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A Conceptual Study of Alzheimer Disorder- A *Jara Roga* and Its *Ayurvedic* Management

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ABSTRACT

BACKGROUND:-Ayurveda which is a science of life has many holistic approaches towards distressor unhappiness and among these aging is one of them. According to *Ayurvedic* concept; learning or developing of any knowledge is considered as a part of result of successive as well as complex interaction and co-ordination of *Mana*, *Atma, Indriya*, and *Indriyartha*. Alzheimer disease occurs because of brain damage in brain functions. It is one of the most common form of Dementia. It results because of the imbalance of *vatadosha*. As our age increases several changes takes place in the body. This can be prevented by *Ayurvedic* drugs, *Satvavajaychikitsa* (*Sadvritta* and *Achar Rasayana*), *Rasayan, Panchakarma* procedures.

*Materials and Methods:-*This is a conceptual study for which various *Ayurvedic* books like *Brihatrayi, Laghutrayi* also various modern books related to the topic and various articles and papers as well as information collect from internet is used.

Discussion:- Alzheimer disorder is considered as one of the *Svabhavbalpravrutta* and *Yapya* diseases. When the condition of an individual declines, they often get withdrawn from family as well as from the society. This leads to decline in body functions which ultimately leads todeath. Hence prevention is necessary. The functioning of all these factors is mostly governed by *Tridoshas (Vata, Pitta*, *Kapha*) and *Trigunas (Sattva, Raja, Tama).* The drugs enhances memory and cognitive power. The management of Alzheimer disease makes the *Tridosha's* and *Triguna's*in a well- balanced state and also it helps in proving *medhya* effect to improve the memory of the patient.

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INTRODUCTION

Ayurveda considered as a science of life along with holistic approaches it maintain health. It has eight branches - "***Jararog***" is one of them[1]. Aging is a natural process in which the body is decaying continuously, as it has been mentioned that, *Shiryate Tat Shariram*[2]. *Jararog* is considered as one of the natural i.e. *Svabhavbalpravrutta* and palliative i.e. *Yapya* diseases. As age goes on increasing several changes occurs in the body as well in the external appearance and also there will be some changes or impaired in *Dosha, Dhatu, Mala, Agni, Oja, Indriya,* etc.

Alzheimer's disease is nothing but a progressive Neuro-degenerative disorders in which memories will get decline along with it areas of higher intellectual function also get damage. The domains affected are cognition which includes daily functioning and behaviour. Alzheimer's disease is most common among middle-aged and older people. Alzheimer diseases develops differently in different individuals; the cognition includes memory orientation and judgment[3].

According to *Ayurveda*, learning or remembering something is a result of successive interaction as well as co-ordination of *Atma, Mana, Indriya*, and *Indriyartha*. Alzheimer diseases results

because of the imbalance of *Vatadosha*. This can be prevented by *Ayurvedic* drugs, *Satvavajaychikitsa* (*Sadvritta* and *AcharRasayana*), *Rasayan, Panchakarma* procedures etc.

Aim: Alzheimer disease a geriatric disorder which can be prevented through *Ayurveda.*

Hypothesis: *Ayurvedic* management has a significant role in preventing *Jararoga.*

Objectives: Primary:-To analyse and understand the Alzheimer's Disease in *Ayurvedic* perspective

*Secondary:-*To review the *Ayurvedic* management in prevention which act on the Alzheimer's disease.

Study design: Conceptualstudy

MATERIALS AND METHODS

This is a conceptual study for which variousauthorized *Ayurvedic* classic texts were used as a source material like *Brihatrayi, Laghutrayi* also various modern books, different websites and articles were analysed.

METHODOLOGY

What is Alzheimer's Disease?

AD is a condition which refers to developing deterioration of the brain. It also affects CNS. It is considered as one of the forms of dementia. Although the cause as well as symptoms of AD are different in different individuals, but there are many

common symptoms like- Manifestation of stress, Confusion, Short term or long term memory loss, Irritability, trouble with any language, Mood swings, Aggressive, etc.

