

UTILITY OF RITUCHARYA AND DINACHARYA IN LIFESTYLE DISORDERS W. S. R.  
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## ABSTRACT

*Ayurveda* means 'Science of life' in *Sanskrit*, and as the name suggests, it translates to knowledge of life. It is based on the concept that disease is caused by an imbalance in *Doshas* in the body.<sup>[1]</sup> *Ayurveda* encourages certain lifestyle changes and therapies to restore balance between the body and mind. Unhealthy lifestyles are the root cause of all the diseases especially Lifestyle disorders such as Obesity, Diabetes mellitus and Cardiac disorders. *Ayurveda*, an ancient Indian science that emphasizes the importance of a balanced diet and healthy lifestyle for the maintenance of good health. It deals not only with the symptoms of the diseases but also with the root cause of the diseases. It provides the *Dinacharya*, *Ritucharya*, *Satvritta* regimes to the patients along with the treatment of disease. The *Prayojana* of *Ayurveda*<sup>[2]</sup> can only be fulfilled by regimes such as *Dinacharya*, *Ritucharya*. Treatment in the *Ayurveda* is highly individualized and it depends on the patient's psychophysiological condition (state of *Dosha*) as per the *Dinacharya* and *Ritucharya*. It's science that has no known side effects when used correctly and at an appropriate time.

**KEYWORDS:** *Ayurveda*, *Dincharya*, *Ritucharya*, *Satvritta*, *Dosha*, *Prayojana*, Disorders.

## INTRODUCTION

*Ayurveda* is the *Upaveda* of *Atharveda*<sup>[3]</sup> is known for its exceptional regimes such as *Dinacharya*, *Ritucharya*, *Satvritta*. Lifestyle disorders are those disease whose occurrence is primarily based on unhealthy lifestyle over the long time. It owes for more than half of the deaths annually worldwide. Due to deviation from the ideal lifestyle, people are spreading more years living with illness and disability. In recent years, the prevalence of lifestyle disorders has reached alarming levels. Increased in the westernization of lifestyle being one of the main reasons for the Lifestyle disorders. Correction of faulty lifestyle is the best prevention for such Lifestyle disorders. Over the years the lifestyle of this 21<sup>st</sup> century has drastically changed and this sedentary lifestyle of the modern era have given rise to '*Santarpanjanya vyadi*'<sup>[4]</sup> as per the text such as Diabetes Mellitus (*Madhumeha*), Hypertension and Cardiovascular disorders.

The prevalence rate of Diabetes Mellitus is 11.8 %, according to a study by ICMR-INDIAB. The prevalence of Diabetes Mellitus has risen to epidemic levels and now threatens to become a major global public health concern. Despite major medical advancements, Diabetes Mellitus is still continuing to be associated with increased morbidity and mortality. It necessitates the need for early prognosis in order to improve the

treatment. Also, it can be used as a tool for assessing the severity of disease to plan for treatment.

In *Ayurvedic* text, *Madhumeha* is mentioned among the 20 types *Prameha*.<sup>[5]</sup> The *Prameha* is self-explanatory which means *Prabutamutrata* (excessive urination) and *Aavilmutrata*<sup>[6]</sup> (turbid urination). The term Diabetes has been derived from the Greek term 'Diabainein' which means to cross through an elimination of large amount of urine. Thus, the terms *Prameha* and Diabetes have similar meaning.

*Ayurvedic* Science mentions ideal lifestyle in the form of ideal daily regimen '*Dinacharya*' and seasonal regimen '*Ritucharya*'. The word '*Dinacharya*' in *Sanskrit* means to follow and makeup the day. *Dinacharya* (daily regimen) includes a person's daily regimen. It helps in various metabolic processes of the body, promoting the health, discipline, joy and longevity of the being. It includes all the activities from waking up early in the *Braham mahurath* followed by *Dantapawan*, *Gandush*, *Snana*, *Nasya*, *Tail abhyanga*<sup>[7]</sup> etc. *Ayurvedic* classics provide thorough explanations of how to lead a disciplined and healthy lifestyle. All these activities in turn contributes to the prevention of lifestyle disorders.

The word '*Ritucharya*' is derived from the words *Ritu* which means fixed time or time appointed for an action

and *Chaya* which means regimen. *Ritucharya* (seasonal daily regimen) refers to dietary, behavioral and habit changes in response to seasonal changes. *Ritucharya* is a set of dietary and lifestyle guidelines that helps people to adapt with the changing seasons without disturbing the balance of *Doshas* in the body. In *Ayurveda*, the *Acharyas* have divided the *Ritu* into two major classes the *Aadan* and *Visarga* which further divided into the 6 major *Ritu* such as *Shishir*, *Vasant*, *Grishme*, *Varsha*, *Sharad* and *Hemant*.<sup>[8]</sup> Following such regimes not only helps us to precaution but can also be used as preventive measures in many diseases. Also, it increases the quality of life when used along with the medicines.

