

# Impact of Sleep in Geriatric Health Care for Longevity and Mental Wellbeing

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## ABSTRACT

### INTRODUCTION

The science of life and longevity is Ayurveda. Geriatric health care is one of its prime concern, Geriatrics, also known as Jara Chikitsa in Ayurveda, is a technique to halt or stop ageing throughout the degenerative stage of life. The life is a time bound phenomenon. One of the Swabhavika Vyadhis is ageing (Jara), Aahar (diet), Nidra (sleep), and Brahmacharya (abstinence), collectively called as Trayupasthambha in Ayurveda, can be used wisely to prevent Jara Janita Vyadhis, such as sleep problems that affect mental health. This study emphasises the importance of sleep for older adults' mental health.

**METHODS-** Compilation of all facts will be done through various samhitas and sources related to Ayurveda samhitas and present research, web search and other publications etc.

**Results-** Ageing, according to Ayurveda, is the result of Kala or Parinama, and Vata dosha imbalance, which naturally predominates at that period of life, is a major contributor in its pathophysiology. With the usage of the Aahar & Vihar stated in the Swastha Chatushka, use of Rasayana, Panchakarma, and different herbal preparations; Ayurveda promotes an effective method for health promotion, disease prevention, and slowing the process of ageing.

**Discussion-** By restoring physiological processes that affect metabolic and immunological state, geriatrics, or Jarachikitsa in Ayurveda, is a novel therapeutic approach to delay ageing and to lessen the severity of problems occurring in this degenerative phase of one's life. The efficient care of geriatric disorders includes the use of Rasayana, several single and compound plant-based formulations, Herbo-mineral formulations,

Dincharya, Ritucharya, Pathya-Apathya, changes in lifestyle and behaviour, and the practice of Yoga.

**keywords-** Geriatrics, Swabhavika Vyadhis, Vayasthapana, and Dincharya, Ritucharya, Pathy-Apathya, Kala or Parinama, Chatushka and Rasayanadhyaya, Panchakarma.

## I. INTRODUCTION-

Ranking second in terms of population and seventh in terms of area, India supports 15 percent of the world's population. Geriatrics is becoming a major medical specialty globally, and conventional medicine has little to offer in the core area of geriatric care for sleep[1]. On the other hand, Ayurveda offers a wide range of preventive strategies for halting the ageing process.

Ageing is a multifaceted process of physical, psychological and social change. Ageing (Jara) is referred to in Ayurveda as the Svabhavika Vyadh[1], and Jara Chikitsa, a branch of Astanga Ayurveda, is specifically designed for elderly people. Rasayana, Panchkarma, and a healthy

lifestyle could allow the elderly to improve their quality of life and to the greatest extent feasible continue to be completely independent in their daily activities.

The act of sleeping naturally allows the body and mind to receive the proper amount of rest. Ageing is associated with an increase in sleep disruptions, and it is estimated that 67% of senior persons experience at least one sleep-related problem[5]. Long times to fall asleep, disturbed sleep at night (Khandit Nidra), decreased daytime alertness, and insomnia (Anidra), among other sleep disorders, are all found in senior persons. Anidra (insomnia) and its influence on Jatharagni, Dhatvagni & Pancabhutagni[3].

Old Age: Vata dominant	<i>Vata</i> ↑ ↑ <i>Kapha</i> } <i>Pitta</i> ↓	<i>Dhatus</i> +	<i>Agni</i> +	<i>Ojas</i> +
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It was categorised as Nidranasha in Vatanantmaja Vikara by ayurveda. Vata is aggravated by an unhealthy food and lifestyle, which moves through the head's channels and keeps people awake[1]. Sleep disturbances may also be caused by repressed emotions, irregular sleeping habits, anxiety, anger, excessive enthusiasm, and poor health. Poor sleep has been linked directly by researchers to increased physical and mental illness, deterioration in cognitive performance, and worse quality of life (QOL)[3]. The most frequently mentioned causes of sleep problems include insufficient physical exercise, poor sleep hygiene, and excessive daytime napping.

