

ROLE OF *DINCHARYA* IN LIFE STYLE DISORDERS; CONSIDERATION OF TRIGGERING FACTORS**Dr. Sanjay Kumar Gupta*¹ and Dr. Vinay Pareek²**¹Research Associate [Council of Scientific & Industrial Research (CSIR)-Traditional Knowledge Digital Library (TKDL)], New Delhi (110067) India.²Project Assistant [Council of Scientific & Industrial Research (CSIR) Traditional Knowledge Digital Library (TKDL)], New Delhi (110067) India.***Corresponding Author: Dr. Sanjay Kumar Gupta**

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Article Received on 20/02/2019

Article Revised on 10/03/2019

Article Accepted on 30/03/2019

ABSTRACT

Ayurveda the Indian medical science emphasizes on diseases prevention than treatment. Ayurveda described principle of *Dincharya* as one the important aspect of healthy living. Ayurveda further mentioned that rule of *Dincharya* help to remain away from disease condition. The modern science described importance of balanced life style which may be correlated with concept of *Dincharya*. It is believe that there are various disorders such as; obesity, diabetes, hypertension and anxiety, etc. which may arises due to the bad conduction of *Dincharya* (disturbed life style), therefore good conduction of *Dincharya* help to avoid such life style related disorders. Present article emphasizes correlation between *Dincharya* and disorders arise due to the disturbed life style pattern.

KEYWORDS: Ayurveda, Life Style, *Dincharya*, Disorders.**INTRODUCTION**

Ayurveda the oldest system of Indian tradition mentioned that *Panchamahabhuta* (space, air, fire, water & earth) are basic elements of human constitution and any imbalances in these elements resulted abnormal physiological functioning. The irregular living habits may deteriorate *Panchamahabhuta* constitution resulting *Doshas* vitiation which finally leads initiation of disease pathogenesis. The balances of *Panchamahabhuta* can be maintained by obeying rules of healthy living through good conduction of *Dincharya*. On the other hands ayurveda emphasizes that condition of *Mana* & *Atma* synchronizes with *Kala* and *Disha* therefore one should always try to maintain natural harmony of *Ritucharya*.

The life style pattern of current scenario puts great burden on human society; the consequences of such stressful and irregular life styles may be seen in terms of various disorders like; cardio vascular disease, hypertension, stroke, depression, obesity and diabetes, etc. These life style related disorder can be restricted by obeying suggested rule of *Dincharya* such as; exercise, early rise & early wake up, daily bathing, cleaning, consumption of balanced diet, avoidance of junk food & smoking.

Following diseases are majorly considered as life style disorders

- Obesity

- Diabetes mellitus
- Coronary heart disease
- Dyslipidaemia
- Anxiety
- Insomnia
- Constipation
- Irritable bowel syndrome
- Early aging

The some important pathological factors associated with life style disorders described in **Figure 1**, while **Figure 2** displayed pathological progression of life style disorders.

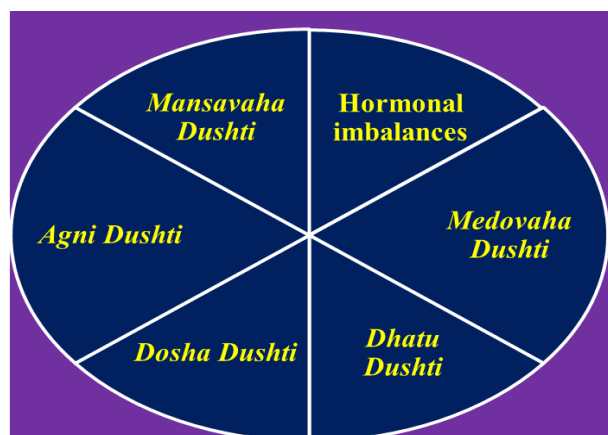


Figure 1: Some pathological factors associated with disturbed life style pattern.

