

Study of preventive and curative therapy of *Rasayana* in *Jarawastha* during COVID- 19.

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ABSTRACT:

Ayurveda wisdom has addressed *Jarawastha* health issues under a heading “*Jara*”. In *Ashthang Ayurveda* “*Jara*” is incorporated at 7th number among its eight branches. *Ayurveda* wisdom principally aims at creation of health of individual and operation of conditions. That’s why the foremost classic of *Ayurveda*, Use of *Rasayan* remedy in “*Jara Janya Vyadhi*” works at primary position of our natural system as well as it saves the case from side goods of ultramodern drug. It's the demand of the hour to develop an effective holistic protocol for *Jarawastha* care by combining *Rasayana*, *Panchkarma*, Dietetics, *Ayurvedic* drugs, life and *Yoga* is timely. Covid-19 epidemic hit substantially the people above the age of 65 times and aged making up 75 of COVID- 19 deaths.

Keywords: Aging, Covid-19, *Jara*, Pandemic.

INTRODUCTION:

Definition

Jara is state of getting “*Ksheen*” (devitalized), physically and psychologically weak as a result of old age generally after 60 times of life. In India 3.8% of the population are aged than 65 times of age. *Ayurveda* has the eventuality for complaint forestallment by health creation and noninfectious complaint forestallment. The primary predictor of food instability is poverty. Among aged grown-ups, still, there are fresh predictors of food instability that aren't seen in youngish populations, including physical limitations, health related conditions, social insulation, and lack of transportation. numerous of these unique predictors, similar

as social insulation and lack of transportation, worsened due to the epidemic. therefore, numerous aged grown-ups use managing strategies to stretch their limited budgets. Food price affectation While not explicitly addressed within the detailed interview companion, the inductive subthemes of affectation of food prices and food dearth's during the COVID- 19 epidemic came to light during the interview process. While none of the advanced income individualities mentioned rising food costs, among the ten low- income pollsters, four stated enterprises about rising food costs which can be epitomized through the following statement employed for food instability: 1) salutary changes similar as counting on lower preferred and less precious foods; 2) increased short- term ménage food vacuity similar as adopting food from a friend or family member; 3) dropped frequency of collaborative reflections; and 4) rationing strategies similar as limiting portion sizes or skipping reflections. Limited access to nutritional foods is an important social determinant of health among aged grown-ups. Food instability is associated with multiple habitual conditions including, cardiovascular complaint, hypertension, diabetes, and depression. also, food instability may complicate being health conditions among aged grown-ups with fiscal constraints due to drug and healthcare application underuse, performing in poorer complaint operation. likewise, food instability is associated with lower tone- reported physical health, which may be due to a advanced burden of habitual conditions among those passing food instability. Given the proved association

between food instability, habitual complaint and cerebral torture, it seems presumptive that the epidemic would worsen negative health consequences for formerly food insecure populations.

Ayurveda, the Indian traditional holistic health wisdom has got the eventuality for forestallment of conditions by creation of health and operation of conditions being in old age. It has a focused branch called *Rasayana* (revivification) which deals with the problems related to geriatric and styles to fight the same.

Jara hetu:

Kalasya parinam – swabhawaja or essential by *Charak*

Charak in description of *Rasayana*, describes that indulgence in “ *gramya ahara* ”leads to *agnimandya*, *vataprakopa* and *dhatukshaya*. therefore, it's important factor for unseasonable aging

Two major factors responsible for growing are:

1. *Srotorodha*

2. *Agnimandata*.

Features of Jara :

- *Sharirshaktiheena*- retrogression of physical capacities
- *Smritinasha* – dwindling memory
- *Manasik glani* – loss of gayness and alertness
- *Balinam* – appearance of wrinkles
- *Palitya* – greying of hair

- *Dantashaithilya* – loosening of denture
- *Swabhava vaipparya* – change in personality factors.
- *Kasa swasa pravritti* – propensity to repeated coughs and dyspnoea on trouble
- *Sarvakriya asamarthata*- loss of physical, perceptual and internal faculties
- Features of *vatavriddhi* are set up as endless features in old
- *Vakayaparusha*
- *Karshya*
- *Gatrasfurana*
- *Nidranasho*
- *Alapbalatvam*
- *Ghadvirchissaya*.

