

## Role of Ayurved *Dinacharya* in day to day fast- competitive life

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### Abstract:

*Dinacharya*” means the “appropriate daily regimes” which should be followed the Ayurveda way, for a physically, mentally and spiritually healthy life. The *Ayurvedic* diet is a meal plan based on the principles of *Ayurvedic* medicine, a form of traditional medicine dating back thousands of years. The diet involves eating or restricting certain foods based on your *dosha*, or body type, which is claimed to boost weight loss and support mindfulness.

**KEYWORDS:** - *DINACHARYA*, DAILY REGIMES, ROLE OF *DINACHARYA*, LIFESTYLE.

### INTRODUCTION:-

Ayurveda provides an integrated approach for preventing and treating illness through lifestyle interventions and natural therapies. It based on the view that the elements, forces and that holds it together and make it function are also seen in human beings. Ayurveda philosophy and practices link us to every

aspect of our self and remind us that we are in the union with every aspect of nature, each other and the entire universe. There are no mental health without physical health, and vice versa. In Ayurveda symptoms and diseases that could be categorized as mental thoughts or feelings are just as important as symptoms and diseases of the physical body. Both are due to imbalances within a person, and both are treated by restoring the natural balance mentally and physically. In Ayurveda your life and lifestyle must be in harmony before you can enjoy true wellbeing. *Vihar chikitsa* are a major *Ayurvedic* preventive and therapeutics approach for life and health.

Ayurveda promotes a lifestyle that's in harmony with nature its used to treat a variety of ailments including depression and eating disorders . Below we discuss the basic steps and details to follow *ayurvedic* lifestyle.

### AIM:-

To explore the concept of *Dinacharya* (beneficial and non-beneficial life style as per *ayurvedic* classics.

## REVIEW AND LITERATURE:-

### IMPORTANCE:-

- *Dinacharya* is planned such that a man remains healthy all his life and without any illness.
- *Dinacharya* is in harmony with the laws of Nature, then man will benefit and not get distressed. It is necessary to behave in harmony with Nature (as advised by Dharma [Righteousness]); for example, waking up early in the morning, rinsing the mouth, cleaning the teeth and taking holy bath.

- *Dinacharya* was mentioned by the Acharya in daily regimes because as change in position of the planets and the change in muhurta which act on the human body, according to this Acharya mentioned this karmas as to increase the immunity and power of the individual.

SEQUENCE: - By following the *Dinacharya* one will be able to follow healthy lifestyle thereby maintaining health. Our diet and lifestyle are our primary tools for wellness. Now days, our daily routine is not synchronized with biological clock

By Charak	
• Anjana	• Sharir parimarjan(Snana)
• Dhumpana	• Savcha vastra dharan
• Nasya	• Mala dharan
• Danta dhavan	• Ratna dharan
• Jivha nirlekhan	• Pada dhavan
• Gandush	• Kshor karma
• Shir tail dharan	• Padatra dharan
• Karna puran	• Chatra dharan
• Tail mardan	• Danda dharan
• Tail abhyanga	

By Vagbhata	
• Brahmamurut utishthite	• Mardan
• Danta dhavan	• Udavartan
• Jivha nirlekhan	• Snana
• Anjan	• Padatra dharan

• <i>Nasya</i>	• <i>Karnapuran</i>
• <i>Tambul sevan</i>	• <i>Chatra dharan</i>
• <i>Abyanga</i>	• <i>Pada abhyanga</i>
• <i>Vyayam</i>	• <i>Danda dharan</i>

### ❖ *Brahmamurut utishthite*<sup>1</sup>

There is a well-known proverb –

“Early to bed, early to rise makes a person healthy, wealthy and wise.”

One who is desirous of a long, healthy life should wake up at the time of – “*BRAHMAMUHURTA*”

- *Brahma muhurta* - means approximately 1 to 1/2 hour before sunrise.
- *Brahma* = Knowledge. ‘*Brahma muhurta*’ is the best time for gaining knowledge.

