**EFFECT OF ABHYANGA IN GERIATRIC POPULATION**

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**INTRODUCTION**

Ageing is a natural process i.e. Kala – Jara (Timely old age), Swabhava or Sahaja in nature. ‘Jara’ is an inescapable part of life.

Old age is known as Vardhakya. It is one branch out of eight branches which deals with the health of older age person known as ‘Jara Chikitsa’ or ‘Rasayana’.

In Ayurvedic literature it has been explained that upakrama like adopting Hitcharyas like Dincharya, Ratricharya, Ritucharya, Swasthavritta, Achar Rasayan, Sadvritta, Rasayan therapy and avoiding Ahita Charyas. Dincharya deals with the daily regimen of an individual to maintain his/her health. Nityaabhyanga i.e. oil massage slows down the ageing process and associated disease.

Acharya Vagbhata mentioned the importance of Abhyanga for maintenance of health in Dincharya as tremendous effect in maintaining the youthful state and postponement of features of Jara, reduces tiredness, and mitigates Vata. It is useful to vision, promotes strength, sleep and skin glow. Especially it should be done on head, ears, and feet. (Ref. Ashtanghirdaya sutrasthan 2/7-8).

**AIM AND OBJECTIVES**

- **Aim:** To study the effect of Tila taila Abhyanga in Geriatric population.

- **OBJECTIVES**
  1) To review literature and research work done related to Tila taila Abhyanga in geriatric population.
  2) To study the effect of Abhyanga in geriatric population on the basis of geriatric symptoms mentioned in Charaka Samhita.
**Literature Review**
References of Abhyanga, Jara, Twacha, and Drug review –Tila taila were stated from Bruhattrayi and Laghutrayi. Related subject like massage therapy, Geriatrics, Skin were stated from modern literature.

**MATERIALS AND METHODS**
Total 96 aged participants were selected from the Swasthyarakshana OPD. Who fulfilled inclusion criteria with complete follow up were selected irrespective of Age, sex, religion.

- For the assessment following instrument are used.
  BP apparatus, Clock, Stop watch, Sand bags 2 (5 kilogram)

- **Inclusion criteria**
  Geriatric person age group was in between 60-75 years. Person having old age symptoms.
  1) Twakrukshata.
  2) Twakparushyata.
  3) Twaksthitisthapakatwa.
  4) Balakshina.
  5) Grahanakshina.
  6) Dharanakshina.
  7) Nidranasha.

- **Exclusion criteria.**
  1. Person who are suffering from systemic disorders.
  2. Person who are suffering from Aamdosh, Ajirna.
  3. Person of age group below 60 years and above 75 years.

- **Ethical clearance**
  1. Ethical clearance from IEC was done before starting clinical study.
  2. Written informed consent of patients was taken prior to commencement of clinical trial.

**METHODOLOGY**
- **Standard Operational Procedure (SOP) of Abhyanga.**
  1. Participants were come for Abhyanga on empty stomach in the morning.
  2. Wooden massage table was used for Abhyanga.
3. Luke warm Tila taila was used for Abhyanga.

4. Abhyanga was done 20-25 minutes slowly and in the direction of hair.

5. Separate massagists for male and female participants were available in the affiliated hospital.

- Abhyanga was done in seven positions.
  1. Sitting position.
  2. Supine position lying on back.
  3. Left lateral lying position.
  4. Again supine position.
  5. Right lateral lying position.
  7. Sitting position.
  8. Three to four minutes was given for Abhyanga in each position.

- **Study Period**
  
  Duration of Abhyanga therapy: 1 month.

- **Drug Delivery system**
  
  Abhyanga (Bahya Snehan) should be done on empty stomach in the morning.

- **Dose:** 30-50 ml.

- **Follow up**
  
  Follow up was taken on 15th day and after treatment 30th day.

- **Assessment Criteria**

  - **Subjective criteria**
    1. Twakrukshta (Dryness of skin)
    2. Twakparushyata (Roughness of the skin)

  - **Objective criteria**
    1. Twaksthitisthapakatwa (The time taken for the skin retract back to normally after pinched).
    2. Bala (Power strength – without being able to help it).
    3. Dharana (The act of holding).
4. Grahana (Seizing, holding, taking by hands).
5. Nidra (Sleep).

❖ Observation
The data was analyzed to know Statistical significance.

Factors like: Twakrukshata, Twakparushyata, Twaksthitisthapakatwa, Bala, Grahana, Dharana, and Nidra in hours.

Table 1.

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<th>GK</th>
<th>DK</th>
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<tr>
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<td>1.81</td>
<td>1.81</td>
<td>3.50</td>
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<tr>
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Test Statisticsa

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</tbody>
</table>

a. Friedman Test

- Participants were observed and difference is noted before and after treatment. The fried man test (Non parametric alternative one way ANOVA with repeated measures) was applied to see the effect of drug.
- There is significant difference in grades of factors stated above at BT, FU-15, AT, FU-30. The mean rank values suggest that the grades are reducing significantly as the days of treatment increasing for Twakrukshta, Twakparushyata, Twaksthitisthapakatwa, Bala, Grahana, Dharana and the hours are increasing significantly as the days of treatment increasing for Nidra.
- By statistical analysis, it was proved that there are improvements on assessable criteria. Since p value < 0.05, the level of significance for all factors, there is strong evidence to reject the null hypothesis.

❖ RESULT
The Clinical improvement of Jara symptoms after clinical trial shows- (Table no. 2).
1. Twakrukshata, Twakparushyata and Nidra – It was observed that 100% participants
showed improvement.

