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PREVENTIVE GERIATRICS

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Points to be covered :

- Geriatrics
- Problems of the elderly
- Prevention and
- Control measures
- Ayurvedic aspect of Geriatrics

Geriatrics :

- Derived from the Greek root “ger – gero – geranto” means old age or “the aged”.
- **Gerontology** : The study of the physical and psychological changes which are incident to old age.
- **Geriatrics** : The care of the aged is called Clinical Gerontology or Geriatrics.
- Ageing is a natural process.
- **Seneca** – Roman philosopher – Old age is an incurable disease.
- **Sir James Sterling Ross** – You do not heal old age. You protect it; You promote it; You extend it.

- Old age should be regarded as a normal inevitable biological phenomenon.
- Other aspects of Gerontology are ;
 1. Social Gerontology
 2. Geriatric Gynaecology
 3. Experimental Gerontology

Size of the problem :

- The expectation of life at birth in developed countries is over 70 years.
- In the year 2002, there were an estimated 605 million old persons in the world, of which 400 million were living in low – income countries.
- Italy and Japan have the highest proportion of older persons.
- **In India** : For the year 2010 the estimates are 8% of total population were above the age of 60 years and is likely to rise to 19% by 2050.
- This shift brings with it a variety of social, economic and healthcare policy challenges.

Health problems of the aged :

1. Problems due to the ageing process.
2. Problems associated with long term illness.
3. Psychological problems.

1. Problems due to the ageing process:

- a) Senile Cataract
- b) Glaucoma
- c) Nerve Deafness
- d) Osteoporosis affecting mobility
- e) Emphysema
- f) Failure of special senses
- g) Changes in mental outlook
- “**Biological age**” of a person is not identical with his “**Chronological age**”.
- Years **wrinkle** the skin, but worry, fear, doubt etc wrinkle the soul.

2. Problems associated with long term illness :

- a) Degenerative diseases of heart and blood vessels.
- b) Cancer.
- c) Accidents.
- d) Diabetes.
- e) Diseases of locomotor system.
- f) Respiratory illness.
- g) Genitourinary system disorders.

3. Psychological problems :

- a) **Mental changes** : impaired memory, dislike of change and reduced income affects.
- b) **Sexual adjustment** : between the age of 40 – 50, physical and emotional disturbances may occur.
- c) **Emotional disorders** : result from social maladjustment, which leads to Depression to Suicide.

LIFESTYLE AND HEALTHY AGEING:

- a) **Diet and Nutrition** : Use of less saturated fats/oils, more fruits/vegetables, less salt and sugar, calcium rich food and high fiber diet.
- b) **Exercise** : Balances physical and mental health. Helps in diabetes, improve bone density and prevents OA.
- c) **Weight** : Obesity and Overweight leads to so many diseases.
- d) **Smoking** : Smokers are prone to chronic diseases.
- e) **Alcohol** : Leads to later life diseases like – liver disease and stomach ulcers etc.
- f) **Social activities** : Socially Isolated people are less healthy, so involvement improves state of health.

Prevention

- **Primary** : Health Promotion and Specific Protection.
- **Secondary** : Early Diagnosis and Treatment.
- **Tertiary** : Rehabilitation and Disability Limitation.

Health status of the aged in India

- The government of India announced a “National Policy on Older Persons” in January 1999.
- NCOP – National Council for Older Persons was constituted to operationalize the policy. Work on empower and improve the quality of life of older persons.
- 234 old age homes, 398 day care centers, 40 mobile medical units are operational.
- National Social Assistance Programme – providing old age pension – amount varies from state to state.
- OASIS : Old Age Social and Income Security.

- Travel related concessions/facilities are provided by Indian Railways, Indian Airlines and state transport corporations.
- Health care is being provided through Bhavishya Arogya Mediclaim and Rural Group Life Insurance Schemes.
- Elderly citizens also have income tax concessions.
- 19th November, 2007 – Indira Gandhi National Old Age Pension Scheme was launched - to provide monthly pension to people over 65 years and living below poverty line.
- Beneficiaries will get monthly pension from both Central and State government 200+200 rupees each.

- **Helpage India** – largest voluntary organization – working for the cause and care of the disadvantaged older people. Services are;
 1. Free cataract operations.
 2. Mobile medical units.
 3. Income generation and micro credit.
 4. Old age homes and day care centers.
 5. Adopt – a – grand parent.
 6. Disaster mitigation.

Ayurvedic concept

- Ashtanga Ayurveda :
 1. Kaya
 2. Bala
 3. Graha
 4. Urdhwanga
 5. Shalya
 6. Damshttra
 7. Jara / Rasayana - Geriatrics
 8. vajikarana

- Geriatrics was first mentioned in Ayurveda. The term 'Geria' is very close to the Sanskrit word "jara".
- **Definition of Rasayana** : Jaravyadhinashanam... means deals with prevention of premature ageing and treatment of old age.
- Jara – jrushavayohaanou – loosening of muscle and other tissues under the influence of ageing.
- **Classification of Vaya** – Bala, Madhya and Vruddha.
- **2 types of ageing** – Kaalaja and Akalaja.

Classification of rasayana

Rasayana

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graph TD;
  A([Rasayana]) --> B[Based on benefit];
  A --> C[Based on method of use];
  A --> D[Based on material used];
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Based on benefit

- Kamyā Rasayana (Enhances normal health)
- Naimittika Rasayana (Based on disease condition)

Based on method of use

- Vatatapika Rasayana (Outdoor regimen)
- Kutipravesika Rasayana (indoor hospital based)
- Achāra Rasayana (Good conduct)

Based on material used

- Aushadha Rasayana (Drugs based)
- Ajasrika Rasayana (Diet based)

List of formulations indicated in Jara

- Churna kalpana : Ashwagandha churna
- Vati kalpana : Vidangadi yoga
- Lavana kalpana : Shshruta Narikela Prayoga
- Taila kalpana : Tuvaraka taila
- Lehya kalpana : Chyavanaprasha
- Other yogas : Pathya rasayana etc...

Thank you

