



Abstract:-

As we know there are three aging processes; one is the chronological aging the other is the mental aging and third are is physical aging. This study is based on close personal rapport, interaction and observations with the Dotards. Psychosomatic ailments and the blend of somatopsychic ailments are often observed among the dotards. This composition of ailments actually are different from individual to individual. Etiology of these are mainly due to the influence of 4As which are Acceptance, Affection, Achievement and Adjustment which perpetuates through out

their life. Lack of affection lead them to isolation and solitude. Lack of achievement goes with senility. Adjustment is a process between the members of the family. Thanatos dominate in dotards. It is observed that they gather in near by temples and parks to interact with their new or old friends, thereby try get some consolation through interactions. Really they find pleasure out side the home rather than in the home. This idea the researcher gained through the dialogue with dotards. Observed psychosomatic disorders are Hyperacidity, Essetial Hypertension, Bronchial Asthma, Migraine, Diarrhoea, Micturition, Anorexia etc. Observed somatopsychic disorders are Body dismorphic disorder bipolar disorder depression, anxiety, sadness, desperate, listless, mania, moods swelling, anger, guilty feelings, and Anorexia. Confusion, Disorientation, dissociative disorders, Hypochondiasis obsessive compulsions, somatisation. Panic disorders separation anxiety, feelings of Thanatos etc.

Key Words:

Dotard, Dotage, Psychosomatic, Somatopsychic, Thanatos, Geriatrics, Geriontology, Listlessness.

PSYCHOSOMATIC AILMENTS AND SOMATOPSYCHIC AILMENTS PREVALENT AMONG DOTARDS



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INTRODUCTION

The extreme end of development stages of human race is the senile stage which are more related with dotaging process which further leads a man to a stage which is also called as Dotards. senile stage is another childhood like stage which anticipates a more social comforts and economic comforts from the family members and other relations and friends. As we know there are three different types of aging process; one is the chronological aging, the other is the mental aging and another is the physical aging processes. Heredity plays a vital role in the aging processes; but environment can not be under estimated in the aging processes. Geriatrics is the fielded which take care of aged people; but Gerontology deals with the aging processes of individual lives.

1.2 SCOPE OF THE STUDY

The study of aging, that includes all aspects of the stage of life including physical, pathological, economical and social problems³. Geriatrics is a branch of medicine or social science that deals with the problems, diagnosis and treatment of diseases that are specific to the aged⁴. As we all know the senile stage is the “stock taking session” i.e. the remembrances of the past now reevaluated.

Living in the society leaves some scar over the behavior of the old aged citizens. According to the verses of many old people it is observed and understood that each and every social elements have got benefitted by these single body and soul. These are people who had sacrificed their life time service for their families.

The old English poem which starts “Unarmed and unattended walked the Czar”; I am able to see all the dotard only as the Czars who were very powerful in their previous stages of lifespan. But now they are expecting moral support from the issues, relatives and friends. This endeavour is not only to list out the ailments but it is the main objectives to spell out the causes and its consequences as such.

1.3 CENCEPTS USED

Dotard: This is the lexicon which describes the aged person as such.

Dotage: This is the chronological age beyond sixties.

Psychosomatic: Initial ailment at the behavior side which affects the physical body.

Somato Psychic: The human body when got affected physically by any etiology affects the mind set of the individual.

Thanatos: This is the expected feeling to anticipate death as spelled out by Sigmud Freud

Geriatric: Science to take physical & Psychological care of the aged person.

Geriontology: Science the study the aging processes and its impact.

Listlessness: Old people having very low physical power and low enthusiasm to attend themselves.

Psychosomatic ailments: In this case of ailments in the senility ailments start at the mind and radiates to the body. For example fear emerge in the mind and it radiates into the physique and the output are sweating, tachicardia and a loud oral response, closing eyes and ears etc. Similarly several psychological inducers and promoters are external in origin and it leads to develop some symptoms and outputs as affect. Mainly psychosomatic ailments are affecting the adrenal gland and its related endocrines and exocrines also.

Table 1.1 Some psychological factors, symptoms and related body and mind mechanism.

