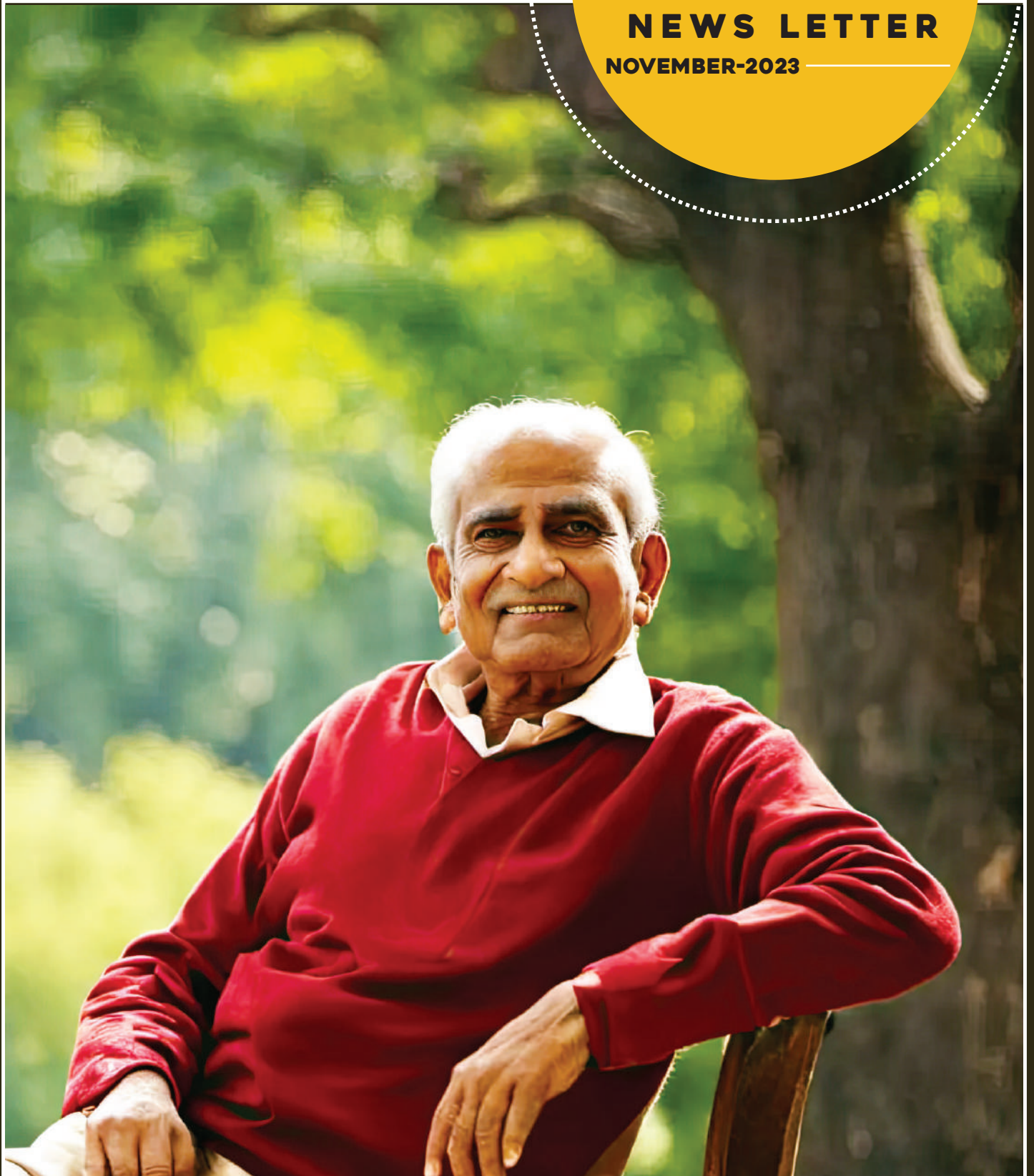




NATIONAL AYUSH MISSION KERALA

സ്വസ്ഥ്യ  
**SWASTHYA**  
NEWS LETTER  
NOVEMBER-2023



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# IMPORTANCE OF GERIATRIC CARE



**DR SHARMAD KHAN**  
CHO, AHCW, NEMOM

The size of elderly population in India will nearly double to touch 192 million by 2030. By 2050 every fifth Indian will be an elderly person. And by 2100, the share of 65+ population will be 30 per cent as against the current 7 per cent.

Although there are different ways to classify the geriatric population, some studies have classified elderly adults between the ages of 65 and 74 years as youngest-old, those between ages 75 and 84 years as middle-old and those aged over 85 years as oldest-old. The age of 60 or 65 in most developed countries, is said to be the beginning of old age.

According to the law, a "senior citizen" means any person being a citizen of India who has attained the age of 60 years or above.

