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Geriatric Metabolic Disorders and Panchkarma

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Abstract

21st century is the country of Psychosomatic Disorders and SADD syndrome (Stress, Anxiety, Depression and Disease). The real meaning of healthy life is seven dimensional equilibrium, Bhautik (physical), Bouddhik (Intellectual), Bhavanatmak (Emotional), Samajik (Social), Adhyatmik (spiritual), Vyavsayik (occupational), Paryavaran (environmental). According to ayurveda ageing is an inevitable outcome of kala or PariNaam. Geriatrics is a progressive irreversible phenomenon of body rather than disease in which the body loses its ability to respond to a challenge to maintain homeo-stasis. In Ashtanga Ayurveda "Jara" is incorporated at 7th number among its eight branches. Major causes of more Morbidity and mortality among geriatrics is chronic inflammatory and degenerative conditions such as arthritis, diabetes osteoporosis, hypertension, diabetes depression psychiatric disorder, Parkinson's disease and age-related pathies.

Conventional system of medicine is not very satisfactory in this problem has lack of holistic and comprehensive approach towards psycho somatic metabolic diseases. Ayurveda has potential and interventions to resist disease occurring in degenerative face and improves physiological processes that influence metabolic and immunological status and Compensates age-related biological losses in mind, body altogether affords rejuvenating effect to a remarkable extent.

Panchakarma is the ultimate mind- body healing experience for detoxifying the body strengthening the immune system, restoring balance well-being. It is one of the most effective healing modality in Ayurveda system. It promotes detoxification and rejuvenation through eliminating toxins and stagnant excreta waste metabolites from body.

Acharya Charaka has mentioned the extensive use of Panchakarma therapy for almost all major diseases in geriatrics as. Aggravated doshas are removed from the body, disease does not recur. Benefits of Panchakarma therapy as told by Acharya Charaka are as follows -elimination of vitiated Dosha, preventive and promotive health, management of various systematic diseases, restoring normal health, sense organ, mind, intelligence and complexion becomes clear, person is not affected by old age and lives disease-free life. Panchakarma is the demand of hour to develop an effective, holistic protocol for geriatric metabolic disorders.

The proposed project is aimed to Explore the particular mechanism of action, to make this therapy more evidence based.

Keywords- Panchakarma, Geriatric, Metabolic disorders

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