



RELEVANCE OF COMBINED THERAPY WITH SODHANA AND RASAYANA CHIKITSA AS PREVENTIVE CARE FROM GERIATRIC DISORDERS - A REVIEW

Dr. Vishwanath S. Wasedar

Associate Professor, Department of Panchakarma, KAHER's Shri B. M. Kankanwadi Ayurveda Mahavidyalaya, Belagavi, Karnataka.

Dr. Shivani D. Samber*

PG Scholar, Department of Panchakarma, KAHER's Shri B. M. Kankanwadi Ayurveda Mahavidyalaya, Belagavi, Karnataka. *Corresponding Author

Dr. Vijay Bhaskar S.

PG Scholar, Department of Panchakarma, KAHER's Shri B. M. Kankanwadi Ayurveda Mahavidyalaya, Belagavi, Karnataka.

Dr. Sunandakshi Biswal

PG Scholar, Department of Panchakarma, KAHER's Shri B. M. Kankanwadi Ayurveda Mahavidyalaya, Belagavi, Karnataka.

ABSTRACT

Aging is the physiological process that affects the physical, psychological, and social aspects of an individual. Jara vyadhi is the term coined for geriatric disorders in Ayurveda. Vata dosha is the prime factor responsible for the manifestation of jara vyadhi. Objectives of Jara Chikitsa are vayasthapana, Medya, Balya and Panchakarma is a unique treatment modality that helps to cure the disease at its root level, prevention, and corrects the metabolism by its purificatory action and cellular regeneration. The conventional system of medicine does not have health-promoting agents for the prevention of geriatric disorders. On the other hand, Ayurveda has interventions and palliative care that improve physiological factors which influence metabolic and immunological status, so now is the time to establish the importance of Ayurveda treatment modalities like sodhana chikitsa and rasayana chikitsa in the prevention and treatment of geriatric disorders.

KEYWORDS : Panchakarma, Geriatrics Disorder, Sodhana Chikitsa, Rasayana Chikitsa

INTRODUCTION

Aging is the process of physical, psychological, and social change in multi-dimensional aspects. The demographical data shows that there is a sudden rise in the number of the aged population above 60 years of age compared to the number of younger age group. According to the latest data 1/5th of the world will be older than 65 years by the year 2050.⁽¹⁾

Acharya Sushruta described old age as above 70 years on the other hand Acharya Charaka mentioned old age as above 60 years. Ayurveda considers aging as a Swabhavaja Vyadhi where the balance between the cell deterioration and the repair of the damaged cell is disturbed. It is also considered to be a stage of mental and physical degeneration. Vata dosha is an important factor behind the pathophysiology of aging, because of its predominance at the later stage of life. Objectives of Jara chikitsa are vayasthapana (prevention from degenerative changes), Medya (promoting higher mental functions), Balya (maintaining the quality of life), and Rogapaharana (prevention and curative effect from degenerative diseases and other chronic disorders).

Shodhana plays a significant role in various types of jara vyadhis to combat the aging process. If all the therapies are to be given, they should be given with necessary precautions and appropriate modifications. Procedures can be suitably modified including for the administration of elderly persons to achieve desired results. Along with the main shodhana procedures, bahiparimarjana chikitsa like bahya snehana and swedana therapies play an important role.

The regimes instructed in dinacharya and rutucharya also plays an important role in preventing early degenerative changes. Acharya vagbhatta quotes the benefits of samshodhana like dhatu sthirata (proper formation of tissues) and agni deepati (corrects the metabolism) leads to delayed aging.⁽²⁾ Periodical Panchakarma therapy followed by Rasayana will help to promote overall health and avert the effects due of aging like weakness, wrinkling of the skin, greying of hairs, loss of vision, hearing, memory, and cognition, etc.

Relevance of Panchakarma as a prerequisite for sodhana chikitsa

Panchakarma is a unique treatment modality in Ayurveda that helps to treat the disease at its root level by eliminating the metabolic toxins thereby, helps in the prevention of the diseases and promotion of health through its purificatory action.