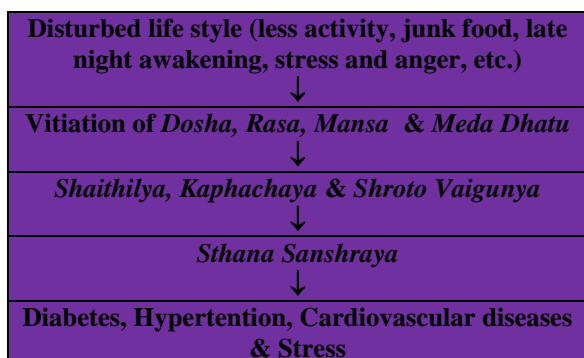


Figure 2: Pathological progression of diseases triggered by disturbed life style.

Disturbed daily regimen and diseases

The improper conduction of early routine such as suppression of urge of defecation, urination & avoidance of cleaning activities accumulates waste products and *Ama* inside the body. These toxins blocks channels and disturbed circulatory function of body which initiates pathogenesis of hypertension and diabetes. The stoppage of *Pranavaha Srotas* leads respiratory abnormalities and disturbance of *Vata* associated with waste accumulation leads *Vatavyadhi*.

Lack of exercise

Unhealthy dietary pattern, lack of *yogic* exercise, late night awakening and stress disturbed hormonal balances of body which resulted physiological abnormalities such as; obesity, blood pressure, diabetes and gastric troubles.

Smoking and alcoholism

Smoking, excess exposure to diversified environmental condition, low intake of fiber, unhealthy diet and alcoholism may result disorders like; chronic respiratory diseases, coronary heart disease, hair loss and digestive problems.

Disturbed dietary habits

Similarly extreme hot food may induces; *Daha*, irritable bowel syndrome and acidity. *Atisnigdha* food *Guru* in nature therefore may cause *Hridayagaurava* and obesity. *Abhojana*, *Atibhojana* and *Asatmya Bhojana* may induce symptoms of *Grahani dosha*. Exercise after *Snigdha Ahara* may causes symptoms of *Amavata*.

Sleeplessness & late night awakening

The habits of late night sleeping may result diseases such as; impotence, anxiety, hypertension, *Agnimandhya* and constipation.

Role of *Ritucharya*

According to ayurveda principle consideration of seasonal variations is very important to maintain normal physiological function of body since *Doshaic* predominance depends upon seasonal diversity.

The suggested regimens of *Dincharya* in specific *Ritu* are as follows

Shishira

During this season cereals, pulses, wheat/gram, rice and corn are advised. Sugarcane, milk and milk products are recommended in this season. *Laghu* and *Shita Ahara* may precipitate *Doshic* imbalance. Similarly exposure to cold wind, excessive walking and sleep late night need to be avoided.

Vasanta

In this season cereals, barley, wheat, rice, pulses, *Mugda* and meats ecommended. *Sheeta*, *Snigdha*, *Guru* and *Madhura Ahara* should be avoided. Day-sleep contraindicated during *Vasanta* which may cause *Vata Dosha*.

Grishma

Madhura, *Snigdha*, *Sheeta* and *Drava Guna Ahara* are recommended to avoid metabolic disorders. Buttermilk, fruit juices, curd and high liquid intake suggested. *Lavana*, *Katu*, *Amla* and *Ushna* foods need to be avoided. Excess exposure to sunlight and excessive exercise are to be avoided.

Varsha

Foods having *Amla & Lavana* taste and *Sneha Guna* are recommended. Cereals, barley, rice and wheat are advised in this season. Foods heavy to digest like; meat and oil are prohibited in this time. Exposure to rain, day-sleep, excessive sexual indulgence and eating junk foods are prohibited.

The ayurveda recommended following rule of *Dinacharya* to avoid chances of life style disorders
Dant dhavana & Jivha nirlekhana

Cleaning of mouth to avoid tonsillitis and other diseases.

Malotsarga

Defecation and urination regularly to avoid digestive problems and obesity.

Anjana

Cleaning of eye enhances vision power.

Kshaura-karma

Regular cutting of hair & nail.

Vyayama

Daily *Yoga* & exercise help to combat against obesity and diabetes.

Snana

Daily bath help to keep clean and prevent infectious disease and produce calmness which reduces anxiety.

Sandhyopasana

Worship, prayer and *Surya-namaskar* for *Mansavikara* & anxiety.

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