

**AYURVEDA AND MODERN PERSPECTIVES ON CONCEPT OF *DINCHARYA*; A  
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**ABSTRACT**

*Dincharya* means daily routine and ayurveda classic suggest some rules to be followed for good conduction of daily regimen. The concept of *Dincharya* (disciplinary conduction of daily routine) not only helps to restore normal health status but also resist disease pathogenesis. *Dincharya* encompasses routine practices to be followed like; eating at appropriate times, time of sleep and rising, exercise, avoidance of day time sleep and avoidance of late night awakening. The improper conduction of *Dincharya* may leads several health problems including; diabetes, fatty liver, obesity, anorexia, stress, insomnia and hypertension, etc. Therefore ayurveda strongly recommended that one should follow all suggested rules of daily regimen (*Dincharya*). Present article emphasizes ayurveda and modern view on concept of *Dincharya*.

**KEYWORDS:** Ayurveda, *Dincharya*, *Daily regimen*, *Ritucharya*, Diseases.**INTRODUCTION**

Ayurveda aimed towards the maintenance of good health and well being. The diseases as per ayurveda mainly occur due to the imbalances of *Dhatu*, *Dosha*, *Agni* and *Mala*. These imbalances may occur due to the improper conduction of *Ahara* & *Vihara*. Therefore it is prerequisite to maintain good conduct of *Ahara* & *Vihara*. The concept of *Dincharya* helps in *Pathya-palan* of *Ahara* & *Vihara*. The disciplinary conduction of daily routine (*Dincharya*) helps to avoid need of medication and keep away from diseases. The avoidance of rule of *Dincharya* may or involvement in sedentary life style may lead many diseases including diabetes, obesity, insomnia and depression, etc.

The person who follows rules of *Dinacharya* possesses good physical and mental state. The disciplinary life style maintain balances of *Doshas* & *Dhatus*, improves *Agni* and clears obstruction of *Srotas* thus enhances normal circulatory process of body.

Modern science also emphasized importance of daily routine and it is stated that daily practices of waking, meditation/exercise, bathing, good sleep and personal hygiene, etc. provide many health benefits and prevent pathogenesis of common infectious diseases and metabolic disorders.

The diseases like; *Medoroga*, *Prameha*, *Aamvata*, *Vatrakta* and *Hridroga*, etc. may occurs due to the awful conduction of *Dincharya*, *Ritucharya* and *Ratricharya*. Sedentary life style, consumption of tobacco & alcohol, faulty diet, late night awakening and unethical sexual conduct not only affects health of an individual but also affects health of family as well as whole society. **Figure 1** depicted pathological consequences related to the awful conduction of daily regimen or avoidance of concept of *Dincharya*.

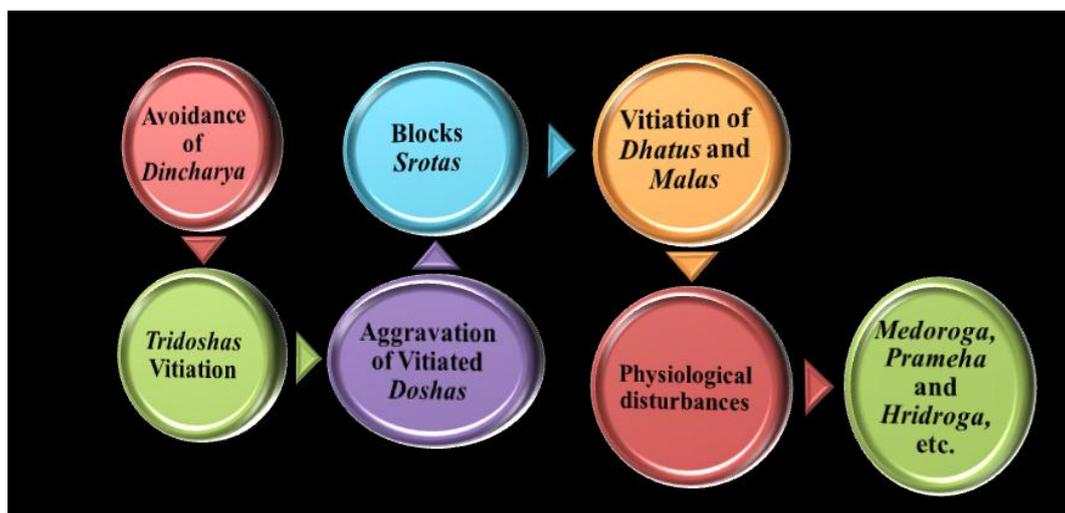


Figure 1: Pathological consequences of awful conduction of daily regimen.

