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A single case study of treating Xerosis in Elderly with Ayurvedic Formulation

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Abstract

Geriatrics is the branch of medicine concerned with the care and treatment of elderly. Aging is a natural process; the body is decaying incessantly, as shown by its etymology that is “*Shreeryate eti shariram*”. Xerosis is a common dermatological skin condition characterized by dry, pruritic, cracked, and fissured skin with scaling. Xerosis is highly prevalent in the elderly population and has an immensely negative impact on the quality of life of affected individual. *Jaravastha* (Old age) is represented by predominance of *Vata dosha* which leads to dryness of skin. Xerosis is due to vitiation of *Vata dosha*. *Ayurveda* has a holistic approach towards all the miseries of man and aging is one of these. Management of skin diseases has always been a strong hold of *Ayurveda*. A diagnosed case of xerosis is presented here which was intervened successfully with *Ayurvedic* formulation. Purpose of review the goal of this paper is to outline a treatment approach to xerosis in the elderly population.

Keywords

Geriatrics, Xerosis, Elderly, Aging, Dryness, *Jaravastha*, *Panchatikta ghrita*, *Vata dosha*

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