

## REVIEW ARTICLE ON DINCHARYA IN DAY TO DAY LIFE

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## INTRODUCTION

‘Pratidinam Kartavyam Charya Dincharya’!

The word Dincharya is derived from two words Dina & Charya. Dina means day & Charya means Charan towards the Prakriti. In Ayurveda, Dincharya is the best prophylactic measure to prevent many diseases. It regularizes a person's biological clock, improves metabolism & generates self-esteem discipline, peace, happiness & longevity. It is a lifestyle modification to live a healthy life in the present context or follow ancient day-to-day activities to maintain health. According to Ayurveda, man is said to be healthy, his Doshas, Dhatus, Malas, and Agni are in a state of equilibrium with mental sensory & spiritual pleasantness and happiness.

## AIMS AND OBJECTIVES

## 1. To study the concept of Dincharya

## Material and Methods

This study used Various Ayurved Journal research papers and Sahmita references, as well as websites, articles, and modern books on preventive and social medicine.

## The conduct of Dinacharya

- 1) Brahama-muhurat-jagrana
- 2) Vega Nissan
- 3) Mukha Prakshalana
- 4) Netra Prakshalana
- 5) Gandoosh & Kawala
- 6) Nasya
- 7) Dhumpna
- 9) Abhyanga
- 10) Vyayama & Yoga
- 11) Snana

Eating properly, sleeping patterns, exercising, avoiding late-night awakening, avoiding day sleeping, etc. are major conducts of Dincharya. The Dincharya referred to disciplinary daily and dietary conduct including moral, social, and spiritual behavior. Dinacharya's rules contribute to good physical and mental status and provide moral and natural synchronization. The rules of Dinacharya balance the normal state of Doshas, and Agni and prevent the formation of Ama. The disciplinary conduct clears Srotas and detoxifies the body thus preventing pathogenesis related to the Ama accumulation.

Sadvritta Sadvritta also comes under the heading of Dinacharya which involves moral behavior including respect for elders, obeying teachers, avoiding anger and stress, avoidance of Asteya and Vyapada, avoidance of alcohol and tobacco, speaking truth, daily prayer, remaining kind and helping others.<sup>[6-8]</sup>

## The Sadvritta includes the following moral conduct

Vyavaharika sadvritta  
Samajika sadvritta  
Manasika sadvritta  
Dharmika sadvritta  
Sharirika Sadvritta

## Dinacharya helps to prevent the following diseases

Medoroga  
Prameha  
Aamvata  
Vatrakta  
Hridroga, etc.

## DISCUSSION

**Bramha Muhurta:** A healthy person should get up from bed at Brahma Muhurtha to protect his life. That time is before dawn or around 48 minutes before sunrise. This time is related to Brahma symbolically denoting Buddhi or Intelligence.

**Importance:** Boost immunity, increases energy level, maintain balance of pH level, enhances absorption of minerals and vitamins, relieves pain, soreness, and cramps.

**Scientific Reason:** During the predawn period, there is an availability of nascent Oxygen in the atmosphere, this nascent oxygen easily mixes with the Hb forming oxy-hemoglobin. (According to the International Journal of Yoga & Allied Sciences).

**Dantadhavana:** A person should clean their teeth twice daily with herbal twigs without injuring the gums. The tip of the twig should be chewed a little to make it a brush.<sup>[4]</sup> Length - 12 Angula, width - Approx. Equal to the girth of a little finger, devoid of any knot.

Danta kashtha should be of Katu, Tikta, Kashaya Ras-Acharya Sushrut mentioned Shreshtha Dantapavana according to Rasa, Karanja (Katu), Neem (Tikta), Khadir (Kashaya), Madhuka (Madhur).<sup>[5]</sup>

Acharya Sushrut also mentioned Danta Churna in which Trikatu, Trivarga, Tejovati, honey, oil, and Saindhava are used.<sup>[6]</sup>

**Importance:** Removes Mukhdaurgandhya, subdues Kapha from the mouth, and induces appetite.<sup>[7]</sup>

**Contraindications:** Diseases of teeth, lips, throat, palate or tongue, Ajirna, Vamathu, Shwas, Kaas, Jwar, Ardit, Trishna, Aasyapak, heart disease, eye, head & ear disease.

