



ORIGINAL RESEARCH PAPER

Ayurveda

AYURVEDA - WAY TOWARDS BLISSFUL AGEING

KEY WORDS:

Ageing, Jara, Svabhavabalapravrittavyadhi, Rasayana, Panchkarma.

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ABSTRACT

Aging is the natural process of growing older. Yet there are many factors that play a role in whether we age gracefully or if we are the one out of two people who age faster than our biological age. More than half of us look older than we really are because we either engage in behaviors that increase our aging, or we **do not actively support a more youthful body** through inaction. Knowledge is power, and the more you know about fighting the aging process, the more control you can take toward maintaining a healthier, younger body, mind.

INTRODUCTION

Ayurveda, one of the world's most authoritative mind-body-spirit medicinal systems, offers various concepts of the aging process. This system of medicine includes therapies for healthy aging so as to create an optimal health and lengthen an individual's health span by living in harmony with nature. Since time immemorial, humanity has been concerned with developing and preserving youthful vigor, and extending longevity by stopping or delaying the aging process. By 2030, 1 in 5 of the world population will be over 65 years old. Longevity and old age are accompanied with a variety of health challenges. This demographic shift compels us to confront the changes associated with aging and the various antiaging therapies.

Now a day's people in their 30s who have bodies like a 50-60-year-old. They need rhythm correction. They need glasses to read, because their eyesight and their senses are giving up. They have low energy vitality. We see so many people in their thirties and forties having no sexual energy or desire, and we also see so many people who are having an onslaught of chronic diseases. We used to see these diseases in the sixties or seventies, but as our lifestyle changes, people have those diseases, very early. Like young people having heart attacks in their forties. These are signs of premature aging. Not only do we have to combat the premature aging epidemic, but we have to slow down the aging process by doing the right kinds of things. The keyword is mindfulness. It's only through mindfulness that you can reverse aging. It's high time that we think that our health is our own domain.

Instead of the negative connotations of "aging," I prefer to call it "saging". You become a good, wise sage making positive health and longevity choices. A health "saging" process is not about the wrinkles on the skin, it's all about keeping your brain and body active and slowly negating some of the unwanted emotional debris that we carry in our cells, tissues. The real causes of aging-related illnesses range from genetically pre-programmed cell death to the damage caused by environmental toxins. These toxins accumulate in fibers that clog up the highways, or "shrotas". The real factor that determines longevity is whether you're expressing your good or bad genetic predispositions during your lifetime. We can turn on our good genes to behave in certain ways, and can we turn off certain genes which are acting, unfortunately, to create diseases, sickness, and suffering.

AIM AND OBJECTIVES

1. To enlighten the basic concept of blissful ageing to its full perspective.
2. To understand this concept and utilize it thoroughly in clinical practice for blissful Ageing along with avoiding premature ageing.

MATERIALS AND METHODS

Thorough review of Ayurvedic texts for the foresaid topic done.

OBSERVATION: Conceptual study.

Aging is known as "Jarā" - "vārdhākya" meaning increasing age. Ayurveda divides human life into—childhood (0-16 years); youth, middle age [16-60/70 years] and exhibits progressively the traits of vivardhamana, 16–20, youvana, 20–30, sampoonnata, 30–40 years, parihani, 40-60; old age, after 60–70 years the body elements, sense organs, strength begin to decay with vata dominance. Vriddhavastha may be of 2 types: timely or untimely. Untimely aging may result due to aggravation of vata, pitta dosha which may lead to untimely aging. Some instances are causes of Rajayakshma, carelessness regarding prescribed regimen of tryopstambha (diet, sleep, coitus), causes of ojo-kshya, excessive and single use of Amla, Lavana, Katu, Tikta, Kashaya rasa in diet.

Vata governs activities of the nervous system, process of elimination. stability of vata gives enough energy to function through your daily activities and keep memory and cognitive brain performance intact. You don't get sick that often, and you are more relaxed, experience more restful sleep, better sexual function, and fewer ailments. Regularity is the key to balance Vata. Whether it's oil massage, eating warm, freshly-cooked and prepared meals or having enough physical movement, no one else is going to do that for you. You have to make those choices and make those decisions yourself.

Aging refers to a multidimensional process of physical, psychological, and social change. The changes are always degenerative in nature caused due to kala or parinam. The major physical changes seen at this time are wrinkling of skin, graying of hair, baldness, and a diminishing ability to do physical work. The diseases that complicate this stage are Kasa, Shwas, and so on. Ayurveda classic Sharngadhara Samhita quotes that we naturally deplete with each decade of life as,

- Decade of life - Kshaya
- 1st - Balya - Childhood
- 2nd - Vrddhi - Growth
- 3rd - Chabi - Beauty
- 4th - Medha - Intellect
- 5th - Tvaka - Health of skin
- 6th - Drsti - Vision
- 7th - Sukra - Sex
- 8th - Vikrama - Strength
- 9th - Buddhi - Wisdom
- 10th - Karmendriya - Activity

Due to limitations of space, only the principles are described here. As stated, the process of aging is totally dependent on diet, lifestyle. can be prevented by:

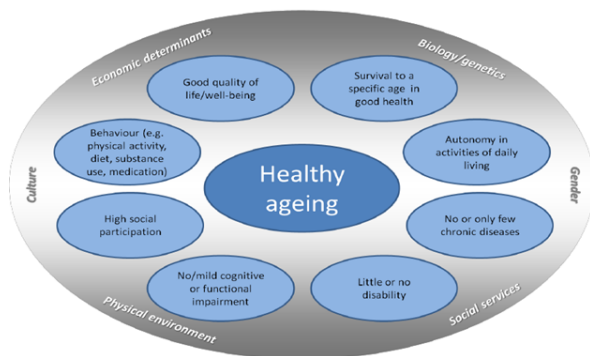
- Including some important principles of Dinacharya in the daily routine, for example, Anjana, Abhayanga (Shiro-Abhayanga), nasya, Sneha-Gandusha, cleansing of feet, external orifices,

