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Review on conceptual study of *Jara Laxanas* mentioned in *Brihatrayee*

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ABSTRACT

The present study reveals that the process of ageing was elaborately described in Ayurveda. Ayurveda, the science of life covers a wide range of subjects and issues of living beings in relation to total approaches of individual development and health care. Different *Samhita* in Ayurveda gives detail knowledge about signs and symptoms which appears in old age including primitive, preventive and curative aspect of health sciences. *Jara* management in present time is a challenging task for present health providing system. Our *Aptas* knowledge helps to overcome from these through *Rasayana Chikitsa*.

Key words: *Jara Laxanas, Kalaja and Akalaja Jara, Vata Dosha.*

INTRODUCTION

Ageing is continuous process which begins in the mother womb (at conception) and ends with death. Authoritative text of Ayurveda has mentioned growth period as up to 30 years. After that the growth of an individual stops and Ageing starts to continue.^[1]

According to Ayurveda, *Jara* is natural phenomenon like (hunger, thirst and sleep) authenticated texts also mentioned group of naturally occurring disease named as *Svabhava-Bala-Pravrutta-Roga* which includes thirst, hunger, sleep, life, and death.^[2]

Etymologically the term *Jara* has been derived from the Sanskrit root word '*Jrushvayahaanii*'- means decrease

of life span. The last phase of life span has been referred as *Jara*. It is described as a natural and inevitable process as well as natural disease. Other term that may be correlated to the word with old age are *Jirna, Jirana, Jara na, Vriddha Jiryata, Jara, Vayahaan*.^[3]

Authoritative texts of Ayurveda classify the age into 3 stages. The *Vriddha Avastha* is predominated by *Vata Dosha* there will be depletion of *Dhatu, Indriya, Bala, Virya* etc.^[4]

Ayurveda plays major role in the maintenance of health as the place of birth having strong influence, time conducive for strength, excellence of diet, body suitability and psyche.^[5]

The above mentioned factors are important cause of ageing and after obtaining specific age the process of ageing starts which may be slow or fasten depending upon the environmental habits and other dietary factors of the individual.^[6]

Factors influencing on *Jara* of a person

1) *Daiva & Purusha*

Life span of the person depending upon two factors; *Daiva* (works of previous life), *Purushakara* (works in the present life). The rationality of life span of individual depends upon the strength present in both

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Daiva and *Purushakara*. These are classified into three categories, viz. *Pravara*, *Madhyama*, *Avarabala*.^[7]

2) *Dhatukshayajanyakarana*

a) “*Kupitatsu Khalu Sharire Shariram Nana Vidair Vikarair Utpati Bala Varna Sukha Ayusham Upaghataya*” Hence *Kupita Vata* is cause for *Dhatukshaya*.

b) One who indulges in excess of physical exercise, fasting, food which is having more of dry, less in quantity, with one taste (*Pramithasan*), and more of worries, expose to sun and wind, fear, grief, liquids which cause dryness, vigil (*Prajagara*), Excessive excretion of *Kapha*, *Shonita*, *Sukra*, *Mala*, old age – *Adaanakala*.^[8]

3) *Shariravriddhikara Bhava*

Acharya Charaka also given some other factors which may be considered as growth promotive, namely; For example, youth is the proper time for growth of the individual, *Svabhava Samsiddhi* (natural process as result of unseen past action are also responsible for growth), *Ahara Sansthan* (excellence of diet), *Avighata* - absence of inhibiting factors; for example excessive indulgence of sex and mental affliction inhibit the growth of the individual.^[9]

4) *Balavrudhikarabhava*

Some other factors plays major role in the maintenance of health as - birth in place, having strength, that in time conducive for strength, favorable time, excellence of seed and soil, excellence of diet, body suitability and psyche, natural mechanism ,youth ,physical exercise and cheerfulness.^[10]

5) *Swabhavoparama Vada*

Trividhahetu, *Praghnaparadha*, *Asathmendriyaartha Samyoga* and those who will not follow *Achara Rasayana*, *Sadvritta*, *Dinacharya* & *Rutucharya* etc are the causative factors to attain *Vridhdhaavastha* at early age.

