

## **Befriend Ayurveda for blissful later years!!**

Are You getting older??

Getting older is not a choice. Those stiff and painful joints, sleepless nights and constipated mornings, declining memory, wrinkled skin, disobeying bladder and frequent infections, all of these undeniable truths of old age lead to a miserable quality of life. Do you wish to have joyful and lively later years? Then befriend Ayurveda!!

Ayurveda - the science of life, has immense to offer in this regard. Adopting Ayurvedic lifestyles ***Dinacharya***, undergoing suitable ***Panchakarma treatments*** and ***Rasayana therapy*** shall boost the physiological systems and have the ability to decline the pace of ageing process. Ayurveda has time tested treatment principles and ace procedures exclusively meant for geriatric care. ***Kabal-Gandush yogas*** (medicinal formulations for dry mouth and oral hygiene), ***Tarpana, Aschotana yogas*** (for eye care) and specific ***Taila yogas*** for full body massage (for musculo-skeletal wellbeing and inducing sleep) are unique Ayurvedic prescriptions in geriatric care. ***Nasya therapy*** (medicated nasal instillation) is beneficial in arresting pre-mature graying of hairs and is highly recommended in memory and other cognitive decline. Treatment procedures such as ***Shirodhara*** is indicated in anxiety related states and sleeplessness associated with old age. Ayurveda has potent formulations like ***Triphala*** that has a definite pharmacological action in most of the physiological systems. It is a rasayana which is recommended in geriatric care. Internal administration of ***Triphala*** corrects absurd bowel patterns, improves quality of vision and acts as an anti-inflammatory and anti-microbial agent. Another Ayurvedic herb which is profoundly prescribed in geriatric care is ***Ashwagandha***. It possesses the qualities of a rasayana (a regenerative tonic), wherein it improves cognition and vigour, acts as an adaptogenic, anti-inflammatory and an anti arthritic agent. Likewise, there are numerous formulations and treatment procedures explained in Ayurvedic literatures which are meant to delay signs of ageing and to restore psychological and physiological wellbeing and vigour. Thus, getting older is not a choice, but living life to the fullest in a healthy and happy way is definitely our choice.

***Befriend Ayurveda, Befriend Life, Befriend healthy longevity!!***

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