

ROLE OF DINACHARYA IN MAINTENANCE OF HEALTH AND PREVENTION OF  
DISEASE: A REVIEW<sup>1</sup>Dr. Amrit and <sup>2</sup>Dr. Sushma Sharma<sup>1</sup>Assistant Professor, Department of Samhita Siddhant, BMU Rohtak.<sup>2</sup>BAMS, MD (Swasthavritta & Yoga).

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## ABSTRACT

Ayurveda is the eternal science of life. The main aim of Ayurveda is to maintain the health and cure of the diseases. For maintenance of the good health *Acharya Charak* mentioned about 'Swastha Chatuska' in Sutra Sathan of *Charak Samhita*. To achieve one such goal of maintaining the health, *Dinacharya* is one of the means. The role of *Dinacharya* was felt so important by our ancient *Acharyas* that in all the *Brihatrayies* they had dedicated a separate chapter for it. *Dinacharya* helps to establish balance in one's constitution. It also regularizes a person's biological clock, aids digestion, absorption and assimilation and generates self esteem, discipline, peace, happiness and longevity. It starts from waking up in the morning in *Bhramhimuhurtha*, *Ushapana*, *Mala-Mutra Visarjana*, *Achamana*, *Dantadavana*, *Kavala*, *Gandusha*, *Nasya*, *Tambula*, *Abhyanga*, *Snana*, etc. *Dinacharya* includes things which are mandatory to follow regularly so as to maintain normal equilibrium of *Dosha*, *Dhatu*, *Mala* and *Agni*. Major diseases of present era like diabetes, obesity, hypertension etc are mainly caused due to unhealthy lifestyle and dietary habits. We can prevent these diseases by maintaining the lifestyle. The ideal life style for a day is called as daily regimen (*Dinacharya*). Daily regimen explains the various duties from one day to the next day. *Ayurveda* is an absolute science of life- style. *Ayurveda* is the science of life which emphasize on restoration of health of individual than on treatment of the diseases.

**KEYWORDS:** Ayurveda, Health, Daily regimen (*dinacharya*), Life style disorders.

## INTRODUCTION

The Sanskrit word *Dinacharya* is defined as "the daily routine". *Din* means 'daily' and *Charya* means 'practice or routine'. According to *Ayurveda* one should follow *Dinacharya* in order to lead a healthy and disease free life. By following daily regimen (*Dinacharya*) one will be able to follow a healthy lifestyle thereby maintaining health.

Fundamental texts of *Ayurveda* opine that diseases affect both in *mana* and *share- era* which shows the importance given to both physical and mental health in *Ayurveda*.

Acc. to WHO, Health is a state of complete physical, mental, social well being and not merely an absence of disease. According to *Ayurveda*, man is said to be healthy (*Swastha*) whose humors (*Doshas*), tissues (*Dhatus*), excretory products (*Malas*), and digestive capacity (*Agni*) are in the state of equilibrium along with mental sensory and spiritual pleasantness and happiness.

*Pratidinam kartavyam charya dinacharya*.<sup>[1]</sup> Charya = Acharan / kriya / Activity.

*Dinacharya* helps to establish balance in one's constitution. It also regularizes a person's biological clock, aids digestion, absorption and assimilation and generates self esteem, discipline, peace, happiness and longevity.<sup>[2]</sup> It starts from waking up in the morning in *Bhramhimuhurtha*, *Ushapana*, *Mala-Mutra Visarjana*, *Achamana*, *Dantadavana*, *Kavala*, *Gandusha*...etc.

All life style disorders can be prevented by adopting *Dinacharya*. *Ayurveda* is an absolute science of life-style.

Whatever all the activities are completed by an individual from waking up in the morning till sunset is called as *Dinacharya*. Activities done from sunset till sleeping, is called as *Ratricharya*. But in practice *Dinacharya* & *Ratricharya* both are combined considered as *Dinacharya*.

**Some Activities comes Under *Dinacharya***

1. *Brahmmuhurte jagarana*
2. *Malotsarga vidhi*
3. *Aachmana*, *Danta dhavana*, *Jihvanirlekhana*

4. Anjana
5. Nasya
6. Kavala evam Gandhusa
7. Dhoomapana
8. Abhyanga
9. Vyayama
10. Udwartana
11. Snana
12. Bhojana vidhi

### 1. Brahmuhurte Jagrana

Brahmuhurt<sup>[3]</sup>– 14th Muhurt of night, “Utthishte jirnajirne nirupayan”. A person should wake up, for protecting his life in Brahma muhurta, after considering the position of digestion or indigestion. Calm & quite environment helps in proper prayer study, feeling of happiness & freshness, in Brahmuhurt Vata remains elevated & it helps in proper defecation.

It is considered as the time for waking up which is the fourteenth muhurtha of ratri varies from region to region as the time of sunrise is not uniform throughout the world. It is approximately two muhurtas i.e. 96 minutes before sunrise in that region.

### 2. Malotsarga Vidhi<sup>[4]</sup>

One should excrete the urine and feces only after getting the urge Urge should not be suppressed otherwise it will cause vyadhi, facing the north during daytime and should south during night by keeping silence/with concentration it helps in complete evacuation of stool & urine.

