

## CONCEPT OF JARA AND ITS MANAGEMENT THROUGH KSHARA POTENTIATED RASAYANA

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### ABSTRACT :

*Ayurveda*, the science of life covers a wide range of subjects and issues of living beings in relation to total approaches of individual development and health care. Different *Ayurvedic* literature preaches wide and in depth knowledge of ideal living including primitive, preventive and curative aspect of health sciences. *Jara* (aging) management in present time is a challenging task for present health providing system. Our ancestral knowledge helps to tackle these challenges through *kshara* potentiated *rasayana*.

**Key words:** *Kshara, rasayana, jara, srotas, agni.*

**INTRODUCTION:** *Ayurveda*, deals with physical, social, psychological as well as spiritual well being of an individual. The desire to live is common to all living creatures evolved on this graceful planet, the Earth. Man, is a step ahead in the sense, desires not only to live but to live a long, happy and disease free life as far as possible.

### SHIFTING OF MEDICAL CHALLENGES:

- World shifting from young to old world.
- Incorrect life style & dietary habits.
- Increase stress in day to day life.

The present study designed with the hypothesis that Stress, incorrect Life style & Dietary Habits have found to be major impacts on Ageing. Etymology of *Jara*: *Jara* (old age) is from root “Jrish vayohano” the term indicates to the loss in the period of life span. The deduction from the remaining half of the expected duration and every spent year would be considered as a loss in the age.[1]

### Types of *Jara*:

**Kalaja Jara :** *Jara* coming at the proper age is *Kalaja Jara*(after 60 yrs.). It is

‘Parirakshana Krita’ means it occurs at the proper age even after following the daily and seasonal regimen mentioned in *Swasthavritta*. This is nothing but chronological Ageing. *Dhatu kshaya janya jara*.

**Akalaja Jara:** The Concept of Premature Ageing: ‘Akalotpanna lakshana Akalaja’, ‘Akalat jata iti Akalaja’ means that thing which occurs Akalaja i.e. before its prescribed time. Occurs before the proper age due to not taking the proper care of personal hygiene (*Swasthavritta*). This Akalaja Jara is of greater intensity, rapidly progressing one if neglected. This is Biological Ageing. *Marga avarodha janya jara*. [2]

### Etiological Factors of Ageing:

#### A.Related to Dietary Habits:

1. *Lavana* (salt), *Amla* (sour), *Katu* (spicy) *rasa pradhana*
2. *Kshara* (alkali)
3. *Suska shaka* & *Mamsa* (dry vegetable & Meat)
4. *Tila Samyoga*
5. *Pista Anna*
6. *Viruddha Anna* (Incompatible Diet)
7. *Asatmya Anna* (Unfavorable Diet)

8. Ruksha Anna (Dry Cereal)
9. Abhisyandi Anna
10. Klinna & Guru Anna (Heavy Diet)
11. Puti & Paryushita Anna (Polluted & Outdated Diet)
12. Vishamashana (Improper Eating Habits)
13. Adhyashana (Over Eating)
- B. Related to Life style:
  1. Atimarga Gamana (Excessive Walk)
  2. Diwa Swapna (Day Sleeping)
  3. Nitya Stri Sevana (Excessive Intercourse)
  4. Nitya Madya Sevana (Excessive Intake of Alcohol)
  5. Vishama Vyayama Sevan (Improper Exercise)

#### **C. Related to disturbed Mental Health:**

1. Bhaya (Fear)
2. Krodha (Anger)
3. Shok (Sorrow)
4. Lobha (Greed)
5. Moha (Affection)
6. Ruksha Vani (Harsh words) [3]

#### **DECADE WISE AGEING PROCESS:**

Vaghbhatta was the first one to record such an observation, which was followed later by Sharangadhara. It is clear that ageing does not occur simultaneously in all the tissues. Different body tissues are affected ageing at different time period. Gradual declination of a particular faculty takes place in each decade of life and by the end of decade, that particular faculty is lost.

