

STUDY ON THE DOMINANCE OF AROGYAM AND INTELLECTUAL
ACTIVITIES IN GUNA CHANGES AMONG THE ELDERS IN SHANTHI
NILAYAM, KAITHADY

Thillany PV*, Sathiyaseelan V

Unit of Siddha Medicine, University of Jaffna, Sri Lanka

*dhilany@gmail.com

Siddha Medicine is closely related to the Tamil Tradition. Based on the health sociology is somewhat the speciality of Siddha Medicine. It contains immeasurable traditional care methods for children to elders. In this elders care is most eminent main custom. The main objective of the study is to count the relationship between the *Guna* changes in relation to dominance of physical, psychological, social, spiritual (altogether as *Arogyam*) and intellectual activities of elders in Kaithady Shanthi Nilayam. The study was obtained in a short period of 3 months by getting proper permissions from the relevant authorities and carried out by filling questionnaires through discussions and observations later converted in to simple data analysis. 70 elderly people were used for the study. In this 40 (57%) males, 30 (43%) females. According to the data elders with family but living in the home 49% without family 51%. They are mostly affected with *Thottraa Noigal* (Noncommunicable diseases), *Thamaraga Rogam* (Heart Diseases) (29%), Vision problem (23%), *Mathumegam* (Diabetes Mellitus) (16%), *Iraipirumal* (Bronchial Asthma) (9%), *Mootuvatham* (Arthritis) (9%), *Katkasam* (Cataract) and other diseases in small percentages. According to ages (71-80 yrs) (31%), (61-70 yrs) (30%), (81-90 yrs) (20%). According to *Arogyam*, in Physical activities elders who do not involve in any activities (60%), Water filling, soil filling and walking (17%), in psychological activities, Music lovers (77%), Company of children (76%), Watching programs (63%), Pets (49%), Gardening (46%), in Social activities 100% involvement is seen in Music shows, Feasts and Sharing food with visitors, in Intellectual activities Discussion groups (79%), Films (57%), Narrating stories (42%), in Spiritual activities Temple activities (82%), Spiritual songs (69%), Meditation (34%). According to *Guna* high percentage of (46%) denotes as *Satva + Rajas* others as *Rajas* (7%) and (4%) for (*Satva + Tamas*), (*Satva + Rajas + Tamas*). Based on all these in *Arokyam* among elders the less percentages seen in Physiological functions other psychological, social, intellectual and spiritual activities are essentially adherent to daily life. Thus their health is well maintained. However in the study of *Guna* it denotes the mental depression among the elders through variation of *Gunas*. So the bottom line of the study is to find a solution to the neglect and marginalization of elders in the modern society in the vision of young community by certain activities to less down the mental depression they are undergoing.

Keywords: Elders, *Arokyam*, *Guna*