

## PRINCIPLES AND PRACTICE OF PANCHKARMA THERAPY IN GERIATRIC DISEASES

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### ABSTRACT

Panchakarma presents a unique approach of Ayurveda to the therapy with specially designed five procedures of internal purification of the body including the gross channels (Gastro intestinal tract, Respiratory Tract etc) up to the subtlest levels (like cells, molecules, cell membranes etc). Such purification permits the biological system to return to normalcy and to rejuvenate spontaneously and also facilitates the desired therapeutic effects to curative remedies administered thereafter. 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 dhatu kshaya.

**Key words:** Panchkarma, svedana, anuvasan

Most demographers believe that the global fertility rate of adults & mortality rate of elderly declines in recent past and both of which alters the socioeconomic development and health related consequences of the country. The following table provides a reflection of the rate of population aging in terms of the observed and forecasted percentage of elderly (>65 years) in the population of some areas of the world.

Countries	Year 1950	Year 2000	Year 2050
World	5.0	6.9	19.3
China	4.5	6.9	22.7
India	3.3	5.0	14.8
Japan	4.9	17.2	36.4
USA	8.3	14.7	29.2

With the growing number of elderly people in today's society health problems of old age are becoming more and more evident. Accordingly Geriatrics is emerging as a major medical specialty world over. In India too; great care of geriatric is recently the major health concern, so as the Government of India has organized several campaigns related to geriatric care. The conventional modern medical system has nothing to offer in the core area of geriatric care, although they have developed tremendous advancement on

mechanism of aging, but at the most they can only provide emergency support to life but not to sustain it.

### Modern aspects of Geriatrics

The term Geriatrics is made by union of two Greek words, first geras (old age) + iatrike (medical treatment); thus the study of all aspects of aging, including physiological, pathological, psychological, economical and sociological problems is termed as geriatrics, their synonym is gerontology.

While term aging means growing old or maturing, and these are the progressive changes in human body and mind related to passage of time. There is no any precise method for determining the rate or degree of aging. Aging is an inevitable physiological process, why senile changes -

1. The wear & tear theory	10. Mitochondrial theory
2. The neuro endocrine theory	11. Errors & repair theory
3. The genetic control theory	12. Redundant & repairs theory
4. The free radical theory	13. Cross linkage theory
5. Waste accumulation theory	14. Autoimmune theory
6. Limited number of cell	15. Caloric restriction theory
7. Hayflick limit theory	16. Gene mutation theory
8. Death hormone theory	17. The rate of living theory
9. Thymic stimulating theory	18. The telomerase theory

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occur in the body-mind system, is not yet clear. The modern biosciences have identified certain probable causes of aging, and the various contemporary theories of aging are follows:

### **Ayurveda aspects of Geriatrics**

The three basic instinct of life are Pranaeshana i.e. prolonged life Dhaneshana i.e. more wealth and Parlokaeshana. Pranaeshana is on top of all to fulfill the four pursuits of life i.e. Dharma, Artha, Kama and Moksha. The Ayurvedic geriatric health care is termed as 'Jara nashan' and it is included within the Ashtang Ayurved i.e. Kaya, Bala, Griha, Urdhvanga, Shalya, Danstra, Jara and Vrisha. To give this topic more emphasis Acharya Charak has given name to their first chapter of sutra sthana as Deerghajeevatiya adhyay (how to sustain a long life) and first chapter of chikitsa sthana as Rasayan adhyay (how to attain a long life). The Ayu i.e. life is a combination of Sharir, Indriya, Stava and Atma and its synonym is Nityaga which means decaying in each moment, which means living body is decomposing in every second of its entire passageway and leads to Jaravastha (old age). In our Indian tradition our elders and saints always gives their good wishes with the saying of words like '*shat-shat jiyo*' i.e. life for 100 or more years; '*Chirnajeevi bhav*' i.e. live long life. "Jeevem sharada *shatam*, Pashyem sharada shatam" (Yajurveda-36/34) which indicated that person should attain life for 100 years or in multiple of it. The age of human being according to Acharya Charak (Viman sthana - 3/27) was declining per 100 years for each Yuga, during Satyuga average life of people was 400 years, during Tretayug it was 300 years, during Dwaparyug it was 200 years and now during Kalyug it is of 100 years. Details of Ayu, its yukti, kala-akala mrityu etc are beautifully described in 3rd chapter of Viman sthana verse 28 to 38. The age of living being is based on the diet and life style of this life and fate due to previous life. Term 'Jaravastha' is used for age related consequences on human body. Ayurveda also considers 'Jara' as a Svabhav janya Vyadhi; time bound disease which is unavoidable.

