

Role of *Kayachikitsa* an Ayurveda Modality towards the Geriatric Care: A Review

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REVIEW ARTICLE

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ABSTRACT

The system for the management of health evolved through the history of civilization and Ayurveda is one such oldest system that comprises different branches for specific health purpose, *Kayachikitsa* is one them. The *Kayachikitsa* involves general principles and approaches related to the treatment procedure and use of internal medicine. The treatment of body (*Kaya*) by virtue of Ayurveda medication and principle is general aim of branch *Kayachikitsa*. The ageing or problems related to old age also need to be care and in this regards Ayurveda mentioned different approaches for geriatric care including use of internal medicine. The use of natural rugs along with general principles of Ayurveda offers health benefits in case of ageing or geriatric health issues. Considering this point here we summarizes an Ayurveda aspect towards geriatric care W.S.R. to *Kayachikitsa*.

Keywords: Ayurveda, *Kayachikitsa*, Geriatric, Diseases.

1. Introduction

Kayachikitsa is branches of Ayurveda that considers various aspects such as; *Nidana*, *Shamana*, *Shodhana* and *Satwawajaya* for the management of diseases and overall health restoration. The *Kayachikitsa* not only support towards the maintenance of physical health but also restores mental health status. The approaches of *Kayachikitsa* such as; medications, counseling and use of detoxification measure, etc. helps to manage good health status.

The aging is biological process that mainly associated with diminish state of *Dhatu*, *Balya* and *Tridosas*. It is believed that *Vata Dosa* initiate degenerative activity during old age due to which *Agni* becomes weak, *Srotamsi* & *Ojabala* diminishes and deterioration at *Doshic* level take places.

Ayurveda *Kayachikitsa* mentioned different practices towards the potentiating of *Agni*, *Oja* and *Dhatu* thereby balances *Doshas*

at biological level. These all approaches not only help to cure symptoms of early ageing but also boot overall immunity thus prevent from acute infections. Ayurveda drugs such as; *Arjuna*, *Guggulu*, *Puskarmula*, *Brahmi*, *Triphala* and *Amrita*, etc. provides many good health effects that prevent adversity of ageing. **Figure 1** depicted approach that cures early ageing.

2. *Kayachikitsa* for geriatric care:

The medicine and other approaches belong from *Kayachikitsa* modality provides following health benefits that cure ageing:

- The medicine of *Kayachikitsa* boosts *Agni* thus enhances metabolic activity in geriatric person.
- The *Rasayana* drugs potentiate *Dhatu* thus maintain physical integrity and general appearance.
- The drugs that enhance immunity help to reduce frequency of general

- infections which are very common in elderly.
- The drugs that balances *Dosha* improves overall physiological functioning of body and prevent prevalence of pathological conditions.
 - The detoxifying drugs eliminate waste thus open up channels and normalize excretory process.
 - *Rasayana* drugs impart rejuvenation effects, provide longevity and improve sexual vitality.
 - The drugs also help to restore normal circulatory process therefore prevent chances of hypertension and stroke.
 - The internal medicine directly pacify *Rasa*, control obesity, purify *Rakta* and empower *Asthi*/joint in elderly person thus prevents common health problems related to ageing. (1-5)

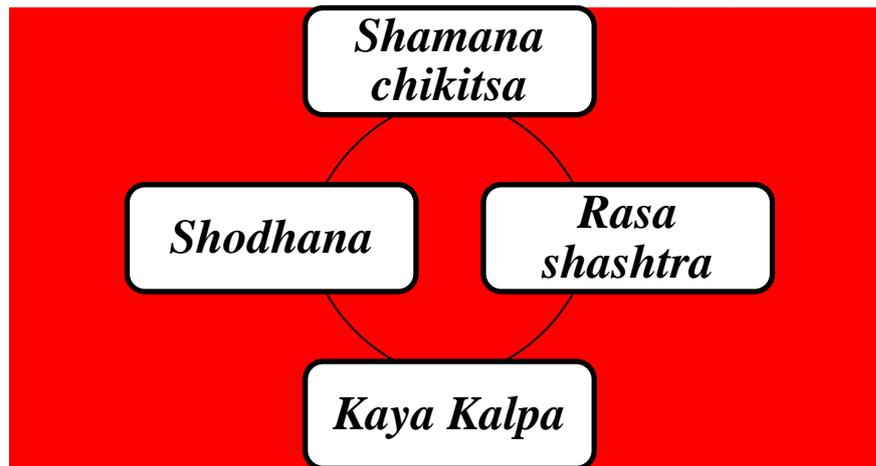


Figure 1. Approaches for geriatric care.