Geriatric care helps senior citizens manage their overall health and well being and maintain their independence for as long as possible. Geriatric care includes managing pain and other symptoms, improving mobility and function, addressing social and emotional needs.

Problems of senior citizens includes physical infrastructure, insufficient financial support, inadequacy of companionship, other problems include

bed wetting or incontinence. High blood pressure, cardio vascular disease, ischemic heart disease, urinary incontinence, vascular dementia, multiple sclerosis and other diseases are far more common among older adults. Main cause of morbidity and mortality are cardiovascular diseases, stroke, cancer, respiratory illness etc.

Most common geriatric problems in Indian society includes blindness, locomotor disabilities and deafness (most prevalent). mental illness and neurosis also seen.

Most common diseases are arthritis, cancer, chronic kidney diseases, chronic obstructive pulmonary disease, dementia, Alzheimer's disease, Parkinson's disease, diabetes mellitus, osteoporosis and stroke.

There are several factors that contribute to aging. These factors may be biological, lifestyle, social, psychological, spiritual, cognitive and the diseases in old age.

Ayurveda, the Indian traditional holistic healthy science has broad spectrum of preventive measures for combating the ageing process. Shilajith is a commonly used Ayurvedic medicine that helps maintain overall health and physical performance. It helps gain



energy and boost the immune system.

Diabetes mellitus, hypertension, hypercholesterolemia, cardio vascular disease, asthma, obesity, stroke are common lifestyle disorders in geriatric patients. Change in lifestyle is an important slogan for all lifestyle disorders. But in old age it is not practical, because of difficult to change food pattern, unable to change daily activities, acidity, ulcer, emotional issues, continuous medication, do's and don't which are related with medication and diseases etc.

In our state, lifespan of a person is increasing day by day. Along with this the morbidity rate and usage of medicine is also increasing. Because of the same reason it is better to keep health from any lifestyle disorders (many diseases suffering at a time is more common now) or keep maximum delay to start a disease.

Management of diseases with diet, regime and medication are sometimes essential.

But this may be very easy in the first stage of diseases and become difficult in later stage. Most Keralites prefer only medicine to control diseases than people in other state. Effective management with minimum medication is a better option to avoid complications.

Diet and regimes, knowledge about health and diseases, maximum concentration to avoid diseases especially lifestyle disorders, proper management to control present illness, knowledge and prevention of secondary complications are the main points to keep a geriatric person healthy.

Remember, better to add life in days, not to days in life. So being healthy is an important thing. So please keep in mind to take necessary steps to become healthy in all time is only the way.

# OSTEOPOROSIS IN OLD AGE

**DR. KALAISELVI BALAKRISHNAN MD(S)**

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Santhigiri Siddha Medical College



Osteoporosis is a bone disease that develops when bone mineral density and bone mass decreases, or when the structure and strength of bone changes. This can lead to a decrease in bone strength that can increase the risk of fractures (broken bones).

Osteoporosis is a “silent” disease because it typically does not show any symptoms, and may not even know that the person have the disease until breaking of bone occurs. Osteoporosis is the major cause of fractures in postmenopausal women and in older men. Fractures can occur in any bone but happen most often in bones of the hip, vertebrae in the spine, and wrist.

## Who Gets Osteoporosis?

Osteoporosis affects women and men of all races and ethnic groups. Osteoporosis can occur at any age, although the risk for developing the disease increases as you get older. For many women, the disease begins to develop a year or two before menopause. Other factors to consider include:

1. Certain medications, such as some

cancer medications and glucocorticoid steroids, may increase the risk of developing osteoporosis.

2. Because more women get osteoporosis than men, many men think they are not at risk for the disease. However, both older men and women from all backgrounds are at risk for osteoporosis.

## Signs and Symptoms of Osteoporosis

Bones affected by osteoporosis may become so fragile that fractures occur spontaneously or as the result of:

1. Minor falls, such as a fall from standing height that would not normally cause a break in a healthy bone.
2. Normal stresses such as bending, lifting, or even coughing.
3. Loss of height over time or a stooped posture as a result of broken vertebrae and curvature of the spine.
4. Acute low back ache

- 
5. Nocturnal leg cramps
  6. Pain in major and minor joint
  7. Inflammation of gums and loosening of teeth
  8. Anxious or restless nature, Sleeplessness
  9. Gradual shortening in height
  10. Breaking of bones in minor injury or trauma

### **Causes of Osteoporosis**

Osteoporosis occurs when too much bone mass is lost and changes occur in the structure of bone tissue. Certain risk factors may lead to the development of osteoporosis or can increase the likelihood that you will develop the disease.

Factors that may increase your risk for osteoporosis include:

**Sex :** The chances for developing osteoporosis are greater in woman. Women have lower peak bone mass and smaller bones than men. However, men are still at risk, especially after the age of 70.

