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Review Article

A REVIEW ON ROLE OF NITYOPAYOGA DRAVYAS AND ACHARA RASAYANA IN REVERSIBLE DEMENTIA

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ABSTRACT

Dementia has been referred to in medical texts since antiquity. Until the end of the 19th century, dementia was a much broader clinical concept. It included mental illness and any type of psychosocial incapacity, including conditions that could be reversed called as Reversible Dementia. This should also be well differentiated from a forgetfulness which is most of the times misdiagnosed as dementia. As Ayurveda gives prime importance in preventing diseases, preservation and promotion of positive health. Ayurvedic dietics in the form of Ahara explained as Nityopayogadravyas and Vihara as seen in Achara rasayana of person has significant effect in the eradication of pathologies. Senility is a diagnostic state today and most of the times the part of elderly malnutrition is overlooked which accounts to about 70 percent of population. The reversible causes of dementia are in most cases is caused due to malnourishment of vitamins specifically B12, folic acid edible proteins in diet. The vitamins and proteins are naturally available in edible form and the drug treatment in not a necessity. Hence it is worthwhile to explore the utility of proper Ahara (Nityopayoga dravyas) and Vihara (Achararasayana) that can wisdom the treatment of Reversible dementia.

Keywords: Reversible dementia, Nityopayogadravyas, Achararasayana

INTRODUCTION

Dementia is defined as a progressive impairment of cognitive functions occurring in clear consciousness (i,e. in absence of delirium).[1] In 1980 the concept of reversible dementia was introduced. National Institute of Aging found 10-12% of dementia cases were found in older group of people to have reversible causes such as metabolic- nutritional, drugs, infections, psychiatric disorders (depression) etc.

Few conditions inducing personality changes or intermediate between dementia and delirium or conditions which result in cognitive impairment not fulfilling the criteria of dementia are treatable and called reversible dementia[2]. The diagnosis of this condition is often ambiguous due to its proximity with forgetfulness in old age. The prevalence of dementia in India has been shown to vary from 0.84% to 3.5% million[3] and as per a world statistic of dementia one in every 23 cases of dementia cases is having a reversible ateiology.[4] Treatable causes of dementia occur in 21% of those under 65. Greatest chance for complete recovery occurs in patients suffering from depression, metabolic abnormalities such as hypothyroidism and drug toxicity.[5]

In country like India the question is more important because on one hand the proportion of patients with dementia attributable to reversible etiologies is suspected to be higher than in the West and on the other hand the resources available to diagnose them are limited. Given these constraints careful selection of patients with dementia for work up for reversible causes assumes great importance

The faint line of demarcation between age related forgetfulness and dementia is very subtle. The clear-cut idea about the reversible causes can give a complete recovery. Failure in doing so would let into degeneration and more irreversible forms of dementia due to chronic deprivation. The first responsibility of the clinician is to identify potentially reversible causes of dementia. Clearly age of onset is a very important consideration. The potential reversibility may depend upon early detection and treatment, failing to do so would lead to permanent forms of dementia.[6]

Elderly malnourishment is most of the times the causes that causes decreased vitamin, mineral and protein sources in diet. These are the main components to be included in diet when suspected as a case of dementia. The first importance should be given to the diagnosis and the initial treatment can be formed as a proper dietic and activity regime that helps to ensure adequate nutrition is ensured and by Vihara decrease in the preclusive indicators in dementia.

As Ayurveda emphasis on usage of Ahara and Vihara as prime importance in healthy as well as diseased condition. Nityopayogidravyas[7] and Achararasayana in chikitsastana[8]in a scientific analysis was found to eradicate elderly malnourishment and thereby treats reversible forms of dementia.

In a retrospective detailed analysis of phytochemical components in Ahara and Nityopaogadravya are found to have all essential vitamins and proteins that play a great role in the management of the diseases. Vihara as in Achararasayana of avoiding and

practice of humility and benevolence and gratitude is also having good effects on treatment of reversible causes of dementia as it reduces precursors of dementia like cortisol.

