

## Exploring the therapeutic potential of Panchakarma in Geriatrics

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Ayurveda holds special space in the world where it gives great emphathy to prevention of disease and promotion of health to all people irrespective of age whether they belong to younger, middle or older age. Ayurvedic literature consider Vriddha Avastha as the Swabhav of life in which dhatus get degenerated which leads to brain related disorders like, parkinson disease, body weakness, uncontrolled bowel movement, memory loss and many more leading to affected daily lifestyle. Panchkarma in geriatric arising as special branch focusing on promotion of rejuvenation along with promotion of health, mobility, mental wellness in old age people.

Keywords: Ayurveda, Panchkarma, Geriatrics, Rejuvenation, Elderly health.

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## Introduction

As age is increasing, prevalence of *Vyadhi* along with *Kala* also increasing. In elderly people degeneration of *Dhatu*s occurs with *Kala* and *Vaya* which affects person's physical, psychological and social aspects. This process is irreversible but it should be managed. As due to available treatment people's life expectancy is increasing and more people moving towards old age but degenerating factors affecting old age daily lifestyle increasing independency on family members. Every human desire for healthy ageing. Contemporary science has evolved separate branch for cure of illness affecting elderly people known as geriatric medicine. but this branch only focuses on managing illness or disease and not promoting health or prevention of disease. this perspective can be achieved by oldest and most conventional system of medicine i.e., *Ayurveda* system of medicine.

The Government of India launches various national campaign to popularize the strength of *Ayurveda* and *Yoga* in geriatric health care. It is the demand of the hour to develop an effective holistic protocol for geriatric care by combining *Rasayana*, *Panchkarma*, Dietetics, *Ayurvedic* medicines along with yoga for promotion of geriatric care. Some Disorder of Nervous system that creates rhythmic shaking affecting any part especially hand or legs which is quite evident by seeing during voluntary movements such as eating, writing, standing and walking. in *Ayurveda* these all caused due to aggravated *Vata* (*Chalatvam Guna* of *Vata* increases) in *Majja Dhatu* results in *Kampa* or tremors.[1]

As ages increasing, old age people become more prone to malnutrition for many reasons including - *Arochaka* (Anorexia), *Smritinash* (Dementia), *Manoavasada* (Depression), Stroke, *Kampavata* (Parkinson disease) and other neurological disorders, *Malabandha*. The diet should be regulated taking into account the habitat, season, age, and according to one's digestive capacity.[2]

We should opt for *Chikitsa* that holds potential for *Vyadhi* prevention by promoting *Swasthya*. *Rasayana* and *Panchkarma* promotes *Swasthya* and longevity. *Jarachikitsa* and *Rasayana* can delay *Vruddhavastha* (ageing) and reduce geriatric degeneration. *Vruddhavastha* begins at 60-70 years.[3,4]

Various *Karmas* included in *Panchkarma* with the motive of promotion of physical and mental well-being like., *Snehana*, *Swedana*, *Nasya*, *Shirodhara*, *Basti* and many *Upkarmas* also included like., *Lepan Chikitsa*, *Shashtika Shali Sweda*, *Tailadhara*, *Kati Basti*, *Janu Basti*, *Manaya Basti* and list goes on.

## Materials and Methods

### Case Study

A 75 yr old female patient came to Rani Dullaiya Ayurvedic P.G. Hospital, Bhopal, M.P, in Panchkarma O.P.D. with complaint of unable to walk, stand (*Kriya Akshamata*) dependent on family member for mobility with associated complaint of indigestion (*Ajirna*, *Mandagni*), body weakness (*Sharir Dourbalya*), disturbed sleep (*Anindra*) and feeling of unconsciousness after standing, duration of suffering was 8-9 months .

### Past history

No H/O Hypertension or diabetes mellitus or other metabolism disease, medical and surgery history.

### Family history

No relevant family history.

### Psychological evaluation

Patient was in normal. conscious state with no sign of stress or other mental disease.