The action of sodhana chikitsa in correcting the metabolism will promote cellular regeneration. Application of sodhana in proper Vyadhi kala (right stage of disease) and Ritu (season) will lead to proper metabolism, Srotoshodhana (Clearing of channels including arteries and veins), providing strength to all indriya (sensory organs), also improving the functions of higher mental functions including Manas, Buddhi, and Varna, increasing the strength, resulting in a healthy long life. The abhyantara (internal oleation) and bahya snehana (external oleation) prior to panchakarma help the toxins to move towards the koshta (gastro-intestinal tract).

Sneha formulations can be chosen according to the condition and the dosha involved. Snigdha Sweda is having an effect on controlling the pain associated with degenerative joint disorders. In geriatrics, there is a repeated chance of getting respiratory ailments like bronchitis, common cold, cough, asthma, etc., therapy such as vamana is helpful to eliminate the kapha lodged in the respiratory system thereby preventing the disease associated with the respiratory system.

As vamana is contraindicated in vriddha avastha, it can be administered judiciously in the form of mruvu vamana with precaution by administering mild potency sodhana dravya with a minimum dose. Mruvu virechana with mild purgative drugs or Nitya virechana can be planned in geriatric patients indicated for virechana. Pratimarsha nasya which is indicated for daily administration has the rasayana effect and plays a huge role in preventing debilitating neurological disorders. Basti is the most effective treatment for dealing with vata disorders and it can be applied for the management of all common geriatric problems like constipation, abdominal distention, muscle weakness, muscle wasting, sexual

disorders, and urological disorders like urinary incontinence, spinal disorders like sciatica and other joints pathologies. Yapana basti is a special type of basti which is having the property to support life and promote longevity and can be given at any time and in any season. Some of the basti preparation which can be given in old age are mustadi raja yapana basti, Eranda mula niruha basti as they are sadhyo bala vardhana and Rasayana, Madhutailika basti which is Rasayana, Brumhana, Bala varnakara. Other basti which are to be given in Geriatric patients should be modified according to the bala of the Rogi in a low dose and while selecting basti dravya mild potency drugs to be used. Brimhana, Balaya basti like Yapan basti, and Ksherabasti can be planned in the case of degenerative disorders.

Role of Panchakarma in Geriatric disorders

In degenerative locomotor disorders like sandhigata vata, abhyanga with narayan taila, dhanwantar taila, balaguduchyadi taila followed by sthanika sweda, yapana basti, ksheera basti can be given. Amavata condition vaitrana basti with less quantity of kshara can be given, sthanika ruksha sweda like Valuka sweda, Upanaha, mridu virechana can be planned. In Pakshaghata sarvang abhyanga with bala taila, ksheerabala taila, Yapana basti, different type of pinda sweda like Godhuma pinda sweda, shashtika shali pinda sweda, nasya, sarvang lepa can be given. In the case of hypertension and insomnia dhara, sarvang parisheka, mridu virechana, nasya, shiro basti, shiro pichu, shiro talam can be given. Parkinson's disease is a common degenerative disorder affecting the elderly population. It can be correlated with kampavata as there are involuntary movements in all the parts of the body. Depending on the strength of the patient and the disease condition panchakarma treatment like matra basti, nasya, yapan basti, and dhara can be performed. Alzheimer's disease in Ayurveda can be considered under the umbrella of vatavyadhi depending on the condition of the patient different panchakarma procedures like sarvanga snehana, pizzhichil, swedana, basti like rajayapana basti, kheera basti can be planned, nasya, different type of murdha taila can be practiced.

**Utility of Rasayana chikitsa in Geriatric disorders
Vayasthapana (Prevention from degenerative changes)**

Ayurveda's primary goal Swasthya swastha rakshanam people's life spans are increasing as a result of improved techniques and research. However, along with length of life, quality of life is equally crucial, which can be achieved with the help of ayurveda. (3) The concept of anti-aging is represented as rasayana in Ayurveda. rasayana therapy aids in the prevention of ageing and its negative effects. It extends life, protects against sickness, and improves mental and cognitive abilities. Rasayana qualities are found in a variety of single and combined medications such as vayasthapana and jeevneeya dravya (vitalizers). (4)

Medhya (Promoting higher mental function)