**AYURVEDIC ASPECT OF SLEEP (NIDRA)**

In the hierarchy of the Trividha upastambhas, nidra is ranked second. A person who has restful sleep at night has an improved ability to digest meals, a strengthened Kayagni, and optimal nutrient absorption for the body. According to Acharya Charaka, Nidra is a state where Mana, including Indriyas, become detached from their objectives. It is immoral and, by nature, encroaches upon all living things, according to Acharya Susruta, a god Vishnu-related individual[8]. According to Acharya Vagbhat, at the beginning of the creation, Nidra is made from Tamas.

For the best outcomes in the management of sleep disorders, Abhyanga and Sanvahan (massage), Udsadan, Udvartan (Rubbing medicated paste & powder), Snana (bath), Karnapuran & Akshitarpan, Shirobhyanga & Padabhyanga, Shirodhara, Takra dhara, etc[4].

Among the symptoms include daytime exhaustion, drowsiness, and irritability. Other symptoms include difficulties falling asleep at night, waking up during the night or getting up too early.

**MANAGEMENT**

Sugarcane juice, Shali, Godhum, Mash, milk, meat soup, sweets with rich fat, non-vegetarian, grapes, and curd made from buffalo milk are recommended foods.

Avoiding etiological factors is known as Nidana Parivarjana.

Any mental, neurological, and chronic medical conditions should be treated prior to using medication for sleep-related disorders.

**Palliative approach.**

In order to deal with sleep-related issues, Ashwagandha, Jatamansi, Brahmi, Mandukparni (Anti-anxiety effect), Khurasini ajvayan, and Jatiphal are helpful[7]. Sleeping soundly is encouraged by Mamsyadi Kvath, Brahmi vati, Sarpagandhadi vati, and Maha Kalyaanak Ghrit[4].

According to the status report of the ten formulations the CSIR presented for the Golden Triangle programme, Tagradi kwatha is useful in Anidra[4].

Treatment with Panchakarma: Panchakarma is a form of Ayurveda that has therapeutic, preventative, and promotional effects and is recommended for a variety of illness conditions and health issues. Shaman chikitsa proves beneficial, for the greatest outcomes in the treatment of sleep disorders, Abhyanga & Sanvahan (massage), Udsadan, Udvartan (Rubbing medicated paste & powder), Snana (bath), Karnapuran & Padabhyanga are recommended. Shirodhara using medicinal oils is effective. Shirodhara from Mahish doodh and Akshitarpan, Shirobhyanga, and Takra dhara for daily 45-minute sessions for 14 days also induce restful sleep[3].

Specific techniques for the elderly that are beneficial to mental health and sleep are available.

**Ayurvedic method**

1. Methods of Good Conduct (Sadvritha) - They enable us adapt to our surroundings and achieve a proper synergy between the intellectual, emotional, and physical components, hence more generally enhancing mental health[2].
2. Yogic practices such as Surya Namaskar, Anuloma Viloma, Ujjaini, Bhramari, Shitali Pranayama, meditation, practice of Yama and Niyama, Tadasana, Suryanamaskara, Mandukasanakasana, Pashchimottanasana, and Shavasana, as well as other difficult poses such as Mayurasana and Matsyasana, should not be performed by elderly

people. For senior people, Nadi Sodhan Pranayama and Bhramari Pranayama are particularly beneficial. (Pa.Yo.Su. 2/31) Breath control, or pranayama, soothes the erratic breathing patterns that upset the mind and senses[11]. Yoga has been utilised as a stress-reduction technique that can help with depression and anxiety problems as well as effectively treat insomnia.

3. Techniques for Rejuvenating Behaviour (Acara Rasayana)-According to Acharya Carak, the rasayana for intelligent people is to uphold honesty, never get angry, be at peace, perform only good acts, abstain from alcohol and indulgence in excessive sexual activity, be generous with your giving, view everyone as equal, perform service to the great personalities etc. The condition can be treated and mental health can be promoted with the help of good social behaviour.

