

A REVIEW IN SCIENTIFIC MANNER OF DINACHARYA MENTIONED IN
AYURVEDIC TEXT

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ABSTRACT

Ayurveda is not only a medical science but also it is comprehensive science of life. It not only gives prominence to cure of various health ailments but also preventive measures. Only healthy distinct of sound body and mind can endure social and cultural pressures. Health not only means freedom from the disease, but the ability to work with the satisfaction and self-control. Health is the best root factor in achieving *Dharma* (attain pious acts), *Artha* (wealth), *Kama* (desire) and *Moksha* (salvation). Dinacharya i.e. “practice of daily routine” has been described as the correct sequence of routine one should follow to get a healthy long life. Dinacharya when followed as per the rules leads to balance in tridosha (i.e. vata, pitta, kapha) and in this way directly affect the biological clock & Circadian rhythms of body. A well-practiced Dinacharya results in good balance between tryouptstambha which synchronize with Dhatu-Pakka & Dhatu poshan and in formation of Oja which is the main component behind Vyadhikshamatv (immunity) in Ayurved. So the proper follow of Dinacharya Cure the Disease and Protect from Disease.

KEYWORDS: Dinacharya, Daily routine.

INTRODUCTION

Ayurveda emphasizes importance to maintenance of health of a healthy person and curing the disease of an ill.^[1] To maintain the health some activities are mentioned in Ayurveda under the term *dinacharya*. 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 disease.^[2] According to *Ayurveda* man is said to be healthy (*Swastha*) 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.^[3] Ayurveda the ancient system of medicine has a great potential in preventing lifestyle disorders. Ayurveda has volumes of texts available explaining many fundamental principles for promotion of health and longevity and prevention of diseases. The crucial homeostasis of the body can be maintained by trailing these principles. Scholars of Ayurveda system of medicine were much aware about the maintenance of health of healthy person which is also the primary objective of Ayurveda, secondary being to cure the diseased individual. Lifestyle diseases are potentially preventable with changes in the diet, daily routine and environment. Some studies have been also being conducted on lifestyle interventions for

management and prevention of these diseases with satisfactory results.^[4] Lifestyle interventions like diet, exercise, stress management, de-addiction play important role in the treatment and management of diseases. Therefore Vihara chikitsa (Lifestyle interventions) are a major Ayurvedic preventive and therapeutic approach for health.^[5] Acharya Vagbhatta has mentioned about Dinacharya^[6] that “Those who always consume quality food & exercise properly, who analyses the situation & react accordingly, donot become over passionate, donate appropriately, remain balanced, speak truth, have mercy & follow the guidance of elders remain healthy.^[7] Today in the era of globalization lifestyle^[8] of an individual plays an important role in deciding the health status. Darwin’s theory^[9] of “Survival of the Fittest” made life more & more competitive, which if seen from the prospective of growth & economy might seems to be correct, but on the other hand it is also responsible for lowering the quality of healthy life of an individual. Dinacharya(Daily regimen) which describes the routine to be followed by a healthy individual for maintaining the health. Dinacharya starts form rising from bed in the morning up to going to sleep at Night.^[10] Daily routine is known as Dinacharya in Ayurveda. Dina means day & acharya means behaviour. It is the collective information of all the practices for promoting health and preventing disease that the ancient sages followed. Therefore,

dinacharya is achieving perfect health by observing every day health and hygiene practices.

Steps for an Ayurvedic daily lifestyle

1. Try to wake up between the hours of 4 a.m. and 5 a.m. The 2 hours before sunrise are supposed to be the purest of the day.
2. Be sure to eliminate the body's waste products at dawn to avoid illness.
3. Wash your face & eyes with water, warm decoction etc. Put 1 to 2 drops of Anu oil in your nostrils to clear sinuses.
4. Exercise early in the morning to keep diseases away.
5. Consider getting an oil massage regularly to delay aging.
6. Eat a light breakfast as per Ahara Vidhi Vidhana.
7. Plan to have a light dinner between 6 p.m. and 7 p.m.
8. Try to go to bed at about 10 p.m. to get at least 7 hours of sleep.