- exercise, etc.
- By following principles of Swasthavritta such as utilization of Tryopastambha according to the rule, to bear suppressible urges (mental-fluctuations) and to expel insuppressible urges (natural-urges) regular removal of aggravated Dosha according to Ritu by Panchakarma, use of Yapana Basti, regular utilization of Rasayana and Vajikarana following the principles of Sadvritta and Achara Rasayana, etc.
 - Strict diet according to rules.
 - Avoid provocative causes of Kshaya, Vata, E.g. excessive physical, mental work, exercise, tolerance of insuppressible urges, intolerance of suppressible urges, etc.
 - Follow Sadvritta, Achara Rasayana, involve oneself in Supreme-Power(God) to increase satva thus mental stability of greater relevance in today's society than it was when proposed. Life should be like a Banyan tree giving shade, shelter to others send out its aerial roots earthwards to propagate the philosophy of providing shade, shelter. We cannot do away with ageing, but we can make it healthy, comfortable

Treatment of Premature aging

Rasayana provides spiritual aid to the body as well, thereby bringing the body out of its state of natural or man-made loss. It also claims at holding back the process of aging. Rasayana-chikitsa basically boosts oja, immune system. Amalaki, haritaki, trifala, amruta, brungaraj, ashwagandha, punarnava, chitraka are few out of the long list of herbs that are called rasayanakar. The Rasayana medicines are believed to have aphrodisiac qualities as well. In short Rasayana chikitsa is rejuvenation of the soul.

The mind plays a significant role in whether we are aging faster or slower, and we can use the mind to help us accelerate or decelerate the process. Happier people are quite simply younger looking people. The more you hold hope, optimism, and joy at the top of your list of priorities, the younger your face will appear. Moreover, happier people live longer often with fewer health problems like heart disease, high blood pressure, and even aching joints, bones. Perpetual anger, distress can form permanently on the face in the form of fine lines and deep wrinkles. When the face expresses chronic sad or angry emotions, the constant scowling can turn into wrinkles formed by muscle memory.



A happier face is devoid of wrinkled eyebrows, scowl marks because the muscles have spent more time in a relaxed state. This doesn't mean that one bad day will give you a face full of wrinkles, but how your face carries your expression more than 50% of the time can determine how prematurely you form wrinkles, where, and how deeply.

A healthy, glowing face and a brightly-burning light in the eyes — the glow of radiant health — is something that is universally appealing and desirable. This radiance and luster around the body is called oja. Is most refined, subtle essence of physical body to Optimum level. Oja is the key to perfect health, toxin-free energy, balanced and blissful emotions, and even the unfolding of inner spiritual development. Oja promotes longevity and is an internally generated antidote to ageing.

DISCUSSION:

People used to effortlessly embrace meditation to maintain inner harmony with the universe. They ate balanced diets, and selected

the right kinds of foods. People arose and retired at regular hours of the day. They avoided over burdening their bodies and minds and refrained from over indulging of all kinds. Ayurveda maintain well-being in body, mind. So is not at all surprising that Ayurveda followers live this far and well without any supplements or drug-related help.

But these days, we have this epidemic of overindulgence. People have sedentary lives. They drink wine like water, indulge in excessive eating and other destructive behavior (alcohol, drugs, drinking, excessive sugar, salt), draining the essence of the Oja (vigor) and their vitality. This overindulgence depletes energy. To have this excessive seeking emotional excitement and momentary pleasure, people suddenly have this artificial entertainment idea which is too loud and drains the senses too quickly. It is a complete disregard to the natural rhythms in the body and the order of the universe. People eat, sleep or have sex whenever they want. When you fail to regulate your lifestyle and diet and have a lot of variations in sleep and restful activities, then you are not conserving your vital essence and energy. So people deplete their Oja, and they look old at fifty and die soon after.

While we can't keep those birthdays from rolling around in our direction, we can take affirmative action to keep the aging process from taking over our lives. With less stress, better diet and exercise, and a happier outlook, we can retain our youthful joy and keep our spirits much younger. The youthful joy on the inside will be noticeable on the outside.

CONCLUSION

Ageing is a natural process; the body is decaying continuously, as **Shiryaate Iti Shariram**. Untimely early aging is preventable if the principles of Ayurveda are strictly followed. The pathophysiology of aging is mostly dependent on diet, exercise, daily regime, mind and therefore, this process of aging can be slowed down by correct planning. Vriddhavastha can be managed by palliative treatment. It is even possible to treat Vriddhavastha according to the principles of Rasayana, Dinacharya, ritucharya, swasthavrutta, kalika shodhan Though this is only a conceptual study, but the information provided can be utilized in various experimental and clinical studies.

RESULT:

I don't want to paint a really negative picture here, but we see these kinds of people every day in practice. They **spend their health to get some wealth. Afterwards, they would like to share their wealth with you to regain their health.** Sometimes it's possible, and sometimes it is not. So realizing what you can do for yourself and how you can really start living a life that is more centered on the natural rhythms of the universe, is the **key towards blissful ageing**

As we grow older and wiser, the inevitability of ageing becomes more and more of a reality. Some days we may wake up with a little less energy, other days we may find a grey hair. Regardless, it's never too late to slow down the ageing process and ensure we look and feel the best we can, because as long as you're **young at heart - age is just a number!** So enjoy healthy life with heavenly ageing

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