**Age :** As the age increases bone loss happens more quickly, and new bone growth is slower. Over time, the bones can weaken and the risk for osteoporosis increases.

**Body size :** Slender, thin-boned women and men are at greater risk to develop osteoporosis because they have less bone to lose compared to larger boned women and men.

**Race :** White and Asian women are at highest risk.

**Changes to hormones :** Low levels of certain hormones can increase the chances of developing osteoporosis.

For example:

- Low estrogen levels in women after menopause
- Low levels of estrogen from the abnormal absence of menstrual periods in premenopausal women due to hormone disorders or extreme levels of physical activity.
- Low levels of testosterone in men. Men with conditions that cause low testosterone are at risk for osteoporosis. However, the gradual decrease of testosterone with aging is probably not a major reason for loss of bone.

**Diet :** Beginning from childhood and to old age, a diet low in calcium and vitamin D can increase the risk for osteoporosis and fractures. Excessive dieting or poor protein intake may increase your risk for bone loss and osteoporosis.

**Other medical conditions:** Some medical conditions that may be able to treat or manage can increase the risk of osteoporosis, such as other endocrine and hormonal diseases, gastrointestinal diseases, rheumatoid arthritis, certain types of cancer, HIV/AIDS and anorexia nervosa.

**Medications:** Long-term use of certain medications are more likely to develop bone loss and osteoporosis, such as:

- Glucocorticoids and adrenocorticotrophic hormone, which are used to treat various conditions, such as asthma and rheumatoid arthritis.
- Antiepileptic medicines, which treat seizures and other neurological disorders.

- Cancer medications, which use hormones to treat breast and prostate cancer.
- Proton pump inhibitors, which lower stomach acid.
- Selective serotonin reuptake inhibitors, which treat depression and anxiety.
- Thiazolidinediones, which treat type II diabetes.

**Lifestyle:** A healthy lifestyle can be important for keeping bones strong. Factors that contribute to bone loss include:

- Low levels of physical activity and prolonged periods of inactivity can contribute to an increased rate of bone loss. This results in poor physical condition, which can increase your risk of falling and breaking a bone.
- Chronic heavy drinking of alcohol and smoking is a significant risk factor for osteoporosis.

### Investigations Diagnosing Osteoporosis

- X-Ray reveals decreased bone density, MRI of bones
- Dual energy X - Ray absorptiometry (DEXA) is the preferred modality for measuring bone mineral density

### Prevention and medical management of osteoporosis

The main goal of treatment is to prevent development of osteoporosis and to stabilize remaining bone mass

1. Proper nutrition
2. Plenty of fruits and vegetables
3. An appropriate amount of calories

for the age, height and weight

4. Foods that include calcium, Vitamin D and protein

#### Good sources of Calcium

- Low fat dairy products
- Dark green leafy vegetables
- Broccoli
- Sardines and salmons with bones
- Calcium fortified foods such as orange juice, cereals and bread

**Vitamin D** is necessary for the absorption of calcium from the intestine. It is made in the skin after exposure to sunlight. Fatty fish, fish oils, egg yolks and liver naturally contain enough vitamin D. Other foods fortified with vitamin D are major source of minerals, including milk and cereals

5. Lifestyle changes
6. Exercise
7. Avoid smoking and alcohol
8. Practice Yoga, 20 -30 minutes daily

#### Curative herbs for Osteoporosis are:

- a. Withania somnifera
- b. Asparagus racemosus
- c. Tinospora cordifolia
- d. Cissus quadrangularis

#### Medications for osteoporosis

1. Hormone therapies like replacement estrogen or testosterone and bisphosphonates
2. People with severe osteoporosis or a high risk of fracture might need medications, including parathyroid hormone (PTH) analogs, denosumab and romosozumab. These medications are commonly given as injections.

# A Case of Angioneurotic Oedema of Lips of an Elderly Woman

**DR. AMRUTHA MANOHARAN**  
B.H.M.S, M.D (Hom.), Diploma in YOGA  
Diploma in Naturopathy



Angioedema is a clinical condition manifested by sudden onset of localized swelling of skin and mucous membrane. It is mainly classified into two, that is hereditary and acquired forms. Hereditary angioedema is a rare condition mainly caused by deficiency of C1-esterase inhibitor. Acquired angioedema is caused by drug-induced forms, idiopathic and allergic reasons.

Angioedema refers to sudden non-pitting swelling of the skin, mucous membranes. The duration lasts from many hours to days. Eyes and lips are the most common sites.

It is caused by a rapid increase in permeability of submucosal or subcutaneous capillaries along with post-capillary venules with localized plasma extravasation. Most common cause is due to the release of Histamine and bradykinin.

