes occurring at the level of the *Tridoshas*, *Saptadhatu*, *Malas*, *Srotas*, *Indriyas*, and *Ojas* must be examined. The main *Dosha* in the play is *Vata*, and there is also *Agnimandhya*, which causes several physical entities to be undernourished. People's functional skills decline

in a variety of ways as they age. The loss of function might be gradual and partial, or it could be total. The dependent *Dhatus* are also undernourished. *Akala Jara* is the result of the culmination of *Shareera Apachaya* (inadequate physical sustenance) and *Ojo Hani* (damage to the *Ojas*) (premature ageing).¹⁹

Health care professionals, the government, the community, their families, and older people themselves must understand the changes that are occurring and adopt preventive measures to avoid the suppression of natural urges, follow the *Dinacharya* practice of regular yogic exercise, *shodhana* according to *Ritu*, and the appropriate use of *Rasayana* drugs to ensure the health and wellbeing of this growing age group. These actions will help lower the likelihood of developing an age-related illness.²⁰

CONCLUSION

Ayurveda provides time-tested treatments for healthy ageing and views ageing as a standard and unavoidable process. According to Ayurveda, one should live in harmony with nature, the universe, surroundings, and constitution. Therefore, to age healthily, one must introduce harmonious impressions, adopt healthy lifestyle habits and routines that promote well-being, and support the change of the body and mind through harmonious decisions and deeds. Unfortunately, these Ayurvedic theories of ageing have been reduced to a conceptual model due to a lack of thorough safety and effectiveness investigations or proof-of-concept experiments. These notions must be reviewed and reexamined to provide the finest study data that supports these basic principles, addresses causality, and reduces bias and chance effects. A vital application of the Ayurvedic program discussed above is that a multi-component lifestyle system may act as a foundation on which these anti-ageing medications that are targeted to the patient's risk factors and are likely to fail as monotherapies may succeed as essential elements of a "whole" therapeutic system. A combinatorial strategy mixing the finest of contemporary medicine and Ayurvedic principles is necessary to ensure that years and years of life are added.

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