

# Impact of Life Style Modification on Healthy Ageing with Special Reference to Regimental Care and Yoga

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## ABSTRACT

Ageing in humans refers to multidimensional process of physical psychological and social change in person over time. Some dimensions of ageing grow and expand over time while others decline. Healthy ageing can be defined as the ageing having a low risk of disease and disease-related disability, high cognitive, physical functional capacity, and being actively engaged with life. According to world health organization healthy ageing can be defined as “as the process of developing and maintaining the functional ability that enables wellbeing in older age”. According to Unani System of Medicine, Human life could be categorized into four stages or whole life of human being can be classified as Sin-e- Namu having temperament Haar Ratab ( hot and moisture) it ends up to 30 years, Sin-e-Shabab having temperament Haar Yabis ( hot and dry )ends up to 30 to 40 years, Sin-e-Kahulat having temperament Barid Yabis ( cold and dry) end up to 60-years at last is the Sin-e-Shaikhukhat (senile age) having temperament Barid Ratab ( cold and moist)end up to 60-years onwards. Promotion of health and protection of diseases at senile age is extremely desirable. At the senile age the powers of body declines especially the immune power in our literature the cause of decline power is the lacking of quantity of Ratoobate Ghareeziya ( innate power) it becomes lesser than the quantity required for the preservation of Hararate Ghareeziya for the continuing the bodily normal metabolism and dominated by Ratoobate Ghareeba Bala (abnormal metabolic products). In this period deterioration in the powers and faculties of the body is noticeable. Ratoobate Ghareeziya and Hararate Ghareeziya are markedly reduced; hence the temperament becomes Barid and Ratab. This temperament is harmful and may induce bad humors in the body. To evacuate the body from these humors the poses, stretches, breathing and relaxation meditation techniques are needed which are associated with Riyaz at and yoga and credited with maintaining good health and improving health conditions that tend to affect us as we ages.

**Keywords:** Sin-e-Kahulat; Hararate Ghareeziy; Sin-e-Shaikhukhat; Healthy ageing; Older age

## INTRODUCTION

Ageing in humans refers to multidimensional process of physical psychological and social change in person over time. Some dimensions of ageing grow and expand over time while others decline. According to various researches even in late life potential exit for physical, mental and social growth and development. Certain chronic diseases are more frequent among the older people than in the younger people. These are degenerative diseases of heart and blood vessels cancer diabetes, accidents diseases of locomotors system, respiratory illnesses psychological problems etc. In the present scenario life expectancy steadily increased over the past few decades [1,2].

People worldwide are living longer. Today, for the first time in history, most people can expect to live into their sixties and beyond. By 2050, the world's population aged 60 years and older is expected to total 2 billion, up from 900 million in 2015. Today, 125 million people are aged 80 years or older. By 2050, there will be almost this many (120 million) living in China alone, and 434 million people in this age group worldwide. By 2050, 80% of all older people will live in low- and middle-income countries [3].

Moreover, the observed inter-individual variability in terms of health status during aging leads to numerous theories on the causes of aging [3]. In this scenario the evolving concept known as “successful” or “Healthy” Aging (HA) is to be focused by all worlds

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[4]. A turning point in this field of research was the model proposed by Rowe and Kahn, who defined Healthy Ageing as having a low risk of disease and disease-related disability, high cognitive and physical functional capacity, and being actively engaged with life [3]. While a consensual definition of HA is not agreed upon, a number of potentially modifiable lifestyle factors that could influence quality of aging were identified, such as smoking status, physical activity, and diet [5,6]. Sin-e-Shaikhukh is the period in which the lacking of quantity of Ratoobate Ghareeziya occurs which finally results in the change of ill temperament [7-9].