The second phase of yoga's Niyamas is Svadhyaya, which includes study of religious doctrine, The five Niyamas are-Suaca (purity,) Santosa (contentment), Svadhyaya (Study of spiritual teachings), Tapas (self control), and Ishvara pranidhana (surrender to God). Santosa refers to a state of enjoyment that comes from inside rather than from connection with others. Studying spiritual teachings helps, we better understand ourselves and the universe. Self-discipline teaches us how to coordinate and focus our action towards a higher purpose[3].

RASAYANA- This encompasses all therapeutic specialties. As is clear from Charaka's fundamental dictum, "Labhopya hi shastanam rasadinam Rasayanam," [10]. A person's complete physiologic, metabolic, and psychological regeneration is possible with rasayana therapy. According to Sharangadhara's definition, "Rasayanam cha tajjeyam yatjara-vyadhinashanam,"[9] Rasayana is primarily a Jaravinashana and secondarily a Vyadhivinashana. Rasayana isn't just a medicine or a therapy; it's also a discipline, which naturally includes therapy. It is clear that Ayurveda views the ageing process from a wider and fresher perspective.

Rasayana medications are thought to have the potential to delay ageing, enhance mental capacity, and build physical resistance.

Spiritual therapy and Sattavajaya: According to Ayurvedic concepts, the psyche is rooted in the spirit (self) and the spirituality is the essence of Ayurvedic psychology. Spiritual practices are extremely useful for elderly individuals and are also utilized in the

psychotherapeutic practice of Ayurveda called Sattavajaya[3]. Rituals are major healing practices in themselves and part of the spiritual therapy of Ayurveda. They put us in proper frame of mind to receive the energies of our consciousness. Rituals also serve to provide positive impressions to nourish and heal the mind. Home or fire ritual is an important example. (Pa.po.su.2/33)[11].

## II. DISCUSSION-

Due to issues with physical and mental health, socioeconomic reasons such the collapse of the family support structures, and a decline in economic independence, older individuals are more susceptible to physical and mental morbidities. Physicians frequently disregard sleep-related issues in elderly patients. These include Anidra or Nidranash, Alpa Nidra, and Khandit nidra. Other contributing factors may include repressed emotions, sleep issues, anxiety, rage, ageing, overexcitement, and poor health.

The suprachiasmatic nucleus of the hypothalamus, which responds to light and makes people sleepy at night when it's dark, regulates the timing of sleep, which is one of the crucial variables. The physiological systems of the aged can change as a result of sleep disorders, including a decrease in the synthesis of necessary hormones like growth hormones and a degradation in metabolic efficiency[6]. An optimal preventative health package for the sleep associated disorders comprise different components such as knowledge and awareness about disease conditions and strategies for their prevention and management, good nutrition and balanced diet, Panchkarma procedures, physical activity. Meditation, yoga, prayer, and motivational techniques should all be included in order to encourage a positive outlook and foster a sense of wellbeing.

## III. CONCLUSION

Sleep is a fundamental human requirement, and ageing is associated with an increase in sleep disruptions. To manage sleep disorders, a balanced diet and lifestyle, Nidana Parivarjan., Panchakarma, Yoga, and palliative care are recommended. Rasayana therapy is a Jaravinashana and Vyadhivinashana that can delay ageing, enhance mental capacity, and build physical resistance. Sleep disturbances can be caused by repressed emotions, irregular sleeping habits, anxieties, anger, excitement, and poor health. To manage them, Abhyanga, Udsadan,

Udvartan, Snana, Karnapuram, Akshitarpan, Shirobhyanga, Padabhyanga, Shirodhara, Takradhara, yoga, Asanas, Pranayama, and meditation are recommended. Yoga is a tool for physical, mental, and spiritual development, and sleep apnea is a condition caused by disrupted sleep. Sleep apnea and the likelihood of developing Alzheimer's disease in older adults are now linked, according to experts at New York University [12]. Poor or insufficient sleep has been linked to a variety of health problems, including weight gain, depression, memory loss, stress, anxiety, and cognitive decline. Ayurvedic therapies, such as Shirodhara, Abhyanga, and supplements can help improve sleep quality. Yoga combination with Asanas, Pranayama, and meditation (Dhyan) are recommended for best results in managing sleep disorders.

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