According to Ayurveda -

Fire, water, earth, air, ether are the five elements through which are body is formed. *Vatadosha* helps in all types of movement and it constitutes include are ether and air. *Pitta dosha* is responsible for transformation as well as metabolism which is necessary for food digestion and is made up of two elements mainly; *Agni* and *Jala. Kaphadosha* is made up of two elements i.e. water and earth and is responsible for structure and stability of the body. AD can occur because of *Dosha*im balance, imbalance of the mind etc. Mental disorders are caused because of an imbalance in the *vatadosha*. However, each case must be assessed according to the individual to accurately determine which *doshas* are out of balance.

➢ According to *Ayurveda*, there is a link between all the information gathered by sense organs (*indriyas*)with the help of greater intelligence (*buddhi*). Mind is also responsible for sending proper information'sfrom mind to cause actions accordingly. Characteristics features of Tama guna in Alzheimer diseases include slow cognition, poor memory, and difficulty in performing tasks. *Rajasic*

imbalances present mostly during frustration, periods of agitation which often get termed as sundowning.

➢ There are three physical *Doshas* i.e. *Vata, Pitta* and *Kapha* which vitiate the body. Again there are two mental *doshas*, viz. *Rajas* and *Tamas* which vitiate the mind. Vitiation of the body as well as mind results into manifestation of various diseases[4].

Tridosha's **and Cognitive Functions:-** *Dosha's* play vital role in maintaining cognitive functions. Any factor that impairs the *Shareerikabhava's* (physical factors) will affect the *Manasikabhava's* (mental factors) also. *Vatadosha*helps inregulations of proper functioning of *Buddhi* (intellect), *Indriya* and *Mana* (psyche). While *pitta (*body humour*)* enhances *Medha* (intellect). *Kapha (*body humour*)* nurture *dhee* (intelligence), *dhriti* (fortitude) and *smriti* (memory). Thus the normalcy of *tridosha* (bodily humours) is essential for maintaining the cognitive functions[5].

PREVALENCE:-In 2020, almost 70% of the total world's population in developing countries with age 60 or more than that will suffer from Alzheimer diseases and in India 14.2% people will suffer.

Ayurvedic **View:-** *Kshaya* of *Balya, Vriddhi, Aakruti, Medha,* brightness of skin, eyesight, *Shukra, Vikrama,*

Parakrama, Bhuddhi (intelligence), hand-leg movements, mind, life occurs after every 10 years. Thus, total 120 years it takes to destroy our life one by one[6].

Objects are perceived by sense organ together with mind. The perception is somewhat i.e. partiallyor fully looks like mental behaviour in the beginning[7].

Causative factors for good memory:- *Charakasamhit a*n arrate 8 factors for improving the memory, they are *Nimitta* (knowledge of cause and effect), *Rupagrahanata* (knowledge of form), *Sadrushya* (knowledge of similarity), *Saviparyayata* (knowledge of contrast), *Satva-anubandha* (concentration of mind), *Abhyasa* (repetition), *Gyana yoga* (attainment of metaphysical knowledge) and *Shrutata (*partial communication and by repeated practice *smruti*get increased)[8].

Causes of disease:-*Hina* (insufficient, decreased, poor), *Mithya* (perverse, opposite) and *Ati* (excessive, increased) *yogas* (effects, correlation, association) of *Kala* (time season), *Artha* (objects of sense organs) and *Karma* (activities of the body, mind and speech) are the chief causes of disease; whereas their *samyog yoga* (normal correlation) results into health[9].Any disturbance in *Tridosha* and *Triguna* will lead to disordered functioning of *Indriya*, *Mana* (psyche) and *Buddhi* (intellect) leading to impaired memory and

other related symptoms. This imbalance is quite common as a person being to grow in age.

