ABSTRACT for 3rd International Conference on Aging & Gerontology "**Role of Appropriate – Drugs, AAHARA-VIHARA in Creation of Remedial Aging (Daily life Style-Fit Exercise-Diet-Awaking the Right Brain) as per Ayush Principle."**

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Due to faulty food and faulty life styles now a days very complicated, new-new disease are emerging more fastly in countered the society particularly after the age of 50s in globe. So to develop anti-aging and keeping fit we develops and give a directive practical approach to preserve the aging of ill sufferings as well as healthy human being

It's a creators Law that everything which come into existence will became extinct in future, but every creature has been allotted a specific goal to achieve during its life spam, in Ayurveda samhitas which is termed as "**PURUSHATHA CHATUSTAYA**" which includes Dharma, Arth, Kama and moksha.

So ultimate goal of our life is to attend moksha. To achieve the target "Moksha (Knowing our self) the age (life) should be fit-Arogya (Disease free) state is the basic need.

Through this platform ("3rd International Conference on aging & Gerontology") as per the theme of conference I would like to advice the wright exercise, right food and right Agni (Digestive process) to achieve the Sam dosh (three named as vat, pitta and kapha) Sam Agni (13 in the human body) Sam dhatu (7 in the human body) mal kriya (waste products pertaining seven dhatu of the human body) should be remain in balance and excreted of the mal's too.

Disease free life is almost important in today competitive era, where we all are practically living Darwin's theory "Struggle for existence and survival of the fittest".

But now a days competition has reached up to such an extent that for achieving only one component of “PURUSHATHA CHATUSTAYA” that is Arth (Money or economy) everyone from childhood to old age are working day and night in order to cope up with the environment human has erected so many gadgets around himself in order to make his life more and more comfortable. All these gadgets are now our basic needs without we can’t even think of living for example Computers, Television, and Washing Machine etc.

People work harder and harder in order to get all newly launched gadgets, due to this they have no time to cook for right food for themselves and they depend on fast foods and other ready made things pertaining to achieve there “Arogya” they have no regular life style, which they should in exercise daily, seasonally, weekly to cop up the aging.

They work over night and take rest for few hours and that too during day hours.

This tensed and hectic life style in entirely “opposite to biological clock of their body”
And in create the aging before time also and non healthy and non wellness life too.

So the human become physically ill, mentally ill, socially ill & spiritually ill.

There are two main reason behind our increased problem

1. First one is our own living style.
2. Second one is time, it is a impact of kaal.

It is impact of “Kaal” also that problems like criminalise, poverty, Disease and stress etc. Are increasing end Lesly.

It is mentioned in the charak samhita that with the end of (Yug) one fourth part of Dharma, of Guan of Panchmahabhutas, potency of medicine, Age (Ayu) of living beings etc. will be lost, it will be due to the impact of Kaal because according to the SW ABHA VP ARAMV AD everything which comes into existence leads towards extinction due to the Nature Soil there in evolution of srishti then pralya will also come. We are living in kalyug where dharma (spirituality) potency of drugs, Ayu (Age) of living beings etc. has lost its three fourth part in comparison of “Sat yug”

Due to low potency of Drugs and low Immunity of living beings diseases both physical and mental (Psychosomatic) are increasing.

Now the question is how we can remain healthy from all aspect in the environment.

Answer is given in Ayurvedic texts that in charak samhita, Sushrut Samhita Vagbhat Samhita three Brahatri and three laghutri.

Concepts are give in order to remain healthy physically, mentally, socially and spiritually as per that what should be our Dincharya (Day Life style) during day & Ratricharya (Night Life style) during night Ritucharya what type of ahar-vihar diet & exercise we have to take during different seasons.
Along with above we should use Herbal Medicine preparation of specially Rasayan, Vajikarana, Medhya Rasayanas, Immune Booster, Immune Moduler and Regenerative Dravyas.

The best products pertaining to the above need which are the best trailed and available in the International Market are : Shakti Rasayan®, Swarnaprash®, Jeevan kalp®, Immuno Syrup®, Megatone 15® Granules, Paurush navjeevan®Cap. & Shakti Plus®Syrup manufactured by Maharshi® Badri Pharmaceutical Pvt. Ltd. India & ISO 9001 : 2008 & GMP Certified company with the advice of Ayush Aging specialist and Gerontology specialist.

What type of there we have to follows when we live in a society in mentioned under the heading of Swasthvritta and achara rasayan Aahara Dravyan are rasa Pradhan Dravyas. Row materials of our diet.

So we set up a nine days holistic exercise with cheerful dance, fruitful diet, and required processes of cooking them and getting awaking of energy which is available in nature cycles by the Sun-Moon-and Herbal Creatures and Exercises which specially awaking the agnies of human body pertaining to the various digestive processors and helpful to anti aging, happy aging and energy full aging in any stage of life.

It is a fact that we can't stop time and to effect but by following proper ahara (ADT) Vihara(VDT) and leaving viruda aahara (incapability of food) we can keep us healthy and combat the effect of "Kaal" To meet out the aging it is mentioned_in charak samhita in JANPADODV ANSA chapter that even epidemics effects less to those who follow the code of conducts of life properly, this is because if we follow on mentioned things in the Ayurveda like Ritucharya, Ratricharya, Dincharya, Swasthavrita, Achara rasayana etc. it will keep the body homeostasis condition normal and increases the dieses resistance power, all these things makes us strong and we will be able to create a disease free society by following the Sun-Moon and Herbal Vagetation as per rules of Nature in all benefiting aging by converting "Sex-

energy” to the mind-energy) Awaking kundalini Jagarna through mooladhra chakras to the Sahantara chakras after meeting and maintaining our nervous system with sun & moon with in ten days of processors.

Yours truly
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