

## Identification of Common Problems and its Rasayana Treatment in Aged People

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**ABSTRACT :** Aging is the deviation from the ideal state or in a decrease rate of return to ideal state or both. The maximum growth, which is achieved by a man, is up to 30 yr. It is an integration of change at molecular, cellular and whole organism level. This age related disease compromise quality of life in old age. Ayurvedic system of medicine is probably the first which efforts to protect life from disease and aging. Ayurveda describe much about the science of gerontology and *Rasayana* therapy. *Rasayana Tantra* is one of the eight major clinical disciplines of *Ashtanga Ayurveda*, which is exclusively devoted to the study of aging and its prevention. *Rasayana* therapy (Rejuvenation) affords a comprehensive physiological and metabolic restoration. The present study is designed to study the common symptoms of the aged people which are responsible to disturb the normal life span of aged people and their treatment.

**Key words :** Ayurveda, *Rasayana*, *Jara*.

### INTRODUCTION

Aging is an universal phenomenon that affects every one of us in profound ways. Generally aging may be considered an irreversible process that begins or accelerates at maturity and results either in an increase or range of deviations from the ideal state or in a decrease rate of return to the ideal state or both. A physiological competence decline with age is undoubted but insidious physical and intellectual deterioration is too often ascribed to aging, when reversible pathology exists.

Most of the authors have described *Jara* in the forms of *Kalaja* and *Akalaja Jara*. *Akalaja Jara* can be considered as early aging process due to various etiological factors, so the efforts should be made for preventing this early aging process or *Akalaja Jara*<sup>1</sup>. *Rasayana* therapy means Rejuvenation therapy affords a comprehensive physiological and metabolic restoration<sup>2</sup>.

### MATERIAL & METHODS

#### Study Design and Population :

This study was conducted at OPD/IPD, Department of Kayachikitsa, S.S. Hospital, Banaras Hindu University. Total 80 people were registered for the assessment of the common symptoms of aged people.

#### Inclusion Criteria :

- ◆ Age group : This study included age group 40-70 yr.
- ◆ Sex : Patients of both sexes were registered.
- ◆ Habitat : Patients from both rural and urban area were selected.

#### Exclusion Criteria :

- ◆ Persons of extreme of age groups above 70 yrs.
- ◆ Severely malnourished / debilitated persons.
- ◆ Persons suffering from severe diseases like - Tuberculosis, CHF, Bronchiectasis, emphysema, IBD, RA, Carcinoma of different parts, Hepatitis etc.

*Selection of people* : Considering the aim of study total 80 persons were selected as per inclusion and exclusion criteria.

*Clinical assessment* : For this- detail history was elicited in following points : chief complaint, history of past illness, family history, personal history.

*General Examination* : In general examination *prakriti*, general built, pulse, BP, weight, height, icterus, cyanosis, pallor, clubbing, lymph nodes were examined.

*Systemic Examination* : Respiratory system, cardiovascular system, gastrointestinal system, urogenital system, central nervous system were thoroughly examined under systemic examination of patients.

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## OBSERVATION

TABLE NO. 1 : THE INCIDENCE OF THE DIFFERENT SYMPTOMS IN 80 CASES OF AGED INDIVIDUAL :

S. No.	Symptom	Age range							
		41-50 (n=42)		51-60 (n=18)		61-70 (n=20)		Total (n=80)	
		No. of pt.	%	No. of pt.	%	No. of pt.	%	No. of pt.	%
1.	Cough	22	52.38	13	72.22	12	60	47	58.75%
2.	Dyspnoea	19	45.23	16	88.88	15	75	40	50%
3.	Chest discomfort	8	19.04	9	50.00	7	35	24	30%
4.	Anorexia	14	33.33	9	50.00	14	70	37	46.25%
5.	Dysphagia	3	7.14	6	33.33	5	25	14	17.50%
6.	Pain in Temporo Mandibular Joint (TMJ)	3	7.14	3	16.66	6	30	12	15.00%
7.	Constipation	17	40.47	12	66.66	12	60	41	51.25%
8.	Perspiration	14	33.33	11	61.11	8	40	33	41.25%
9.	Fatigue	22	52.38	16	88.88	14	70	52	65.00%
10.	Gray hair	5	11.90	5	27.22	13	65	23	28.75%
11.	Palpitation	5	11.90	4	22.22	6	30	15	18.75%
12.	Wrinkle of skin	4	9.52	5	27.22	9	45	18	22.50%
13.	Joint pain	15	35.71	13	72.22	15	75	43	53.75%
14.	Incontinence	6	14.28	5	27.77	8	40	19	23.75%
15.	Loss of sexual desire	6	14.28	7	38.88	10	50	23	28.75%
16.	Headache	20	47.61	5	27.77	13	65	38	47.50%
17.	Sleep disturbed	18	42.85	6	33.33	11	55	35	43.75%
18.	Adj. to weather	15	35.71	7	38.88	14	70	36	45.00%
19.	Indigestion	16	38.09	7	38.88	9	45	22	27.50%
20.	Loss of memory	4	9.52	6	33.33	10	50	20	25.00%
21.	Disturbance in general well being	22	52.38	11	61.11	16	80	49	61.12%

