MEASURES OF PANCHAKARMA FOR GERIATRIC PROBLEMS

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ABSTRACT

Panchakarma therapy is not only a prerequisite for all the therapeutic procedures and medications, but has also a full therapy role as promotive, preventive, curative and rehabilitative procedures. During last few decades there has been a significant rise in the average life expectancy of the people in India and abroad. With the growing number of elderly people in today's society i.e. from 3.3% of 1950 to 14.8% of 2050; health problems of old age are becoming more and more evident. Accordingly Geriatrics is emerging as a major medical specialty world over. Disease pacifying treatment should be planned according to disease affected; mostly the Geriatric disorders have flourished during old age which is the best period for vitiation of Vata dosha and sarva dhatukshaya which leads to problems such tremors which in turn into decrease the quality of life.

Main structural and functional age-related changes are occurring in Brain and nervous system. Measures to retard senile neurodegeneration viz. positive life style, nutrition and mental as well as physical activity, practice of yoga etc. should be searched for common senile degenerative diseases viz. Senile dementia, Alzheimers disease, Parkinsons disease, Anxiety disorders and Depression. Management through Ayurvedic drugs and Panchkarma procedures should be implemented to treat themsince its fruitful and safe results. Through this paper these are humble efforts to focus on geriatrics problems such as essential tremors, dementia with its pathophysiology, investigations and their effective ayurvedic management.

Keywords: Panchkarma, Geriatric problems, Essential tremors, Dementia, Ayurveda treatment.

INTRODUCTION

- In advancement of life, various problems are inviting by human being. As the days passes health is dependent of medicine. In the old age which will be the only support of life.
- To provoke geriatric problems like insomnia, visual disturbances, osteoarthritis, peripheral neuritis, hyper tension, diabetes mellitus, senile pruritis etc for that dietary habits and changing lifestyle is only responsible fact.
- To eradicate advance age problems Ayurveda grants constructive safe and sound outcome. So, the treatments like Basti, Jaloukavacharan, Shirodhara, Nasya, Marma Chikitsa etc are very effective in geriatric problems.
- Panchkarma is 3D treatment as Preventive, Curative, and Rejuvenative. Accordingly Panchkarma is preventive for advance age problems, Curative for upcoming diseases and rejuvenate the health leads ultimately healthy existence.
- So, we are going to acquaint with Essential Tremors & Dementia, the geriatric problem.

ESSENTIAL TREMORS

- Disorder of Nervous system that causes Rhythmic shaking. It may affect any part especially hand which is apparent during voluntary movements such as eating & writing. Aggravation vata (chalatvam guna of vata increases) in majja dhatu results in kampa or tremors.

Causes

Idiopathic

- Cerebellum (part of brain which control muscle movements) does not work correctly in such patient.
- Can occur any age but most common >65 yrs
- In neurological conditions like parkinsonison.
- Inherited type

Other causes

- Excessive intake of tea, coffee
- Hyperthyroidism
- Alcohol abuse
- Heavy metal poison (exposure to lead or mercury)

Symptoms

- Begins gradually & worsen with movement
Dementia is a neurodegenerative disorder that is slow, progressive, and irreversible. It typically manifests as a decline in mental function, which may include memory loss, cognitive difficulties, changes in behavior, and challenges with daily living tasks. The causes of dementia can vary widely, and there are many factors that can contribute to the development of the condition. These factors can be categorized into two main groups: affected age group and causative factors.