## LITERATURE REVIEW

### Understanding aging process in the light of six essentials of life

According to Unani system of medicine which deals with Anasir (elements) as the fundamental component of the body, molecules are formed by their interaction, it further leads to the formation of four basic humors (Akhlat) of the body as Balgum, Dam, Safra and Sauda. By the association of these humors, various organs are formed and in their appropriate proportion perform the physiology of the body with the help of organs. When there is any abnormality among Akhlat (Humors) it manifests in various pathologies. These pathologies are governed by the Asbabesitta Zarroriya (six essential factors of life) i.e., Hawa (Air), Makoolatwa Mashroobat (foods and drinks), Harkatwa Sukoone Badni (rest and body functions), Harkatwa Sukoone Nafsani (emotions and psychological rest), Naumwa Yaqza (sleep and wakefulness) and Ahtabaswa Istafrag (retention and evacuation). When adhered to these factors in their appropriate measure promotes health and when disturbed in their appropriation predispose the body to humoral imbalances.

The occurrences of chronic diseases take place in old age indeed due to accumulation of bed humours. Hypertension, cardiac manifestations and Psychological disorders in older age are the classical example of ill humours. In spite of that the following disabilities are also detected in senile age (a) senile cataract (b) glaucoma (c) nerve deafness (d) osteoporosis affecting mobility, (e) emphysema, (f) failure of special senses, (g) changes in mental outlook.

When there is imbalance in emotions and psychological rest (harkatwasu koon Nafsani) and Naumwayaqza (sleep and wakefulness) it results in disturbance in mental faculties, According to Avicenna (Ibne Sina) there are three fundamentals for health preservation viz Exercise, diet and sleep. This implies that along with the balance of emotions and psychological rest (Harkatwa Sakoon Nafsani) and balance (tawazn) of sleep and wakefulness (Naum Yaqza) is equally responsible to keep away mental disorders. There is the importance of physical exercise (Riyazat) as well as (Makoolwa Mashroob (Diet) for betterment of psychic faculty. In this regard highly nutritious diet along with light exercise could play a critical role to maintain psychic faculty. Sleeplessness is also a common problem of old life. Sleep is quite similar to rest, and wakefulness to movement. According to new concept it provides the brain a period to repair cellular damage and to restore energy level within the cell. It induces Baroodatwa Ratoobat (coldness and moistness) in the body. It strengthens Quwate Haiwania (vital forces), Rooh (Pneuma), and promotes digestion. Sleep (Naum) affords. Relaxation of organs (Taskeen Aaza) by abolishing tiredness

and prepares the body for further work. It is necessary for mental health and Psychic power (Quwat Nafas) [10-12].

It is obvious that Space (Takhalkhul), emaciation of organs (Zoafe Quwa) and excessive Loss of psychiatric power (Tahallul of Rooh Nafsani) are the resultant of sleep disturbances and also these factors form the foundation of Mental disorders (Nafsiyati Amraz) [13]. Disturbed or improper sleep would affect nervous system so to avoid mental disorder one should take optimum required sleep. According to Majoosi sleep provides assistance to brain and hawasek hamsabatina (five inner powers) and Quwwate Iradi (will power) [14].

If sleep finds emptiness or a humour which is not amenable to digestive power it disperses the Humour (khilt). When wakefulness is excessive it vitiates the temperament of the brain by producing dryness. Thus it causes imbecility, burns up the humours and causes acute diseases. On the other hand excessive sleep causes an opposite effect. It produces dullness of psychic faculties, heaviness of head and cold diseases. This is because excessive sleep prevents dispersion [15-17].

According to Avicenna the aged persons should have adequate sleep and the time span on bed should be more than it is legitimate for adults. Their bowels should be kept soft. A continued use of mild diuretics is recommended for them. He further asserts that body massage is very beneficial for elderly if it is done moderately.

### Benefits of physical activity in elders

There are many health benefits of Physical activity. The impact of physical activity on human health can be understood by controlling health problems, weight or pain issues, or worries about falling. In Elder people an active lifestyle becomes more important than ever to the health. A recent Swedish study found that physical activity was the number one contributor to longevity, adding extra years to life and regular exercise is also good for your mind, mood, and memory. No matter age or current physical condition, these tips can show simple, enjoyable ways to become more active and improve your health and outlook.