### ❖ *Anjana* (first mentioned by *charaka*...)

- Topical application of the drug in the form of powder/paste/ thick liquid into the conjunctiva fornixes with an applicator. (*द्विदशाअङ्गुल*)
- *Anjana* means which spreads or propagates ‘*Anakti anena anjanam*’.
- According to its form *Anjana* is of 3 types i.e. *Gutika*, *Rasakriya* and *Churna*.
- Even though *anjanas* are meant for eye diseases it has wide applications in systemic diseases too.

### Benefits of collyrium<sup>3</sup>:-

- It cleanses the eyes
- Improves Vision
- Generates a shine and twinkle in the eye.

- Protects and cures various eye diseases

### ❖ *Vyayam*

#### Signs of appropriate exercising:

- Sweating
- Increased respiration rate
- Lightness of the body
- Increased heart rate

#### Benefits of exercise:

- It nourishes the body
- Gives good complexion
- Maintains proportionate body parts by improving the musculature.
- Enhances the digestive power
- Prevents laziness
- Lightness of the body
- Detoxifies the body
- Increases tolerance to exertion, heat or cold.

### ❖ *Abhyanga*

Use lukewarm oil for *Abhyanga*, Oil selected depending on season, *dosha* predominance & condition, but “Sesame oil” is best.

#### Benefits of Daily *Abhyanga* (oil massage)

- Delays Ageing process
- Relieves Fatigue & relaxes the body
- Helps cure *Vata* diseases body aches, feeling of dryness like arthritis, paralysis, neurological problems
- Improves Vision

- Improves skin complexion and Helps in rejuvenation
- Nourishes the body
- Improves Sleep, refreshes body and mind.
- Strengthens the body
- Increases the Life span
- Improves blood circulation, in turns help removal of toxins from body.

#### ❖ *Nasya*

*NASYAM* means administration of medicated oil or ghee through the nostrils.

#### **Signs of appropriate Nasal instillation**

- Lightness of head
- Sound sleep and waking up in time
- Cure of diseases
- Pleasant mind
- Clarity and proper functioning of all the sense organs

#### ❖ *Dhumpana*

IT'S BENEFITS:-

- Relieves heaviness of head
- Relieves hoarseness of voice.
- Relieves Rhinitis & neck stiffness
- Relieves Pain in the eyes and ears
- Relieves cough & hiccough.
- Relieves dyspnea,
- Relieves lock jaw.
- Relieves Obstruction of the throat
- Strengthens the teeth

#### ❖ *Snana*

**Benefits of Daily bath:-**

- It is sacred
- Helps live a long life teeth
- Improves strength of heart

- Increases "Oja"
- Relaxes the body
- Removes excess Sweat, itching & foul body odour
- Removes drowsiness

#### ❖ *Danta dhavan*

Ayurveda mentions that teeth must be brushed –In the morning and also after eating food.

According to Ayurveda twigs of the following herbs can be used to brush teeth:<sup>4</sup>

- *Arka*
- *Vata* (Banyan tree)
- *Khadira*
- *Karanja*
- *Arjuna*
- *Nimba*- is best among bitter herbs.
- In absence of twigs "powders" of herbs like *Triphala*, *Trikatu* & *Trijatak* can be used.

#### **Benefits of Brushing teeth:-**

- Freshens up the mouth
- Removes bad odour from the mouth
- Removes coating on teeth
- Alleviates 'Kapha'
- Increases desire for food
- Makes one feel pleasant

#### ❖ *Savcha vastra dharan*

Other daily regimes are:

Wearing comfortable clothes depending on the climate – enhances beauty, pleases mind.