Medhya is composed of all three mental faculties: Dhi, Dhritiand, and Smriti, which are all interconnected with each other. Medhya can also be subdivided into the following faculties: Grahanshakti (Power of Grasping), Dharana shakti (Power of Retention), Vivekshakti (Power of Discrimination), Smriti (Power of recollection). Medhya rasayana may be beneficial in the treatment of degenerative brain disorders such as senile dementia and Alzheimer's disease, with the goal of correcting cognitive dysfunction and avoiding disease development. (5)

Balya (Maintaining quality of life)

Rasayana stimulates agni, which leads to correct rasadi dhatu formation and, as a result, to the creation of Ojas, which is considered the primary essence of these rasadi dhatu. As a result, rasayana plays a critical in the prevention of ageing and age-related illnesses improving physical and mental

abilities. (6)

Roga Upaharana (Prevention and curative effect from degenerative and other chronic disorder)

New data suggests that rasayana have the ability to prevent diseases and degenerative changes in the body, as well as to keep people healthy throughout their lives. Rasayanas may work by protecting cellular macromolecules, removing old damaged cells from tissues, activating cell proliferation in tissues and maintaining homeostasis and self-renewal, detoxifying harmful endogenous and exogenous toxic products, and enhancing the functions of each cellular component of the defence system. (7)

Table No. 1 Shows desired effect of Rasayana Drugs

Desired Effect	Rasayana Drugs
Rasayana for Medha	Mandukparni (Centella asiatica) Shankhapushpi(Convolvuluspluricaulis Chois.)
Rasayana for Twaka	Bhringaraja (Eclipta alba Hassk.) Somraji (Centratherumanthelminiticum Kuntze.)
Rasayana for Drishti	Chakshushya (Cassia absus Linn.)
Rasayana for Rasadhātu	Kharjura (Phoenix dactylifera) Draksha (Vitis Vinifera) Kashmiri (Gmelina arborea)
Rasayana for Raktadhātu	Amalaki (Emblaka officinalis) Bhringaraja (Eclipta alba) Palandu (Allium cepa)
Rasayana for Mamsadhātu	Bala (Sida cordifolia) Nagabala (Sida Veronicaefolia) Ashwagandha (Withania somnifera) Shalaiparni (Desmodium gangeticum)
Rasayana for Medadhātu	Guggulu (Commiphora wightii) Shilajatu Amruta (Tinospora cordifolia) Haritaki (Terminalia chebula)
Rasayana for Asthidhātu	Laksha (Laccifer lacca) Vamshalochana (Bambusa arundinaceae) Sankha
Rasayana for Majjadhātu	Vasa, Majja
Rasayana for Shukra	Atmagupta (Mucuna prurita Hook.) Ashwagandha (Withania somnifera) Shatavari (Asparagus Racemosus)

Table 2: Different Rasayana and Yoga for Geriatric Disorder:

Geriatric Disorder	Yoga and Rasayana
Cardiac Disorder	Shilajatu, Amalaki Chyavanprash Rasayana, Brahma Rasayana, Jeevakaadi Rasayana, Mahasneha Rasayana.
Inflammatory Joint Disorders	Kaishor Guggulu, Shuddha Guggulu, Brahma Rasayana.
Degenerative Disorder	Shilajatu Rasayana, Lasuna Rasayana, Bhallataka Rasayana
Respiratory Disorder	Sarpi Guda, Agastyaharitaki Rasayana, Vashistaharitaki Rasayana, Nagabala Rasayana, Kantakari Rasayana, Chyavanaprasha, Kantakari valehya
Neurodegenerative Disorders	Brhami Ghrita, Medhya Rasayana

CONCLUSION

For the prevention of geriatric illnesses, the conventional medical system lacks health-promoting substances. Interventions and palliative care in Ayurveda, on either side,

improve physiological processes that influence metabolic and immunological state, thus it's the right time to establish the importance of Ayurveda treatment modalities like sodhana chikitsa and rasayana chikitsa in the preventive as well as the curative aspect of geriatric disorders. Following periodic elimination therapy (Rutu shodhana) and obeying the regimes told in dinacharya will definitely have a role in the prevention of diseases due to degenerative changes and further avert cellular degeneration.

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