3. The drugs can be used for geriatric care are as follows (5-10):

➤ **Guggulu**

Guggulu reduces fats thus control symptoms of obesity, its anti-inflammatory property suppress joint pain, acts as anti-oxidant and boost circulations.

➤ **Guduchi**

Guduchi in geriatric person can revive skin tissues and enhances immunity thus prevent prevalence of common infections for which elderly are very susceptible.

➤ **Amalaki**

Amalaki acts as antioxidants due to the presence of Vitamin-C, helps from age related degeneration and cataract. It boosts digestion and restores circulatory activities.

➤ **Ginseng**

Ginseng stimulate skin metabolism thus enhance skin appearances, help form free radicals damage, prevent skin damage induce

by pollution and sunlight. It also known to possess sexual stimulant activity.

➤ **Turmeric**

Turmeric exerted good anti-ageing effect, its anti-inflammatory properties relieve pain, its antioxidants action help in oxidative damage and enhances immune power.

➤ **Brahmi**

Brahmi acts as memory enhancer especially in case of age related memory loss, it enhances overall mental activity and refreshes brain.

➤ **Ashwagandha**

Ashwagandha enhances cell regeneration, give rejuvenation, delay signs of ageing and maintain texture of skin.

➤ **Gotu-kola**

Gotu kola acts as natural antioxidant due to the flavonoids rich component protect skin from damage and relive symptoms of early ageing.

➤ **Shilajit**

The drug helps in Alzheimer's disease, fatigue, insomnia and treats age related health problems. The constituent of *Shilajit*; fulvic acid act as an antioxidant thus prevents oxidative damage of tissue. It enhances physical strength, sexual stamina and empowers digestive power.

Drugs used for specific purpose in geriatric care are as follows:

Drugs improve skin luster and complexion	: <i>Bhringaraja and Somaraji</i>
Drugs improve <i>Drishti</i> (Vision)	: <i>Saptamrta lauha and Kataka</i>
Drugs improve <i>Shukra</i> (sexual strength)	: <i>Ashwagandha, Kapikacchu bija and Musali</i>
Drugs used for cardio functioning and heart	: <i>Arjuna and Puskarmula</i>
Drugs used for hearing improvement	: <i>Dashamula Taila and Apamarga Taila</i>
Drugs for respiratory care	: <i>Vardhaman pippli</i>
Drugs for digestive system	: <i>Long pepper & Haritaki</i>
Drugs cure nervous system	: <i>Calamus & Shankhapushpi</i>
Drugs boost excretory system in elderly	: <i>Vidanga and Punarnava</i>

4. Conclusion

The complete management of health/body comes under approaches of *Kaya Chikitsa* that mainly involves diagnosis and treatment of health ailments using medicine and other modalities. These therapies help to maintain balance of *Vata*, *Pitta* and *Kapha*, potentiate *Dhatu*, enhance nourishment, regularize circulatory process and detoxify body thus prevent disease prevalence and also combat against adverse effects of degenerative ageing. Ayurveda imparts longevity thus offers great response in geriatric care. *Kaya Chikitsa* involves uses of various internal medicines for the management of ageing or geriatric care. *Ashwagandha*, *Musali*, *Arjuna*, *Haritaki*, *Shankhapushpi*, *Vidanga*, *Shilajit*, *Ginseng* and *Turmeric*, etc. are some drugs that helps in age related health problems. The drugs and other approaches of *Kaya Chikitsa* improve skin luster, *Drisht*, *Shukra*, cardio functioning, metabolic activities, functioning of nervous system and regularizes excretory system in elderly person. Finally it can be concluded that ayurveda medicine can be used as an alternative approach for geriatric care without any adverse effects.

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➤ *Moring*

It is considered as essential source of vitamins and nutrients which enhances skin texture and colour, it helps to look youthful, improves brain activity and boost cardiovascular functioning.

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Conflict of Interest

The author declares that there is no conflict of interest regarding the publication of this article.

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