A 96 year old lady complained of swelling on lips which was reported on 25/4/22 morning around 10 AM by phone and the bystander was asked to send the photograph. The patient had a history of eating fruits from outside and the complaints developed after that. Swelling on lips developed along with burning pain. The symptoms were swelling of lips and burning pain - APIS 30 was selected

as the medicine and it was given 3 pills with an interval of 2 hours in globules and the symptoms subsided at noon.

Master Hahnemann had mentioned about acute disease in Organon of medicine APH 72

Acute diseases are rapid morbid processes of the abnormally deranged vital force, which tend to finish their course, more or less quickly, but always in a moderate time.

This is a case of individual acute disease treated with individualised homoeopathic remedy.



Before Treatment



After Treatment

Homoeopathic medicine is very much effective in treating angioneurotic edema.

# SLEEP IN GERIATRIC HEALTH



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## Sleep in Geriatric population

Sleep is a vital mechanism in human life regardless of our age it has ability to restore our body, mind and energy levels and heal both physical and cognitive damage. At every age sleep is an essential function that allows our body and mind to recharge. A regular sleep pattern of 7-9 hr per night is recommended to function at our best.

“Nidrayaktham sukham dukham  
pushti karsya Bala abalam

Vrishtha kleebatha gyaan agyaan  
jeevitham na cha”

When the mind withdraws from its activities then the individual sleeps. Proper sleep provides happiness, nourishment, strength and life. However, as we get older a number of factors combine and make it harder to achieve, but sleep is very important to health in old age as diet and exercise.

Sleep affects our overall health including our hormone & immune system. Neurobiological processes that occur during sleep have profound impact on brain health and as a result they influence mood, energy levels and cognitive fitness. Studies have proven that physiological changes that occur in the brain during sleep affect our capacity for new learning and boosts memory.

As estimated 50 percent of persons from 55 years & older have some form of sleep problems including initiating and maintaining sleep. Older adults have highest prevalence compared to younger groups. Many people believe poor sleep may be a normal part of ageing but disturbed sleep & waking up every day with increased fatigue is not normal.

## Sleep changes with Ageing

Older adults are coming under jeernavastha according to our vayobedha classification and Vata dosha predominates at the end of every day, in last phase of digestion, in older age etc. In jeerna vastha naturally the strength of body and sense organs get depleted, dathu also get deteriorated along with this predominance of Vata dosha make older adults tends to get less sleep.

In geriatric population there is a sudden lifestyle change along with the environmental and dietary factors.

The natural process of dathukshaya, depleted indriya functions, when aggravating vata and pitha dosha along with Rajo dosha vridhi (one among the manasika dosha) results in disturbed sleep. When vata is in imbalance, it results in anxiety, worry, palpitations and body pain. When pitta is in imbalance more fear, anger, sadness happens as symptoms.

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Along with this there is a shift pattern when we become old. Elderly tend to go to bed earlier and wake up earlier when compared to younger adults. This shift in sleep time is due to circadian rhythm generated by the pacemaker located in the suprachiasmatic nucleus (SCN) of hypothalamus. Ageing is associated with decrease or malfunctioning in sensitivity of SCN to environmental stimuli. Secretion of melatonin hormone (which regulates circadian rhythm of sleep wake cycle) also reduces in older adults making it harder to get sleep.

Significant percentage of our older adults have multiple comorbidities including osteoarthritis, cardiovascular diseases, pulmonary disorders, psychiatric illness, Diabetes mellitus, GERD, cancer urinary incontinence, hot flushes in postmenopausal women, along with prevalence of primary sleep disorders like Insomnia, obstructive sleep apnoea, Dementia etc may also have a detrimental effect on disturbed sleep.

### **Importance of sleep in older adults**

1. sleep can improve overall health and quality of life
2. Increased alertness during waking hour
3. Enhanced memory and attention
4. Can reduce medications to a limit
5. Reduce depression, stress, and anxiety
6. Improves cardiovascular health  
Regulates appetite

7. Reduce risk of falling without getting proper balance.

### **How to promote a good sleep?**

After finding the exact cause for sleep disturbances in older adults. Ayurveda plays a significant role in curative aspects, preventive aspects and improving quality of life.

1. Bahya upacharas like Abhyanga ,utsadana ,samvahana, Akshitarpana, shirolepa, karnapoorana shirobasti, sirodhara ,moordini taila application by proper medicines
2. Massaging helps in stress relief by improving blood circulation.
3. Do simple exercises in regular intervals according to the capacity.
4. expose our mind to only peaceful surroundings (mano anukula sabd ha, vishaya ,and gandha grahana)
5. Include nutritious food like gramya, Anoop, jaleeya mamsa rasas, dhadhi, ksheera and fibre rich foods
6. Practice pranayama like nadisudhi pranayama, bramari, anuloma viloma
7. Intake of medicated herbs like Brahmi, ashwagandha, shankhpushpi, vacha etc directly or in any their other formulation acts as a power full tonic for brain, improves all aspects of mental functions, calms nervous system and helps to enhance the coordination between mind and senses.