#### **Chief Complaints:**

1. Twak Parushata (Dryness of skin)
2. Slatha sara (Flabbiness of the body)
3. Slatha Mamsa (Decreased muscle tone)
4. Slatha Asthi (Bone Weakness)
5. Slatha Sandhi (Flaccid joint)
6. Dhatu Kshaya (Loss of tissues)

7. Kayasya Avanamanam (Bending of the body)
8. Vepathu (Tremors)
9. Khalitya (Falling of hairs)
10. Vali (Wrinkling)
11. Palitya (Graying of hairs)
12. Kasa (Coughing)
13. Shwasa (Short breath)
14. Medha hani (Decreased functions of Intellect)
  - a. Grahana (Grasping Power)
  - b. Dharana (Retention Power)
  - c. Smarana (Memory Power)
  - d. Vachana (Speech)
  - e. Vijnana (Knowledge)
15. Utsaha hani (Decreased Enthusiasm)
16. Parakrama hani (Decreased Physical Strength)
17. Paurusha hani (Decreased Virility)
18. Prabha hani / Chhavi Hras (Changes in Complexion)
19. Shukra Kshaya
20. Dristi Hras (Diminished Vision)
21. Karmendriya hani (Decreased Loco motor Activities)
22. Buddhi hani (Deterioration in Wisdom) [4]

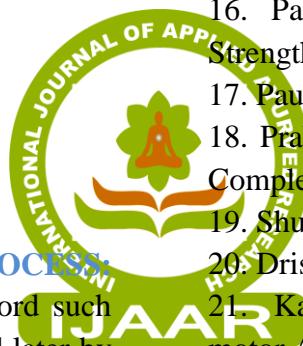
#### **Ageing Process: A Modern Review**

Geriatrics: Greek word “geros” mean the old age + “iatric” mean the medical treatment. This is the branch of medicine concerned with the problems of Ageing, including physiological, pathological, and psychological problems.

**Definition of Ageing:** “The processes that occur during life which culminate in changes that decrease an individual's ability to cope with biological changes”.

Some Theories of Ageing are given below:

- Waste Accumulation Theory



- Limited Number of Cell Divisions Theory
- Hay flick Limit Theory
- Death Hormone Theory (DECO)
- Thymic -Stimulating Theory
- Mitochondrial Theory
- Errors and Repairs Theory
- Redundant DNA Theory
- Cross-Linkage Theory
- Autoimmune Theory
- Caloric Restriction Theory
- Gene Mutation Theory
- The Rate of Living Theory
- Order to Disorder Theory
- The Telomerase Theory of Ageing
- Neuro Endocrine theory or Weak Link Theory
- Free Radical Theory of Ageing.

**FREE RADICAL THEORY (Most accepted theory):** "Free radical" is a term used to describe any molecule that differs from conventional molecules in that it possesses a free electron, a property that makes it react with other molecules in highly volatile and destructive ways. The changes induced by free radicals are believed to be a major cause of Ageing, disease development and death

[5]

#### **ANTI AGEING THERAPIES IN AYURVEDA :**

- Use of rasayana.
- Use of balanced diet with their code & conduct.
- Use of panchakarma.
- Follow of life style mentioned in ayurvedic literature.
- Follow code of conduct as mentioned in ayurvedic literature.
- Yogic practices and meditation practices.
- Medication of specific jaravastha born diseases.

**CONCEPT OF RASAYANA:** "Rasasya Ayanam Rasayanam"

The Therapy, which gives the benefit of good Rasa, is Rasayana. Hence, it is the therapy by which one gets the Rasa, Raktadi Dhatus of optimum quality.

#### **PROBABLE MODE OF ACTION OF RASAYANA:**

Rasayana basically promotes the nutrition through four modes. They are:

1. By directly enriching the nutritional intake of the body through increasing the consumption of Amalki, Satavarai, Milk, Ghee, etc

2. **ON AGNI:** By improving Agni i.e. digestion and metabolism through Bhallataka, Pippali etc, thereby promoting nutrition.

3. **SROTOVISHODHANA:** By promoting the capability of Srotas or microcirculatory channels in the body, through herbs like Haritaki, Guggulu, Tulsi, and so on .

#### **4. By Its Vishaghna Property.**

**Effect Of Rasayana:** The word Rasayana =Rasa +Ayana.

**Rasa:** means the Rasa dhatus and the remaining dhatus Rakta , Mamsa , Meda, Asthi, Majja and Sukra.

**Ayana:** Ayana means the road, a path, a way and a movement.

"Rasasya Ayanam Rasayanam "

"Labho payo sashtanam rasadinam rasayanam"(ch.chi.1.)The Therapy, which gives the benefit of good Rasa, is Rasayana. Hence, it is the therapy by which one gets the Rasa, Raktadi Dhatus of optimum quality .