**Scientific Reason:** It is found in research that Dantadhavana by herbal twig modifies salivary pH, saliva becomes alkaline and neutralizes the acid which is produced by pathogenic bacteria. This process makes a difference in securing teeth as this acid plays a main role in dental decay.

Some studies have also proved that by using herbal twigs the good bacteria present in our mouth, which convert nitrate to nitrite and nitrite to nitric oxide are not destroyed. Insufficient nitric oxide production results in atherosclerosis, high blood pressure, resistance to insulin, etc.

Khadir contains Taxifolin as an active ingredient which is antifungal, antiviral, antibacterial, anti-inflammatory, and anti-oxidant activity.

**Jivha Nirlekhana:** To scrap the tongue, use an instrument made of silver, gold, iron, or a strong twig of a tree that is soft, smooth & serves to clean. Length should be 10 Angula.

**Importance:** Cures edema & stiffness of the tongue, prevents Mukha Dourgandha, prevents Aruchi & Vairasya.

**Scientific Reason:** Clinical research shows that if a person uses a tongue scraper daily, it has a significant role in eliminating anaerobic bacteria like Actinomyces, Eubacterium, etc., and decreasing bad odor (Halitosis).

**Tambula Sevana:** A betel leaf prepared with Lavanga, Karpura, Jatiphala, Sudha, Kramuk, Kankola, and Latakasturi, etc. should be taken (chewed) after meals, after vomiting, after bath as well as after waking from sleep.<sup>[11]</sup>

**Importance:** Mask bad breath caused by indigestion, gastritis due to food with a strong smell like onion & garlic, cleanses the mouth, helps to take out the excess secretion of saliva, brings clarity of mouth, keeps Kapha in balance, remedies for toothache, sore throat, cough.

**Contraindications:** Bleeding disease, dryness of body redness of the eye, poisoning, unconsciousness, tuberculosis.

**Anjana:** Eyes are predominant of Tejo Mahabhut so it is especially liable to be adversely affected by Kapha therefore measures curative of Kapha are beneficial in keeping the vision clear.

1. Souvir Anjan has been advised, to use daily. It helps maintain the health of the eye & vision, prevents Kandu, and Klinnata, it prevents & cures Daah, Mal, and Vedana.
2. Rasanjan is told to use every 5<sup>th</sup> or 8<sup>th</sup> day at night to evacuate excessive Kapha Dosh.

#### Types of Anjana

1. Souveeranjana: Stybnite-Sb253,
2. Srotonjana: Antimony sulphide Sb283
3. Pushpanjana: Zinc Oxide ZnO/Sb203,
4. Neelanjana: Galena PbS
5. Rasanjana: HgO/Darvikwathasambhavam

#### Do not use Tikshna Anjana at the time

Since eyesight weakened by drainage gets impaired on exposure to sunshine, therefore draining by collyrium is indicated exclusively by night.

**Nasya:** It is the procedure where the medicated drug or oils are administrated through the nostrils.

Pratimarsh Nasya - Advised to use daily. Two drops of medicated oil should be used.

#### Types of Nasya

Virechana Nasya, Bruhana Nasya, Shamana Nasya, Navana Nasya, Marsha Nasya, Pratimarsha Nasya.

#### Importance

- It pacifies the Vata Dosha.
- Give unctuousness to the head & neck region, so it prevents mainly the degenerative disorders of the brain & sense organs.
- It prevents – Khalitya, Palitya, Manyastambh, Hanustambh, Shira Shool, Ardita, Peenas.

#### Kawal and Gandusha

**Kawal** - It is a process in which medicated paste in small quantities is filled & swished around the mouth.

**Gandush** - It is a process in which medicated oil/liquid in sufficient quantity is filled & held in the mouth.<sup>[16]</sup>

**Drugs used in Kawal and Gandusha** - According to Dosha, drugs should be prepared in Ghee, oil, cow's milk, Madya, Mansa Ras, Swarasa, Mutra, honey + water mixture, and Dhanyamla.

In Swastha, Kawal & Gandush should be done with oil or Mansa Rasa.

#### Types of Kawal/Gandusha

1. Snigdha Gandush – In Vaata Dosha
2. Shaman Gandush – In Pitta Dosha
3. Shodhan Gandush – In Kapha Dosh
4. Ropana Gandush – In Vrana

**Duration of Gandusha** - Should be kept in the mouth till the following symptoms develop: Kaphapurna Asyata, Ghrana Strava, Akshi Strava.

