

**The role of *dincharya* for the healthy life.****Priyanka S Gaikwad*¹ S.B.Jamdhade², Pradnya S Jamdhade³**

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D. M. M. Ayurved Mahavidyalaya, Yavatmal, Maharashtra India-445001.***Corresponding Author:**(email- gaikwad.priyanka@yahoo.com , Mobile No. 9096982072)**Abstract:**

Now a days, a sedentary life style, faulty dietary habits, lack of exercise are the main cause for metabolic imbalances which leads group of diseases like Hypertension, Diabetes mellitus, obesity etc. and making them one of the leading cause of death.

Ayurvedic texts explains various fundamental principles aimed at preventing occurrences of diseases and to promote a healthy life, for these prevention aspects *Dincharya* is used to adopt in daily routine by people which can improve the quality of life and maintenance of good health. *Dincharya*; Din means daily and *charya* mean activity or regimen is necessary for maintaining a healthy body, mind, spirit which is useful to establish balanced constitution, aid in digestion and absorption, leads to peace, happiness.

Keyword: lifestyle disorders, *Dincharya*, Obesity, Hypertension

Introduction: In present scenario health management is becoming an important part to improve the quality of life .Major metabolic diseases of this century like diabetes, hypertension and obesity causes very severe effects over body. All these diseases are caused due to unhealthy lifestyle and dietary habits. *Ayurveda* the ancient system of medicine has a great potential in preventing lifestyle disorders.

The two basic mottos of *Ayurveda* are –

- 1)“*Swathasyaswastharakshana*” means to maintain the health of a healthy individual.
- 2)“*Atursyavikarprashamana*” means to cure the disease of patient.

Lifestyle diseases are potentially preventable with changes in the diet,

habits, daily routine, exercise and meditation. *Ayurveda* offers various approaches like *Dinacharya* (daily regimen) *sadavrittapan* to maintain well being.

Aims_and_Objects:

To study the role of *Dinacharya* for healthy life. This study is based on review of *ayurvedic samhitas*, researches, journals and related websites.

Materials_and_Methods

***DINCHARYA* (daily regimen) –**

A daily ritual of self-care is called as *Dinacharya*. Individual is advised to do wake up early in morning, pass natural urges, daily exercise, tooth brushing, bathing, proper diet & maintain personal hygiene of body, meditation. These regimen plays important role in maintaining physical as well as mental health. For modification of today's modern lifestyle by following *Dinacharya* like as follows

1. BRAMHA MUHURTA – it is 1.30-2 hour before sunrise. After a well rest of body during whole night, the mind becomes alert & focused for activities at waking up. Proper oxygen supply to mind and body will help to boost up the immunity, freshness for whole day. Where

waking up late from sleep induces lethargy and inactivity.

As some says - “Early to bed and early to rise makes like healthy wealthy and wise”.

2. MALOTSARGA – Passes natural urges like defecation, urination. It helps for removal of toxins and waste saturated in body.

3. DANTADHAVAN & JIWHANIRLEKHAN – Proper cleaning of tooth and tongue with the help of medicinal plants twig which are of *katu*, *tikta* and *kashay rastmakta* having property in healing bleeding gums allergic reactions like ulcerations and some oral infections and improves dental health.

4. ANJANA- *Sauviranjana* that is *collyrium*. Application on daily bases is best for protecting eye related problems like redness, itching, watering of eyes and also for improving good eyesight.

5. NASYA-

As it said that “*Nasa hi shirsodwaram*” application of *anutail* drops in nasal cavity. It is beneficial in *Urdhwa jatrugat angavyadhi* like insomnia, migraine pain, all type of headaches and also improving memory

6. ABHYANGA – massage with oils to whole body, it will increase blood



circulation, enhances nerve stimulations like in tingling and numbness and help in nourishing, relaxing and strengthen body muscles.

7. VYAYAMA – *ardhya Shaktivayayam* has mentioned in *samhitas* to follow. Daily exercise help in improving digestive power, increases BMR (basal metabolic rate) burns fat and also make body light. Exercise with *pranayama*, It will increase more oxygen supply to all tissues of body and improves blood circulation which helps in maintain a healthy state of body and mind.

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8. SNANA – (personal care of body) it will help to get rid of dirt, sweating from

body and also keep away from various skin diseases, prolomg life, freshness and strength of body also increasing appetite.

9. AHAR SEVANA – In *Ayurvedic*, balanced diet is planned for health in which proper & regular timing of meals, eating habits, *shadratmak aahar sevan* , also consumption of fresh food should be follow properly.

10. SADVRITTA PALAN – (Good healthy conduct)

- *Madhurabhashan* – good communication with everybody.

- *Indriyavayahara* – do not lose self-control.

Dharma acharna –

- *Achar rasayan* – behavioral medicine which implies ethical, moral conduct truth, nonviolence, devotion, mental and personal hygiene and a yogic lifestyle.

All these induce positive influences on the mind and body.

Observation:

Proper follow up of *Dincharya* that is daily regimen will be provides a good and quality of life. And also help for disease free life and peace of mind.



Result: *Dincharya* provides appropriate solution to the problem arising out of faulty lifestyle.

Discussion:

Dincharya is beneficial for the healthy life.

Conclusion:

For preventive measure of healthy (physical and mental) the concept of following *Dincharya* (daily regimen) Like wake up early in morning, tooth brushing, regular exercise, oil massage, proper dietary habits, personal care of body are

must for good well-being and disease free life.

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