#### ❖ *Ratna dharan*

- Gemstones are mainly used for ornamental purposes

- Part of their spiritual practices to restore energy fields, gain peace, and promote love and safety
- Some belief systems, gemstones are placed on certain areas of the body, called “chakras,” to promote healing.<sup>5,7</sup>

#### ❖ *Jivha nirlekhan*<sup>6</sup>

##### **Benefits of tongue-scrapping:**

- Removes bad taste from mouth
- Eliminates bad odour of mouth
- Reduces swelling of tongue
- Relieves stiffness of tongue
- Enhances the sense of taste.
- Thus helps maintain oral hygiene
- Stimulates the taste buds

#### ❖ *Gandush*

*Gandusha*” means filling the mouth with a certain fluid, without rinsing movement of the mouth and holding it until the eyes start watering.

##### **Benefits of Gargling (*Gandusha*):**

- Strengthens the mandible (as in cancer patient)
- Improves voice quality
- Nourishes the face
- Enhances taste-perception
- Prevents drying of throat, chapping of lips and tooth-decay
- Strengthens teeth & gums
- Reduces hypersensitivity of teeth to sour taste or hard food substances.

#### ❖ *Suchi karma*

“पौष्टिकं वृष्यमायुष्यं शुचि  
रूपविराजनम्।

केशश्मशश्रुनखादीनां क्लपनं  
सम्प्रसाधनम्॥”  
(च. सू. ५)<sup>1</sup>

##### **Benefits of *suchi karma*:**

- Energizes body
- Feel refresh
- Feeling of well being
- Increase beauty

#### ❖ *Shiroabhyang*

Head massage should be done daily

##### **Benefits of Daily ‘*Shiroabhyanga*’ (Head massage)**

- Prevents hair-fall
- Prevents early graying of hair
- Strengthens hair roots
- Gives nourishment to all the sense organs like – eyes, ears, nose, tongue & skin
- Gives good complexion to face
- Good & sound sleep

#### ❖ *Padatra dharan*

Wearing comfortable foot wear –

- good for eyes,
- gives strength and
- protects feet from diseases.

##### **Ask to take care of foot in**

- Diabetic patient
- Nephropathy
- Venous torsion
- Bipedal edema
- *Karnapurna*

“न कर्णरोगा वातोत्था न मन्याहनुसंग्रहः ।  
नोचचैः श्रुतिर्न बाधिर्यं स्यान्नित्यं कर्णतर्पणात्॥”

(च. सू. ५/८४)<sup>1</sup>

#### **Benefits of karna purana:-**

- Helps in karna rog disease
- In vaatvyadhi
- In neck pain and stiffness
- In deafness
- In tinnitus due to senile reasons.

#### **❖ Chatra dharan:-**

“न ईतेः प्रशमनं बल्यं गुप्त्यावरणं शंकरम्।  
धर्मानिलरजोम्बुघ्नं छत्रधारमुच्यते॥” (च.सू. ५)<sup>1</sup>

Wearing head – turban (cap) & using umbrella – protects head & hair from sun, wind, rain, dust, and enhances ‘oja’.

#### **❖ Pada abhyanga**

##### **Daily Foot-massage Benefits:**

- Reduces Dryness of body
- Removes the stiffness or numbness in legs
- Relaxes the feet
- Gives strength & Stability to feet
- Improves health of ‘eyes’
- Pacifies Vata
- Prevents – Sciatica, Cracking of feet & Muscle stiffness in the legs

#### **❖ Danda dharan:-**

“स्खलतः सम्प्रतिष्ठानं शत्रूणां च निषूदनम्।  
अवष्टम्भनमायुष्यं भयघ्नं दण्डधारणम्॥”  
(च.सू. ५/१०२)<sup>1</sup>

##### **Benefits of danda dharan:-**

- Maintain balance
- As a defendant against

#### **DISCUSSION:**

A day with the rush and fast life people are not having enough time to develop and live a proper lifestyle and eat a proper diet with

this lot of lifestyle diseases are coming up. Lifestyle diseases are now a world threat and the perspective to visualize its management has shifted from holistic to drug oriented with the advent of time from ancient to modern. Therefore, till few years before the revival of the holistic inclusion the lifestyle and diet were not being much focused upon its management. *Aahara* (diet) is a substance that is taken through the mouth for the body sustenance, maintenance and repair. *Aahara* (diet) is the strong base for healthy humanity and should be treated as a *sadhana* will eating and understanding its utmost importance in achievement of *purushartha Chathushathaya*.

