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A Step Towards Inner Peace



EXPLORING KAYACHIKITSA IN GERIATRIC AYURVEDIC MEDICINE: AN IN-DEPTH ANALYSIS

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ABSTRACT:

Throughout human history, various health management systems have emerged. Ayurveda is one of the oldest, comprising various branches for distinct health purposes, including Kayachikitsa. Internal medicine treatment procedures and methods are covered in general terms in the Kayachikitsa. The main goal of branch Kayachikitsa is to treat the body (Kaya) using Ayurvedic medicine and principles. Ayurveda mentioned a variety of geriatric care strategies, including the use of internal medicine, in order to address the issues associated with aging and old age. When it comes to aging or geriatric health concerns, using natural rugs in conjunction with the fundamental principles of Ayurveda can be beneficial to health. In light of this, we provide a summary of an Ayurvedic perspective on elder care from W.S.R. to Kayachikitsa.

KEYWORDS: Ayurveda, Diseases, Geriatric and Kayachikitsa

INTRODUCTION:

Ayurveda's Kayachikitsa branch takes into account a number of factors, including Nidana, Shamana, Shodhana, and Satwawajaya, in order to manage illnesses and restore general health. In addition to helping to maintain physical health, the Kayachikitsa also helps to improve mental wellness. Kayachikitsa's methods, which include using detoxification techniques, counseling, and prescription drugs, aid in maintaining excellent health.

Aging is a biological process mostly linked to a decline in Dhatu, Balya, and Tridosha levels. Vata Dosa is thought to start degenerative activity in old age, which weakens Agni, reduces Srotamsi and Ojabala, and causes degradation at the Doshic level.

The Ayurvedic Kayachikitsa discussed many methods for enhancing Agni, Oja, and Dhatu, which balances the Doshas. on a biological level. All of these methods not only aid in the treatment of early aging signs but also boost immunity generally, warding off acute infections. Ayurvedic medications, like Triphala, Arjuna, Guggulu, Puskarmula, Brahmi, and Amrita, among others, have numerous positive health effects that help to delay the aging process.

2. Kayachikitsa for senior health services

The following health benefits associated with the medicine and other treatments from the Kayachikitsa modality can help prevent aging:

- The medicine from Kayachikitsa increases Agni, which in turn increases metabolic activity in older people.
- The Rasayana medications strengthen Dhatu, preserving overall health and beauty. The immune-boosting medications lessen the frequency of general infections that are highly prevalent in older people.
- Drugs that balance dosha enhance the body's overall physiological functioning and reduce the likelihood of pathological problems developing.
- Detoxifying medications clear waste, which opens up pathways and restores a normal excretory mechanism.
- The medications known as Rasayana have rejuvenating benefits, increase longevity, and boost sexual vigor. They also aid in restoring the normal circulatory mechanism, which lowers the risk of hypertension and stroke.
- Internal medicine helps avoid major health problems associated with aging by immediately pacifying Rasa, controlling fat, purifying Rakta, and empowering Asthi/joint in elderly people^[1,2,3,4,5].

3. The following medications are appropriate for elderly care:

- **Guggulu:** Guggulu serves as an antioxidant, boosts circulation, suppresses joint discomfort, lowers fat and so controls obesity symptoms.
- **Guduchi:** Guduchi helps rejuvenate skin tissues and boost immunity, thereby reducing the likelihood of frequent infections, to which the elderly are particularly vulnerable.
- **Amalaki:** Rich in vitamin C, almonds protect against cataracts and age-related degeneration by acting as

antioxidants. It improves circulation and increases digestion.

- **Ginseng:** Ginseng improves the appearance of skin by stimulating skin metabolism; it also helps produce free radicals and prevents the induction of skin damage by sunlight and pollutants. It is also recognized to have sexually stimulating properties.
- **Ginger:** Turmeric has a strong anti-aging impact, reduces inflammation and pain, and strengthens the immune system in addition to acting as an antioxidant to prevent oxidative damage.
- **Brahmi:** Brahmi improves mental function in general and revitalizes the brain. It is particularly effective in cases of age-related memory loss.
- **Ashwagandha:** Ashwagandha promotes cell renewal, gives skin a youthful glow, delays the onset of aging, and preserves skin texture.
- **Gotu-kola:** Because gotu kola contains a high concentration of flavonoids, it functions as a natural antioxidant to prevent skin from aging and relieve its symptoms.
- **Shilajit:** The medication relieves age-related health issues and helps with Alzheimer's disease, exhaustion, and insomnia. Fulvic acid, a component of Shilajit, functions as an antioxidant and guards against tissue oxidative damage. It strengthens the digestive system, increases libido, and increases physical strength^[5-10].

These medications are used specifically in the treatment of elderly patients

- i. Medication enhances the glow and complexion of the skin: Bhringaraja and Somaraji
Medication enhances vision (Drishti): Saptamrta lauha and Kataka.
- ii. Certain drugs, such as Ashwagandha, Kapikacchu bija, and Musali, increase Shukra, or sexual strength.
- iii. Medications for the heart and cardiovascular system: Arjuna and Puskarmula
Medication used to aid hearing: Apamarga Taila and Dashamula Taila.
- iv. Medications for respiratory treatment: Vardhaman pippli.
- v. Medications for the digestive system: Haritaki with long pepper.
- vi. Nervous system drugs: Shankhapushpi & Calamus
- vii. Medication that helps the elderly's excretory system: Punarnava and Vidanga.

CONCLUSION:

The techniques of Kaya Chikitsa encompass the full management of health and the body, primarily centered around the diagnosis and treatment of medical conditions with medication and other modalities. By promoting Dhatu, improving nutrition, regulating the circulatory system, and detoxifying the body, these therapies help to avoid the occurrence of disease and counteract the negative effects of aging naturally. Given that Ayurveda promotes longevity, it is a fantastic option for geriatric treatment. Using different internal medications for geriatric care or age control is part of

Kaya Chikitsa. Turmeric, ginseng, ashwagandha, musali, Arjuna, haritaki, shankhapushpi, Vidanga, shilajit, and so on are certain medications that treat health issues associated to aging. The medications and other treatments prescribed by Kaya Chikitsa enhance the sheen of the skin, Drisht, Shukra, cardiovascular, metabolic, and neurological system functioning, as well as regularize the excretory system in senior citizens. Ultimately, it can be said that there are no negative impacts from using ayurvedic medicine as a substitute for traditional methods of providing care for the elderly.

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