### **Treatment**

Aging first affects the brain than the body; hence treatment should be planned accordingly. The Psychological enhancement therapy should be given to establish the relation of old age person to the society. He or

she should not feel a socially isolated feelings and feeling of loneliness and worthlessness. We should bestow those following approaches

1. Adhikar gives importance to their name, prestige and assignment.
2. Nirnay sahbhagita involves them in important decisions, take their opinion etc.
3. Dharmik karya religious trip and to follow holy rituals are important activities during old age which should be followed.

Physical rehabilitation will be achieved by adopting following measures:

I. Panchkarma

II. Yoga and Dhyan

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 dhatu kshaya. Vata dosha is best subsided by application of proper Snehana, Svedana, Sirodhara, Siro vasti and Vasti chikitsa. The Shaman aushadha should be given on the line of Dhatuvridhnikar chikitsa, Margavrodha nashak chikitsa and Vata dosha pacifying chikitsa.

### **Panchkarma therapy in Geriatric diseases**

Panchkarma therapy should be advised to every patient before starting the Shaman therapy, Rasayan therapy or Vajikaran therapy.

#### **1. Purvakarma**

##### **a. Langhan**

Light diet and easy life style for 3 to 7 days, to cut down the excess metabolic load already present

##### **b. Deepana-Pachana** for 3 to 7 days, concomitantly

- i. Chitrakadi vati (two vati half hour before meal three times a day)
- ii. Agnitundi vati
- iii. Lashunadi vati
- iv. Hingvastak churna (3-5 gm. mix with equal quantity of cow ghee, lick between meal)
- v. Lavana bhaskar churna
- vi. Ajmodadi churna

##### **c. Snehana** for next 3 to 7 days

Specific fat preparation should be licked in the morning empty stomach started from 30 -50 ml. on first day

with 2 gm. Trikatu powder and hot water. The dose should be increasing every day from 30 to 50 ml. for next 5 to 7 days, maximum 210 to 350 ml on 7<sup>th</sup> day according to digestive capability of the patient, or stops as soon as the signs of samyak snehana appear.

**d. Svedana** It should be done for 1 to 15 days, or till symptoms disappear, Svedana will be recommended with or without massage. Abhyanga or massage of specific oil is indicated in various diseases like with

1. Panchguna tail Sandhivata
2. Saidhvadi tail Aamvata
3. Narayan tail Vata vyadhi
4. Mahamasha tail and Bala tail Dhatukshaya
5. Prasarini tail and vishagarbha tail Nervine weakness
6. Himanshu tail Headache

**Svedana is of following types**

- A. Usha sveda (wet heat) by means of Nadi, Kumbhi, Bhu, Kupa etc. indication chronic arthritis, paralysis etc.
- B. Taap sveda (dry heat) by means of Jentak, Baluka, Ishtika, electric or Infra red bulb chamber, indication acute Rheumatoid arthritis, Osteoarthritis, calcaneal spur etc.
- C. Avagaha sveda (dipping) submersed the patient in hot medicated decoction, indicated in various skin diseases.
- D. Upanaha (hot poultice) application of hot medicated bandage on affected part, indicated in chronic arthritis
- E. Pinda seka application of hot medicated bolus  
Materials Shastika rice + Black Til+ Masha+ Kulattha = 5 kg, Dashamula and bala mula = 1 kg, Milk = 2 liter/day, White cloth, indication paralysis, MND
- F. Patra pinda seka application of hot leaves bolus  
Materials Leaves of Eranda, Madar, Nirgundi, Prasarini etc, til tail, Lemon juice, seeds of Methi, Ajvayan, sarsapa, satahva etc., White cloth, indication chronic arthritis
- G. Baluka sveda- application of dry heat with hot sand  
Materials- Red sand 1 to 2 kg., Rock salt powder 500 gm. & White cotton cloth, indicated in chronic arthritis
- H. Ruksha sveda application of dry heat with the help of electric bulbs and infra red lamps, wooden chamber fitted

