

SIGNIFICANCE OF DINACHARYA AND RITUCHARYA IN PREVENTION OF
AUTOIMMUNE DISORDERSDr. Namrata Shrivastava*¹, Dr. Vrsti Sharma²^{1,2}Associate Professor, Department of Samhita Siddhant, LN Ayurveda College and Hospital, Bhopal, MP.

*Corresponding Author: Dr. Namrata Shrivastava

Associate Professor, Department of Samhita Siddhant, LN Ayurveda College and Hospital, Bhopal, MP.

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ABSTRACT

Background: *Ayurveda* emphasizes on maintaining health through preventive strategies like *Dinacharya* and *Ritucharya*. Changes in modern lifestyles, exposure to environmental toxins, and poor dietary choices have led to an increase in lifestyle and autoimmune diseases, which are frequently associated with *Dushivishajanya Vikara* in *Ayurveda*. **Aim:** To assess the significance of *Dinacharya* and *Ritucharya* in preserving health and preventing illness. **Methods:** A narrative review of literature was performed using traditional *Ayurvedic* texts and online databases such as PubMed, Scopus, MEDLINE, and the AYUSH Portal. **Results:** Following *Dinacharya* practices promotes metabolic stability, detoxification, immune function, and mental health, whereas seasonal adjustments based on *Ritucharya* help prevent *Dosha* imbalances and strengthen physiological resilience. **Conclusion:** Consistent practice of *Dinacharya* and *Ritucharya* provides a comprehensive and economical method for disease prevention and the promotion of long-term health, particularly effective in preventing lifestyle-related and autoimmune conditions.

KEYWORDS: *Dinacharya, Ritucharya, Swastha, Ritu, Lifestyle Disorders.*

INTRODUCTION

The ancient science of life known as *Ayurveda* has traditionally placed more emphasis on maintaining health and preventing illness than it has on treating and curing disease. *Ayurveda* gives more importance to preventive aspect. "Prevention is better than cure". *Dinacharya* and *Ritucharya* is prominently discussed in the first chapter of most of the *Samhitas* of *Ayurveda*. The fundamental tenet of the *Ayurvedic* medical philosophy is *Swasthyashya Swasthya Rakshanam*, which translates as "maintaining the health of the healthy" as opposed to "curing the illnesses of the afflicted" (*Aturrashya Vikara Prashamanancha*).

The *Ayurvedic* texts have made reference to the *Dinacharya* (daily regimen) and *Ritucharya* (seasonal regimen). There is a close relationship between lifestyle, health and disease. Lifestyle refers to someone's way of living or we can say the dietary (*Ahara*) and behavioral (*Vihara*) choices of an individual. Health is a condition in which all the physical and mental mechanism of an individual functions normally. It is not merely an absence of disease.

The *Ayurvedic* system is a lifestyle aimed at maintaining the health of individuals and curing ailments by balancing *Dosha, Dhātu, and Mala*. *Sushrutacharya* defined healthy person as – He in whom the three *doshas* (*vata, pitta, kapha*), *Agni* (digestive power), the seven *dhatu*(tissues), *malas* (waste products) and their activities are normal, his soul, sense organs and mind are calm/ clear, is called *Svastha* (healthy person). Following authentic *Dinacharya* and *Ritucharya* rules are crucial for achieving this balance and preventing autoimmune disorders. In recent years, the prevalence of such disorders has escalated significantly due to faulty lifestyles, improper diet pattern, sedentary working patterns etc.

The *Ayurvedic* concepts like *Dinacharya* and *Ritucharya*, give us a complete awareness regarding the dietary and lifestyle patterns, which play a very crucial role in the maintenance of normalcy of bodily hormones. The ever increasing Urbanization and Civilization has led to many alterations in the human lifestyle pattern.

Now- a- days, the foodgrains which we consume, are also contaminated, with excess levels of pesticides. This regular consumption of such contaminated grains has led to the accumulation of *Dushivisha* and *Dushivishajanya Vikaras*, in the form of Auto- immune diseases.

AIM

To achieve the goal of health maintenance and disease prevention by following *Dinacharya* the daily regimen and *Ritucharya* (Seasonal Regimen) as per Ayurved.

OBJECTIVES

1. To explore the concept of ideal regimen on the basis of basic principles of *Ayurveda*.
2. To explore *Dinacharya* and *Ritucharya* activities as prescribed in *Ayurveda* texts with their role in health maintenance and disease prevention.
3. To compile and analyze updated researches that justify the utility of *Dinacharya* and *Ritucharya* activities.