Atmospheric changes in various seasons occur in the environment which impact our *Tridosha* and *Deha bala* also.<sup>[9]</sup> These changes in the environment can be seen as Stage of accumulation (*Sanchaya*), Stage of aggravation (*Prakopa*) and Stage of suppression (*Prasara*) of vitiated doshas in the body.<sup>[10]</sup> And, it may result into number of physical and mental disorders which collectively called the Lifestyle disorders.

## METHOD

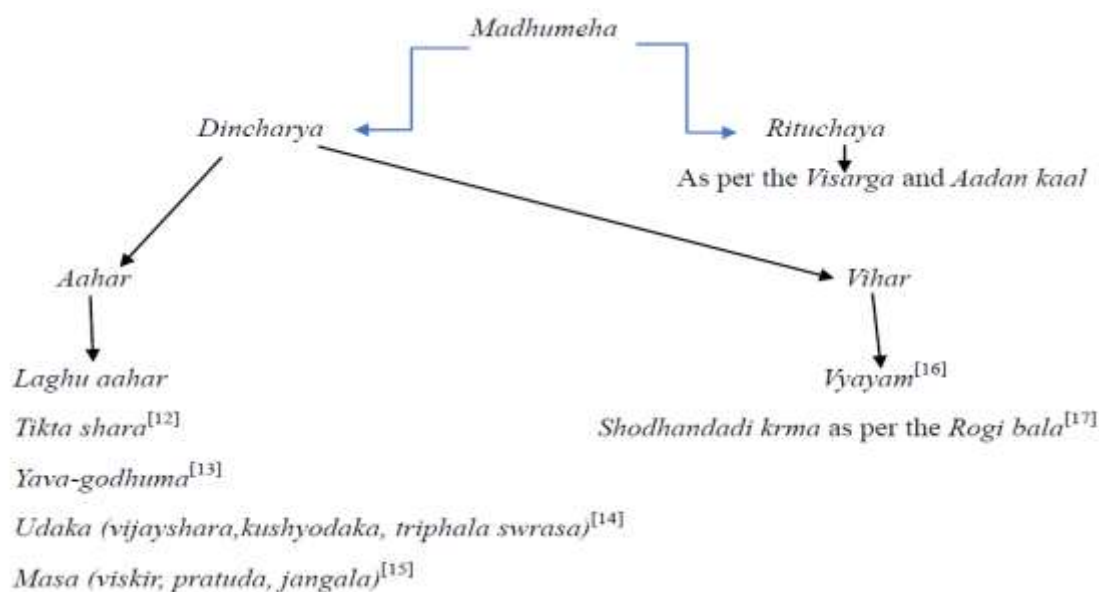
As a source, various *Ayurvedic* classics such as *Charak Samhita*, *Sushrute Samhita* and Modern literature were

consulted. In addition to this, various peer-reviewed research journals and published research papers have been studied.

## DISCUSSION

Root cause of Lifestyle disorders is the Unhealthy lifestyle (*Apathaya Aahar* and *Vihar*). And as we all know that *Ayurveda* encourages “*Swasthasaya swasthye rakshnam*” and “*Aturasasye vikara prasaman*”.<sup>[11]</sup> Both of these *Prayojana* of *Ayurveda* are promoted by the different types of regimes mentioned in *Ayurveda* such as *Rituchaya* and *Dincharya*, which can be followed by healthy and diseased individual as per the requirement.

For example in Diabetes Mellitus (*Madhumeha*) following the diet as per the *Dinacharya* and *Rituchaya* improves the life of the *Rogi* which can be understood in the following manner. It implies the fact that we need to encourage such practices among the public. Hence such regimes can be implemented in the healthy as well as diseased ones as per the *Vyadi* and *Agni*.



Flow chart 1: *Aahar* and *Vihar* in *Madhumeha* as per the *Ayurvedic* text.

## CONCLUSION

Lifestyle disorders such as *Madhumeha* can only be corrected by *Pathyaka Aahar* and *Vihaar* as per the *Ritucharya* and *Dincharya*. Also, assessment of *agni* before advising such regimes are equally very important. Accordingly, *Nidana Parivarjan*<sup>[18]</sup> is the best way to prevent Lifestyle disorders which can only be achieved by *Ritucharya* and *Dincharya*. Different *pathya kaplanas* can be made as per the *roga* and *rogi pariksha* to avail complete health benefit out of the *Ayurveda*. Also, it needs to be promoted by practitioners and government

by starting different campaigns to educate the public regarding it.

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