**Table 1: Treatment protocol followed**

SN	Treatment	Rationale	Medicine
1.	Abhyanga	Vatanulomaka, Pushti, Ayu-Swapana - Sutvaktva,	Chandanabalalakashadi Taila
2.	Bashp Peti Sweda	Stambha, Sheeta, Gauravghnam	Dashmool Kwath
3.	Nasya	Uttamanga Shodhan, Srotas Shudhi , Indriya - Mana Prasanna, Nidra	Brahmi Ghrita
4.	Shirodhara	Srotoshodhana	Brahmi Jatamanshi Kashaya

**Table 2: Internal Medication**

SN	Aushadi	Matra	Anupana	Rationale
1.	Triphala Churna	1TSP HS	Shukhoushna Jala	Rasayana, mild laxative, antioxidant
2.	Ashwagandha Churna	3gm BD	Sukhoushna Godugdha	Rasayana, Balakaraka, Kshayhara Vatakaphashamak
3.	Syrup Dashmoola rishta	20ml BD	Shukhoushna Jala	Vatavyadhi - Kshay- Mandagni Dhatukshyahara, Pushtijanana, Teja - Shukra - Balapradhaa

## Discussion

Selected *Panchkarma* in *Vridha Avastha* act as a breaker in complaint of old age people daily lifestyle that leads to increase dependency on other people which breaks their moral, social, physical and mental condition leading them to complete bed ridden condition. *Panchkrama* like *Sarvang Abhyanga* in which application of oil to the skin followed by massage in specific direction which improves blood circulation, facilitates removal of toxins from the tissue, releases stiffness along with heaviness and strengthening musculoskeletal system of the body, *Bashp Peti Sweda* employed to cure pain, stiffness, heaviness in form of *Sweda*, in *Shirodhara* medicated *Kashaya* from measured height poured through *Dhara* pot on forehead which facilitates in mental stress, hypertension, anxiety, psychological illness insomnia treatment and *Nasya Karma* administration of medicine through nasal route to treat disease related to head also its effect can be seen in whole body it is indicated in *Shirastambha*, *Manyastambha*, *Hanugraha*, *Mukharoga Karna Shula*, *Ardita*, *Shirashula*, *Timira* and many more. Along with *Shamana Chikitsa* proved effective in managing symptoms seen in *Vridha Avastha* of this patient. Now patient was able to do his lifestyle activity without any difficulty or dependency on other family member. These all procedure helps in pacifying aggravated *Dosha* along with *Brumhana*, *Balyavardhan*, *Medhya* property. Following the diagnosis of the disease in a diseased, effective treatment is planned to eradicate the illness.

## Conclusion

To live a healthy and long time is every person's wish, however it cannot be fulfilled due to disturbed lifestyle and diet. Ayurveda describes *Panchkarma* which gives its unique benefit in old age people by increasing their strength and acting as anti-ageing. On this *Panchkarma* therapies also possess properties of *Rasayana* by removing toxins, *Aam* (undigested food) from the various *Srotas* present in the body and helps in rejuvenation by stabilizing metabolism (strengthening digestive power) in old age people. *Rasayana* along with *Panchkarma* improves *Dhatu*, along with *Vayasthapana*, *Rasayana Aushadi* are specialized in reversing degenerative changes and increase in life span with quality of health.[5]

*Rasayana Tantra* along with *Panchakarma* therapy provides great combination for geriatric care. *Panchkarma* is therapy which involves preventive, curative & nutritive aspects. It not only deals with cure of disease but also eradicates root cause of disease. *Rasayana* therapy when followed by *Panchakarma* therapy are more effective towards various ailments of neuromuscular, metabolic, musculoskeletal, endocrine origin. *Basti Chikitsa* provides effective treatment against *Vata Vyadhis*. *Panchkarma* therapy done in proper *Kala & Ritu* helps in proper metabolism, stimulate *Manas*, senses, increases strength & provides healthy life to individual.

### Patient perspective

Patient was satisfied with the treatment in terms of indigestion, body pain and weakness, disturbed sleep and feeling of unconsciousness after standing and other associated symptoms. Patient consent was taken for publication of this case study.

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