In short Rasayana -

- Gives Long life
- Delays Ageing and death
- Increase intelligence, memory and luster
- Excellence in the body tissues

- Increases the immunity
- Removes diseases
- Gaining “Moksha” (Final Entity) and “Divya Lakshana”

### RASAYANA POTENTIATING EFFECT OF KSHAR:

Many uses of kshara In Rasayana chapter in carak samhita have generated curiosity to think about importance of kshara in Rasayana Yogas. [6]

#### As above we have observed that mode of Action of Rasayana in four way-

1. As a nourishment property.
2. As a Agnidipak property.
3. As a Srotomukhavishodhana property.
4. As an anti-toxic property

If we discuss about the properties of kshara: Kshara are plant ash residue having only minerals [7], thus we can assume that it may potentiate rasayana in following four ways –

**1. As a micro nutrient :** As the principle of kshara having Agni mahabhuta so it nourishes the Agni mahabhuta predominant Dhatu and updhatu. Eg. rakta, mutra, artava. Due to predominance of Agnimahabhuta in Kshara which is opposite to the properties of rasa and shukra, it acts as ahridya and shukragnya, if taken in excess quantity for long duration.

#### 2. As an Agnidipak property:

Due to its Agni mahabhuta predominance, it act as Agnidipak. For digestion of Rasayana dravya kshara is mixed. So that the person having low digestive capacity Kshara mixed rasayana are recommended.

**3. As a Sroto shodhak :** Due to its ksharana property, kshara remove the obliterate, maintain micro- channel patency ,i.g. carminative and bhedana like action ,which

help in maintaining normal physiology of the body.

- So carak used kshara in kaphanashak niruh vasti. (c.si.3/57, 10/24)
- In vasti vyapat marga-avrit Adhyamana treated by Kshara containing suppositories.(c. si. 7/23)
- Kshara as a ingredient of Tikshna vasti.(c.si.7/63)
- Indication of kshara in mritikabhakshana janya pandu chikitsa. (c.chi.16/121)

4. As an Anti- toxic Property: In case of Ama-visha (food poisoning) nullified by kshara. So, it was few hypotheses to explain the rasayana potentiating effect of kshara.

#### Few Examples In Samhita To Show The Kshara As Rasayana Potentiating Agent:



- Soaking pippali with palash ksharodaka – Amalakavaleha Rasayana
- Use of palash ksharodaka in 2nd Indrokta Rasayana (indicated by God Indra for Sages)
- Pippali triturated with Palash ksharodaka – Pippali Rasayana
- Ingradients of pippalyadi churna for.
- As a ingredient of ksharghrita, pippalimuladaya kshara, bhallataka kshara, duralabhadya kshara, Bhunimbadi kshara, kshara gutika etc.(c.chi.15)

#### Research Based Rasayana Mechanism:

An antioxidant is a molecule capable of slowing or preventing the oxidation of other molecules. Oxidation is a chemical reaction that transfers electrons from a substance to an oxidizing agent. Oxidation reactions can produce free radicals, which start chain reactions that damage cells. Antioxidants terminate these chain reactions by removing radical intermediates, and inhibit other oxidation reactions by being oxidized them-

selves. The chief role of antioxidants in biology focused on their use in preventing the oxidation of unsaturated fats, which is the cause of rancidity[8].

Antioxidants are almost used in all pharmaceutical products to prevent them from degradation. Antioxidants are also widely used as ingredients in dietary supplements in the hope of maintaining health and preventing diseases such as cancer and coronary heart disease. The diet that is high in anti-oxidants neutralizes free radicals. though there are lots of benefits of free radicals they can cause damage to healthy cells as well. The diet that is high in anti-oxidants reduces free radicals there by fighting ageing. [9]

**CONCLUSION:** Akalaja Jara can be effectively managed by kshara potentiated rasayana. Kala, Swabhava, Vayu and Virodhaka Bhava play a major role while Desha, Ahara Sausthavam (Dietary Habits), Lifestyle and Avighata (disturbed Manasika Bhava-Stress) contribute to the Ageing process. In the present stressful environment, disturbed Manasika Bhava like Shoka, Chinta, Bhaya etc. are observed to be playing a vital role in the etiopathogenesis of Premature Ageing. Stress induced free radicals being highly reactive and unstable damage the cell membrane and cytosol and if unchecked, hastens the process of Ageing. This free radical damage can be reduced by use of alkaline concept of ayurveda as application of kshara. [7]

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