The most common problems in the age group of 41-50 yrs., which were affecting more than 50% of population were cough (52.38%), fatigue (52.38%), and disturbance in general well being (52.38%). In comparison to this the complaints which were affecting the 30% to 50% of population were headache (47.61%), dyspnoea (45.23%), sleep disturbance (42.85%), constipation (40.47%), indigestion (38.09%), joint pain (35.71%), difficulty to adjustment with weather (35.71%), perspiration (33.33%) and anorexia (33.33%). The least population of this age group were affected by chest discomfort (19.04%), loss of sex desire (14.28%), incontinence (14.28%), gray hair (11.90%), palpitation (11.90%), wrinkle of skin (9.52%), loss of memory (9.52), dysphagia (7.14) and pain in TM joint (7.14%).

Like above the most common problems (above 50% population) of age group 51-60 yr. were dyspnoea (88.88%), fatigue (88.88%), cough (72.22%), joint pain (72.22%), constipation (66.66%), perspiration (61.11%) and disturbance in general well being (61.11%). In

comparison to this the complaints which were affecting 30% to 50% of population of this age group (51-60 yrs.) were chest discomfort (50%), anorexia (50.00%), indigestion (38.88%), difficulty to adjust with weather (38.88%), loss of sexual desire (38.88%), dysphagia (33.33%), sleep disturbance (33.33%) and loss of memory (33.33%). After this the least population of this group were affected by headache (27.77%), incontinence (27.77%), gray hair (27.22%) and wrinkle of skin (27.22%) and palpitation (22.22%).

The most common problems of 61-70 years old population; which were affecting more than 50% population were disturbance in general well being (80%), dyspnoea (75%), joint pain (75%), fatigue (70%), difficulty to adjustment with weather (70%), headache (65%), gray hair (65%), cough (60%), constipation (60%), and sleep disturbance (55%). The 30 to 50% of population were affected by loss of memory (50%), loss of sexual desire (50%), indigestion (45%), wrinkle of skin (45%), perspiration (40%),

incontinence (40%), chest discomfort (35%), pain in T.M. joint (30%), and palpitation (30%). Below 30% of population in this age group were affected by complaints of dysphagia (25%).

From this table we can conclude that most common problem between the age group 40 to 70 year were fatigue (65%), disturbance in general well being (61.12%), cough (58.75%), joint pain (53.75%), and constipation (51.25%) and more than 50% population of this age group were affected by these problems. In spite of this 40-50% population of this age group were affected by dyspnoea (50%), anorexia (46.25%), headache (47.50%), difficulty to adjust with weather (45.00%). The least population of 40-70 years of age group (below 30%) were affected by chest discomfort (30%), gray hair (28.75%), loss of sexual desire (28.75%), indigestion (27.50%), loss of memory (25%), incontinence (23.75%), wrinkle of skin (22.50%), palpitation (18.75%), dysphagia (17.50%) and pain in TM joint (15%).

## RESULT

The common problems of aged person are disturbances in general well being, fatigue, cough, dyspnoea, anorexia, constipation, joint pain, sleep disturbance and difficulty in adjustment to the weather.

