

Geriatric Health Care Through Ayurveda



Brahmi (*Centella asiatica*)



Yastimadhu (*Glycyrrhiza glabra*)



Haritaki (*Terminalia chebula*)



Nirgundi (*Vitex negundo*)



Further information can be obtained from :

Director General
Central Council for Research in Ayurvedic Sciences
No. 61-65, Institutional Area, Opp. 'D'-Block, Janakpuri, New Delhi-110058
Telephone : +91-11-28525520/28524457, Fax : +91-11-28520748
E-mail : dg-ccras@nic.in
Website : www.ccras.nic.in
www.indianmedicine.nic.in

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CENTRAL COUNCIL FOR RESEARCH IN AYURVEDIC SCIENCES
Ministry of AYUSH
(Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy)
Government of India

BACKGROUND

According to Ayurveda, all the substances in this universe are considered as made of five basic elements (space, air, fire, water and earth) called Panchmahabhootas. The functional elements of human body (Tridosha i.e. Vata, Pitta & Kapha), the seven types of tissues/systems (Saptadhatu) and metabolic wastes also are made of same elements. The drugs which are similar to the body parts by structures, properties, actions and also conducive are used as medicinal drug or diet. These drugs have been categorized to be taken in recommended quality/dose and after due processing. They are further recommended as per psycho-somatic constitution of human being, season/time and as per different diseases.

The major preventive approaches for maintaining and improving the quality of life include daily regimen (Dinacharya), seasonal regimen (Ritucharya), behavioral and ethical considerations (Sadvritha). Healthy lifestyle is emphasized as a determinant of longevity of life, which by and large depends on the Prakriti (bio-identity i.e. body-mind constitution) of an individual.

Ayurveda advocates that in each decade of ageing process one physiological factor declines and in order to prevent diseases, promote health and to delay the ageing one should adopt bio-purificatory (Panchakarma) procedures and apart from regulated diet, activities / conduct should take anti-ageing, anti-oxidant, immuno-enhancer (Rasayana) medicines right from early or middle age. These are also useful during old age to promote health, prevent disease and to bring strength/immunity in debilitated condition.

CORE STRENGTH

These modalities are proven to have an edge over conventional medical approach in dealing with chronic and refractory disease conditions.

PREVENTIVE, PROMOTIVE AND THERAPEUTIC POTENTIAL OF AYURVEDA GERIATRICS

Rasayana therapy has multiple benefits and is helpful for slowing the ageing, to maintain intelligence, memory, complexion, sensory and motor function. Several single and compound Rasayana formulations are described in Ayurveda.

Panchakarma is a bio-cleansing regimen comprising of five procedures, which facilitate better bioavailability of the pharmacological therapies, help to bring about homeostatis of body humors, eliminate disease-causing complexes from the body and check the recurrence and progression of disease. This is effective in managing autoimmune, neurological, psychiatric and musculo-skeletal diseases of chronic and metabolic origin finds a pivotal place in geriatric health care. It is recommended as a must before taking Rasayana therapy.

MERITS OF AYURVEDA REGIME

- Time-Tested Holistic and Comprehensive Remedies based on Nature's Laws
- Can address the gaps in health care of old people.
- Life style modulation remains integral to the treatment.
- Cost effective; affordable by all sections of People.
- Well tolerated.
- Several scientific studies have proved the efficacy of Rasayana drugs described in Ayurveda.



Guduchi (*Tinospora cordifolia*)

SINGLE RASAYANA DRUGS FOR SOME SPECIFIC DISEASE CONDITIONS

- 1. Rasayana for Health promotion:** Guduchi (*Tinospora cordifolia*), Amalaki (*Emblca officinalis*), Aswagandha (*Withania somnifera*), Cow's milk and Takra (Butter milk).
- 2. Arthritis:** Rasona (*Allium sativum*), Guggulu (*Commiphora mukul*), Aswagandha (*Withania somnifera*) and Shunthi (*Zingiber officinalis*).
- 3. Asthma:** Sirisha (*Albezia lebbek*), Agastya (*Sesbania grandiflora*), Haridra (*Curcuma longa*), Haritaki (*Terminalia chebula*)
- 4. Cardioprotective:** Salaparni (*Desmodium gangeticum*), Arjuna (*Terminalia arjuna*), Guggulu (*Commiphora mukul*), Pushkaramula (*Inula racemosa*).
- 5. Neuropathies:** Rasona (*Allium sativum*), Guggulu (*Commiphora mukul*), Bala (*Sida cordifolia*), Aswagandha (*Withania somnifera*).
- 6. Diabetes:** Silajitu (*Black bitumen*), Amalaki (*Emblca officinalis*), Haridra (*Curcuma longa*), Tejpatra (*Cinnamomum tamala*), Methika (*Trigonella foenumgraecum*).
- 7. Lipid disorders:** Guggulu (*Commiphora mukul*), Haritaki (*Terminalia chebula*), Pushkaramoola (*Inul aracemosa*), Vacha (*Acorus calamus*).
- 8. Brain and Memory Disorders:** Brahmi (*Bacopa monnieri*), Mandooka pami (*Centella asiatica*), Jyotishmati (*Celastrus paniculatus*), Kapikachhu (*Mucuna pruriens*), Tagara (*Valeriana wallichii*).
- 9. Diseases of Eye:** Jyotishmati (*Celastrus paniculatus*), Triphala (*Three myrobalans*), Satavari (*Asparagus racemosus*), Yastimadhu (*Glycyrrhiza glabra*) and Amalaki (*Emblca officinalis*)



Amalaki (*Emblca officinalis*)



Rasona (*Allium sativum*)



Haridra (*Curcuma longa*)



Aswagandha (*Withania somnifera*)

SOME CLASSICAL FORMULATIONS ADVISED FOR PRESERVATION & PROMOTION OF HEALTH.

- Brahma Rasayana
- Chyawanprasha
- Aswagandha lehyam
- Mahatriphala ghritha
- Triphala Churna
- Aswagandha Churna
- Agastya Rasayana
- Amalaki Rasayana



Guggulu (*Commiphora weightii*)