**GENERAL DEBILITY**

**SYNONYMS**

* Infirmity
* frailty
* feebleness
* frailness

**DEFINITION**

* General debility refers with degenerative changes in the body tissues especially concerning with muscular system.
* It’s main feature is feeling of weakness without or with mild labour.
* General debility or “**Durbalya**” means the lack of strength in a person.
* In Ayurveda, strength is known as “Balam”. Balam can be loosely described as “power of resistance.”
* The sage Charaka has used the terms “Vyadhi” and “Avyadhi kshamatwa” in this reference.
* Those who are capable of resisting diseases are called “Vyadhi Kshamatwa.”
* Those who cannot fight against diseases and are easily affected by them are called “Vayadhi Akham,” which is the sure sign of general debility or general weakness lack of strength.

**ROOT CAUSES OF DEBILITY AND WEAKNESS**

* Lack of adequate nutrition lead to conditions like anemia
* Living in closed quarters, without ample air and sunlight
* Monotonous lifestyle, without much change in routine
* Working too hard or overexerting oneself
* Mental stress, depression and lack of adequate sleep
* Excessive sensory input like blaring music
* Common cold & cough
* Prolonged infections or injury
* Obesity
* Fibromyalgia
* Hypovitaminosis
* Hypervitaminosis
* Addison’s disease
* Myasthenia gravis
* Guillain–Barré syndrome
* Impaired electrolyte balance in the body
* Overuse of certain medications
* Liver disorders
* Renal disorders
* Tuberculosis
* Thyroid disorders
* Cancers
* Diabetes
* Parkinson’s disease
* Fevers (of all types)

**SYMPTOMS**

1. Weakness .
2. Pain
3. Fatigue
4. Muscle atrophy
5. Weight loss
6. Attention loss
7. Memory deficiency
8. Learning problems.

**TREATMENT**

1. Brimhana Chikitsa
2. Brimhaniye Basti
3. Rasayan Therapy

***Some ayurvedic formulations :***

1. [Chyawanprash](https://allayurveda.com/shop/baidyanath-chyawanprash-special/)
2. [Amlaki Rasayana](https://allayurveda.com/shop/baidyanath-amlaki-rasayan-120-gm-2/)
3. [Kesari Kalp Royal](https://allayurveda.com/shop/baidyanath-kesari-kalp-royal-2/)
4. [Musli Pak](https://allayurveda.com/shop/baidyanath-musli-pak/)
5. Shatavari Kalp
6. [Drakshasava](https://allayurveda.com/shop/baidyanath-drakshasava/)
7. [Ashwagandharishta](https://allayurveda.com/shop/baidyanath-ashwagandharishta/)
8. [Kumari Asava](https://allayurveda.com/shop/baidyanath-kumariasava/)
9. [Dashamoolaristha](https://allayurveda.com/shop/herbal-hills-dashamool-powder/)
10. [Lohasava](https://allayurveda.com/shop/baidyanath-lohasava/)
11. [Balarishta](https://allayurveda.com/shop/baidyanath-balarishta/)
12. [Ashwagandhadi Churna](https://allayurveda.com/shop/kapiva-ashwagandhadi-churna-2/)
13. Massage with Ayurvedic oils like [Mahanarayana Taila](https://allayurveda.com/shop/baidyanath-mahanarayan-tailaoil-100-ml" \t "_blank) or [Chandan Bala Lakshadi Taila](https://allayurveda.com/shop/baidyanath-chandanbala-laxadi-oil-50-ml" \t "_blank)

**GENERAL MEASURES**

1. In principal of good nutrition:
2. Eat sensibly including plenty of fruits, vegetables, legumes and whole grains.
3. Drink more water.
4. Drink goat’s milk as far as possible
5. Add a teaspoon of ghee to a glass of milk. Add a little bit of ginger powder, warm it lightly and drink regularly.
6. Eat less fat.
7. Eat less animal protein.
8. Eat more fiber-rich carbohydrates. Avoid bread, cake, puddings, etc.
9. Use less salt and sugar in your diet.
10. Avoid alcohol and smoking.
11. Modern appliances that we use for convenience like refrigerators, microwave ovens and cookers are also harmful to health.
12. Pre-cut and polythene-covered vegetables, frozen foods and pre-cooked foods are equally unsafe for those who suffer from General Debility because these foodstuffs contain additives to increase shelf-life but reduce their prana or vital energy.
13. Get into the habit of exercising regularly. Exercising boosts circulation, stimulates the production of “feel good” hormones and regulates waste (toxin) removal.
14. Avoid habits that can compromise your immune system, such as cigarette smoking, excessive alcoholic intake, drug use and multiple sexual partners without appropriate protection.
15. Keep your chin up: Try to maintain emotional stability and a positive outlook.
16. It’s very important to get a good night’s sleep as this is one of the best ways to feel refreshed and keep fatigue at bay.
17. Eliminate screens – all light and sound distractions that keep the mind active.
18. Eat at least 3 hours before bedtime. This way, food will get digested and the body will prepare for rest.
19. Avoid watching TV or working in bed. Make sure to use your bed exclusively for sleeping.