SPECIAL CONSIDERATIONS IN JARAWASTHA

Multiple illnesses (medical and psychiatric), multiple problems, communication difficulty, sensitiveness collateral sources of information, threat of medicine side goods, atypical donation of complaint.

Preventative and restorative measures for jarawastha :

Jarawastha care through Ayurveda:

Physical care: Through proper *swasthvritha*, *dincharya*, *ritucharya*, *Yoga*.

Biological care: Through needed balanced diet, vitamins, essential minerals, specific medicines and *Rasayanas* like *ashwagandha*, *chyavanprash*, *amritprash*, *shilajeet*, *Medhya Rasayana*, *pranakameeya* and other *ayushyakameeya Rasayana*.

Mental and spiritual care: *Mangal*, *prani sadvritha*, *aachar Rasayana*, *aparigrha*, family support

Social care: By society and government through profitable support, old age watch home, free travelling and health insurance, legal support, terminal care. Care through NGO's

Acharya Charak says “He, who treats the complaint before its inception or at an early stage, gets long- lasting happiness ”. *Jarawastha* problems are stylish brazened by preventative measures than restorative bones. thus elders has to be treated much before the inception of old age. The ideal time for treating the old age problems is youth. Discipline in youthful age prevents *Jarawastha* problems. By espousing a healthier life, the threat of a whole range of conditions can be reduced.

These factors are diet and nutrition, exercise, weight, smoking and alcohol, social conditioning.

DIET AND NUTRITION:

With adding age, people come more prone to malnutrition for numerous reasons (8) including- *Arochaka* (Anorexia), *Smritinash* (Dementia), *Manoavasada* (Depression), Stroke, *Kampavata* (Parkinson complaint)

and other neurological diseases, delayed gastric evacuating. The diet should be regulated taking into account the niche, season, age, and according to one's digestive capacity (4).

Following points may be considered while planning/ advising salutary and lifestyle authority.

- The food should be delicious, nutritional, fresh and good in appearance.
- Too Racy, salty and pungent food should be avoided.
- It should neither be veritably hot nor veritably cold.
- Liquid input should be more frequent and in small amount Heavy food can be specified in a limited volume.
- Heavy food shouldn't be given at night. The proper time for night refectations is two to three hours before going to bed. After regale, it's better to advice for a short walk.
- Heavy physical work should be avoided after refectations
- Mind should be peaceful while eating
- Eating only whenever empty and avoidance of over eating.
- Addition of sufficient quantum of vegetables and fruits in diet.
- Diurnal input of vegetable haze and fruit authorities.

ROLE OF PANCHAKARMA IN JARAWASTHA :

In *Ayurveda Panchkarma* have its own five bio-purificatory processes with rejuvenates exertion. In *Jarawastha* practice an *Ayurvedic* croaker uses picky rehabilitative *Panchkarma* remedy avoiding the drastic evacuator practices like *Vamana* and strong *Virechana* procedures. The schedule in the *Jarawastha* should correspond of treated mamas - savant, sudation, Kayaseka, *Pindasweda*, *Si- rodhara* and *Brimhana Basti* suitably planned for each existent. Such a package could meetly considered' *Jarawastha Panchakarma*'.

Concept of Rasayana

Rasayana has broad meaning indicating qualitative and quantitative enhancement of *dhatu* (apkins). *Vayasthapana* are technical *Rasayana* medicines that reverse degenerative changes, increase life span with quality health. The main mileage of *Rasayana* remedy is in functional and degenerative diseases that have a habitual or long- standing nature. In similar cases, in fact, *Rasayana* is the only result from the point of view of effective operation in any system of drug. *Rasayana* becomes morefruitful and effective, if it's anteceded with suitable *Panchakarma* (purificatory remedy). The reason we see mixed results in numerous cases where *Rasayana* is employed is because of the fact that, either this sanctification isn't done.

