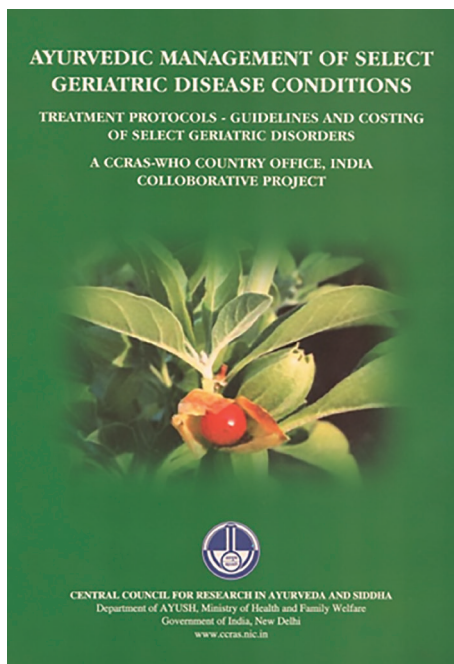


# Book Review



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## **Ayurvedic Management of Select Geriatric Disease Conditions: Treatment Protocols—Guidelines and Costing of Select Geriatric Disorders**

This multiauthor book “Ayurvedic Management of Select Geriatric Disease Conditions: Treatment Protocols—Guidelines and Costing of Select Geriatric Disorders” has been written from the perspective to prevent and cure emerging new refractory, lifestyle-related problems and other common diseases among the increasing geriatric population in India and dissemination of Ayurvedic treatment protocols for selected geriatric disease conditions among health care professionals.

The Central Council for Research in Ayurvedic Sciences and the World Health Organization India country office have joined together for developing this concise and comprehensive document focusing on general information about the disease, diagnosis, preventive aspect, treatment (medicines, procedure-based therapies, and yoga), general and dietary advises.

The book provides glimpse of preventive and curative uses of *Rasayana* therapy, which prevents various degenerative disease conditions and promotes the health status of an individual. It also covers *Panchakarma*, which is beneficial for preventive, promotive, and rejuvenative health purposes and management of various systemic diseases. Besides *Rasayana* and *Panchakarma* therapies, various single and compound Ayurvedic formulations, dietary and lifestyle guidelines will help in the effective management of Geriatric conditions.

The book is covered in three sections, viz. preventive health care in geriatrics, management, and section three covers other related issues of elderly population. The first section encompasses general introduction and Ayurveda understanding of geriatric problems. This chapter is followed by a quintessence of basic Ayurveda preaching for daily and seasonal regimen, *adharniye vega* (nonsuppressible urges), *Sadvritta* (code of conduct) including ethical regimen, social hygiene, and *Achara Rasayana* (good conduct) has been provided. In this section, a general overview on the diet which should be included in this age group is also provided. The last chapter of this book provides a short description about various types of *Rasayana* classified according to age and for certain diseases common in elderly people, and also the chapter covers general information regarding *Panchakarma* procedures.

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The second section discusses about the management of common geriatric diseases. In elderly patients, clinical features of disease conditions may differ from those in younger patients. The clinical presentation in the elderly is nonspecific and frequently vague. The first chapter of the book has given a clear description of physical examination and treatment measures in the elderly including details of Panchkarma procedures. The next chapters deals in detail various diseases. The book has nicely presented details including etiology, pathogenesis, risk factors, diagnosis, and prevention and management of these diseases. Starting with neurological disorders, like hemiplegia, paraplegia, Parkinson's disease, neuropsychiatric disorders like anxiety neurosis: *Cittodvega*, Depression: *Mano-avasada*, Insomnia: *Anidra* or *Nidranasha*, Dementia: *Smriti nasha*, cardiovascular disorders (hypertension), endocrine disorders (diabetes mellitus: *Madhumeha*), respiratory diseases like chronic bronchitis (*Jeerna Kasa*) and bronchial asthma (*Tamaka shwasa*), gastrointestinal diseases like constipation (*Vibandha*) and indigestion (*Ajeerna*), musculoskeletal diseases like osteoporosis (*Asthmi saushirya*) and osteoarthritis (*Sandhi Vata*), genitourinary diseases like benign prostate hypertrophy (*ashthila*), Surgical problems like fistula in ano (*Bhagandara*) and hemorrhoids (*Arsha*), women-specific geriatric diseases like menopausal syndrome and the last chapter of this section includes miscellaneous issues in the elderly including cancer, uterine prolapse, and urine stress incontinence. One special aspect of this chapter is the approximate cost as per the tentative management is provided drug wise, which will give a glimpse to the practitioner of the cost the particular disease management may incur.

The last section deals with some other major issues like social and spiritual issues in the elderly and rehabilitation in the elderly which is a very important aspect in geriatric care. The book has provided in a nutshell what ideally a team for rehabilitation of elders should consist of along with their roles; also the conditions in which rehabilitation is needed to improve their quality of life are provided.

The book consists of five annexures: The first one gives a glimpse of indications and contraindications of *Panchkarma* based on guidelines on basic training and safety in *Panchakarma*, 2008; annexure two provides mini-mental state examination tool; the third annexure provides a list of institutes offering geriatric courses/services in India; the fourth annexure provides a list of old age homes/geriatric caring centers in India; and the last annexure gives list of some rehabilitation centers in India.

This book gives a comprehensive yet concise overview of all the major health issues among geriatric age group. This book will be beneficial for Ayurveda stakeholders, especially Ayurveda physicians and for all seeking health-related knowledge of geriatric age group getting glimpse of common ailments, their management, rehabilitation, and preventive medication like *Rasayana* and *Panchkarma*. It will also be helpful for scholars for understanding common problems and diseases in elderly age group along with their management.