

Management of Old age

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Opinion

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Our life starts from newborn stage, starts growing, advancing towards the middle age and declining slowly to old age. The word declining is suggestive of sluggishness of our whole body functions.

To take care of new born is hard task but management old age is more challengeable. 60+ is the age of retirement. We feel that we are advancing towards old age. People think that they are going to suffer from Hypertension, Heart attack, Diabetes, Arthritis and so many other diseases. But it is not true.

To have the happy, healthy old age one has to follow certain rules and regulations given by the Ayurved. It is not the magic stick. One has to involve himself or herself completely Wright from the beginning giving time for daily routine and seasonal routine also.

In circadian rhythm from newborn time to age of 20 years Kapha energy is more active giving strength to all growing body tissues. Later on predominance Pitta energy keeps you fit and alert for working. This is the age of child bearing in female up to 45years. From the age of 60+ all the tissue functions start declining. This stage is governed by Vata energy.

Naturally body starts functioning slowly. Symptoms like wrinkles on body, dryness of the skin, dryness of vagina in female suggestive of increased Vata in the body. Due to osteoporosis chances of fractures are more. Ojas which is the essence of all tissues also gets reduced. It affects the mentality of the person and he/she suffers from depression.

To alleviate high Vata, food that we eat is not sufficient. Hence we suffer from many deficiencies in the body. One has to take into consideration digestive power or agni of a

person which slowly start reducing. Sleep pattern also changes. All changes depend on your constitution.

To keep oneself healthy Ayurved has given importance to daily routine from the beginning of the childhood. Proper life style is inclusive of getting up early morning till you go to bed. Guidelines are given for appropriate food and exercise according to your age.

Taking proper care of sense organs, daily auto massage with different oils supports health; Proper timings of breakfast, lunch and dinner set biological clock rhythmically. Emphasis is given to fresh organic vegetarian food which is full of prana and gives lot of energy. Proper sleep pattern and rest is also helpful to keep good health.

According to modern medicine declination of our tissues starts form age 25 onwards but we pull on in the middle age. If we neglect taking proper care we will land in to lots of trouble and we will have to live measurable life.

Management of the old age starts from age of 25 only where we have to store health till the end of life. Getting up early in the morning after proper sleep of 5-6 hours at night gives you freshness. After taking proper care of sense organs and evacuation of bowel early in the morning one can do meditation, Pranayam and some light Asana to have good energy, tranquility and clearness of mind. Walking is the best exercise, depending on the constitution one can walk 2-4 km./day.

Lean, tall, thin persons having tendency for constipation falls into Vata constitution. They have irregular appetite, sleep pattern and they talk a lot. They always do some movements even in sitting positions.

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These people suffers from Arthritis, Paralysis, Insomnia, Alzheimer, Parkinson's and other Vata conditions. Usually they have low immunity.

They should try to stabilize themselves by doing Pranayam, deep breathing and should do Yoga asanas. Vigorous exercise is not good for them. They should not carry out vigorous, hard work that will increase vata. They should take nourishing fresh organic food at proper time.

Oats, wheat flakes, musali with warm milk is good for them. They should eat the small quantity of food at frequent intervals. Asafoetida, turmeric and mild spices are good for health. Ghee is good for them. Daily auto massage with warm sesame oil is beneficial. Warm water shower is good. Massage with light strokes from masseur once in month is helpful.

1hour nap is sufficient. They should go to bed at 10.30 pm. In case of Insomnia one should do meditation and OM 10 times before going to bed. 1tsf. nutmeg powder in cup of warm milk enhances the sleep. Person having problem with constipation should drink warm water early in the morning kept in copper vessel. It helps bowel movement properly.

Eat some black raisins and two dry figs before going to bed. One table spoon pure ghee with cup of warm milk or water is also beneficial. Eat fruits like banana, apple, chikoo.

Pitta constitution people are medium built, having fare complexion, intelligent but impatient. Most of the time they suffer from Hyperacidity, skin diseases, Hypertension, Allergies and Diarrhea. They are advice to do medium exercise and walking. They should do left nostril Pranayam. Gardening is also one of the best exercises to body and mind.

Fresh organic food with mild spices like cumin, coriander seeds, fennel are good for them Avoid spicy, oily, fried food and pickles. Eat this thing in very small quantity. Sweet, bitter things are good for them. Ghee is tonic for them.

Massage with warm coconut oil with medium strokes is beneficial. Shower with warm water is helpful. One hour nap in the afternoon gives freshness. While 6 -7 hrs. sleep at night is good. Pitta person should not work near chemicals, furnaces, in bright sunlight or near heat for a long time as Pitta is very hot in nature.

Pomegranate, grapes, figs are good for pita persons along with banana and apple.

Strong, stout well built personality is identity of Kapha person. There immune system is very strong. They are having very fair color.

They are prone for Obesity, Diabetes, Heart disease and Hypertension. They are calm and quiet and like to sit in one place. One has to stimulate them for active work. Right nostril Pranayam is good for these people.

Vigorous exercise and massage with deep strokes with calamus oil is very good for them. They should take hot water shower. They should work hard and do heavy work.

Eating the hot food with strong spices like black paper, chili powder, cinnamon along with garlic and onion are beneficial to keep Kapha energy under control. Dry substances like popcorn, puffed jowar, puffed rice, dry toast, crackers and phulka or bread of jowar (large millet), small millet and quinoa are good for them.

They should eat oily substances like, ghee, pickles in small quantity. Avoid the dairy substances and stay away from cheese. Papaya is good for them. Water containing fruits increase Kapha. Eat these in small quantity.

Avoid the afternoon nap. 5-6 hrs. sleep is beneficial.

Irrespective of constitution evening dinner should be taken in between 6.30pm. to 7pm. Light diet like Phulka, vegetable soup and moongdal khichadi is preferable.

One has to take care in seasonal changes. In the summer Pitta gets aggravated. So follow anti pitta routine. In rainy season follow anti vata regime as vata gets aggravated. While in the winter kapha is predominant. Take anti kappa regime. Massage twice in the week is good in summer. Daily massage is beneficial in winter. In rainy season and summer take light diet as digestion is slow and appetite is low. Good appetite in winter requires large quantity of food. Heavy substances get easily digested.

Light exercise in summer and vigorous in winter according to one's capacity is beneficial. Remember to keep oneself healthy protect the agni/digestive power.

All diseases are the outcome of bad life style and unwholesome food. While good organic, wholesome food and proper life style gives the health.

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Tips for food supplement-If agni is good and if one can eat proper food ,there is no need of the synthetic supplements and tonics.

You get the Iron from green leafy vegetables cooked in iron pan, ragi, pomegranates, raisins, dates, beet root, jiggery.

Substances like curd, milk, soya, cheese, early morning sun light are good source of Vit. D

Ragi, curry leaves, sesame seeds, soya, broccoli, cabbage, almonds gives you calcium. These are useful to avoid osteoporosis.

To control cholesterol garlic, onion, cinnamon and flax seeds are helpful.

Substances like yam, soya, turmeric, aloe Vera and angelica are best sources of phyto- hormones which are useful in menopause in women.

Idly, uttappa, fermented substances, ragi are good source of vet, B complex.

To prevent the formation of cataract-Take daily one glass of buttermilk with one /two cloves of garlic on empty stomach in the morning.

Key to good health and mind goes through good healthy food and proper life style. We are the part of the nature. We come from nature and get dissolved in nature. Remain always unite with nature following the nature's law.