

REVIEW OF DINACHARYA AND ITS EFFECT ON HEALTHY LIFE

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ABSTRACT

Ayurveda is the eternal science of life. The goal of *Ayurveda* is to maintain the health and cure of the diseases. To achieve one such goal of maintaining the health, *Dinacharya* is a principal of *Ayurveda*. In ayurvedic text day-to-day activity are called *dinacharya*. Ayurvedic Definition of health - the *doshas* must be in equilibrium, the digestive fire must be in a balanced and motor organs and mind, *atma* must be also in a pleasant state. Such a person is called a healthy person or *Swastha*. Living an Ayurvedic lifestyle by following *Dinacharya*, an Ayurvedic daily routine is a simple solution to all the health-related worries and key to promoting a harmonious balance between mind, body and soul. *Dinacharya* is one of the means to follow certain things like morning walk in *Ayurveda* along with these there are other different procedures include like *Nasya*, *mala tayag*, *vyayam*, *Snana*, *Abhyanga*, *Tambula Sevan*, etc. *Ayurveda* has not only advised the treatment for various diseases but also its prime moto has been to prevent Someone's health. Many Dietary and Lifestyle related rules and regulations have been described in the classical texts of *Ayurveda* for the prevention of health. *Dinacharya* is the first and basic lifestyle regimen to be followed *Dinacharya* is mentioned by many *Ayurveda Acharyas*.

KEYWORDS: *Ayurveda*, *dinacharya*, life style, health, *swasthya*.

INTRODUCTION

The word *Dinacharya* is derived from two words; 'dina' meaning day and 'acharya' meaning activity. *Dinacharya*, according to *Ayurveda*, is a daily routine that promotes self-care through different daily activities.

Ayurveda emphasizes importance to maintenance of health of a healthy person and curing the disease of an ill. The Ayurvedic practice of *Dinacharya* refers to daily self-care routines. This routine is a set of self-care practices which are cleansing and rejuvenating.

Dinacharya comprises of waking up in the early morning, praising God, Drinking water early morning after waking up, Mala Mutravisarjana, Cleaning of teeth, Tongue scraping, Cleaning of face, Mouth gargling, Application of collyrium, Nasal medication, Medicated smoking, oiling of head, physical exercise, Bath, Proper dressing, Smearing body with perfume, Proper food intake, Chewing of betal leaves, Attending prescribed profession, *Achamana*, *Sandhyavandana*, *Ratribhajana*, and finally Proper sleep. By following daily regimen

(*Dinacharya*) one will be able to follow a healthy lifestyle thereby maintaining health.

Health is a state of complete physical, mental, social and spiritual well-being and not merely the absence of difamine.

"समदोषः समाग्निश्च समधातुमलक्रियः ।

प्रसन्नात्मेन्द्रियमनाः स्वस्थ इत्यभिधीयते ॥" (सु० सू० 15/48)

According to *Acharya Sushrut* healthy (*Swastha*) is 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.^[1]

धर्मार्थकाममोक्षणामारोग्यं मूलमूतमम्" (च०सू० – 1/15)

That is, *Dharma*, *Artha*, *Kama*, *Moksha* have been achieved in all these four purusharths, the root of which is health. The meaning is that *Purusharth Chatushtaya* is achieved only then. When a man's body is healthy, mind and soul are happy, he moves on the right path.^[2]

MATERIALS AND METHODS

Material

Ayurvedic samhita

1. Charaka Samhita
2. Sushruta Samhita
3. Ashtanga Hridaya Samhita

Internet – Research Article
Modern Text Books

Activities under Dinacharya

1. Brahma Muhurta jagarana
2. Usha pana
3. Malotsarg
4. Danta dhavana
5. Jihvanirlekhana
6. Achmana
7. Anjana
8. Nasya
9. Kavala evam Gandhusha
10. Dhom pana
11. Tambula sevana
12. Abhyanga
13. Vyayama
14. Snana
15. Udvartana
16. Bhojana vidhi
17. Shayan