Methods

We searched literature databases PubMed, Scopus, MEDLINE and AYUSH Portal. The *Dinacharya* and *Ritucharya* material was gathered from a variety of publications, Ayurvedic and Modern Text Books, Reputable Newspapers, Authoritative Websites, Authoritative Literatures, Manuscripts, Sanskrit Dictionary, and other sources. Articles were selected using the search terms: *Dinacharya*, *Ritucharya*, Daily Regimen, Seasonal Regimen, and Autoimmune Disorders.

Table no. 1: Components of Dinacharya.

Sr. No.	Components of Dinacharya
1	<i>Prataha-Utthana</i> (waking 45 min before the sunrise)
2	<i>Dantadhavan</i> /Oral Hygiene
3	<i>Suchi Vidhi</i> Elimination
4	<i>Kavala</i> and <i>Gandusha</i>
5	<i>Nasya</i>
6	<i>Abhayanga</i>
7	<i>Snana</i>
8	<i>Bhojana</i>
9	<i>Sadvritta</i>
10	Quality Sleep

Dinacharya, often referred to as "daily routine" in *Ayurveda*, encompasses a set of practices aimed at promoting physical, mental, and emotional well-being. Here are some applied aspects of *Dinacharya*:

1. **Prataha-utthana-** Waking up early: Rising with the sun or before it is considered auspicious in *Ayurveda*. This aligns our biological clock with the natural rhythms of the day, promoting vitality and alertness. But it should be done only if the meal taken previous night is properly digested otherwise it causes metabolic disorders due to *Doshas* imbalance.

2. **Oral Hygiene:** The day typically starts with cleaning the mouth and tongue, often through practices like tongue scraping and oil pulling. This removes toxins accumulated overnight and promotes oral health.

Dantadhavana: Brushing of teeth is recommended twice a day i.e., morning and night by *Charak Acharya*^[1], in the morning and after every meal by *Vagbhatacharya*.^[2] Astringent, spicy or bitter tasting substances are considered suitable for *Dantadhavana* e.g., *Karanja*, *Nyagrodha*, *Arjuna*.

3. **Jihva-Nirlekhana:** Tongue cleaning regularly after brushing is mandatory to remove surface impurities responsible for foul breath as per *Charkacharya*, a flexible metal strip or plant material is a useful measure. It corrects foul smell does *Kapha* alleviation, increases *Anmaruchi*, *Laghuta*.

Suchi vidhi elimination: Helping the body eliminate waste products is crucial for maintaining health. Establishing regular bowel movements through practices like drinking warm water and eating fibrous foods is emphasized.

Waking up early in the morning will trigger the natural urge of defecation in the early hours of the days due to dominant *Vata dosha* (*Apana Vayu*).

4. **Kavala and Gandusa:** These practices are helpful in preventing diseases of the mouth, teeth, and gums. As per *Charakacharya*, *Gandusha* imparts strength to jaws and voice promotes excellent face flabbiness, gustatory sensation and good taste. Prevents throat dryness, lips scratching, prevents most dental problems, and roots them firmly with strength to chew the hardest eatables.^[3] Research studies evaluate that oil pulling resulted in a statistically significant decrease in plaque, gingival scores and number of bacteria in the mouth.^[4]
5. **Nasya:** *Acharyas* explore the utility of authentic regular use of *Nasya* as unimpaired sight, smell and hearing, prevention of hair fall and premature Hair greying, torticollis, head-ache, facial paralysis, lock-jaw, rhinitis, hemicrania and tremors. It strengthens blood vessels, joints, ligaments and tendons of cranium, makes face cheerful, voice melodious, firm and strengthens all the senses.^[5]
6. **Abyanga:** Delay in aging, relieves exertion, pacifies excess *Vata* symptoms, enhances vision, nurture tissues, prolongs aging, gains healthy and deep sleep and best skin tone and assures complexion. It also prevents many neurological diseases, nourishes the entire body, the joints and muscles can move freely, increases peripheral circulation, and gets rid of metabolic wastes.^[6]

