

CARE AND CURE OF GERIATRIC DISEASES IN SHALAKYA TANTRA

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ABSTRACT

The prevalence of illness increases as we age; at the same time, life expectancy decreases. Ayurveda has got the potential for prevention of diseases by health promotion and management of diseases occurring in old age. We discuss lifestyle recommendations such as exercise, Yoga, Rasayana therapy and good nutrition. Jarachikitsa or Rasayana is a unique therapeutic methodology to delay ageing and to minimize the intensity of problems occurring this degenerative phase of one's life. Future aging can be reduced before the occurrence of old age. In fact the ideal time for treating the geriatric problems is youth. Adherence to discipline in youth keeps the geriatric problems away. By adopting a healthier lifestyle, the risk of no communicable chronic disease can be

reduced. The Government of India launched a national campaign to popularize the strength of Ayurveda and Yoga in geriatric health care. It is the demand of the hour to develop an effective holistic protocol for geriatric care by combining Rasayana, Panchkarma, Dietetics, Ayurvedic medicines, lifestyle and Yoga is timely.

KEYWORDS: Ayurveda; Geriatric; Rasayana; Yoga, Shalaky tantra.

INTRODUCTION

Shalakya Tantra is one among the eight branches of Ayurveda which deals with the swasthya as well as the chikitsa of diseases pertaining to eye, ear, nose, throat and head. The aim of shashtra is swasthsya swasthya rakshana and aaturasya vikaara prashamana. A person is said to be swasthya if he has samaagni, samadhatu, sama dosha, proper mala kriya along with prasanna aatma, mana and indriya. To obtain this swasthya, following pathya, dinacharya, ritucharya, sadvrutta, ahara and vihar as well as avoidance of apathya, vegarodha important.

AIM AND OBJECTIVE

Comparative literary study was carried out on preventive and curative aspect of eye, ear, nose, throat and head diseases according to both ayurvedic and modern science.

METHODOLOGY

Manual and electronic search was done on Charak Samhita, Susruta Samhita and Astanga Hridayam.

DISCUSSION

Common regimens should be followed for curative and preventive aspect of Urdha jatrugata vicar.

1) DINACHARYA- There are certain charyas mentioned by Acharya vagbhata where there is direct reference to indriyas such as danta dhavana, anjana etc.

DANTA DHAVANA (A.H)

(brushing teeth)- It gives indriya laghuta(A.S). Twigs of drugs such as arka, nyagrodha, karanja, khadira, kakubha etc has been mentioned by vagbhata (A.H.Su.2/2). Mainly katu tikta kashaya pradhana rasas are recommended as it help to reduce the srotorodha during morning hours especially which may be present in mukha (shiras being the kapha sthana).

Akshi sinjana (A.S) - Washing the eyes to clear out the netramala.

KAVALA- GANDUSHA (A.H.Su.22) - Gandusha: holding of liquid in the oral cavity with out any movement. use of tila taila / mamsarasa has been recommended. We may also use salt water, triphala siddha jala, tila boiled water.

Kavala: holding to such an extent that movement is possible.

Acharya vagbhata while explaining the phalashruti of gandusha has mentioned its effect in akshi, shiro, karna, mukha rogas.

PRATIMARSHA NASYA

Method of instilling oushadha 3 -4 drops in nostrils. It Can be done from birth itself. By daily practice, it bestows benefits like that of marsha.

It can be done with Tila taila, Anu taila. Among the phalashruti of nasya, drudhata(strength) of indriya is mentioned.

ANJANA (A.H.Su.2) – It means Application of collyrium in eyes. It is pleasing to eyes. Use of rasanjana prayoga is also recommended once in a week. The purpose of anjana considered as a dinacharya is to protect the pitta pradhana avayava netra from the attack of excess kapha (shiras being the kapha sthana) which otherwise is prone to netra rogas like Abhishyanda.

DHOOMAPANA: Acharya vagbhata has mentioned dhoomapana also along nasya and gandusha in dinacharya. It is specifically indicated in kapha-vataja vikaras. Akshi srava is an indication of dhoomapana. As such, classical dhoomapana is not possible in our daily practice, but steam inhalation is a choice.

MUKHALEPA: Applying lepa over face, makes vision keen.

ABHYANGA: Abhyanga or application of oil on whole body provides drushti prasaada *Shira shravan paadeshu tam visheshena sheelayet(A.H.Su.2/)*. It has been also mentioned that one should apply oil specially in shiras, karna and paada.

SNANA: As per Susrutha Acharya, snana strengthens indriyas. One should take head bath with cold water.(hot water head bath is achakshushya).

2) SADVRUTTA

USHNEESHA DHAARANAM: Wearing head protection/ turban/hat -To protect from vaata, aatapa, rajas.

CHATRA DHAARANAM -Protect from rain, wind, dust, snow etc. It is wholesome for vision and ojas.