Dinacharya And Its Applicability In Current Scenario

An ideal dinacharya has been described in Ayurveda

1. Brahmamuhurta-jagarana (Wake-up just before sunrise)
2. Darpanena mukhasayavalokana (To see the mirror image of himself)
3. Malotsarga (Defecation and urination)
4. Achamana (Washing of hands)
5. Danta-dhavana (Tooth-brushing)
6. Jihva-nirlekhana (Tongue-cleaning)
7. Sneha gandusha-dharana (Retaining oil in mouth)
8. Mukha-netra prakshalana (Washing of face and eyes)
9. Sugandhita dravya dharana and tambula sevana (Use of mouth freshener and betel leaves)
10. Anjana (Application of collyrium)
11. Nasya (Oily nasal drops)
12. Dhumapana (Inhalation of medicated smoke)
13. Vyayama (Physical exercise)
14. Kshaura-karma (Regular cutting of hair, nail, etc)
15. Abhayanga (Body massage with oil)
16. Sharir-parimarjana (Body cleansing)
17. Snana (Bathing)
18. Vastra-dharana (Dressing)
19. Anulepana (Deodorants, perfumes, face-pack, etc)
20. Gandhamala-dharana (Garlanding)
21. Ratna and abhushana dharana (Use of precious stones and metals in the form of jewellery)
22. Sandhyopasana (Worship and prayer with suryanamaskar)
23. Paduka-chhatra-dandadi dharana (Use of shoes, umbrella, stick, etc)
24. Jivikoparjana upaya (To indulge in occupation)

The Dinacharya comprises;

1. Bramhe Muhurtha Uttistha (Waking up early morning) - A healthy person should get up from the bed before one and half hour before sun rise. This is considered as best time for to attain Brahmajnana and one should perform meditation in this period only. By meditating in this time the hyper activity of the hormones

become normal, and the Sattva which is quality of the mind gets activated. So there is less chances of Prajnaparadha. Early morning waking up also stimulates the Melatonin which is mood elevator and helps the mind to keep in active and alert state.

2. Prabhate Kara Darshanam (Looking at our own palm hand) - "Karagrevasate Lakshmihi Kara Madhye Sarasvati Kara Mule Tu Govindaha Prabhate Karadarshanam" When early waking up from the bed one should look at own palm is considered as Mangalakaraka, Lakshmi Praptikara, Vidyapraptikara, Vignyanapraptikara.

3. Acahamanam (Pada, Mukha, Prakshalana) - Washing of feet, face hands etc. prevents the recurrent infection, and removes Alasya.

4. Grita Evam Darpana Darshanam (Looking one's face into Ghee and mirror) - Looking one's face into Grita and mirror helps to come out of mental confliction and prolongs longevity of life i.e. Ayushyapada.

5. Usha Jalapana (Drinking of water and snuffing early morning) - Drinking of water and snuffing of water or Nasajalapana is considered as Chakshushya, Medhya, Jaranashaka, Arshogna, Jwaragna, Udara, and Vibandhahara.

6. Mala Mootravisarjana (Urination and defecation) - Also called as Shauchavidhi. It prevents the diseases and provides Kanti, Bala, Pavitra, Ayushya, Alaskhmihara, Vrushya, Chakshushyam etc.

7. Dantadhavana (Cleaning of teeth and gargling the mouth) - Helps to remove plaques, alleviates Kapha and Pitta, improves eye sight, cleanses the nose and ears.

8. Jivha Nirlekhana (Tongue scrapping) - Helps to remove Gandhavairasya, Mala shodhana, impurities of tongue, bad odours and coating on the tongue, removes obstruction, improves taste perception.

9. Isth Devata Smarana (Praising God or Thanks giving to Almighty God) - A person should give thanks to almighty God is considered as Mangalakaraka. And which one of the main factor which helps to liquefies our ego. And when ego gets liquefies it's easy to attain Moksha.

10. Mukha Netra Prakshalana (Cleaning the face and eyes with Bhilvodaka kashaya or Lodhra kashaya or Amalaki Kashya or Sheetodaka) - Helps to relieve the diseases like Neelika, Mukhashosha, Pitika, Vyanga, Raktapitta. Washing with milk provides Snigdhatva in Mukha, and also Mukhadoshahara. Eye wash with Sheetodaka helps to purify the eyes and prevents the eye diseases.

11. Gandusha and Kavala (Mouth gargling and withholding medicated oil and water in the mouth) - Taila Gandusha leads to strengthening of jaw, voice, healthy face, improves taste and increases appetite, prevents dryness of mouth and throat, prevents cracking of lips, makes teeth strong. Sheetambu Gandusha acts as Kapaha Trishna Malahara, and Mukha Shuddhikara. Sukhoshnaudaka Gandusha helps to removes Aruchi, Asyavairasya, Mala and Kapha Praseka.