*Arunadutta*: - in order to follow a lifestyle for a good health as per (*kashyapa Acharya khil* 56-8). Ayurveda suggests a specific daily routine for each individual. This is based on the individuals basic body constitution (known as *dohas*). To be able to take *Ayurvedic* herbs and massages according but also follows an ayurvedic lifestyle this suits his or her *Dosha* and *Prakruti* as per (A.H.Su 1/10 )<sup>2</sup>

*Dinacharya* is the *ayurvedic* term for daily routine. “Dina” means day and “*Charya*” means to follow. Following a proper *Dinacharya* is one of the best methods to prevent diseases, promote good health and prolong life. Ayurveda place a lot of importance on the various times of the day and night which correspond with the three *Doshas*. Each *dosha* dominates two cycles during the day and night as follows: -

- The *kapha Dosha* , which comprises the elements of water and earth , is



strongest between 6 am to 10am and 6pm to 10pm(A.H.Su 1/7)<sup>3</sup>

- The pitta *dosha* , which comprises the element of fire and water , is dominant between 10am to 2pm and 10pm to 2am (A.H.Su 1/7)<sup>3</sup>
- The *vata dosha* which comprises the element of air and spaces, is strongest between 2Am to 6am (A.H. Su 1/7)<sup>3</sup>

To prevent and manage the “life Style Disorders” adaptation of “Swasthavrittapalana” at physical, Mental, social and spiritual level is the only available option. Ayurveda is the art of daily living in harmony with the laws of nature. Ayurveda is a practical, medical science which promotes holistic health through recommended lifestyle changes. This knowledge of daily living was discovering by sages through meditation.

Circadian rhythms-the internal clocks generated within the body are the fundamental component of all living beings. They help coordinate the timing of our interaction with the external world. Ayurveda reveals the secrets of these internal clock and guides us to perform “right things at the right time” By the following the ayurvedic lifestyle you can add years to your life and life to the years.

The *ayurvedic* lifestyle focuses on the depth analysis of your health and possible imbalances. Detailed health history, determination of *dosha* (*Vata*, *Pitta*, and *Kapha*) and the status of the *dosha* in the body is taken into consideration before recommending any appropriate *ayurvedic* diet and *ayurvedic* lifestyle remedies. The goal of Ayurveda is to make Ayurveda part

of your daily living life and truly bring health and happiness to every aspect of your life. This is accomplished by the living *ayurvedic* lifestyle compromising meditation, yoga etc. when you incorporate Ayurveda into your life ,you start feeling cheerful , radiant, light, open and ready to face the worlds challenges.

## CONCLUSION;

“नगरी नगरस्येव रथस्येव रथी यथा।  
स्वशरीरस्य मेधावी कृत्येष्ववहितो  
भवेत्॥” (च.सु. ५/१०३)<sup>1</sup>

According to this *Dinacharya* mainly helps to keep our body fit internally as the president of a particular region clean and maintain the society internally, and externally as *rathi* helps to make proper relation with external factors, similarly *Dinacharya* also helps to protect our body from external factors which cause harm to our body. It helps to increase immunity and strength of an individual.

- Unhealthy life styles are the principal causes of modern day illnesses.
- In recognizing the importance of years of life,
- This wellbeing or wellness associated with social, mental, spiritual, & physical functioning.
- It is possible only by these therapies. So as health management is free & enjoyable but disease management is costly & painful.

The *matra* used in the karma for the purpose of sadvrutta as in nasya and other procedure are basically based on the agnibala of the individual.<sup>1</sup>

The ahara matra and the daily sadvrutta palan is mainly to maintain the dosha in sam avastha and increase quality of life.

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