Physical activity benefits to maintain or lose weight are as metabolism naturally slows with age, maintaining a healthy weight is a challenge now a day. Exercise helps increase metabolism and builds muscle mass, helping to burn more calories. Reduce the impact of illness and chronic disease. People who exercise tend to have improved immune and digestive functioning, better blood pressure and bone density, and a lower risk of Alzheimer's disease, diabetes, obesity, heart disease, osteoporosis, and certain cancers.

It enhances mobility, flexibility and balance. Exercise improves the strength, flexibility and posture, which in turn will help with balance, coordination, and reducing the risk of falls. Strength training also helps alleviate the symptoms of chronic conditions such as arthritis. Mental health benefits Improves sleep. Quality sleep is vital for your overall health. Regular activity can help you fall asleep more quickly, sleep more deeply, and wake feeling more energetic and refreshed. It boosts mood and self-confidence. Exercise is a huge stress reliever and the endorphins produced can actually help reduce feelings of sadness, depression, or anxiety. Being active and feeling strong naturally helps you feel more self-confident.

People can do a great deal to influence their individual risk of

developing many of the diseases of later life by paying careful attention to lifestyle factors. By adopting a healthier lifestyle, the risk of a whole range of diseases can be reduced. These factors are:

**Diet and Nutrition:** A good diet reduces the chances of developing the diseases of old age. As countries rapidly develop economically, diets and lifestyles change considerably and over nutrition replaces under nutrition. One of the problems is excessive fat intake. Saturated fats and trans-fatty acids have been linked to raise cholesterol levels in the blood, leading to increased risk of cardiovascular diseases. People should eat healthy diet since very early age to avoid or delay diseases. The diet should be balanced with less saturated fats and oils; should contain lots of fruits and vegetables; salt and sugar should be less; include plenty of calcium rich food; eat high fiber diet.

With regards to diet, Unani system recommends small amounts of foods at frequent intervals for old-aged persons. Milk is beneficial for them only if they can digest it fully and goat's milk is considered as the best for them. Vegetables and fruits especially suitable of elderly include cabbage, carrot, green-leafy, vegetables, grapes, citrus fruits, cherry, green tea etc. The use of garlic is also regarded as beneficial for them. A good diet reduces the chances of developing the diseases of old age. Old people should avoid heavy articles of food which produce excess of sauda and phlegm. Sharp and astringent things, as also condiments and Kawameekh should be excluded from the diet, unless taken in small quantities of medicinal purposes. The vegetable allowed at this age are beet, small quantity of leek served with olive oil and murri. It is important that older adults acquire enough energy from their diet to prevent under nutrition and related conditions, including impaired immune response, impaired muscle and respiratory function, delayed wound healing, longer rehabilitation, greater length of hospital stay and increased mortality. The EFSA recently published a scientific opinion on dietary reference values for energy for the European population. The average energy requirement for men and women of different ages according to their PAL. Average energy requirements were not calculated for older people aged 80y+ because of a lack of anthropometric data from EU countries for this age group.

**Exercise:** Exercise helps maintain good health, as it helps to control weight, improves emotional wellbeing

and relieves stress, improves blood circulation, increases flexibility, lowers blood pressure, increases energy levels, improves balance and thus reduces the dangers of falls, lowers blood sugar levels thus helps in diabetes, improves bone density and thus helps prevent osteoporosis.

**Weight:** Obesity is a worldwide problem and is the most common disorder of nutrition in affluent societies. It is a state of excess adipose tissue mass more than 20% of body weight, becoming leading risk factor for human health. Overweight and obesity has become major problem worldwide and it contributes too many diseases of later life. Obesity is an important factor in heart disease, stroke, hypertension, diabetes, arthritis (especially in the knees), and breast cancer. It is advised to reduce weight after forty years and especially in old age. It will help old persons to live longer and be diseases free.

### Body Mass Index (BMI)

Diet is the greatest factor in lifestyle and has a direct and positive relation with health. Poor diet and its consequences like obesity

is the common healthy problem in urban societies. Unhealthy lifestyle can be measured by BMI. Urban lifestyle leads to the nutrition problems like using fast foods and poor foods, increasing problems like cardiovascular [18].