2. Twaksthisthapakatwa – It was observed that 60.42% participants showed improvement and 39.58% remained clinically stable.

3. Balakshina - It was observed that 88.55% participants showed improvement and 11.45% remained clinically stable.

4. Grahanakshina and Dharanakshina - It was observed that 68.75% participants showed improvement and 31.25% remained clinically stable.

Table no. 2.

<table>
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<tr>
<th>Variable</th>
<th>Ex</th>
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<th>En</th>
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DISCUSSION: Tila taila Abhyanga in Geriatric people.

Importance of Abhyanga and its advantages.

अनुभवमाच्छेन्ति त जसाथमवतह | ।

दृष्टिप्रसादपुष्पयु: स्वान्न सुत्वक्ववाद्ववर्यूभि ।

- अ.आं, सू २/१९

Abhyanga is useful in maintaining the youthfulness and postponement of features of Jara. It is reduces tiredness (Shramahara) and pacifies Vata (Vatahara). It is beneficial to vision, promotes strength, sleep and complexion.

Mode of action of Abhyanga

According to Acharya Dalhana has described in detail about the absorption of Sneha used in Abhyanga. The oil used in Abhyanga can reach up to the different dhatu, if it is applied for specific time. Hence, it is clear that the skin absorbs the drug used in Abhyanga. Sneha used for snehana enters in the body through Romakupa, Siramukha, and Dhamani and nourishes the body. Dalhana also mentioned that - when Sneha (oil) reaches to the particular Dhatu, it is mainly acts on Rasa, Mamsa, and Meda. It cures the diseases of that specific dhatu. Taila
Abhyanga removes accumulated dosha by its properties i.e. Sukshma, Ushna, and Vyavayi Guna.

In old age Vata is predominant state so Vatashamana should be primary aim of treatment. Sparshandriya is important sthana of Vata dosha and its Adhishthana is Twacha. Twacha is best for Abhyanga Karma. Above describing sneha route related with Twacha. (Ref A.H.Su. 12/1) Abhyanga karma is a daily regimen. It is important part in Dincharya. Abhyanga Karma one should use as only Tila Taila.

Acharya Charaka mentioned four types of Sneha Gruta, Taila, Vasa, Majja and among all of these Tila taila is best for strength and uction.

Acharya Charaka also explained that the term taila derived from the Tila is called as taila. All Ayurvedic texts said that if specifically, not mentioned the type of sneha dravya i.e. Anukta. We can say that we can use Tila taila for Abhyanga karma.

Acharya Sushruti also mentioned same as above.
Properties of Snehana dravya

Snehana, Vishyanda, Mardava, Kleda karaka, Drava, Sukshma, Sara, Snigdha, Picchila, Guru, Shitala, Manda and Mrudu is called as Snehana dravya. Properties of Sneha dravya also mentioned as above in Ashtanga Hridaya Sutrasthana.

The expected benefit of Abhyanga we used the Tila taila having properties like Snehana dravya. All these properties included in Tila taila. We get the expected benefit Drudhata, Mardavata, Vatashamana, Kleshsahatwa, Dhatupushtikar, Balvardhak, Shramahara, and Swapnakara means Nidrakara. So from above mentioned points Tila taila is useful for the Abhyanga karma in Geriatric population.

- **JARA** –(Old Age)

In old age Agni is Mandagni and Vismagni. Vishmagni has 2 adverse effects.

1. Deterioration of Bhootagni and Dhatwagni.
2. Qualitative impairment of the adya dhatu Rasa which lost its function of preenana leads to dhatukshaya.
   - Dhatukshyaya is a feature of old age. Dosha, Dhatu, Malakshaya entities leads to Balakshyaya.
   - Vikruta Vata, and depletion of the sustaining Kapha the Satwa declines with age leading to decrease in its normal power of Grahana, Dharana, Vachana, Smarana, Vijana.
   - Balya, Vriddhi, Chavi, Medha, Twak, Drushti, Shukra, Vikrama, Buddhi, Karmendriyas, Chetana, and Jivita these are deteriorated in successive decades of life.

According to modern science graying hair, wrinkled skin, loss of muscle strength is a part of old age. After the age of 50 years maximum muscle strength is reduced.

The chief aim of geriatrics is to “Add life to years” rather than “years to life.” Geriatric medicine is a branch of medicine concerned with clinical, preventive, remedial, and social
aspects of wellbeing of illness in elderly people.

Today’s Era most of people suffering from Akala Jara because of changing life style, unbalanced diet, Physical and mental stress, loneliness, and related diseases like Diabetes mellitus, Hypertension, Anxiety, Neurological disorder.

Those people want to stay physically healthy in their 70 and 80 years they should attain meditation, yoga, and encouraging activities like exercise, reading, and writing.

From above discussion for happy health, painless death geriatric people must adopt or follow daily regimen. Abhyanga is one of them

❖ CONCLUSION

This study purpose was to assess “Effect of Tila taila abhyanga in geriatric population.”

On the basis of conceptual analysis and observations following conclusion can be drawn.

1. Tila taila Abhyanga is effective in Geriatric population.
2. Tila taila is easily available and cost effective.
3. Daily practicing Tila taila Abhyanga is useful for postponing the ageing symptoms.
4. It also useful for pacifying age related vitiated Vata Dosha.
5. Abhyanga upakrama gives benefits to geriatric people in their wellbeing, happy living, and a healthier condition.

❖ REFERENCES

7. Healing Touch of Ayurvedic Massage – Dr. Subhash Ranade and Dr. R. Rawat,

