



# Shiryate Iti Shariram- An Abstract Study to Disclose the Meaning of Aging

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## Abstract

In our day- to- day life which performing conditioning there's further or lower reduction of 'Dhatu' takes position which results in "Dhatukshaya" depending on the physical day to day conditioning an existent. It's spoke that "Shiryate iti shariram". Tallying to ultramodern gerontology aims to explain why nearly all abiding effects weaken, pulverize and go with time. Tallying to Ayurveda, the physiology describing 'sharir' (which means continuously decaying ("shiryati") as the title suggests) has been explained considerably in Ayurveda. Vriddhavastha is that stage of life when decay in the body, dhatu (colorful anatomical towel), perception authority of the indriya (sensitive and motor organs), energy, energy and peroration, colorful internal and cognitive places. During this period there's ascendance of Vata Dosha (one of three natural procurators). The major physical changes during this period are graying hairs, face, wrinkling, baldness and dwindling capability to do physical work.

**Keywords:** Sharir; Decay; Aging; Dhatu; Geriatrics

## Introduction

Ageing refers to the ineluctable, unrecoverable decline in bulletin function that occurs over time indeed in absence of injury, illness, environmental pitfalls, or penurious life elections (unhealthy diet, lack of exercise, substance scurrility) [1]. Tallying to Ayurveda any substance which regularly degenerates or pulverize is nominated as Sharir. "Shiryate iti Shariram" in other words sharir can be nominated as an object which all the time destroys because of constant movements [2]. In our day- to- day life while performing conditioning there's further or lower reduction of "Dhatu" takes position which results in "Dhatukshaya" depending on the physical day to day conditioning an existent. It's spoke that "SHIRYATE ITI SHARIR" [3]. Tallying to ultramodern wisdom rejuvenescence and debilitation go contemporaneously right from the neonatal life to youthful time. As the time advances body becomes fragile, digestion

and metabolism get weakened and further catabolic responses begin.

## Ageing is Natural Marvels Tallying to Ayurveda

Hence in Ayurveda ageing is supposed to be nonstop and natural process. The decay or depression starts in the body from its birth [4]. At every 10 times this reduction can be assessed as described in the Sharangdhar Samhita [5]. Vriddhavastha is the last portion of the life span and is represented by degenerative changes. It's the stage of life when the ageing has been established and colourful functioning of the body formerly reduction. Tallying to dalhan the swabhavik complaints do due to the authority of nature (prakriti). Daurvalyata (weakness) is caused by Swabhava, Dosha and Jara (senior).

## Ageing Tallying Body Corridor

### Brain

Ageing thresholds after time 20 after time 20 neurons and whim-whams cells are start deviate. In early time of life neurons in volume about 100 billion. At the time of 20 neurons starts decline 10,000 per day. It's sequel on mind and passional geste.

### Guts

Ageing thresholds after time 50 after time 50 GIT effects starts like constipation, IBS, piles etc. intestine have some digestive salutary bacteria they support in digestion. But after time 50 these bacteria start decline and effects are penurious digestion do.

### Bone

Ageing thresholds after time 35 after this time women suffers further health effects around in reproductive system. guts have also loosed their redundancy, tensing, reduce size and wholeness. utmost of women suffers by bone cancer.

### Bladder

Ageing thresholds after time 65 after this time bladder loss their control medium and women suffers further urination case after menopause.

### Lungs

Ageing thresholds after time 20 after this time the lungs capacity becomes drop and still at time 40 some people face breathlessness [4].

## Ayurvedic Aspect of Gerontology

Tallying to Ayurveda the ageing is progressive and natural complaint. tallying to ultramodern the senior the Latin word "GERUS" mean of this word 'To grow old'. Tallying jara or ageing is natural process acharya chakrapani also describing it as Svabhavo Nihspirikriya. A public crusade on Ayurveda and Siddha for Geriatric Health Care was started in 2012 which denotes "May we old happily for one hundred times or further our faculties of hail, unreality and peroration completely complete and without reliance on anybody else [4].

## (Yajurveda 36/24) Goods of Diet on Ageing

Tallying to Ayurveda, food is responsible for the excrescency and evolution of an individual if it's devoured in

proper expressway, in proper volume and in proper manner which is also called as Hitkar Aahar and if it isn't devoured by the ways it should be, it's called as Ahitkar Aahar, it'll be super eminent colourful degenerative places in the body performing in vyadhiawastha [6,7]. The diet (aahar rasa) needed for the goods which is essential component for the process of generating or embryogenesis of the exclusive body, which includes the evolution of all the structures (Dosha, Dhatu, Mala).

## Ksheen Mansik and Sharirik Awastha in Jaraawastha

In senior time people reside long life span as analogize to now moment's period. Now numerous further life phraseology diseases do. All these above mentally and physically affect do in now days and numerous further people suffer from these at early time because of ageing. Moment's life span is also come short due to miss and rubbish diet fashions. Precisely revers to all gesticulations Maharh like Acharya Chyavan, Bharadwaj and Vishishta lived veritably healthy life and attained the time of further than hundred times of life span. They got success by reviving their immature Medha (intellect), Smiriti (mind), Dhriti (forbearance), Nirmayata (independence from complaint), Dhiryayu (life), and Jathragni (digestive conflagration) [8].

## Manners of Ageing

The tenure of 'geriatric' is kindly nebulous. Stuart-Hamilton (1994) notes how perfection may be made between colourful stripes of ageing.

1. **Adaptable Ageing:** Time changes that all people partake.
2. **Probabilistic Ageing:** Time changes that may be to some, but not all people as they grow aged, similar as the assault of type II diabetes.
3. **Chronological Ageing:** Pertaining to how old person is.
4. **Gregarious Ageing:** Society's prospects that how people should portray as they grow aged.
5. **Natural Ageing:** An organism physical country as they grow aged.
6. **Proximal Ageing:** Time- grounded goods that come around because of procurators in the recent history.
7. **Distal Ageing:** Time- grounded differences that can be traced ago to a cause beforehand in a person's life, similar as nonage poliomyelitis.
8. **Population Ageing:** It's boost in the number and proportion of aged people in society [4]. In ageing, the chronological time doesn't relate impeccably with active time, i.e. two people may be of the same time, but differ

in the internal and physical capacities. Tallying with the time everything about internal and physical capacities are diminishments. Angela Epstein (French Doctor) tells the time when non identical corridor of the body start to lose their battle with the time. Ageing refers to multidimensional process of physical, gregarious, and physiological changes. These changes are invariably degenerative in nature.

### Conclusion

The pressure is major procurator responsible for colourful rudiments of old time. The process of geriatric and process of complaint aren't only physical changes but also due to pynchoneuro- humoral changes. Ageing is a process of getting old and decaying day by day, which can be quoted by "Shiriyate Iti Shariram", as periods advances, several changes take position in the body, externally as well internally in the condition of Dosha, Dhatu, Mala, Agni etc.

### Discordance of Interest

Author declared none of discordance of interest.

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