Elderly individuals are more prone to age-related diseases such as Non-Communicable Diseases (NCDs), impairment of cognitive skills, sexual dysfunction, and disorders of skeletal system which increase with age per se [19,20]. Although negative impact of obesity declines with the advancement of age, still obesity remains an important addendum to other behavioral risk factors in the development of age-related morbidities and mortality among elderly individuals [21,22]. Overweight and obesity lead to significant decline in physical performance and other activities of daily living among the elderly [23]. The increase in morbidities among the elderly increases the burden on the health-care delivery system. Provision of preventive health services among the elderly will reduce the demand for healthcare and thereby the burden on the health system [24].

**Smoking:** It is estimated that 22 per cent of men and 18 per cent of women aged 65 to 74 years in developed countries are smokers. Though this figure is lower than younger adults, older people have usually smoked for longer, have been and continue to be heavy smokers, and are likely to have chronic diseases, with smoking causing further deterioration. Former smokers live longer than continuing smokers; smoking cessation at the age of 50 years reduces the risk of dying within the next 15 years by 50 percent. For some, but not for all former smokers, the risk of developing smoking related diseases reverts to that of lifelong non-smokers.

**Alcohol:** Drinking beyond a specified amount contributes to a number of later life diseases. Research suggests that sensitivity to the effect of alcohol increases with age. Older people achieve a higher blood alcohol concentration, than younger people after consuming an equal amount of alcohol. This is largely as a result of the age-related decrease in the amount of body water which dilutes alcohol. While younger people are likely to develop tolerance to increasing amount of alcohol, older people have a decreased ability to develop this tolerance. Drinking is linked to liver diseases, stomach ulcers, gout, depression, osteoporosis, heart disease, breast cancer, diabetes and hypertension.

**Social activities:** People who become socially isolated who rarely go out, do not join in the community activities, have few friends or do not see much of their family are less healthy. Getting out and keeping involved with others creates a sense of belonging. Mixing with other people of similar age, at similar stage of life or perhaps with similar health concerns can help people realize that they are not alone. The support gained from others can be important in recovering from illness.

### Regiminal care for old persons

**Role of Hammam for old people:** Hammam is beneficial, labob, phaloda and kaseerul Ghizamakoolat are very beneficial. Bundiqaar Badam with sugar is beneficial in enhancing brain. Eating Khardal and applying its paste along with Jundbaidasatar on posterior part of brain is beneficial in Nisyan (Dementia) further research is also required. Continuous and excessive use of onion is harmful and deteriorates the brain and induces dementia. Excessive use of Corriandor (Dhaniya) is bad for brain. Kundur is good for brain activity further research is required. Baladur is good for Dementia.

**For enhancement of the memory power:** Excessive drinking of water is bad for brain because it induces Barodat and Ratobat in Dimagh. Zanjabeel is good for Quwwate Hafiza (memory power), Ref (Ibne Masoya). Sad kufiis good for brain. Mushk is Muqawwi Dimagh and Mujafife Demagh. Powder of Elephant' steeth is good for Sehate Hifz. Walking is beneficial for enhancing brain power and movements of hands are also beneficial [25-30].

### Tadabeer-e-abdanezaifa

**Riyazat for old:** Exercise in old age is to be different for different individuals. This is to be done according to their different bodily states, their customary disease and their habits of exercise. If their bodies are in perfect normal condition, moderate exercise suits them. If any of their organs is not in its best condition, it should be exercised only indirectly through the exercise of all other organs. For instances, if vertigo or epilepsy develops in a patient or some morbid matter flows to his neck or vapors frequently ascend to his head and brain, then exercise which involve bending and dropping of head would not suit him. They should then start walking, running, riding, and taking exercise in which the lower half of body is involve [31]. For treating general health problems, the exercise is included in life style [32]. The continuous exercise along with a healthy diet increases the health. Some studies stress on the relation of active life style with happiness [33,34].