The salutary goods of different *Rasayana* medicines for *Jarawastha* care are as follows:

- *Ashvagandha* and *Shilajatu* enhance internal alertness and reduce stress.
- *Acharya Rasayana* improves sickle immunomodulator effect.
- *Gambhari* promote towel conformation since it balances amino acid consumption.
- *Guggulu* enhances exertion of Shrotas therefore improves nutritive force and circulatory process.
- *Amalaki* possesses antioxidants effect therefore circumscribe towel free revolutionary intermediated towel damage.
- *Amalaki*, *Haritaki* and *Guduchi* enhance vulnerable power therefore help age related conditions.
- *Bhasma* containing *Rasayana* offers invigorating goods and enhances life
- *Sallaki* (*Boswellia serrata*) in Rheumatoid Arthritis (RA)

Ashwagandha (Withania somnifera): on the process of growing Root greasapint of

Ashwagandha (Withania somnifera) was administered in the lozenge of two tablets three times diurnal with milk for one time showed statistically significant increase in haemoglobin, RBC count, hair melanin and seated elevation and drop in serum cholesterol and ESR (6).

Multi-faceted defensive part of ***Chyawanprasa:***

Chyawanprasa showed significant immunomodulatory exertion (drop in Ig G, C3 and C4 situations in cases of intermittent cough and cold wave), *cytoprotective* action (cancer cases entering radiation remedy showed a defensive part against radiation

convinced towel damage) and Genoprotective action (significant reduction in Mitotic Index (MI) and Chromosomal rarities (CA) (7).

Other emulsion phrasings that are available in the request with a multipronged action are being listed below

Amalaki Rasayana in Jarawastha :

Amalaki Rasayana comported of *Amalaki*, *Goghrita*, *Madhu* and *Khanda Sharkara*. It offers *vaya sthapana* goods, retain *Madhura Rasa*, *Snigdha*, *Guru*, *Sheeta* and *Mrudu* property along with *Madhura Vipaka* therefore provides *Vatapittahara* effect performing enhanced digestive power, internal comity and impunity etc.

As per ultramodern wisdom *Amalaki Rasayana* comported of vitamin C and ascorbic acid therefore provides antioxidant property. *Amalaki Rasayana* control symptoms of early ageing and drop inflexibility of pathological conditions like; constipation, wakefulness and fatigue. It believes that *Amalaki Rasayana* along with milk help greatly in the operation of geriatric affections. The principal constituents of *Amalaki Rasayana* offers salutary goods like; *Agnivardaka*, *Chakshushya*, *Twaka varnakara*, *Balya* and *Buddhi vardakya*.

Medhya Rasayana in Jarawastha :

Medhya Rasayana similar as; *Yashtimadhu churna*, *Shankhapushpi kalka*, *Yashtimadhu churna swarasa* and *Guduchi swarasa* are organ specific, prevents growing affiliated brain affections, promotes neural towel

rejuvenescence and provides adaptogenic, antistress and memory enhancing parcels.

Brahma Rasayana for Jarawastha :

Ayurveda recommended that use of *Brahma Rasayana* help in delaying geriatric process.

Brahma Rasayana composed of *Amalaki, Bala, Jeevniya panchmoola, Shatavari, Gokshura* and *Madhuyashti* etc. These constituents give *Dhatuposhana* goods, pacify age related *Vata* vitiation and boost process of towel's aliment. *Brahma Rasayana* posses *Rochana, Dipana & Pachana Karma* due to their practitioner, *Snigdha Guna* and *Madhura rasa* therefore improves *Dhatv- agni* and reduces conformation of *Ama*. *Brahma Rasayana* helps in *dhatu* rejuvenescence process and enhances anabolic exertion than catabolic exertion therefore controls early incarnation of ageing.