8. If diagnosed with any sleep disorders. Medications should be taken at proper intervals

9. Promote an active & regular daily routine including physical and social activities.

10. Optimising melatonin level through intake of cherries,egg,milk, fish,nuts ,almonds, pistachios etc

11. Ensure our bedroom is quite and keep a comfortable temperature

12. limiting use of stimulants (caffeine,sugar, alcohol)

13. Trying a soothing bed routine such as bathing or reading books ,hearing melodies before bed.

14. Try to avoid napping in day time

15. limit use of television,computers ,smart phone,before going to bed

16. Avoid eating larger meals close to bed

17. Take proper treatment if you have any sleeping disorders.

With right information and support we can take steps towards helping our loved parents to gain the proper amount of rest they need.



# GERIATRIC HEALTH

## AN IMPORTANT ASPECT OF WELLNESS



**DR. SONAM SHARMA**  
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CPU, Himachal Pradesh

Adequate care to ensure health of elderly. Geriatric health is a very important aspect of health and wellness while ageing that consists of mainly four pillars:

- 1) Brain fitness
- 2) Physical fitness
- 3) Nutritional habits
- 4) Social/spiritual involvement

A health specific field to run smooth ageing.

As we grow special care is needed to continue with daily routines to run a smooth and independent life. Creating a well-maintained environment for our aged generation. Another name for Old age care to thank them for giving us bundles of life experiences and learnings. The term defines differently in today's lifestyle as ageing indicates towards stressful environments surrounding people and forcing them to live with physical and mental burden. Old age comes with commonly occurring health ailments such as Hypertension, Osteoporosis etc. Slowly disabling body and health in various aspects.

Thus, requires special care to maintain four pillars mentioned in the beginning.

### Challenges in geriatric health

Brain fitness requires proper cognition to pick and hold necessary things and most obvious to remember details about medications, life memories and day today's works.

Physical fitness requires to walk, speak, sit and do our chores without support.

Lack of nutritional habits includes not eating healthy and not able to eat independently. Nutrition plays a vital role as it relates with brain and physical fitness.

Absence of Social /spiritual involvement to keep revolving around life happily. As it helps to stay stress free and spiritually connected with God and that strengthens mental health and sometimes mantra recitation practices keeps physical health too at better stage.

Besides these factors we need to focus upon the factors or options to provide better standards for geriatric health.

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## How can we improve geriatric health?

We can definitely improve Geriatric health in many different ways for instance:

- Providing free and better health checkups covering their whole body checkups.
- Maintaining and motivating old age people health status through yoga and meditation sessions also by having talks and discussions with them. In today's world calling them regularly, asking about their day routine shows a greater approach of care to them.
- Planning their diet and nutrition chart with their choices of eatables which they like the most. Eating with them and sharing dining table with them also provides an equal comfort zone for old aged people.
- By Respecting them, their values and respecting their opinions we can make a comfortable zone for their living.
- Knowledge and awareness regarding Geriatric health problems can make them prepared with their health strategies.
- By taking care of their financial issues and records with trust.
- Knowing about their interests and taking them out with care for nature walk will make their soul happy.
- Last, but not the least listening to them with care means a lot for them.

Ayurvedic approach towards Geriatric health gives a wide range to help old

people run their life smoothly. Enhancing their daily routine activities through yoga and even providing a peaceful space full of harmony through meditation can take them to a long way of life.

Different ayurvedic medicine preparations to promote longevity of life keeps Geriatric health at the strong and smooth run. Commonly used ayurvedic preparations known as (RASAYAN) in every household e.g.; Chyavanpraash, amla rasa etc. helps to build immunity. Common lifestyle disorders related to geriatric health can be corrected easily with help of Ayurveda and Yoga.

It can be going for a walk after meals (or) having a light balanced meal. It can be doing light yoga and pranayama practices to stay away from depressive thoughts and taking breathes full of freshness and satisfaction.

Religious or spiritual involvements keeps geriatric health focused as old people are more connected to God, grief, dying, past and many other life connecting factors. Spirituality brings along a positive attitude towards life and life after death. That's why who want old age life better often choose to focus more on spiritual needs and their connections with worships. Old age people feel better self-control and confidence in them.

**Geriatric anxiety:** Geriatric health is also affected by anxiety, which is similar to that in younger age groups. Two criteria can be involved in solving geriatric anxiety.

Sharing feels helps feeling less anxious & Managing stress with yoga, meditation, deep breathing helps relieve stress.