#### The general rules of *Dinacharya* are as follows

1. One should wake up before sunrise (*Brahmamuhurat-jagrana*)
2. One should eliminate waste (*Mala & Mutra*) regularly (*Vega nissaran*)
3. Cleaning of face and eyes regularly (*Mukha & Netra Prakshalana*)
4. Cleaning of tooth and mouth (*Gandoosh & Kawala*)
5. Nasal cleaning (*Nasya*)
6. Medicated smoke need to be inhaled (*Dhumpana*)
7. Daily massage (*Abhyanga*)
8. Exercise (*Vyayama*) & *Yoga* in morning
9. Bathing with warm water (*Snana*)
10. Worship/meditation (*Sandhyopasana / Mangalakritya*)
11. Meal at proper time (*Bhojan Kala*)
12. One should sleep at proper time (*Nidra Kala*)

#### General rules of *Dinacharya* in specific season (*Ritucharya*)

1. One should consume *Laghu Ahara* in *Hemant Ritu*.
2. Pungent and bitter foods are to be avoided in *Shishira Ritu*.
3. *Katu* and *Amla* foods should not be consumed in *Grishma Ritu*.
4. *Mantha* and unhygienic food should be avoided in *Varsha Ritu*.
5. Meat of marshy animals and curd contradicted in *Sharad Ritu*.

#### Ethical consideration of *Dinacharya* (*Sadvritta*)

- ❖ Ones should respect elders and teachers.
- ❖ One should avoid anger and stress.
- ❖ Indulgence in *Asteya*, *Himsa* and *Vyapada* are to be avoided.
- ❖ Consumption of alcohol and chewing tobacco must be avoided.
- ❖ One should speak truth and perform prayer daily.
- ❖ Humble & kind towards others.

#### Health Benefits of Concept of *Dinacharya*

- ✓ *Brahmamuhurta jagrana* Provide fresh energy vital for life.
- ✓ *Vega nissaran* detoxify whole body.
- ✓ *Mukha–netra prakshalana* cleans sense organ.
- ✓ *Dantadhavana* helps to maintain oral hygiene.
- ✓ *Nasya* helps to clean nasal passage.
- ✓ *Dhumpana* improves functioning of respiratory tract.
- ✓ *Abhyanga* boost blood circulation and enhance compactness of body.
- ✓ *Vyayama* helps to prevent metabolic disorders.
- ✓ *Sandhyopasana / Mangalakritya* helps to improve mental strength and provide calmness.
- ✓ Daily bathing (*Snana*) maintain hygienic and detoxify skin.
- ✓ Meal at proper time (*Bhojan Kala*) provide nutritious value of consumed *Ahara*
- ✓ Sleep at proper time (*Nidra Kala*) provides relaxation to whole body and prevent anxiety.

#### Violation of Concept of *Dinacharya* and Related Diseases

- ✚ Violation of concept of *Brahmamuhurta jagrana* can cause constipation and lethargy.
- ✚ Violation of concept of *Vega nissaran* causes intoxication and edema.
- ✚ Absence of *Mukha–netra prakshalana* may affect vision and dry eye.
- ✚ Avoidance of *Dantadhavana* may cause oral infections.
- ✚ Absence of *Nasya* may cause migraine and nasal problems.
- ✚ Avoidance of *Dhumpana* can cause coughing problems.
- ✚ Absence of *Abhyanga* affects blood circulation and obesity.
- ✚ Avoidance of daily exercise (*Vyayama*) can leads diabetes and metabolic problems.
- ✚ Lack of *Sandhyopasana / Mangalakritya* may lead anxiety & stress.
- ✚ Avoidance of *Nidra Kala* can leads anxiety, stress and depression.

## CONCLUSION

*Dincharya* is one of the vital aspects of ayurveda which means disciplinary conduction of daily regimen to remain healthy and free from diseases. Early rising in morning, elimination of wastes regularly, cleaning of teeth and mouth, cleaning of skin, bathing, exercise and meditation, etc. are some practices which help to promote general health. The avoidance of concept of *Dincharya* or involvement in awful daily routine like; late night awakening, faulty dietary habits, remains in unhygienic conditions, excessive sexual indulgence, sedentary life style and lack of exercise, etc. can causes many health problems such as; diabetes, obesity, heart disease, anxiety, insomnia, hypertension, dyslipidaemia, lethargies and constipation, etc. Therefore Ayurveda recommended that one should obey rules of *Dincharya* for restoring good health status.

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