7) Brahma Muhurta jagarana

Wake up early in the morning at *Brahma Muhurta*. *Brahma Muhurta* means 1 to 1.5 hours before sunrise. It is the most *satvik* and *peaceful* time of the day. In the early morning, *Sattva Guna* is most prevalent, so it is the best to meditate and also study. The body is well rested after night's sleep and the mind is alert, focused and peaceful. It is most pure time of the day when atmosphere is calm and minimal pollution (noise, water, air) which enhances the concentration of mind. As it is *Vata* predominant time, it's easier to wake up.^[3]

(2) Usha pana

Drinking water in empty stomach. Water should be of room temperature but in winter season lukewarm water can be taken. This helps to kill unwanted bacteria present in buccal cavity and maintains oral hygiene. This also helps to release constipation i.e. drinking plenty water early in the morning in empty stomach eases defecation. Water kept in copper vessel overnight is beneficial for health. But drinking more of water during day time, or in short period of time may cause water intoxication.^[4]

3) Malotsarg

If there is a movement of feces and urine, it should be discarded in the north direction during the day and in the south direction at night. Excretion should be done by keeping silence, not paying attention to other work.

The reason for mentioning this in the daily routine is that due to holding of feces, cramps in the calves, catarrh,

headache, etc. The coming of *Apanavayu* in the upward movement becomes a possibility of having foul odor, anal colic, diarrhea.^[5]

4) Danta dhavana

Erase this worry and urinate. Purify yourself by renunciation of urine and feces and perform *Datun*. It may be of trees such as *datun* ark. The main properties should be as follows: The rasa of *Datun* should be *kashaya*, *tikta katu*, *kapha nashak*. That is, it should not be sweet, acidic and salty taste. The tip of the tooth should be soft, not dry or hard. Thick as minima finger not too much thick and thin. *Datun* should be straight, *datun* should be twelve fingers so that it is easy to hold and the tongue can be cleaned by slicing it from behind. This removed the dirt of the tongue & teeth.^[6]

5) Jihvanirlekhana

Jihvanirlekhana should be done after brushing teeth. *Jihvanirlekhana* has been mentioned in *Charaka*, *Sushruta*, *Ashtanga sangraha*. But it is not mentioned in the *Ashtangahridaya*.

Copper or steel tongue should be used. The length of tongue should be 10 fingers.

Front part should not be sharp and crooked in shape. *Jihvanirlekhana* should be destroys mouth disease, tongue disease and bad breath.

6) Achmana

Achmana means mouth wash.^[7] *Achmana* should be done by after passing urine, after sneezing, after coming home from outside, after shower, after getting up from sleep.

7) Anjana

It is good to apply a collyrium called *sauviranjana* to the eyes daily. *Rasanjana* should be applied once in a week and the night time. *Sauviranjana* is not purgative and intense, so it should be applied daily & early in the morning. The time to apply *Anjana* in the morning, but *Varechnik Anjana* should be applied at night only. The way gold that is tarnished is purified by oil, cloth and hair. In the same way the eyes are made pure with Anjan. There is no dirt and irritation in the eyes from *Anjana*.^[8]

8) Nasya

Medicine or any kind of medicated affection is used through the nostrils, it is called *Nasya Karma*.^[9] *Acharya Sushrut* has divided *Nasya karma* into 2 types *sirovirechan* and *snehan*.

After Anjan, take Navan (*Nasya*). *Anu taila* is prescribed for *Nasya*. The quantity of *Pratimarsha Nasya* has been said to be two points. *Sushruta* has given 14 periods of *Pratimarsh Nasya*.

According to Chakradatta, 15 times have been told of *Pratimarshanasya*.

According to *Vagbhata*, there are fifteen periods of *Pratimarsha nasya*. Eyes, nose, ears never get diseased. The hair of the head and the beard and mustache are not white and hairless in famine.

9) Kavala evam Gandhusha

The quantity of medicine or liquid which is kept only in the mouth and cannot be rotated here and there, is called *Gandhusha*. The quantity of medicine or liquid which is kept only in the mouth and rotated here and there, is called *kavala*.^[10] It gives strength to mandible, clarity of mouth, lightness and clarity of sense organs. And also gives good taste. In modern era such items are prepared with chemicals, so one should avoid those chemical items.