CHANKRAMANAM-Activates sensory organs

For the control of indriyas, **one should suppress the vegas such as lobha, dvesha etc.**

3) RITUCHARYA:- Shodhana karma recommended according to dosha kopa in seasons/ritus.

- **In Hemanta & Shishira-** Abhyanga, Murdhataila, Ushnopachara.
- **In Vasanta -** Vamana
- **In Greeshma -** Sheetopachar
- **In Varsha -** Asthapana Vasti
- **In Sharat -** Virechana, tiktaka ghrita, Raktamokshana.

SOME SPECIFIC PREVENTIVE AND CURATIVE MEASURES OF GERIATRIC DISEASES IN SHALAKYA.

MEDICATED DHUMPANA	KARNA ROGAS - Karna kandu, karna gootha, karna paka, karna pratinaha, karna vidradi, karna sophia	DRUGS- Guggulu, agaru, hingu, rasanjana etc.	Can also be practiced as DINACHARYA.
KARNA PURANA	KARNA ROGAS- Vataja karnarogas, badhirya, karna shoola, karna nada, karna ksweda	DRUGS- Ghrita, ksheera sarpi, swaras of arka, tulasi, vasa, lasina, adraka, tila taila etc.	Can also be practiced as Dinacharya.
TRAYOUPASTAMBHA/TRIPIDS OF LIFE- Includes ahara, swapna and bramhacharya which sustain and maintain life if followed properly.			
YOGA -Various yoga postures/asanas improve blood flow to the cochlea and prevent neurotransmitter damage. Helpful in preventing progressive hearing loss. Greeva chalan, skandh chalan, bhramari pranayam, kumbhak etc., are beneficial.	KARNA ROGAS- Badhirya		
RASAYANA Anti-ageing therapies, herbs with anti-ageing properties with high nutritional value are beneficial.		DRUGS Amalaki, paribhadra bala etc.	
KARNA PRAKSHALANA -Ear syringing with lukewarm water or medicated decoctions.	KARNA ROGAS - Karna kandu, karna gootha, karna sophia	DRUGS Triphala decoction, araghwadadi kashaya	
Vata Shaman chikitsa, Brimhana nasyam, Sirobasti, Sirodhara by oil, Netratarpana	Dry ARMD (Vata kapha dusti)		

Pittashamana, Chakshushya, Rasayan Drugs	Wet ARMD (Pitta rakta dusti)	Drugs Jyotishmati, Yastimadhu, Amlaki, Satavari	
Chakshushya, Rasayan drugs, Kriya kalpa (Anjana, tarpana, Aschotanam etc)	Timira	Drugs Puran ghrita, triphala, satavari, potala, mudga, Amlaki, yava	
Netrakriyakalpas like Tarpana, Netradhawan regularly & some intake Netrarasayan drugs	Presbyopia (dwitiya patal gata timira)		
Siro dhara, Siro basti, Nasya, Aschotana, pariseka	Dry Eye Syndrome	Aschotana by eranda taila, pariseka by Dugdha, Anu taila nasya	

Diseases	Pathya	Apathya
Diseases of Eye	Triphala, Sarpi, Draksha	Masa, Arnala, Kulattha, Matsya
Diseases of mukha	Baalamoolakam- Tamboolam, khadira- katu tikta rasa varga	Amla - Matsya maahisha aamisham- Dadhi- ksheera- Guda maasha- Ruksha anna - guru abhishyandi
Diseases of Nasa	Shigru- Baalamoolakam- Lashunam- Dadhi- Taptaambu	Virudha anna- Abhishyandi- guru
Diseases of Karna	Mudga- Yava- Kukkuta maamsa- Patola- Shigru	Virudha anna paana
Diseases of Siro roga	Shashtika shaali- Yusha- Dugdha- Dhanvamaamsa- Patola Shigru- Draksha- Maatulunga- Narikela	Dushta neeram(polluted water)- Virudha annam- Jala from sahya and vindhya mountains

Vegarodha (suppressing urges)(A.H.Su.4)

- **shakrut** – prathishyaya, shiroruk
- **Kshavathu**- shiro ruk, indriya dourbalyam
- **Trishna rodha**- badhiryam
- **Bashpa rodha**- peenasa, akshi shiro ruk
- **Nidra rodha**- Akshi gourava

CONCLUSION

A variety of systemic and local procedures were practiced for Geriatric conditions. But today perhaps they are absolutely of limited practice. It would be appropriate to try these time tested ancient measures on scientific parameters so that Ayurveda can help the sufferings in a better way. Prevalence of geriatric disorders is increasing in present high- tech era. Adoption of modern lifestyle affected.

Sensory organ health and brought miseries to human society. Ayurveda, the ancient medical gives a ray of hope to overcome these problems. A healthy lifestyle with proper maintenance of daily regimen, dietary habit and avoidance of exposure to causative factors would be helpful towards better sensory organ health. So prevention through proper shodhana, kriyakalpa, rasayana, pathyaapathya, yoga and pranayama plays an important role.

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