In the concept of *Svabhavoparama Vada*, it has been mentioned that each and every day *Kala* causes minute changes in the world, which may not be appreciated

and this *Kala* is responsible in attaining *Vridhdha Avastha*.^[11]

6) *Kalaja and Akalaja Jara*

Kalaja Jara is natural at the stipulated time of age

Timely aging means which comes naturally to everyone. Human body is called *Shareera* & it has been defined as "*Jiryate Anena Iti Shareera*" means which gets decayed and decomposed every moment.^[12]

So the change is inevitable. But the process of aging can be slowed down by following *Rasayana* therapy. The onset and manifestation of each decade can be postponed by using the *Rasayana* therapy and *Achararasayana*, *Sadvritta*, *Dinacharya*, *Rutucharya* etc.^[13]

Akalajara - Premature Aging

AkalaJara or premature aging or early onset of aging comes to those who don't follow the proper diet and behavior regimen.^[14]

Jara as Swabhava Bala Pravrutta Vyadhi

A group of natural diseases under the heading of *Svabhava Bala Pravrutta Vyadhi* are mentioned, among them includes aging (*Jara*) too. Other conditions of this group are thirst, hunger, sleep and death. In this way according to Ayurveda aging is a natural disease.

These diseases occur due to the power of Nature (*Prakriti Shakti Gaata*).^[15]

Bala and Agni, Concept of Prakruti in Ageing

Ageing is the phenomenon characterized by decay and degeneration, and person's *Prakriti* is determined by *Tridoshas* according to their predominance.

Among *Tridoshas*, *Pitta* is basically responsible for the premature manifestation of ageing due to its specific properties like *Usna*, *Tikshna*, *Visra*, etc.^[16]

Vata Dosh in ageing

During old age *Vata* remains in *Prakopa Avastha*.^[17] During the stage of *Madhyama Vaya* which proceeds the old age, the diminution of tissues starts and it leads to increase in *Vata*. Increase and decreased state of

Vata has inverse relation with *Dhatu* i.e., with increase in *Vata* the diminution & vice versa.

Lavana and Kshara as cause for early ageing

If a pregnant lady eats excessive salt then her child will suffer from *Vali*, *Palitya* and *Khalitya*, which are also signs of aging.^[18] Excessive taking of salt leads to *Vali*, *Palitya* and *Khalitya* (Charaka Sutra 26:43). Similarly excessive taking of *Kshara* (alkali) also leads to *Palitya* and *Khalitya*.^[19] As wrinkles, gray and falling hair is the common symptoms of aging, therefore intake of salt and *Kshara* may have some role in aging. Following the rules of *Svasthanavritta* (daily and seasonal regimen), the *Dhatu* remains in healthy condition, thus free of diseases. The healthy tissue growth leads to delaying the aging. Otherwise aging may be earlier.^[20]

Jara Laxanas according to Acharyas

These are *Jara Laxanas* according to different *Acharyas* which indicates the *Vata Dosh Vruddhi Laxanas*.

Lakshanas

1. *Sramsas*: It was explained as *Kinchit Swasthanachalanam* by *Chakrapani*.
2. *Ojosramsas*, *Dehasramsas*, *Dantashaithilya*, *Srastanga* Cha.su17 and Su U 37
3. *Dhramsas*: It was explained as *Bhramsastu Duragati* by *Chakrapani* - *Pada Bhramsas*, *Guda Bhramsas*, *Yoni Bhramsas*, *Mano Bhramsas*, *Ojo Bhramsas*. Cha.Chi.28, Cha.Su 20, Ast. San Ni 16.
4. *Vyasa*: It was explained as *Vistaranam* by *Chakrapani*. (*Twachovistara*) Cha.Chi.28 *Sanga*: (*Graha*) *Varchonigraha*, *Mutrasanga*, *Angacheshtha Sanga*, *Gatisanga* etc Ast San Su.Cha chi 28.
5. *Bheda*: *Twachobheda*, *Asthiparvabheda*, *Angabheda* etc. Su Ni 1, Cha. Chi 28.
6. *Sada*: *Agnisada*, *Angasada* etc. Ast.Sa.Su 19.
7. *Toda*: *Twachastoda*, *Angatoda* etc. A.St.Hr.Su.13, Cha Chi 28.
8. *Vyatha/Ruk*: *Angavedana*, *Sandhivedana* etc. Ast.Hr.Su.16