Sthanik vasti is the local application of hot medicated oil/ fat with the use of flour boundary, for 30 to 45 minutes,

Materials- Urada Aata (black gram flour) = 1 kg

Panchguna tail/ Narayan tail/ Brahmi ghrita = QS

Kati vasti application of hot oil at waist region, in Sandhivata

1. Manya vasti at neck region, in Sandhivata
2. Janu vasti at knee place, in Sandhivata
3. Kukshi vasti over the naval region, in the patients of IBS
4. Sirovastu over the head region, in Kampavata, Apasmara etc.

**e. Vasti karma**

It is the internal administration of drugs with the help of Vasti (urinary bladder), through the anus inside the rectum. Broadly it is categorized in to following types

1. Guda vasti/ Uttara vasti
2. Anuvasana vasti/ Niruha vasti
3. Karma vasti/ Kala vasti/ Yoga vasti

**i. Anuvasan Oil based**

Dose 48 144 ml of usually Narayan tail + saunf (fennel) powder QS + saindhav (Rock salt) powder QS. Its administration should be followed after meal and after proper sudation; Retention time is as much as possible (upto 9 hours).

**ii. Niruha decoction based**

Dose 500 to 1000 ml, Madhu + Saindhav + Til tail + Putiyavanyadi kalka dravya + Bala mula, Dashamula, Eranda mula kwatha in appropriate quantity according to roga and rogi bala.

It should be given before meal, after proper sudation, and the retention time is maximum 48 minute.

*Kshara vasti*- Imali fruit pulp, jaggery, cow urine, saindhav powder, fennel powder mix well and use in case of Amavata. *Vranhana vasti*- Kshirapaka of Bala, Nagbala, Asvagantha, Shatavari, Dashamula and Eranda mula with jaggery and til tail in 500 ml. Quantity is very beneficial for Dhatukshaya patients.

**f. Dharakarma**

In this procedure a fine stream of oil or decoction or any other liquid is poured on center of forehead.

Materials Oil or decoction or milk or butter ilk 1 to 3 liter

Siro dhara table After proper head massage with

indicated oil, stream of liquid has to fall on head with gentle movement. Indications are headache, anxiety, depression, sleeplessness, Hypertension etc.

#### **Common herbs used for various geriatric disorders**

These are the list of drugs commonly used for various geriatric ailments.

Constipation Triphala, munakka, anjeer, papita  
 Excess gas formation mixture of brihadela, saunf and misri  
 Hypertension and Ischemic heart disease Arjuna, guggulu, pushkarmula, sarpagandha  
 Senile dementia and Parkinsons disease Brahmi and other medhya drugs, kaunchbeeja  
 Senile Benign Prostatic Hypertrophy Varuna, sigru  
 Senile cataract Triphala, jyotismati  
 Osteoarthritis Aswagandha, praval, kuchala, sontha  
 Allergy Shirisha, haldi Madhumeha Vijaysar, methi, gudmaar, sadabahar

#### **CONCLUSION**

It can be concluded that 'Jaravastha' is the most vulnerable period of the life span, where person need support and help from the family and society. Further Medical need is on top; which can be provided by Ayurveda healers very effectively. Panchkarma procedures bring following traits to the diseased,

- It increases metabolic fire
- It alleviates the diseases
- It maintains the homologation
- It is Psycho-sensory and intellect enhancer
- It is strength and complexion promoter
- It is a natural immune enhancer
- It boosts sexual virility
- It is anti aging and rejuvenator

Hence it is advised that Panchkarma Therapy should be performed and helpful in managing old age disorder

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**Photographs of different Panchkarma procedures-**

**Positions of Abhyanga (Massage)**



**Svedana Karma (Fomentation) (Wet & Dry)**