Likewise, managing social and emotional needs improves the quality of life for elderly. Disabilities of elderly like movement, vision, hearing and in some cases they suffer from multiple disabilities, should be handled with uttermost care and geriatric resolves their issues accordingly.

Looking forward for the betterment of Geriatric health we can set up proper rules and regulations in health care centers to provide them with better health care package along with counseling sessions.

Social groups can help them together to have talks with each other and collective outing can be organized in social groups for one day or few days according to their comforts.

Spiritual pathways in geriatric health plays a vital role as it helps them to stay motivated and have positive attitude towards the ultimate truth of life – Death.

Spiritual involvement enables them to sing and dance for God and dive deep into their spiritual emotions. Through these things they can clear out their heart and soul and feel emotionally better.

If taken regular care of their financial accounts they will be more happier and satisfied in life.

Engaging them in physical activities like yoga or dancing in spiritual emotions will help them relieve their physical stress and stay healthy also.

# ORAL HEALTH & HYGIENE IN OLD AGE CARE

## DR. K PRAVEEN M.S (AY)

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Oral health and hygiene is not different from general health. In old age care maintaining the oral hygiene and oral health plays a great role in well being. Aging is a natural process. It's a normal, inevitable biological phenomenon. Our life span is increasing day by day. Elders above 60 years have many oral health issues. Majority of the Oral conditions are preventable or treatable. Older people often do not receive the necessary routine care to maintain a good standard of oral health. So taking care of such conditions and preventive measures through Ayurvedic routine practices will be very helpful to maintain a healthy oral status

Ayurveda "the science of life" explains each and every step for a healthy living. Ayurveda defines health as the tripole of physical, mental and social wellbeing. The healthy proportion of the vital factors along with proper digestion, assimilation, metabolism and proper excretion of urges along with an happy mind, soul and healthy sense organs is health. The World Health Organization health definition also points out the same ideas. In present era understanding the basic Ayurvedic concepts of preventive health care is must for healthy living. Hygiene refers to conditions and

practices that help to maintain health and prevent the spread of diseases.

## Concepts in Ayurveda

The two major aims of Ayurvedic science is Swaasthya samrakshana (preventive) and Athura paripalana (curative). Ayurveda includes the preventive health care in "Swasthya Samrakshana". It well explains the importance of hygiene. Ayurveda classics have mentioned mainly three regimens for a healthy life – Dhina Charya (Daily regimens), Rithu charya (Seasonal regimens) and Rathri charya (night regimens). The regimens that to be followed every day includes oral hygiene, food hygiene, personal hygiene etc which are well explained in all classical texts of Ayurveda.

Ayurveda describe medical science, as being divided into eight branches. Among the eight, "Salakyathantra" explains the treatment of ailments affecting eyes, ear, nose, mouth, etc. Separate chapter for diseases related with poor oral hygiene under the head Mughha Roga Vijanan and Chikitsa mentions various pathological condition which can effect eight areas of mouth – oshta(lips), ganda(cheeks), dwija (dental), moolla (gums), jihwa (tongue), thalu (palate), galam (throat) and sarvasya (oral mucosa)

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and related structures).

### **Oral Hygiene**

Oral hygiene is the practice of keeping the mouth and teeth clean for dental health and to avoid bad breath. Tooth brushing, gum massaging and gargling are main techniques for oral hygiene. Brushing of tooth helps to remove dental plaque and tartar from teeth to prevent cavities, gingivitis, and gum disease. Tooth Decay is the most common global disease affecting every family. Another main issue is Plaques. Plaque is a sticky film that forms on the teeth and gums. The bacteria in plaque release acid that can cause tooth decay.

### **Dantha Samrakshana Charya- Ayurvedic Dental Care**

Good oral hygiene is essential for oral health. Ayurveda has mentioned various techniques under Dantha Raksha Charya which includes Ayurvedic oral hygiene for preventing dental carries and various diseases related to gums, tongue and mouth.

Ayurveda explains Danda Raksha Charya while detailing the daily regimes. He mentions various herbal medicines which can be used as tooth brush, powders, gum massage powders and gargles. Pastes or powders or herbal twigs with medicinal values as per the classical texts are mentioned for tooth cleaning (Danda Dhavana).

Twigs of Vata (*Ficus bengalensis*), Asana (*Pterocarpus marsupium*), Arka (*Calotropis gigantea*), Khadira (*Acacia catechu*), Karanja (*Pongamia glabra*), Karaveera (*Nerium indica*), Arimeda (*Acacia farnesiana*), Apam-arga (*Achyranthus aspera*), Malathi (*Jasminum grandiflorum*) or such

other known herbs which possess the above mentioned properties should be used for tooth cleaning. These medicines are used as tooth powder in the present days. Also tooth pastes made with the contents of these drugs are available now.