**Dhumapana:** In this therapy, the person inhales herbal smoke thrice from each nostril. Inhalation will be through the nose for the imbalance of impurities in the nose & head, and through the mouth for the imbalance of impurities in the throat.

**Importance** - Relieves heaviness of head, relieves hoarseness of voice, relieves rhinitis & neck stiffness, relieves pain in the eye & ears, relieves cough & hiccough, relieves dyspnoea & lockjaw, removes obstruction of the throat.

**Abhyanga:** Abhyanga means massage of the whole body including the head with oil.

**Importance** - Delays the aging process, relieves fatigue & relaxes the body, helps cure Vata disease, improves skin complexion, nourishes the body, improves sleep, strengthens the body, and increases the life span.

#### Shiro Abhyanga

Abhyanga of the head with oil is a good cure for the ailments of the head. A person should apply oil on his head daily.

**Importance** - Prevents hair fall, prevents early graying of hair, strengthens hair roots, gives nourishment to all the sense organs, gives good complexion to face, and good & sound sleep.

Karna Purana: It is a process in which warm medicated oil/liquid is gently poured into the ears then the root of the ear is gently massaged.

Drugs used in Karnapurana: Oil, Ghee, Milk, Kanji, Mutra,

Swarasa like Arka, Tulsi, Vasa, Lashuna, Aardraka.

Time of Karnapurana: according to the substance used:

With Sneha Dravya - after Suryasta.

With Swarasa & Mutra - before taking a meal in the morning.

**Vyayama:** The effort that elicits stability & potency in the body is known as Vyayama. It is an act that brings about tiredness in the body.

**Time and duration** - In Sheeta & Basant Ritu – Balardha and other Ritu – mild Vyayama.

**Udwartan:** In this, the body's massage is done upwardly by using herbal powder with oil.

**Udgharshan:** Massage with powders of herbs without oil in the upward direction is called Udgharshan.

**Importance** - Cures itching and rashes, enhances the strength of thighs and provides lightness.

**Snana:** Snana plays an important role in maintaining health. Snana is one of the forms of cleaning our bodies.

If it is done properly, it will be a therapeutic, preventive, and rejuvenating ritual for the body, mind, and soul. Snana has a promotive, protective, and curative effect on the body.

#### Gandhamalya Neshevanam

**Importance** - Brings freshness, and joy, improves self-esteem, enhances virility, promotes longevity, charm, plumpness, and strength, pleasing to the mind, and averts poverty.

#### Kshaur Karma

It is the act of cutting, shaving, or trimming the hair, mustache & cutting of nails.

#### Padatradharana

The use of footwear is beneficial for eyesight and tactile sense-organ, is the destroyer of calamity, and promotes strength to feet and libido.

In the present time, shoes are very important because going without shoes for too long time or wearing ill-fitting shoes can cause corns, fungal nail infections, etc.

Shoes also help to prevent the injury.

#### Chatradharana

The use of umbrellas alleviates natural calamities, provides strength, protection, covering, and well-being and guards against the sun, wind, dust, and rains.

It improves complexion and is good for the eyes enhances Ojas and is auspicious.

The use of an umbrella averts the attacks of diseases etc. It gives strength and protects one from evil spirits, it covers and brings about happiness, and it guards against the sun, wind, dust, and rain.

**Danda Dharana**

The use of a stick supports a slipping person, averts enemies, gives strength and longevity, and destroys fears.

Holding a stick removes the fear of dogs, reptiles, ferocious beasts, and horned animals. Alleviated fatigues, slipping, and other defects and is particularly useful for old persons. It promotes the quality of Satva, enthusiasm, strength, steadiness, patience, and power, and removes fear.

**CONCLUSION**

Dincharya is one of the important aspects of ancient science which suggests some disciplinary conduct for a healthy lifestyle and keeps away from diseases. The major rules of Dincharya include early morning rise, elimination of Mala regularly, cleaning mouth, teeth, and eyes, daily bath, exercise, worship, meditation, etc. These all conduct promote general health and provide longevity, etc. While avoidance of Dincharya rules means awful daily and dietary routine leads to health problems including obesity, diabetes, anxiety, hypertension, dyslipidemia, constipation, insomnia.

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