Aging Gracefully:

Aging is a natural process. Aging with grace is all about attitude. Having a positive attitude about what age can bring and looking forward to some of the good things like: wisdom, resilience, inner strength, and a mature perspective are some of the perks of seniority.

The universe around us is aging. It is a law of nature. If we try to go against this natural law, would only create an aggravation and nonstable mind and body. If we try to understand this concept from our mature spiritual side; a humble acceptance will replace the aggravation and unstable mind. Aging is a beautiful natural process just like plants and trees. If we nourish our plants/trees very well in a very favorable, non-polluted environment they grow well and look healthy.

To age gracefully, we must keep in mind that aging has physical, mental, and spiritual components. All these components are inter-related. Together they make us a “whole” person. As part of aging gracefully, what we lose in physical is made up by gaining experience, wisdom, and peace in mental, and spiritual.

Once we embrace the aging as natural part of us with healthy mental attitude, we can focus on the physical. The basic idea is to slow down the rate of physical decline as we approach the later years of our life. However, preparation to achieve this begins in 30’s and 40’s by eating right foods and having right life style management.

Our goal is to continue building healthy new cells to replace the old dying cell for as long as possible. If the old cells are not replaced with new cells, skin becomes wrinkled and body loses its strength and shape. Anti-aging and longevity is very well defined and practiced in Ayurveda. Ayurveda promotes rejuvenation with Rasayanas.

**Techniques for Aging Gracefully**
• Diet plan with [foods based on your mind-body constitution](http://www.promotehealthwellness.com/you-are-what-you-digest/) that can help you usher in growth of new cells while creating least amount of toxins in the body.
• Include the right vitamins and herbal supplements- NOT to supplement good foods but only to cover the gaps.
• [Detoxify your body](http://www.promotehealthwellness.com/preventive-care/detoxify-body-naturally) regularly- a weekly fast, a monthly fast, or a quarterly cleanse based on your life style.
• As we age, natural tendency of the body is to lose its muscle mass and to replace it with fat mass. Our goal is to slow down the rate of muscle mass conversion to fat mass and retain as much muscle mass for as long as possible.
• No matter what age, we must stay active. Follow a routine exercises and activities that can help retain the muscle mass, reduce fat buildup, and keeps us flexible.

Besides foods, we need to be aware of the stressful thoughts and emotions we take in from outside or cultivate within. We must figure a way to “metabolize” stress out of our system to remove “mental inflammation.” This can be a cause for many nerves related and other diseases.
• Utilize our life experiences and spiritual knowledge to shift our mental attitudes to neutralize emotions or thoughts that are source of stress.
• Do breathing exercises, yoga and meditation can also help release the stress and eliminate mental inflammation.
• Keep the mind occupied by continuously learning new interesting and challenging things.
• Get good rest at night by sleeping at least 7 hours

Spiritual component supports the both mental and physical. Studies have shown people with strong spiritual connections heal faster and have better immunity. While the physical and mental components change with age, it is the spiritual component that remains unchanged and is a pillar of support in our aging gracefully.

**Rejuvenate with Rasayanas**

The eight major branches of Ayurveda range from pediatrics to longevity. The branch that deals with longevity is called Rasayana, meaning rejuvenation.

A Rasayana is also a category of herbal preparations designed to rejuvenate the body, mind, and self at the deepest possible level. In Ayurveda, stress is understood to be a causative factor in the disease process, in part because stress lodges toxins deep within the tissues of the body. A Rasayana is designed to remedy stress and repair and rejuvenate the deep tissues of the body. Usually a Rasayana is a combination of many herbs and minerals, sometimes as many as forty, that are put through an extensive preparation process that can take days or even weeks to complete. This elaborate process is designed to refine and enhance the potency of the herbs so that they can be ­absorbed into the deep tissues of the body.

One of the most powerful and re­spected Rasayana is Chyawanprash. It’s an ­elaborate combination of herbs, fruits, and minerals specifically designed for rejuvenation and enhancing immunity and physiological balance. Western studies have found Chyawanprash to be a powerful free-radical scavenger (antioxidant) and anti-stress agent (adaptogen). Taken regularly, Chyawanprash builds immunity, improves digestive power, and keeps the mind and lungs clear. It is also beneficial for stress, anxiety, and depression.