Triphala Rasayana for Jarawastha:

Triphala Rasayana acts on *Agni, Dhatu* and *Srotas*, etc therefore offers life and revivification. *Triphala Rasayana* boosts impunity and restores normal health status by guarding from pathological conditions. *Triphala* along with *Tugaksiri, Madhuka* and *Pippali* help to restore youthful age, keep down from contagious complaint, improves *Smriti, Medha* and *Bala*. (9)

Yashtimadhu churna swarasa :

Yashtimadhu churna swarasa act as neuro-protectives, affects neural geste, help neural impairment and relief geriatric symptoms.

Yashtimadhu churna :

Yashtimadhu (Glycirrhis glabra) increases rotation of CNS system, boosts literacy, improves memory and therefore relief agerelated symptoms of madness.

Guduchi swarasa :

Guduchi improves memory, provides antioxidant and anti-stress parcels help physiological affections related to infections.

Vayasthapana Medicine:

Amrita, Dhatri, Abhya, Mukta, Jeewanti, Aprajita, Shatavari, Sthira, Punarnava and *Mandookparni* are considered *Vayasthapana* drug which offers anti geriatric property. These medicines offer anti-ageing property; nourishes skin, ameliorate physiological functioning, maintain youngness and balances *Doshas*.

Exercise :

Exercise helps to control weight, ameliorate emotional well- being and relives stress, ameliorate blood rotation, inflexibility. Regular yogic exercise from youth limits the goods of old age (19).

Benefits of the Jarawastha Yoga :

YOGA :

Yoga provides a good balance, blood sluice and towel vibrancy thanks to the enhanced inflexibility and core stabilization .However, numerous problems, which are caused by age, If the person attends the *Jarawastha Yoga* programme regularly.

- The person gains experience with his own actuality, body and mental

performance during the sessions in *Yoga* practices. He learns to control his body. He analyzes his emotional status about his problem. He gains capability to manage with the symptoms faced

- It reduces sympathetic exertion with comforting ways. Pain, fatigue, depression and stress drop with comforting response. Memory becomes forgetful.

Yoga has set up a place as an indispensable drug approach within *Jarawastha* and recuperation programmes in developed countries in Europe and in the US owing to its innumerable salutary goods and it has started to be rehearsed to ameliorate physical health, to inform, to manage with and to support in colorful probative programmes; to help people on issues similaras pain, fatigue, stress, nutrition, exercise, sleep case minding

The following life promoting yogic practices should be performed only under the guidance of good *Yoga* therapist.

Asanas :

Surya Namaskar, Pavanamuktasana, Ardha Matsyendrasana, Bhujangasana and Shavasana.

Pranayama :

Nadisodhana, Kapalabhati, Bhramari, Neti, Bhastrika and Tratak.

Mudras :

Khechari mudra removes conditions and old age problems. *Dharana, Dhyana, Swadhyaya* and *Iswara Pranidhana*. (10)

Cutting down smoking and alcohol:

Drinking is linked to liver conditions, stomach ulcers, gout, depression, osteoporosis, heart complaint, and hypertension. perceptivity to the effect of alcohol increases with the age

Social conditioning:

Mixing with other people of analogous age, at analogous stage of life or maybe with analogous health enterprises, can help people realize that they aren't alone. The *Jarawastha* need not always be seen as care receivers. They can be resource too-Transmitters of culture, care of grand children (liar, playing), counsellors to the youthful couple, they had vast and varied gests, helps in problem working and trouble shooting.

CONCLUSION:

To live a long and healthy life is every existent's want. Due to changing life and therefore not suitable to follow the rules of dietetics mortal beings have led to an emergence of varied problems for the *Jarawastha* in India. It's egregious that the process of ageing was elaborately described in ayurvedic textbooks and a separate medical discipline called *Rasayana* tantra was developed which described a variety of styles and measures to promote healthy life. Government of India has also launched a public crusade to vulgarize the strength of *Ayurveda* and *Yoga* in *Jarawastha* health care. It's the demand of the hour to develop

an effective holistic protocol for *Jarawastha* care by combining *Rasayana*, *Panchkarma*, Dietetics, *Ayurvedic* drugs and life and *Yoga*.

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