12. Anjana (Application of collyrium) - Application of collyrium acts as Netradoshahara, Kandu, Malaghna,

Drushthikleda Rujapaha, Makes eyes attractive and gives resistance to sun light and blowing wind.

13. Pratimarsha Nasya (Nasal Medication) - The nasal medication is advised since birth to till death and is advised in diseases of Urdhwa Jatrugata Vikaras (The diseases related to shoulders, eyes, nose, ears, hair disorders, head).

14. Dhoomapana (Medicated smoking) – Smoking with medicated herbs leads to Vata-kaphahara, gives strength to throat, improves voice, diseases of hair like Khalityapalitya.

15. Abhyanga (Anointing the body with medicated oil) - Anointing the body with medicated oil prevents Jara, promotes strength, prolongs life, fatigue, skin becomes beautiful and alleviates Vata disorders. Also prevents scalp disorders, ear diseases and prevents cracking of the feet.

16. Udvartana and Utsadana - The Udvartana is done with different medicated powders like Vacha, Lodhra, Triphala etc. and the Utsadana with small pieces of Isthka or any rough small rocks or wooden pieces. By rubbing with these the excessive oil, dirt and dead skin will be removed. By this applicator the skin become supple.

17. Vyayama (Physical exercise) - Exercise makes the body stout, strong,. Promotes virility, longevity, improves digestion, complexion, makes the body firm and compact.

18. Snana (Bath) - Taking bath with medicated water helps to purify the body, promotes virility and longevity, eliminates fatigue, sweat and dirt. Increases body strength and digestion. Snana can be taken either by Ushnajala or Sheetajala. Sheetajalasnana is Deepana, Vrishya and Ayushyaprada, Sthirikara, and Twagprasadakara. Where as Ushnajala Snana is Balakara, Hridaya, Chakshushyam.

19. Vastra Dharana (Proper Dressing) – Proper dressing leads to Kanya- increases libido, Gives fame, Ayushyakara- prolongs longevity, eradicates poverty i.e. Alakshmi-hara.

20. Gandha Mala Anulepana (Smearing the body with perfumes or sandal wood paste) – Smearing the body with sandalwood paste removes sweat, dirt. Improves complexion, and removes fatigue.

21. Bhojanam (Proper intake of food) – Ayurveda elaborately explains about the food intake, The food should be taken two times in a day and it should be, warm and Snigdha, and should be consumed in proper place without talking. It helps to improve complexion, promotes life, happiness, strength promoting, Medhya, increases Ojas, Balakaraka.

22. Tamboola Sevana (Chewing of betal leaves with areca nut)-Chewing of betal leaves with khadira, areca nut after food intake, after bath, meals, and after vama karma helps to pacifies all the tridoshas, cleanses mouth, removes bad odour of the mouth, increases libido, and is mukhakanti and saundayavardhaka, also acts as hridaya, and gala rogahara.

23. Vritti Dharma (Actively participating and attending the profession) - One should actively participate resume

his/her duties like krishi, pashupalana, vaniya, rajopasevaetc helps to attain ones goal, dharma, and gives happiness and satisfaction to the life.

24. Sandhyavandana or Sandhyopasana (Praying) - Praying helps to purify the mind, and helps to prolong the life.

25. Ratri Bhojana (Night food intake) - One should eat proper food at night light and less in quantity provides proper nourishment and which easily gets digested.

26. Nidra (Proper sleep at night) - Proper sleep at night leads to happiness, nourishment, strength, virility, and vitality. Brings dhatusamya, balances the doshas, promotes good vision, complexion and improves digestive power.

CONCLUSION

Dinacharya i.e. “practice of daily routine” has been described as the correct sequence of routine one should follow to get a healthy long life. Dinacharya when followed as per the rules leads to balance in tridosha (i.e. vata, pitta, kapha) and in this way directly affect the biological clock & Circadian rhythms of body. A well-practiced Dinacharya results in good balance between tryoupstambha which synchronize with Dhatu-Pakka & Dhatu poshan and in formation of Oja which is the main component behind Vyadhikshamatv (immunity) in Ayurved. So the proper follow of Dinacharya Cure the Disease and Protect from Disease.

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