## DISCUSSION

### Rasayana Treatment :

Rasayana Tantra is one of the eight major clinical disciplines of Ashtanga Ayurveda, which exclusively devoted to the study of aging and its prevention<sup>3</sup>. Ayurveda has two main objects first to maintain the healthy state and second to cure the disease of individuals<sup>4</sup>. Acharya Charaka also mentioned the two types of drug, first type which maintain the healthy state as Rasayana and Vajikarana<sup>5</sup> and second are those by which we can treat different diseases. Cough, dyspnoea, disturbance in general well being, fatigue, anorexia, constipation, Joint pain, sleep disturbance and difficulty in the adjustment to the weather are the common problems of aged persons. These Rasayana drugs can play an important role in the cure of different symptoms and also in the maintenance of healthy state of aged people.

So the Rasayana chikitsa or therapy is mainly used for maintaining the health of healthy individuals although it can be used to treat disease<sup>6</sup>. Rasayana therapy mean Rejuvenation therapy affords a comprehensive physiological and metabolic restoration as it is evident from fundamental statement of Acharya Charaka “*Labhopayo Hi shastanam*

*Rasadinam Rasayana*”. There are lots of Rasayana drugs which can be used in the treatment of aged people problems.

Cough	<i>Semecarpus anacardium, Curcuma longa, Piper longum, Commiphora mukul</i>
Dyspnoea	<i>Commiphora mukul, Semecarpus anacardium, Lohadi Rasayana</i>
Chest discomfort	<i>Commiphora mukul, Semecarpus anacardium</i>
Anorexia	<i>Acorus calamus, Piper longum, Emblica officinalis</i>
Constipation	<i>Terminalia chebula, Emblica officinalis</i>
Fatigue	<i>Pueraria tuberosa, Emblica officinalis, Grewia hirsuta, Sida cordifolia, Asparagus racemosus</i>
Gray hair	<i>Eclipta alba, Gmelina arborea</i>
Palpitation	<i>Terminalia arjuna, Desmodium gangeticum, Commiphora mukul</i>
Joint pain	<i>Allium sativum, Tinospora cordifolia, Semecarpus anacardiurn</i>
Loss of sexual desire	<i>Pueraria tuberosa, Mucuna prurita, Withania somnifra</i>
Sleep disturbed	<i>Pueraria tuberosa, Convolvulus pluricaulis, Asparagus racemosus</i>
Adj. to weather	<i>Tinospora cordifolia, Piper longum, Grewia hirsuta, Dioscorea bulbifera</i>
Indigestion	<i>Piper longum, Tinospora cordifolia, Emblica officinalis</i>
Loss of memory	<i>Convolvulus pluricaulis, Glycyrrhiza glabra, Centella asiatica</i>
Disturbance in general well being	<i>Convolvulus pluricaulis, Centella asiatica, Celastrus panniculatus, Withania somnifra, Achar Rasayana</i>

## CONCLUSION

The mean life expectancy has changed significantly in the past decades. The growing number of older people has made a significant impact on the health care system as well as the socioeconomic condition of the country. Now at this time, when the whole world is trying to achieve such medicines that enhance the healthy life of aged individual, it is our duty to reveal the possibilities of such drugs from Ayurveda.

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## हिन्दी सारांश

## वृद्धावस्थाजन्य सामान्य समस्याओं की पहचान एवं उनकी रसायन चिकित्सा

बाल गोविन्द तिवारी एवं बी. एन. उपाध्याय

वृद्धावस्था शरीर के अपने आदर्श अवस्थाओं से हटना या उसे पुनः प्राप्त न कर पाना है। मनुष्य अपने जीवन में ३० वर्ष की अवस्था तक सर्वाधिक वृद्धि को प्राप्त करता है तथा शरीर की यह आदर्श अवस्था है। कोशिकीय स्तर, अणु स्तर तथा शारीरिक स्तर पर एक परिवर्तित अवस्था ही वृद्धावस्था है। वृद्धावस्था जन्य समस्याएं व्यक्ति के सामान्य जीवन के विभिन्न पहलुओं को प्रभावित करते हैं। रसायन औषधियाँ वृद्धावस्था को सामान्य बनाये रखने में मददगार हो सकती हैं, क्योंकि ये व्यक्ति की व्याधिक्षमता में वृद्धि करने के साथ-साथ सामान्य पोषक तत्वों की पूर्ति भी करती हैं। अतः इस अध्ययन में वृद्धावस्थाजन्य सामान्य समस्याओं के आंकलन के साथ-साथ उनका रसायन औषधियों से निराकरण दर्शाने का भी प्रयास किया गया है।