Sl.No.	Psychological Factors	Symptoms	Mind and body mechanisms
1	Inhibited dependence and general stress	Hyper acidity	Increased HCL secretion in the stomach
2	Stress in total	Essential Hypertension	Vasoconstriction
3	Anxiety, Stress, Conflict over protection and separation	Bronchial Asthma	Shrinkage of bronchus and its spasma effect.
4	Conflict, less freedom and general stress	Migraine	Unusual vasoconstriction and vaso dialations in the cerebral micro circulation
5	Conflict over an obligation	Diarrhoea	Gastro-intestinal mobility and cholenergic activation
6	Hiding truth, pretending and stress	Polyuria and bed wetting	Reduction in Anti diuretic hormonal and raised adrenalin.

Table 1.2 Some Somatic factors, symptoms and related mental mechanisms.

Sl.No.	Somatological Factors	Symptoms	Body and mind mechanisms
1	Anorexia, Senility	Listlessness	Hypo activity of limbs and mobility
2	Abrupt energy level in body	Bipolar disorder	Hyperactivity, verbal diarrhea, anger and extreme happiness
3	Excess resting, over dose of tranquilizers	Insomnia	Memory decline, tired eyes, decrease activity
4	Too much caring over the body of self	Hypochondriasis	Thought process of imagining something worse about own health
5	Familial separation	Anxiety and Panic disorder	Feeling of deprivation of help and assistance
6	Body dysmorphia	Isolation or Solitude	Hate, rage, greed etc. over others.
7	Bulimia	Hypoactive sedentary living to mode endomorphic form	Compulsive behaviour towards eating and get repelled from hard work
8	Kinesthetic inefficiency	Dizziness, balancing problem vertigo	Mid ear problems due to fungal attack at the ear and defect at the otolith levels.

1.5 IMPORTANCE OF 4 AS

These are the four As one should meet in one's life span. Acceptance of your life as whole is a must in one's life span. Acceptance of your life adds spice to the same if not the whole life will become a burden. Affection this is to be showered over others and vice the versa. Getting and showing affection will soothe our life. Achievement is the motivating factor to further and further tasks which we confront. Adjustment is a life time process. If we adjust properly with our thoughts and deeds towards other, life will become enjoyable. As old aged people if we try to incorporate all these 4 A in our life the old age will become acceptable even though not enjoyable.

As Dotards it is our responsibility to show all the 4 A towards kith and kin. Reducing our own "Expectation from others" and serving "others expectations" to a possible range will gain a respectable place in the minds of our kith and kin. By reducing our "needs and demands" we can attain "Peace" which is the wealth of this earthly life.

1.6 FINDINGS

Steps to overcome psychosomatic and somato psychic ailments of Dotards

- Better not to sleep more than six hours a day.
- Engage in any of the physical activities at the home
- Cardio-vascular exercises for about 20 minutes in the morning.
- Early to bed and early to rise.
- Better to reduce five white poisons such as sugar, salt, milk, roots, and starchy foods.
- Avoid junk foods and bottled drinks
- Minimize coffee and tea taking
- Beware of eatable which are not water solubles
- Avoid self medications and excess medication
- Practicing yoga is better for aged
- Eat in varieties but in lesser quantity do good
- Keep it in the mind "Packet full of money imparts more energy than stomach full of food"
- Eat for hunger, and not for taste-take the wordings from Arul Prakasa Vallalar of Vadalur.
- Avoid "Thamas and Rajas" type of feeding and take "Sathviga" foods.
- One time feeding make you Yogi (like saint) two time feeding make you Bohi (family man) Three time feeding make you Rohi (Diseased man)

Fasting, meditation and physical work will rejuvenate our health
Legal sex activity will trigger all your body functions and give relaxation
Approach the family with a well defined solution never with a controversial argument
Our hands and legs are our best dependable friends so take care to maintain them.
A man on walk gains friends and a man on bed gains only diseases. So gain good friends

1.7 CONCLUSIONS

These times are from a dotard to several dotards at dotages. Health is wealth. Let us reminder if wealth is both nothing is lost; if health is lost something is lost; if character is lost everything is lost. As tired houses we can rest but as lazy houses. Work like a bull and eat like a house. These lines of our ancestors shall guide us till to the tomb.

1.8 REFERENCE

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