### **Gum Massage**

Gum massage is indicated after brushing. After cleaning the teeth, the gums are cleaned without hurting them by rubbing with nice powder of three groups of three drugs – Triphala, Trikadu and Trijatham mixed with honey.

**1.Trikadu** - (Sundi (*Zingiber officinalis*), Pippali (Piper longum), Maricham (Piper nigrum)),

**2.Triphala** - (Amalaki (*Emblica officinalis*), Bibhitaki (*Terminalia bellirica*), and Haritaki (*Terminalia chebula*))

**3.Trijatha** - (Ela (*Elettaria cardamomum*), Lavanga (*Syzygium aromaticum*), Twak (*Cinnamomum zeylanica*))

### **Tongue Cleaning**

Tongue cleaning is to be done after gum massage using soft tongue scrapper or massages over tongue. It will remove the dirt, bad taste and smell of tongue, mouth and teeth. It produces better taste, cleanliness and softness of the mouth and dispels the diseases of the tongue, mouth and teeth.

### **Kabalam - Mouth Gargles**

Specially prepared decoctions are used for Ayurvedic gargles known as kabala. In usual practice for oral hygiene luke warm triphala Chooranam decoction is used. Many medicated decoctions, oils and other combinations are mentioned in

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Ayurveda for mouth gargles which can also be used for oral irrigation depending on various pathological conditions of mouth and gums. These medications are also used for oral irrigation. Oral irrigators reach 3–4 mm under the gum line. Oral irrigators use a pressured, directed stream of water to disrupt plaque and bacteria.

### **Diets For Healthy Smile**

Foods that help teeth and gums include cereals which are rich in vitamin B, fruits and vegetables containing vitamin C, both of which contribute to healthy gum tissue. Lean meat, fish, and poultry provide magnesium and zinc for teeth.

Milk is a good source of calcium, the main component of teeth and bones. Cheese contains calcium and phosphate, which helps balance pH in the mouth, preserves and rebuilds tooth enamel, produces saliva, and kills bacteria that cause cavities and disease. Animal foods contain phosphorus which, with calcium, is one of the two most vital minerals of teeth and bone

Ayurvedic combination Triphala choornam is well used as a rasayana with ghee and honey, having high antioxidant property. It is an Ayurvedic herbal formula consisting of equal parts of three myrobalans, taken without seed: Amalaki (*Emblica officinalis*), Bibhitaki (*Terminalia bellirica*), and Haritaki (*Terminalia chebula*). Green tea contains polyphenol antioxidant plant compounds, which are thought to reduce plaque, and to help reduce cavities and gum disease. Tea may also help reduce bad breath and its fluoride content is also good for teeth.

Fruits such as apples, strawberries,

gooseberries etc contain Vitamin C. This vitamin is essential for healthy gum. Vitamin A is necessary for the formation of tooth enamel. Crunchy vegetables may also help clean gums. Onions contain antibacterial sulfur compounds. Celery protects teeth by producing saliva which neutralizes bacteria that cause cavities. Sesame seeds reduce plaque and help build tooth enamel. They are also very high in calcium. Sesame oil mixed with luke warm water is even used for gargling and irrigation.

### **Care To Avoid Dental Carries**

Uncontrolled intake of sweet and salt rich foods leads to dental carries and gum infections. Ayurvedic texts while explaining dental care strictly says to avoid drugs with excessive salty and sweetness property. Avoiding such food stuffs helps to prevent dental carries and gum diseases.

Sweets, cooked starches (chips items), table sugar etc are commonly associated with dental cavities. Increased use of table sugar - sucrose is most commonly associated with cavities. The more frequently sugars are consumed, the greater the time during which the tooth is exposed to low pH levels, at which point demineralization occurs. Limiting sugar-containing foods and drinks is one way to reduce the incidence of cavities. Drinking drinks such as orange juice or cola or colas sugar containing beverages throughout the day raises the oral health risks.

### **Importance Of Good Oral Hygiene**

- a. Prevention is always better than treatment.
- b. Good oral hygiene habits will keep



away most of the diseases of teeth and gums

c. Dedicate daily sometime for your dental and oral care

d. Maintaining good dental hygiene should be a lifelong everyday habit.

e. Daily practice of Danda Raksha Charya, with proper danda dhavana and gum massages followed by gargling will give you a healthy smile forever.

### **Signs Of Good Oral Hygiene**

- Healthy mouth with a healthy smell
- Teeth are clean without debris
- Gums are healthy
- No gum bleeds and gum pain
- Tongue is clean and smooth

### **Things to keep in mind**

- Ayurvedic Danda Raksha Charya keeps your teeth and gums healthy
- Practice Dandha dhavana-tooth brushing daily twice
- Rinse your mouth well after each meals and brush and massage your gums with your fingers after each meal
- Gargling to avoid debris and gum infections
- Practice healthy diet
- Limit sugar and crispy fried snacks and limit soft drinks

# Healthy food habits in Old age

Eat healthy, live healthy.  
Old age should be a Bold age



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Health is the first and foremost among the Shadjeevalokha sukhas mentioned in Mahabharatha.