10) Dhumpan

Dhumpan means inhaling *dhum*. If this *dhum* is received through the nostrils, then it is mentioned by the name of *Nasapan*.

Dhumpan is the best way to get rid of highly polluted *kapha* located in the head. *Dhumpan* calms the cough in a moment. That's why it is considered appropriate to *dhumpan* in the outbreak state of *vata* and *kapha* (phlegm). According to *Acharya Charak*, there are 3 types of *dhumpana* and according to *Sushruta*, there are 5 types of *Dhumpan*. *dhumpan* control ent diseases.

11) Tambula

Tambula (betel-chewing) is unsuitable (harmful) to those suffering from wounds, bleeding diseases, dryness and redness of the eyes, poisoning, unconsciousness, intoxication and even from consumption.^[11]

12) Abhyanga

Abhyanga (oil-massage) should be resorted to daily, it wards off old age, exertion and (aggravation of) *vāta* bestows good vision, nourishment to the body, long life, good sleep, good and strong (healthy) skin. It should be done specially to the head, ears and feet. It should be avoided by persons suffering from aggravation of *kapha*, who have (just) undergone purificatory therapies (like emesis, purgations etc.) and who are from indigestion.^[12]

13) Vyayama

Lightness (of the body), ability to do (hard) work, keen digestion, depletion of (excess) fat, stable and distinct physique accrue from *vyayama* (physical exercise). Persons suffering from diseases of *vāta* and *pitta*; children, the aged and those having indigestion should avoid it.

Persons who are strong and who indulge in fatty foods (daily); in cold seasons and spring (season) should do it (exercise) to half of their strength (capacity) only; while others (and in other seasons) should do it mildly.^[13]

14) Snana

Snana (bath) improves appetite, sexual vigour, span of life, valour (enthusiasm) and strength; removes itching, dirt, exhaustion, sweat, stupor, thirst, burning sensation and sin.

Pouring warm water over the body bestows strength, but the same over the head, make for loss of strength of the hair and eyes.

Bath is contra-indicated for those suffering from facial paralysis, diseases of the eyes, mouth and ears, diarrhoea, flatulence, pinasa (discharge of foul-smelling liquid from the nose), indigestion and who have just taken food.^[14]

15) Udvartana

Udvartana (massaging the body with soft, fragrant powder) mitigates *kapha*, liquifies the fat, produces stability (compactness, strength) of the body parts and excellence of the skin.^[15]

16) Bhojan vidhi

In the middle of the first hour of the night, food should be consumed in lesser quantity than during the day. Slow digestive food should be avoided at night. Eating should be done following the *Aahar vidhividhan*.

17) Shayan

The early night and the early morning are for the practice of *Vedas* study, so the middle six hours are considered suitable for sleeping. The sleeping place should be clean and pure. The length and width of the bed should be in sufficient place. bed should be straight.

The bed should be knee length and soft.

DISCUSSION

Ayurveda gives more emphasis on prevention of disease. Principal 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. Daily physical exercise, daily prayer, daily oiling in scalp, ear & feet, bathing, *nasya*, balanced diet etc. These points are looking very simple and negligible but play very important role in maintenance of health and thus prevention of various communicable and non-communicable diseases.

Now a days the life style disorders are affecting today's society, as one of the quotations says that "prevention is better than cure" we can prevent the disease by maintaining the life style.

"*Swasthasya swasthya rakshanam aturasya vikara prasahamanamcha*"

CONCLUSION

Ayurveda provides better solution in the form of adopting proper *dinacharya* regimen described in Ayurvedic texts. *Dinacharya* "practice of daily routine" has been described as the correct sequence of routine one should follow to get a healthy long life. *Dinacharya* provide proper solution in achieving better health, positive attitude and prevents Lifestyle disorder by keeping physiological functions in normal condition. Our daily routine creates uniformity in the body and in the mind. These simple rules especially daily regimen, if properly followed, helps in maintaining a good health. Because we know when the body is lost, everything else is lost. So, we can say the ancient concepts of healthy living described in ayurveda are very beneficial in preventing diseases.

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