Diagnostic aspect of Alzheimer's disease as per Ayurveda:-
Depending on the *lakshanas* exhibited by the patient diagnosis should be done.

Prashna Parikshan:-*Loss of memory, weakness in perception of subjects, mood swings, wandering depression, loss of concentration in daily activities.

Darshana Parikshana:-*Irritability, aggressiveness.

Treatment:

➢ Few *Ayurvedic*drugs can help in the management of Alzheimer's diseases. It alsohelps in balancing the*Tridosha* and *Triguna* and also by proving *Medhya* effect so that memory of the patient can be improved.The drugs which enhance memory and cognitive power should be administered.

➢ *Satvavajay* treatment can also help in the management of Alzheimer's by making *Tridosha* and *Triguna*in a balanced state.

➢ Alzheimer disease affects at old age. Among *panchakarma; basti* is considered as *vatashamaka* so it will be more beneficial and also it is considered as *Ardhachikitsa.* Apart from this as per *lakshanas* treatment can be done.

➢ *Rasayana, Shirodhara* and *Shiropichu* are beneficial.

*RASAYANA THERAPY:-*The possible mechanism of action of *Rasayana* drugs.

➢ **Neutriceutical action-** nourishes and maintain and cell life.

➢ **Regenerative action** –encourages the growth of new cells.

➢ **Immuno-modulatory action-** prevents recurrent infections expelling the damaged cells.

➢ **Antioxidant action-** eliminates the toxic metabolites and pollutants.

➢ **Adaptogenic action**-maintains the balance between mind and body. Thus, it may be postulated that *Rasayana* drugs acts at the subcellular level.

Four folds of Rasayana:- Maintenance of positive health, improvement of 3 mental faculties, *dhee- dhruthi –smruti*, resistance against disease, longevity.

Diet:- One of the most important factors for enhancing balance of *dosha* and a *sattvic* mind is to take all types of nutritious foods in diet. *Sattvic* diet is recommended for all patients suffering from Alzheimer diseases. *Sattvic* foods are vegetarian, freshly prepared according to the season. It is crucial and important to consume all type of *sattvic* foods which contain negligible type of modified organisms and helps to prevent exposure with environmental toxins that may aggravate disease. Common examples are milk, butter, ghee, almonds, ripe fruits, cereal grains, green vegetables etc.

Satvavjay Treatment :- Follow the principals of *Sadvritta* and *Achar Rasayan*[9]. Involve oneself in the Supreme Power (God) or the iternal truth by any means as it increases the level of *Satva* in mind. Thus all this things improves mental immunity.

DISCUSSION

Alzheimers disorder is classified as one of the *Svabhavbalpravrutta* and *Yapya* diseases. When the individuals conditions get decline they are generally withdraw from family as well associety. Hence prevention is necessary. The functioning of all these factors are governed by *Tridosha*and *Triguna.* The drugs enhances memory and cognitive power. The management of Alzheimer disease makes the *dosha* and *guna* in a well- balanced state and also by proving *medhya* effect; so that memory of the patient get improved.

CONCLUSION

AD is classified as a neuro-degenerative disorder. The causes as well as progression of the Alzheimer disease are not well understood; it is associated with plaques and in a confused state in the brain. According to *Ayurveda*, learning will be possible when there is association and co-

ordination between *Indriya, Indriyartha, Mana, Atma*and *Buddhi.* The review of these article indicates that the *Ayurvedic* management have the capability to provide a significant improvement in memory and learning capacity of the elders suffering from AD.

TAKE HOME MESSAGES:-

➢ Prevention is better than cure Care should be at early stage, at the higher level it would be very difficult to take a move. Similarly, for instance if a tree has to be cut, it should be at the start of its growth later on it is difficult to cut a tree. In the same way, any diseases should be prevented and if detected than should be cured immediately but at later stage it becomes utmost difficult to cure.

➢ "Health management is free and enjoyable; but disease management is very costly and painful"[11].

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