7. **Snana:** Improves digestion, causes aphrodisiac effects, protects life, increases zeal and vigour, eradicates itching, helps removes dirt, exhaustion, sweat, stupor/tiredness, excessive thirst, burning sensation and sins.
8. **Bhojana:** The rules related to *Ahara-Bhojana* (food consumption) are widely described in *Ayurveda* focusing mainly on the rules related to quantity (*Ahara Matra*) concept of *Ashana* (intervals in food)^[7], *Anupana* (specific liquids to be consumed with specific food)), concept of *ViruddhaAhara* (incompatibility of food items if consumed together), *Anna Visha* (the concept of food contamination),^[8] *Aharavidhivisheshayatana* and *Aharavidhividhana* (rules of food consumption).^[9]
9. **Sadvritta:** Along with physical upgradation, *Ayurveda* propose *Sadvritta* for upkeep of mind through balance in *Mano Dosha Raja/Tama* with preferable rise of *Satva Guna* in *Mana* (mind): According to *Ayurveda*, a few diseases are classified as *Dosha-Karmaja*. i.e., caused by *Dosha* imbalance as well as bad conduct/sin of this life or previous life.
10. **Quality Sleep:** Prioritizing adequate and restful sleep is essential for overall health and vitality. Creating a conducive sleep environment and following a consistent bedtime routine can help improve sleep quality.

Applying these aspects of *Dincharya* consistently can promote holistic well-being and support a healthy lifestyle.

Table 2: Seasonal Regimen.

RITU	INDICATIONS REGARDING DIET AND LIFESTYLE	CONTRAINDICATION
Hemant	Milk products and their preparations, cane juice products and their preparations, grains like black lentils (<i>Phaseolus radiatus</i>), marshy animal meat, sweet, sour, salty foods, lipids, butter, and lukewarm drinking water. A healthy lifestyle includes using aguru lepa (<i>Aquilaria agallocha</i>), abhayanga (oil massage), and jentaka sweda (hot sweating). Carry drenched, bulky clothing.	Avoid laghu (light) and ruksha (dry) meals and drinks, as well as strong breezes, since they vitiate vata.
Shishira	Regimen as advised in Hemant ritu	Pungent, bitter and vata provoking food and drinks
Vasanta	Yava is a simple-to-digest food (<i>Hordeum vulgare</i>). Godhuma, a recent addition to the diet (<i>Tritium vulgare</i>). The Body of Shashaka (the rabbit). It is suggested to consume water that has been boiled with mustak, vijayasara, or shunthi (<i>Zingiber officinale</i>) (<i>Cyperus rotandus</i>). Aside from dhoompana (smoking with medicinal cigarettes), udvartana (massage) with chandana (<i>Santalum album</i>), kesara (<i>Crocus sativus</i>), kavala (gargle), anjana (collyrium), and vama andnasya are also advised.	It is important to refrain from sleeping all day and from eating the typical madhura rasa lunch.
Grishma	It is advised to eat and drink things that are madhura (sweet), sheeta (cold), and snigdha (unctuous), as well as leaf mantha and jaggery, as well as ghee and milk with Sali rice. It is advised that you remain in serene areas, use sandalwood polish, adorn with flowers, and dress comfortably.	Avoid alcohol and the sour foods amla, katu, and ushana from your diet (warm). Overindulging in sexual activities and excessive exercise would be forbidden.
Varsha	They eat salt rice, old yava (<i>Hordeum vulgare</i>), godhuma (<i>Triticum aestivum</i>), and meat from desert animals in addition to vegetables (<i>Oryza sativa</i>). It is recommended to consume dietary components like amla, lavana, and snigdha. Use honey while preparing meals, it is advised.	Manta and sources of open water Overexertion and river bathing are to be avoided.
Sharad	It is advised to include sweet, sour, spicy, salty, and bitter foods and drinks in your diet. Godhuma is a wise pick for you, Yava. Virechana (purgation) and Raktamokshana (bloodletting) are recommended as treatments.	Curd and meat of marsh and marine animals should be evitated. In the afternoon, refrain from bothering animals that are sleeping and stop working in the sun.

Biological Role of *Dinacharya*

- Early wake up gives fresh energy and maintain circulation.
- *Vega nissaran* helps to detoxify body.
- *Dantadhavana* prevents foul smell mouth and maintain oral hygiene.

***Nasya* prevents nasal congestion and maintain respiratory health**

- *Dhumpana* cleans respiratory tract.
- *Abhyanga* maintain body rigidity and nourishes muscles.
- *Vyayama* maintain physical strength and prevent metabolic disorders.
- Practice of worship provides spiritual health and mental peace.
- *Snana* detoxify whole body and provides freshness.
- The consideration of *Bhojan Kala* gives nutritional value of *Ahara*.
- The sleeping habits (*Nidra Kala*) impart mental relaxation and prevent depression.

Dinacharya connects with nature, make person conscious, and maintain natural harmony. *Dinacharya* release stress, improves digestion and absorption, gives peaceful mind, happiness and longevity.

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