9. *Parushya*: *Nakaparushya*, *Twakparushya* etc. Cha.Ni.8, Su.Su 18.
10. *Sosha*: *Asthisosha*, *Angasosha* etc. Cha.Su.20, Su Ni 1
11. *Supti*: *Twaksupti*, *Padasupti* etc. Cha Chi.28, Cha.Su.20
12. *Stambha*: *Bhukta Stambha*, *Asthiparva Stambha*, *Vartma Stambha* etc. Cha Chi 28, Cha. Ni 1.
13. *Vislesha*: *Janu Vislesha*, *Sandhi Vislesha*. Cha.Ni.1, Cha.Su.20.
14. *Sankocha*: *Vartma Sankocha*, *Parva Sankocha* etc. Cha.Chi.28, Cha.su 20

It is evident from the above instances that *Vata Dosh* is the governing entity for both the maintenance of bodily processes and their destruction in old age and disease.^[21]

DISCUSSION

Ageing is one of the unavoidable processes occurring in and every living being and one cannot prevent it. Classics have mentioned it as a *Svabhavika Vyadhi* (naturally occurring disease) because risk of developing various diseases in old age. There are structural and functional changes at cellular level, tissue level and organ level. The biochemical composition of cells and tissues undergo changes with age, physiological capacity reduces and the ability to maintain homeostasis in adapting to various stressors decline thereby person becomes more vulnerable to diseases.

For understanding the process of ageing in terms of Ayurveda, needs the analysis of the physiological changes occurring at the level of *Tridoshas*, *Sapthadhatus*, *Malas*, *Shrotas*, *Indriyas*, *Agni* and *Ojas*. The main *Dosha* involved is *Vata* And there is *Agnimandya* leading to improper nourishment of various entities of the body. There are different patterns of functional deteriorations occurring with aging. There may be gradual and partial functional loss or complete functional loss. The dependent *Dhatu*s also undergo improper nourishment. This process is gradual and leads to irreversible process of ageing. *Nidan*as (causative factors) such as *Ati Ahara Vihara* (excess

food intake and improper lifestyle), *Manasika Vega Adhaarana* (non suppression of unpleasant emotions) leading *Srotolepa* (blocks the body channels) which in turn causes *Agnimandya* and *Ama*. When the function of *Agni* is vitiated, there is improper nourishment of *Rasa* and successive *Dhatus*. Finally leads to *Shareera Apachaya* (improper nourishment of body) and *Ojo Haani* (damages the *Ojus*) resulting in *Akaala Jara* (premature ageing).

CONCLUSION

Different anatomical and physiological changes occur by age. These changes often lead to health problems and even death in elderly. In order to ensure health and wellbeing of this growing age group, it is important that health care professionals, the government, the community, their families and the elderly themselves understand the changes that are happening and adopt the preventive measures to avoid the suppression of natural urges, follow the *Dinacharya* practice of regular yogic exercise, *Shodhana* according to *Rutu* and consumption of *Rasayana* drugs at proper time. All these things will help to avoid increased risk related to aging.

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12. Agnivesha, Charaka Samhita, Vimanasthana.3\37,38, Reprint ed 2013, Chaukhamba Sanskrit Pratisthan, Varanasi Pp 245.
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14. Agnivesha, Charaka Samhita, Vimanasthana.3\38, Reprint ed.2013, Chaukhamba Sanskrit Pratisthan, Varanasi Pp245.
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