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Review Article

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 them since 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 tremors¹.

Causes

Idiopathic¹

- 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 causes¹

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

Symptoms²

- Begins gradually & worsen with movement

- Any sort of physical or mental stress can aggravate tremors.
- Tremors aggravate in response to fatigue, strong emotions .low BSL, cold, inability to sleep caffeine, some antidepressant.
- In mild cases it can manifest as the inability to stop the tongue or hands from shaking & shaking & difficulty to do small precise work.
- In severe cases
- Tremors can interfere with person's ability o perform task of daily living including feeding, dressing & activities of persons Hygiene.

Investigations²

- ✓ Tendons Reflexes
- ✓ Muscle strengthening
- ✓ Certain sensations
- ✓ Posture & co-ordination
- ✓ Gait
- ✓ Lab test
- ✓ CBC
- ✓ BSL KFT , S. Electrilyte , Blood Calcium & Magnesium
- ✓ Thyroid profile

Ayurveda Management²

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

Internal medicines³:

- ✓ Dhandanyadi kashaya , bhadradarvadi kashaya 60 ml bd saharadi kashayay
- ✓ 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 therapy⁴

- Shirobasti - with kshirbala taila
- Shirodhara- with kshirbala taila , balaguduchyadi taila , dhanwater 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 bhramsha⁵

- ✓ Indulging in regular consumption of diet dominant in Tamas, rajas guna which increases raja & tama dosha in mind⁵
- ✓ Rajas aahara decreases dhriti which having control the functions of manas⁶

Types

a) According to affected age group

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

b) According to causative factors

- 1) Alzheimer's Disease (Idiopathic origin)
- 2) Lewy body Dementia Associated with Parkinsonism
- 3) Vascular Dementia (Destruction of brain tissue occur due to multi infarct strokes or recurrent strokes)
- 4) Mixed type Dementia (combined above more than 2 factors)

Common causes of dementia are⁷-

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.

Risk factors⁷-

1. Increasing age
2. Female gender
3. Genetic factors
4. Head trauma
5. Toxins
6. Diabetes mellitus

Clinical features⁷

1. Memory impairment
2. Difficulty in conversation
3. Motor skills impairment (Balance and walking)
4. Impaired ability to recognize objects
5. Inability to think
6. Depression and suicidal behavior
7. Anxiety, mood and sleep problems
8. Hallucinations

Investigations⁸

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

Samprapti Ghatak⁹

- Mano dosha- Raja & Tama
- Sharir Dosha- Vata (Prana, Vyana, Udana), Pitta (Sadhaka), Kapha (Avalambak, Tarpak)
- Dushya- Rasa, Rakta, Majja
- Srotasa- Manovaha, Majjavaha, Rasavaha
- Agni- Manda, Vishama
- Udbhava sthana –manas
- Adhisthana –shirohrudaya
- Vyaktisthana –manas ,all body,indriya
- Poorvroopa-alpa vyakta lakshana
- Roopa- udwega ,smrutinasha,kampa ,bhaya
- Upashaya –dhiarya, aaswasana (counseling), medhya.rasayana
- Anupashaya –klesha
- Sadhyasadhytva –krucchasadhyta, yapya, asadhyta depending on the severity of the disease
- Rogamarga-madhyama

Ayurveda management

Prevention⁸

1. Use of Shali variety of rice, mudga (phaseolus bean), dhjroÀ,a godugdha (freshly milched 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
Vataja¹⁰	Choorna Ashwagandha chhorna Saraswata choorna with honey Kashaya Mandookparni Kshir kashaya Drakshdi Kashaya 60 ml bd	Ghrita Kalyanaka ghrita5 ml bd after meal Jivtyadi ghrita, brahmi ghrita Taila Kshirbala taila 5 ml with milk , Prasarni oil 5ml h.s.	Avleha Kushmanda avleha Rasakalpa Or Rasayana Kalpa Almond 3-4 nuts on empty tomach, Purna chandrodaya vati 1 bd, swarnamuktadi vati 1 Bd, Swarna bhasma 1 pinch with Honey	Shiropichu Balalakshadi taila, vatashini taila Shirobasti Balalakshadi ,kshirbala ,dhanwatara,vata shii	Rajyapana basti, nasya with kshirbala 2 ml in each nostril,masha taila

Type of Dementia	Internal Treatment			External Treatment	Panchakarma Treatment
Pittaja¹¹	Choorna Aamalaki, kushmanda ,yastimadhu,guduchi,jayaman si Kashaya Mahatiktakam kashaya,drakshadi kashaya ,shatavari kshirkashaya	Ghrita Mahatiktaktam ghrita ,tikktakam .kalyanak ghrita , brahmi ghrita Taila Kshirabala taila 5 ml,Vishnu taila 5ml bd	Avleha Kushmanda Rasakalpa Or Rasayana Kalpa Pravala bhasma 1 pinchBD with milk, Aamalaka rasayana 1 tsf BD	Shiropichu Kshirbala oil with kachuradi choorna or panchgandha choorna vatashini taila ,kshirbala taila	Abhyanga with mahanarayana or yastimadhu taila. Nasya with kshirbala or madhuyasthi taila

Type of Dementia	Internal Treatment			External Treatment	Panchakarma Treatment
Kaphaja¹²	Choorna Lashuna swarasa,vacha choorna , kushta, swetasarshapa, shankhapushpi, jyotishyamati, saraswata choorna Kashaya Rasonadi kashaya, Ghrita Bhallataka ghrita10-15 drops with milk at night , panchgavya ghrita 5 -15 ml bd , lashunadya ghrita 5 gms with milk	Taila Jyotishyamati oil 1 tsf with milk Avleha Aswagandharishta,sarswat arishta15 ml bd , shankhapuspsh syp.10-15ml BD, chandramruta 1 pinch Bd with honey,swarna bhasma 100-200 mg BD with honey, smrutisagar rasa 1 Bd , Lashuna rasayana , panchgavya rasayana	Rasakalpa Or Rasayana Kalpa Poorna chandodaya rasa 1 BD	Shiropichu Lakshadi taila, nirgundi taila,varunadi taila	Abhyanga with sarshapa taila,laksha taila, nasya with vachachoorana (pradhamana nasya) , dhoompana with jyotishyamati ,vacha,sarjarasa,lashuna swarasa 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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