

GENERAL DEBILITY (DAURBALYA)



Ashwagandha



CENTRAL COUNCIL FOR RESEARCH IN AYURVEDIC SCIENCES
Ministry of AYUSH
(Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy)
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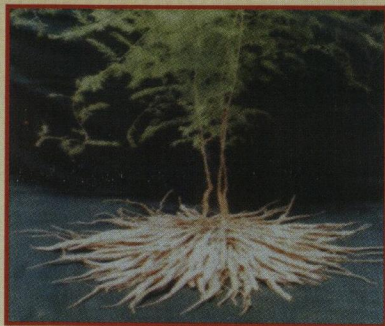
What is General debility (Daurbalya)?

General debility refers with degenerative changes in the body tissue especially concerning with muscular system. It's main feature is feeling of weakness without or with mild labour.

What is the impact of General debility (Daurbalya)?

General debility is characterized by lots of features with the less physical activity.

- Weakness
- Fatigue
- Giddiness
- Excess sweating
- Weight loss



Shatavari

How Ayurveda manages General debility (Daurbhalya)?

- Brimhana chikitsa,
- Rasayana therapy,
- Brimhaniya vasti etc
- External massage with Mahanarayana taila or Chandana Bala Lakshadi taila
- Some useful formulations
- Chyavanaprasha
- Drakshasava
- Ashwagandharishta
- Brahma Rasayana
- Satavari kalpa



Kharjoor

What are the useful medicinal plants for General debility (Daurbalya)?

- Ashwagandha (*Withania somnifera*)
- Badam (*Prunus amygdalus*)
- Amalaki (*Phyllanthus emblica*)
- Vidari (*Peuraria tuberosa*)
- Shatavari (*Asparagus racemosus*)
- Kharjura (*Phoenix sylvestris*)
- Kali musali (*Curculigo orchioides*)



Badam

Specific Do's and Don'ts

Do's:

- Godhuma (wheat), old Rice, Mudga (green gram), green leafy vegetables, Milk, Ghee
- Usage of Almond, Kharjura, Anjeera, Kaju and other seasonal fruits,
- Usage of Goat milk is beneficial
- Regular exercises, oily massages, Pranayama, Yoga, good social and personal conduct.

Don't's:

- Incompatible, unwholesome food,
- Excess spicy, salty, astringent food items
- Stored food items
- Suppression natural urges and irregular sleep habits.
- Smoking, Alcohol, excess coffee/tea

Important Scientific References & Reading material

1. Kuppurajan et al., Effect of Ashwagandha (*Withania somnifera*) on the process of ageing in Human volunteers. Journal of Research in Ayurveda and Siddha .
2. Charak Samhita, with Tikka "Ayurveda Dipika", edited by Yadavaji Trikamji Acharya, , Munshiram Manoharlal Publishers Pvt. Ltd., New Delhi. 4th edition, 1981.



Vidari



Amalaki