**Types**

- **Presenile Dementia** (occurs in <65 yrs)
- **Senile dementia** (affects in age group >65 yrs)

**Risk factors**

- Increasing age
- Female gender
- Genetic factors
- Head trauma
- Toxins
- Diabetes mellitus

**Clinical features**

- Memory impairment
- Difficulty in conversation
- Motor skills impairment (Balance and walking)
- Impaired ability to recognize objects
- Inability to think
- Depression and suicidal behavior
- Anxiety, mood, and sleep problems
- Hallucinations

**Investigations**

1. Complete neurological examination
2. Mini mental status examination
3. Abbreviated mental test score
4. Clock drawing test
5. Thyroid function test
6. Serum Vit B12
7. Serum electrolytes
8. Kidney function test
9. Liver function test
10. CT scan (may suggest normal pressure hydrocephalus) or MRI of the brain
11. SPECT - To differentiate the vascular cause from the Alzheimer's disease cause Dementia appears to be superior to differentiation by clinical exam

**Ayurveda Management**

- Based On Pathology Behind Tremors
- Treatment principle – caused due to vitiation of vata
- Laghu chikitsa rasa madhura rasa prayog
- Dravya having sthira guru guna should be used.
- Avoid tea coffee

**Internal medicines**

- Dhandanyadi kashaya, bhadravady kashaya 60 ml bd
- Sahacharadi kashaya
- IN Latter phase, prasarnyadi kshir kashaya 60 ml in evening
- Bala choorna 5 gm with milk H.S.
- Ashwagandha choorna 5gm with milk H.S.
- Kalyanak ghrita 5 gm BD
- Swarnamuktadi vati 1 bd
- Purna chandrodaya 1 bd
- Vasant Kusumakar
- Rasna dashmuladi taila 5 ml with milk

**External therapy**

- Shirobasti - with kshirbala taila
- Shirodhara- with kshirbala taila ,balaguduchyadi taila , dhanwatar taila
- Nasya- Rasna dashmuladi ghrita & Masha taila

**DEMENTIA**

- Nowadays changing & fast lifestyle with stressful events may leads to dementia in latter life of person. In past week world Dementia week is organized through multi task events.
- What is Dementia?
- Dementia is neuro degenerative disorder. It is slow, progressive decline in mental function in which memory, thinking, judgment & ability to learn are impaired or hampered.
- Hina satva , Rajas predominant prakriti, persons whose mind is weakened by stressful conditions ---such people are more prone to Smriti bhramsha

- Indulging in regular consumption of diet dominant in Tamas, rajas guna which increases raja & tama dosha in mind
- Rajas aahara decreases dhriti which having control the functions of manas

**Common causes of dementia are**

1. Degenerative disorder such as Alzheimer's disease, Parkinson disease
2. Vascular disease (Multi infarct dementia)
3. Traumatic brain injury
4. Metabolic and endocrine disorder (Hypothyroidism, Renal failure)
5. Brain tumor
6. Vitamin B deficiency
7. Drug or alcohol abuse, medication or exposure to toxic substances
8. Infectious diseases: AIDS, Syphilis, etc.
### Samprapti Ghatak
- Mano dosha- Raja & Tama
- Sharir Dosh- Vata (Prana, Vyana, Udana), Pitta (Sadhaka), Kapha (Avalambak, Tarpak)
- Dushya- Rasa, Rakta, Majja
- Srotasa- Manovaha, Majjavaha, Rasavaha
- Agni- Manda, Vishama
- Udbhava sthana – mans
- Adhisthana – shirohrudaya
- Vyaktisthana – all body, indriya
- Poorvopara- alpa vyakta lakshana
- Roopa- udwega, smrutinasha, kampa, bhaya
- Upashaya – dhiarya, aaswasana (counseling), medhya, rasayana
- Anupashaya – klesha
- Sadhyasadhytva – krucchasadhya, yapya, asadhya depending on the severity of the disease
- Rogamarga-madhyama

### Ayurveda management

#### Prevention
1. Use of Shali variety of rice, mudga (Phaseolus bean), dhroÀ¸a godugdha (freshly milked cow’s milk), leaves of Bramhi (Indian pennywort), Tanduliya (a variety of Amaranth) and Vastuka (a variety of chenopodium), leaf and fruit of Patola (a variety of small cucumber), fruit of Kushmanda (a variety of pumpkin gourd) and Draksha (Grape fruit)
2. Use of green vegetables and yellow fruits (apple, papaya, guava, mango, banana etc.)
3. To live an active life mentally and physically
4. Consume low fat and rich antioxidant diet
5. Correction of hypertension and diabetes mellitus
6. Avoid incompatible and hot spicy food articles
7. Avoid suppression of natural urges like sleep, hunger and thirst.