### 3. Achmana, Danta Dhavana, Jivha Nirlekhana

One should do achamana (clean) after the following acts in a day like touching excreta, tears, hair, and nails separated from the body, after taking bath, before and after taking the food and getting up from the sleep and after sneezing. After this one should chew the dantha dawana (Brush) sticks meant for cleaning the teeth. Dantdhavana should be of Katu, Tikta, Kashay Ras, and Acharya Sushrut mentioned Madhur Ras additionally. Mouth diseases are caused by mainly Kapha Dosh, so Katu, Tikta & Kashay Ras are helpful to prevent most of the oral diseases<sup>[5]</sup> After brushing tongue cleaning should be done prevents Mukha dourgandha, Vairasya, Aruchi. After washing the mouth, face & eyes should be washed with fresh water or with decoction of Amlaki or decoction of bark of Kshiri Vraksha. Prevents Neelika, Vyanga, Rakta pitta janya vyadhi, helps improving the power of vision (Chakshushya).

### 4. Anjana

There are two types of Anjana: - 1. Souvira Anjana, 2. Rasa Anjana.<sup>[6]</sup>

Souvira Anjana has been advised for daily use it helps in maintaining the health eye & vision, It prevents & cures- Daha (burning), Kandu (itching), Mala (eye debris), Klinnta (watery eye), Vedna (pain) etc.

Rasanjana is told to use every 5th or 8th day, at night, to

evacuate excessive Kapha Dosha

### 5. Nasya

Head is considered as the most important part of the body. So nose is the entry way for the head. It pacifies the Vata Dosha & gives unctuousness to head & neck region, so it prevents mainly the degenerative disorders of brain & sense organs.

It prevents- Khalitya, Palitya, Manyastambha, Hanustambha Ardita, Peenasa and other Vataja disorders.

### 6. Gandusha and Kavala

It gives strength to mandible, clarity of mouth, lightness and clarity of sense organs. And also gives good taste.

### 7. Dhoomapana

There are three types of Dhoompana: - 1. Prayogika, 2. Snahik, 3. Virechnik.<sup>[7]</sup>

Prayogika Dhoomapana is advised to use daily and it prevents disorders of head & neck region which are caused by Vata & Kapha.

Smoke should be taken from the nostril, mouth and expelled from the mouth to prevent harmful effect on eyes. It gives benefits like lightness of the chest, throat, head, and liquefaction of the Kapha.

### 8. Vyayama

Regular exercise nourishes the body, gives good complexion, proportionate the body parts, enhances agni, avoids laziness and obesity, provides lightness of the body parts, and also avoids early aging. It lowers the body fats, reduces the risk of heart disease.

### 9. Abhyanga<sup>[8]</sup>

Ushna Abhyanga in Sheeta Ritu & Sheeta Abhyanga in Ushna Ritu, strengthens the body, repairs the regenerates tissue, very good in pacifying Vata, relieves tiredness and many more. Shiro Abhyanga Beneficial for hair, Nourishes sense organs, improves sleep. Padabhyanga Strengthens legs & feet, Relieves from senselessness, stiffness, cracks, contraction etc. improves vision and improves sleep.

### 10. Udwartan

Massaging with powder (Triphala Churna, Yava Churna) of Kapha Hara drugs is called as Udwartana it opens up the skin pores & improves complexion, reduces fat, reduces itching & skin, eruptions etc.<sup>[9]</sup>

### 11. Snana<sup>[10]</sup>

Taking bath is auspicious, enhances virility, longevity, strength, compactness and ojus, at the same time it cures tiredness, sweat and impurities of the body. It takes away the sleep, burning sensation, sweat, thirst and unpleasantness due to sweat. Bath should not be taken after food it causes indigestion.

### 12. Bhojana Vidhi

Ahara with Madhura rasa then amla, lavana, tikta, katu, Kashayaa. Like this one should take Ahara in a

chronological order. Because this Ahara rasa gives strength, bala, varna, pushti, dhatu poshana, indriya prasadata etc.

Food should be taken when hunger is felt, for healthy people 2 times of meal is advised, any type of exercise, water, sleep should not be done immediately after food, full stomach meal should not be taken in night, it should not be heavy, food which are of opposite qualities should not be taken and this results in indigestion & formation of Ama.

## DISCUSSION

Ayurveda gives more emphasis on prevention of diseases. Dinacharya has been described in the context of daily regimen follow up. Principle of Dinacharya is more relevant in current era because even nobody has time even for them self. So, result is emergence of epidemic due to life-style disorders both communicable and non-communicable. Major diseases of the 21st century like diabetes, obesity and hypertension affects our body and causes very severe effects over body. Thus they are called as „silent killers“. They effect very severely over vital organs like- kidney, eye, heart, brain etc. Now a days the above mentioned life style disorders are affecting today's society, as one of the quotation says that "Prevention is better than cure". We can prevent the diseases by maintaining the life style. This trend of present time cannot be changed as it is demand of this era but life- style can be modified by simple interventions through conduct of *Dinacharya*. Principle of *Dinacharya* is basically related with harmonization of human body with environment and this practice basically balances the *Doshas* which ultimately results in good health. Few examples are early go to bed and early wake-up, daily prayer and meditation, daily physical exercise, daily oil massage including scalp, ear and feet, daily bathing, daily use of oily nasal drops, maintenance of body hygiene, take nutritious and balanced diet, proper dressing, select the job with moral and ethics. These points are looking very simple but play very important role in the maintenance of health and prevention of various communicable and non- communicable diseases.

## CONCLUSION

*Dinacharya* is need of current era as various diseases are emerging very rapidly both communicable and non-communicable diseases. Most of them are only preventable. Just as unhealthy lifestyles are the principal causes of modern day illnesses, healthy lifestyles can result in an improved feeling of wellness that is critical to optimal health. According to *Ayurveda* one should follow *Dinacharya* in order to lead a healthy and disease free life.

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