Ayurveda, the science of healthy life opine food is the prime etiological factor for health as well as disease. Type of food, habit of food consumption and quantity determines whether man is healthy or not. Diet plays a significant role in maintaining health and balance at all stages of life, including old age. Ayurveda emphasizes the importance of individual constitution or dosha (Vata, Pitta, and Kapha), and diet recommendations are tailored to a specific dosha and imbalances. Lifestyle, exercise, and mental well-being are equally important in maintaining health and balance in old age.

The nutritional needs, digestive capabilities, and appetite may change as people age. According to Ayurveda, Old age is the time of Vata dosha which in turn is the reason for Vishamagni (irregular digestive pattern).

So it is very necessary for older individuals to consult with an Ayurvedic healthcare professional to know their digestive pattern and correction of Agni (digestive power) and select their food in accordance with that. A personalized dietary plan is much needed to ensure their health and nutritional status.

The focus of healthy diet is to balance your doshas. In old age, as vata dosha tends to dominate, leading to issues like joint pain, dry skin, loss of appetite, constipation, flatulence and digestive problems. Foods that are easy to digest, warm, moist, and soft are often recommended.

“You are what you eat” seems to have more than a ring of truth to it.

**One can follow these recommendations.**

## 1.Laghu aaharam

food that is easy to digest As digestion may weaken with age, it's advisable to choose foods that are easy to digest. Cooked, warm, and well-spiced meals

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are preferred, such as cooked vegetables, soups, and grains over raw or cold foods, just avoid heavy or deep-fried foods. Ayurveda promotes a balanced diet that includes all six tastes: sweet, sour, salty, pungent, bitter, and astringent. This helps to satisfy the senses and provide a wide range of nutrients.

## 2. Hithahara

- One should follow diet strictly according to their health status, nutritional needs and digestive capacity.
- Much spicy and heavy meals are not suitable for old age.
- Food with high calorie and refined sugars are not at all good.
- Oily and carbonated foods should be avoided.
- Whole grains, fish, nuts rich in Omega 3 fatty acids, are highly recommended.

## 3. Mithahara

- Always listen to hunger cues and decide the portion size accordingly.
- Ayurveda opines that one should fill half of stomach and one by fourth with liquid and one by fourth should be kept empty for the proper bowel movements.
- For old age it is better to save half of the portion with liquid, one by fourth for solid food and one by fourth empty.
- It is very necessary to avoid heavy foods for dinner.

## 4. Kalanusarena

One should take regular food and shouldn't skip meals. Skipping meals leads to Vata dosha Kopa which in turn can slow down digestion process and steady supply of nutrients and energy may be interrupted.

### Things to be kept in mind

#### 1. Ekanthabhojanam

Food should be consumed along with family members, friends or colleagues. Eat in a calm and relaxed environment. One should realize taste, texture, and smell of food while eating, which in turn helps in the secretion of digestive juices.

Watching TV or Mobile Phone during the meals should be avoided.

2. Keep a glass of water while you are eating.

3. Always remember "Appetite is the best side dish".

So, listen for your hunger cues

4. Light, non spicy food is good for all.

5. Calories, sugars, oils, salt requirement varies from person to person.

**CONSULT YOUR DOCTOR  
BEFORE JUMPING IN TO A CONCLUSION.**



Sri Sarbananda Sonowal, Minister of AYUSH, Dr. Munjpara Mahendrabhai, Union Minister of State for AYUSH and Women & Child Development, Sri Rajesh Kotecha, Secretary, Ministry of AYUSH addressing the **Regional Review meeting** for the Southern States in Chennai.





**Dr. Munjpara Mahendrabhai, the Hon'ble Union Minister of State for AYUSH and Women & Child Development, unveiled the 3<sup>rd</sup> Edition of the 'Swasthya' AYUSH E-Newsletter on Maternal Health. This release occurred during the AYUSH Regional review meeting for the Southern States in Chennai, where AYUSH Secretary Shri Rajesh Kotecha presented the newsletter to the Minister.**



**National AYUSH Mission Central team along with Southern States team**

**TEAM NATIONAL AYUSH MISSION KERALA, AT THE REGIONAL REVIEW MEETING FOR THE SOUTHERN STATES GAINED APPRECIATION FOR THE ACTIVITIES DELIVERED IN THE YEAR 2022-23**



# Ayurveda Mental Health Institute (GARIM)

Govt. of Kerala

# GARIM

Government Ayurveda Research Institute for  
Mental Diseases, Kottakkal, Kerala

**Unique institute in the field of  
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