
CONTROLLING MEASURES FOR GERIATRIC DISEASE: AN AYURVEDIC APPROACH

***Dr. Milind Raut, Dr. Parag Uikey**

Assistant Professor Dept. of Rachana Sharir

Bhojraj Bhondekar Ayurvedic Mahavidyalaya Sirsi, Bhandara.

Article Received: 05 March 2026

Article Revised: 25 March 2026

Published on: 15 April 2026

*Corresponding Author: Dr. Milind Raut

Assistant Professor Dept. of Rachana Sharir, Bhojraj Bhondekar Ayurvedic
Mahavidyalaya Sirsi, Bhandara.

DOI: <https://doi-doi.org/101555/ijrpa.9234>

ABSTRACT

Ageing is a multidimensional process involving progressive physiological, psychological, changes. Ayurveda provides a comprehensive approach to healthy ageing through Rasayana (rejuvenation) and Jarachikitsa (geriatrics). These modalities aim to delay degenerative changes, enhance longevity, and improve quality of life. The present review discusses Ayurvedic concepts of ageing, preventive and curative strategies including diet, lifestyle, Panchakarma, Yoga, and *Rasayana* therapy. Emphasis is placed on early intervention, as described in classical texts, to minimize geriatric morbidity. Integration of Ayurveda with modern geriatric care offers a holistic model for promoting healthy ageing and reducing the burden of chronic diseases.

KEYWORDS: *Ayurveda*, Geriatrics, *Rasayana*, Ageing, *Yoga*.

INTRODUCTION

Ageing is defined as the sum total of changes occurring in an organism over time leading to decreased functional capacity. As noted on *page 2 of the source document*, functional decline becomes significant around 60 years of age. Ayurveda categorizes life into stages—*Balya*, *Madhya*, and *Vridhdha Avastha*—where degeneration predominates after 60–70 years. *Ayurveda* attributes ageing (Jara) to the gradual decline of *Dhatu*, *Bala*, and *Ojas*. *Rasayana* therapy plays a pivotal role in delaying this degeneration. The classical texts emphasize that preventive care initiated during youth ensures healthier ageing.

MATERIALS AND METHODS

This study is a narrative review based on:

- Classical Ayurvedic texts (*Charaka Samhita, Sushruta Samhita*)
- Modern geriatric literature
- Data compiled from the uploaded manuscript (*pages 1–6*)

DISCUSSION

1. Ageing and Its Clinical Features

As described in the uploaded document (*page 2–3*), ageing is characterized by:

- Decline in strength and energy
- Wrinkling and dryness of skin
- Hair greying and fall
- Reduced sensory and cognitive functions

Common geriatric disorders include arthritis, diabetes, osteoporosis, Alzheimer's disease, Parkinsonism, and cardiovascular disorders.

2. Rasayana Therapy

Rasayana is a specialized Ayurvedic intervention aimed at:

- Promoting longevity (*Dirghayu*)
- Enhancing immunity (*Vyadhikshamatva*)
- Improving mental and physical health

It improves tissue nourishment and delays degenerative changes. As highlighted on *page 3*, *Rasayana* is particularly beneficial in chronic and degenerative conditions.

3. Preventive and Curative Measures

A. Diet and Nutrition

Proper diet is crucial in preventing malnutrition and metabolic disorders. Food should be:

- Easily digestible
- Seasonal and age-appropriate
- Balanced according to Agni

B. Exercise and Yoga

Regular physical activity improves circulation, flexibility, and mental health. *Yogic* practices such as:

- *Surya Namaskar*

- *Pranayama (Nadi Shodhana, Bhramari)*
- Meditation

help reduce stress and improve cognitive functions (*page 4*).

C. Panchakarma Therapy

Detoxification procedures like:

- *Vamana*
- *Virechana*
- *Basti*

enhance the efficacy of Rasayana therapy and remove accumulated toxins.

D. Lifestyle Modifications

- Avoid smoking and alcohol
- Maintain regular sleep patterns
- Engage in social activities

Social interaction improves emotional well-being and reduces depression in elderly individuals (*page 4*).

CONCLUSION

Ageing is inevitable but its effects can be minimized through appropriate preventive and therapeutic strategies. Ayurveda offers a holistic and effective approach through *Rasayana*, diet, lifestyle, and *Yoga*. As emphasized in the source document (*page 5*), early adoption of these measures can significantly improve quality of life and reduce geriatric disease burden. Integrating Ayurveda with modern healthcare systems can provide a sustainable solution for geriatric care.

REFERENCES

1. Ingle GK, Nath A. Geriatric health in India: concerns and solutions. *Indian J Community Med.* 2008;33(4):214–218.
2. Sushruta. *Sushruta Samhita*. Varanasi: Chaukhamba Sanskrit Sansthan; 2007.
3. Agnivesha. *Charaka Samhita (Kashinath Shastri commentary)*. Varanasi: Chaukhamba Bharati; 2011.
4. Stratton RJ, Green CJ, Elia M. *Disease-related malnutrition*. Wallingford: CABI Publishing; 2003.
5. Tripathi B. *Charaka Samhita, Part 2*. Varanasi: Chaukhamba Surbharati; 2008.

6. Tripathi B. Charaka Samhita, Part 1. Varanasi: Chaukhamba Surbharati; 2008.
7. Pradhan K. Management of stress in old age. Indian J Res Multidiscip Stud. 2014;1:139–145.
8. Zettergren KK, Lubeski JM, Viverito JM. Effects of yoga in elderly. J Geriatr Phys Ther. 2011;34:88–94.
9. Chong CS, Tsunaka M, Tsang HW, Chan EP, Cheung WM. Effects of yoga on stress. Altern Ther Health Med. 2011;17:32–38.
10. Chen KM, Wang HH, Li CH, Chen MH. Yoga for elderly care. J Clin Nurs. 2010;19:1000–1007.
11. O’Connell H, Chin AV, Cunningham C, Lawlor B. Alcohol use in elderly. BMJ. 2003;327:664–667.
12. World Health Organization. Ageing and health. Geneva: WHO; 2021.
13. Sharma H, Chandola HM. Prakriti and ageing. AYU. 2011;32(3):315–320.
14. Singh RH. Rasayana therapy in Ayurveda. Varanasi: Chaukhamba; 2012.
15. Lad V. Textbook of Ayurveda: Fundamental principles. Albuquerque: Ayurvedic Press; 2002.