### Type of Dementia Internal Treatment External Treatment Panchakarma Treatment

#### Vataja
- Choorna
  - Ashwagandha
  - chhorna
  - Saraswata
  - choorna with honey

- Kashaya
  - Mandookpami
  - Kshir
  - Kashaya
  - Drakshi
  - Kashaya 60 ml bd

- Ghrita
  - Kalyanaka
  - ghrita 5 ml bd
  - after meal
  - Jivtyadi ghrita, brahmi ghrita

- Taila
  - Kshirbala
taila 5 ml with milk, Prasarni oil 5ml

- Avleha
  - Kushmanda avleha
  - Rasakalpa Or Rasayana Kalpa
  - Almond 3-4 nuts on empty stomach,
Purna chandrodaya vati 1 bd, swarnamuktadhi vati 1 Bd,
Swarna bhasma 1 pinch with Honey

#### Pitta
- Choorna
  - Aamalaki, kushmanda ,yastimadhu, guduchi, jayaman si

- Kashaya
  - Mahatiktakam
  - kshir kashaya
  - Drakshi
  - kshir kashaya

- Ghrita
  - Mahatiktakam ghrita
  - tikatam kalyanak ghrita , brahmi ghrita

- Taila
  - Kshirbala
taila 5 ml with milk, Prasarni oil 5ml

- Avleha
  - Kushmanda avleha
  - Rasakalpa Or Rasayana Kalpa
  - Pravala bhasma 1 pinchBD with milk,
Aamalaka rasayana 1 tsf BD

#### Kaphaja
- Choorna
  - Lashuna swarasa,vacha chhoorna , kusha, sweetarshapa, shankhapushpi, jyotishyamati, saraswata choorna

- Kashaya
  - Rasonadi
  - kshir kashaya

- Ghrita
  - Bhallataka ghrita 10-15 drops with milk

- Taila
  - Jyotishyamati oil 1 tsf with milk
  - Avleha
  - Aswagandharishta,sursват arishta15 ml bd , shankhapusp shyp.10-15ml BD, chandramruta 1 pinch Bd with honey,swarna bhasma 100-200 mg BD with honey,
smritisagar rasa 1 Bd , Lashuna rasayana , panchgavya rasayana

- Rasakalpa Or Rasayana Kalpa
  - Poorna chandrodaya rasa1BD

- Shiropichu
  - Kshirbala oil with kachuradi choorna or panchgandha choorna
  - vatashini taila

- Shirobasti
  - Balalakshadi taila, kshirbala ,dhanwatara,vata shii

- Rajyapana basti, nasya with kshirbala 2 ml in each nostril,masha taila

- Abhyanga with mahanarayana or yastimadhu taila.
  - Nasya with kshirbala or madhuyashthi taila

- Panchagavya rasayana
  - Lashuna rasayana , saraswata taila

- Abhyanga with sarshapa taila, laksha taila, nasya with vachachoorna (pradhmana nasya ), dhoompana with jyotishyamati ,vacha,sarjarasa,lashuna swarasara 4 dropsin each nostrils
CONCLUSION

Essential tremors and Dementia are the most common problem in today’s era for old age. With the help of Indian system of medicine one can easily manage the geriatric problems such as tremors as well as dementia. In modern treatment modality, there are restrictions for such a disease conditions and having multiple side effects. But with the help of core treatment i.e. Panchkarma therapy with shaman (Palliative) therapy can overcome these problems effectively. So, one should have to diagnose disease condition according to dosha and follow given treatment modality.

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