TABLE NO 1: ANALYSIS OF AYURVEDIC DIETICS VIS- A- VIS REVERSIBLE DEMENTIA

AHARA	CONTENT	DEMENTIA
Shastikashali (Parboiled rice)	Has highest amount of thiamine in diet	Malnourishment induced dementia
Mudgha (moong dal)	Contain calcium and thiamine	Metabolic dementia
Saindhava (iodised salt)	Increases substrate from thyroid hormone	Endocrine induced dementia
Yava(wheat)	Reduces atherosclerosis	Vascular dementia
Amalaki (*Emblica officinalis*)	Contains ample sources of pyridoxine, folic acid and cyanocobalamin.	Malnourishment induced dementia
Antariksha Jala (Rainwater)	Toxic exposure is minimized	Toxins induced dementia
Paya and sarpi (Cow milk and ghee	Calcium	Endocrine dementia
Jangalamamsa (fresh meat)	Cyanocobalamin	Malnourishment induced dementia
Madhu (honey)	Calcium source	Malnourishment induced dementia

TABLE NO-2: ANALYSING AYURVEDIC LIFE STYLE PRACTICES VIS-À-VIS REVERSIBLE DEMENTIA

Krodha nivrithi (avoiding anger) Madhya nivrithi (avoiding alcoholic beverages) Maituna nivrithi (avoiding excess sexual intercourse)	Reduces cortisol levels in the body	Endocrine causes of dementia
Ahimsaka (humanity), Prashantham (happy) Priyavadinam (pleasant life)	Reduces cortisol levels in the body reduces stress levels are related to decreased incidence of dementia	Endocrine causes of dementia
Japashouchyaparam (Interested in rituals)	Cleanliness would reduce infectious causes of dementia	Infectious causes of dementia
Desha kalapramanajyana (having a understanding with the surrounding environment) Samajagaranaswapna (proper amount of wakefulness and sleep)	Having idea about the seasonal infections and following the rightful activities of the season for proper cycle of life and if not followed can cause dementia	Circadian, ultadian and infradian rhythm
Nityaksheeraghrita ashanam (consuming daily milk and ghee derivatives)	Adequate sources of calcium and increased function of blood brain barrier	Malnourishment induced dementia
Respecting deva, go, bhramana, acharya, guru (worshipping of gods saints and elders)	Diverting attention to achara karmas to get solace and get inner peace	Yoga and other spiritual endeavors which causes reduction of dementia

A person will have a good life provided he indulges in healthy foods and activities who discriminates the good and bad of everything and acts wisely by not getting attached to sensual pleasures, having an orientation to charity, considering everyone as ones equals truthful, pardons others mistakes and in good company becomes free from all diseases[9].

A diet inclusive of the food and activities as explained above would help in healthy living should help have a long productive life to the elderly.

DISCUSSION

Aharo hi paramoushadham is said in Ayurveda and is also claimed by the western medicine as "let food be thy medicine and medicine be thy food". Which means eating right can make the being right. The Ayurveda system believes in right full intake of food and habits that helps to aid everyone to a better living. Reversible dementia is a pathology that has its etiologies from malnourishment of certain vitamins and minerals to excessive amounts of stress. The dietary regime if properly administered can reduce deficient proteins and vitamins like B12 to normal levels. The Nityopayoga dravyas are an example of the same and when taken would lead to sufficient protein, vitamin balance in the body and avoid the onset of reversible dementia. Cortisol had been found as a stress hormone and involved in causation of dementia and if one follow Achara rasayana then an individual

can be prevented to end in reversible dementia. Hence this systematic analysis of the Dravyas and Viharas said in charaka samhita can be considered as a remedy for reversible dementia. Eat healthy live well.

CONCLUSION

Dementia workup if done precisely can delineate reversible forms from the irreversible forms. The diagnosis of the condition in advance is main aspect followed by treatment. The irreversible forms mostly have their origins from elderly malnourishment. The foods and activities said in Nityopayogadravyas and Achararasayana on a detailed evaluation proves to be effective in this regard. This shows the efficacy of Ayurveda in the management of this condition by simple Aharaja and Viharaja measures, which are accessible to all. The need of the hour is a paradigm shift to make sure that one eats and works well and avoid malnourishment or undernourishment in the elderly. To remember and to be remembered are the two valuable things in life.

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