**Effect of Dalak in geriatrics:** The care of aged is called clinical gerontology or Geriatrics. It is the study of all aspects of the aging process, including the clinical, psychological, economic, and sociologic issues encountered by older persons and their consequences for both the individual and society. Geriatrics medicine takes much of the knowledge and clinical skills of the organs based specialties and apply these to a particularly complex group called as Frail older people. This group is defined by the frequent presence of multiple pathologies and the atypical way in which illness can present with confusion, falls or loss of mobility and day to day functioning. Population of old persons are extremely divers. Many older people are not frail and enjoy a healthy active life into advanced old age. As substantial proportion of 90 year old are severely disabled due to ravages of disease or smoking [35].

Massage for the aged must be moderate type. Weak and painful parts of their body must not be touched at all. If massage is to be repeated on the same day, it should be given with a piece of coarse cloth, For this would be beneficial for them and would prevent the periodic attack As we have discussed about the various aspects of Dalak. If massage done regularly, it promotes the health by strengthening the body system and also plays a great role in mood alteration thus keeps away the life styles disease. It is also beneficial and useful in ageing people and their ailment like Arthritis, Gout, Sciatica, Headache, Baldness and insomnia.

It is also proved to be useful in Sexual organ weakness and skin disease as: Quba, Bars, and Juzam etc. The effect of massage with useful Unani oils play pivotal role in urinary incontinence and prostatitis. Which are the alarming problems in old age, hence it heals the body naturally and also improves the Qwate Mudafaate Badan to fight different ailments of the fitness trends come and go, but yoga has been practiced for thousands of years and shows no sign of fading away anytime soon. Yoga continues to attract more and more followers every year representing all ages and physical fitness levels. What's the attraction, although yoga originally

evolved as a spiritual practice, it has become a popular means of promoting physical and mental well-being.

**Yoga and healthy ageing:** The poses, stretches, breathing and relaxation techniques associated with yoga are credited with maintaining good health and improving health conditions that tend to affect us as we age. Here are three examples of the health benefits of yoga, based on recent research evidence. Yoga will Boost the balance of the body especially in old persons that's why reduces the cases of fall rapidly.

## DISCUSSION

Chronic low back pain is a very common and disabling condition which can be controlled by the help of Yoga. Low back pain is a distressing but common health condition [36]. It interferes with daily activities, is a major contributor to workplace absenteeism, and is one of the top reasons that people seek medical care [37]. The majority of people afflicted by acute (short-term) low back pain recover relatively quickly without requiring specific treatment. But for some of these patients, the pain becomes severe and chronic, affecting their mobility, mood and general quality of life [31].

In an Indian perspective, the chronic back pain sufferers are often prescribed medications however many people are worried of taking drugs for long periods of time, or are unable to take certain medications due to their side effects, and seek complementary or alternate therapies [38]. One such therapy is the ancient Indian practice of yoga, which involves physical exercise, relaxation and lifestyle modification [39].

In a recent, well-done systematic review of 10 randomized controlled trials involving 967 chronic back pain patients, showed strong evidence that practicing yoga does in fact relieve the pain and disability associated with low back pain, particularly in the short term (approximately three months). In the longer term about a year more moderate improvements were realized [40]. Yoga is not associated with any serious adverse effects, and in fact, the stretching and physical postures (asana), breathing techniques (pranayama) and meditation (dyana) are widely believed to promote vitality, health and well-being for people of all ages [41]. In this regard the people who are experiencing chronic low back pain, yoga can be confidently recommended either as an alternative therapy or in addition to medication.

## CONCLUSION

It can be concluded that by means of life style modification specially adopting active life style with a good governance and balance among six essentials of life we can maintain a healthy slope of life. As far as Yoga is concern, it is very beneficial for healthy ageing especially for joint problems, Chronic back ache etc. Special focus should be given on asana (stretching), breathing techniques (pranayama) and meditation (Dyana) for the proper care of old persons. Yoga not only solves the balance problems of elders by which we can reduce the morbidity of fall in olds but also it eases the symptoms of diseases.

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