



**RULES OF SADVRITHA WSR TO SUGGESTIVE DAILY ROUTINE (*DINCHARYA*):  
REVIEW BASED ON AYURVEDA**

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Article Received on 10/01/2017

Article Revised on 30/01/2017

Article Accepted on 20/02/2017

**ABSTRACT**

The ancient science of Indian medical system defined daily routine as *Dinacharya* and Ayurveda suggests that every should follow rules of *Sadvritha* (disciplinary life style) to achieve optimal health, an individual should synchronize bodies to the nature's master cycle for gaining maximum health benefits. This article describing rules of *Sadvritha* mentioned by Ayurveda W.S.R. to suggestive daily routine (*Dincharya*).

**KEYWORDS:** *Ayurveda, Sadvritha, Dincharya, Ethical Regimen.*

**INTRODUCTION**

Ayurveda mentioned some rules for maintaining healthy status, these are principles of right conduct and imparting these rules in life gives balance and peace of mind. These rules of *Sadvritha* maintain *Thridosha* balance and thus health.<sup>[1-3]</sup>

The three *Dosha*; *Vata*, *Pitta* or *Kapha* play vital role towards the physiological functioning and health condition of body and Ayurveda believe that *Dosha* predominance change as per the changes of daily cycles of time. The rules of *Swasthavritta* suggest that *Dinacharya* should tune with the predominance of *Dosha*. In first cycle of day time *Kapha Dosha* is predominant in early morning, in afternoon time *Pitta Dosha* is predominant while *Vata Dosha* is predominant in early evening. The second cycle of day time involve predominance of *Kapha Dosha* in night, *Pitta Dosha* is predominant in initial phase of sleeping while *Vata Dosha* is predominant in last phase of night sleeping. The consideration of these time cycle and *Dosha* predominance is very essential for setting ideal daily routine (*Dincharya*).<sup>[2-6]</sup>

**AIM AND OBJECTIVES**

- To study suggestive *Dincharya* for daily time cycle mentioned by Ayurveda.
- To study rules of *Sadvritha*.
- To study the relation between health and disciplinary life style.

**MATERIAL AND METHOD**

1. Collection of the factors associated with daily time cycle.

2. Correlates time cycle factors (predominance *Doshas*) with *Dincharya*.
3. Establishment of relationship between rules of *Sadvritha* and health status.

**DINCHARYA FOR MORNING TIME**

Ayurveda suggest that person should wake up early morning even before sunrise since *Vata* element is dominant and early waking up utilizes the *Vata* qualities in the nature. The light, subtle and clear qualities of *Vata* help in tuning the body with nature. The early morning time provide fresh air and make body fit for whole day. Ayurveda suggest that drinking warm water helps in the defecation. Arising late in the morning decreases process of detoxification and abnormal physiological condition may arise. The following rules need to be following while starting of day:

- One must properly clean mouth and teeth.
- Use of *Jal neti* strengthens sinuses and sense of smell.
- The one should do morning walk at early morning it purify the mind, head, face, neck and lungs.
- *Vyayama* in early morning keep body fit for a day.
- *Yoga* removes stagnation in the body mind, reduces fat, strengthens the digestive fire and maintains attractive body posture.
- Bathing with warm water suggested for external cleaning.

**DINCHARYA FOR AFTERNOON TIME**

It is suggested that one should take lunch at mid of day (12 and 1 P.M.) since predominance of *Pitta* support

process of digestion. Ayurveda recommends little walk after lunch help in digestion process, sleeping for longer time in the day is prohibited as per Ayurveda. The sleeping at day time may Aggravates *Kapha* and *Pitta*, it may also responsible for condition like; obesity and indigestion.

#### **DINCHARYA FOR EVENING TIME**

The *Aharakalam* (dinner) should be taken around 7 P.M. at least three hours before sleeping and light and easily digestible food stuff must be consumed in dinner. Sleeping just after dinner and intake of heavy food stuff not recommended since it may cause *Apacha*, little walk after dinner recommended it may enhance digestion. Ayurveda recommended that the best *Aharakalam* is when previously ingested food is completely digested, after proper defecation and proper hunger arises. One should sleep around 10 P.M. and a sleep of 7 to 8 hours recommended for complete relaxation of mind and body. Massage of feet with oil before sleep calm the body and promote process of relaxation, incomplete sleep aggravated *Vata* and may cause body pain, indigestion, giddiness, laziness, weakness and body pain.<sup>[4-8]</sup>

#### **Sadvritha Ethical Regimen**

Ayurveda recommended that one should follow rules of daily routine (*Dinacharya*) as mentioned by ancient text of Ayurveda and should also confined around the ethical regimen mentioned as *Sadvritha* for achieving optimal health benefits. The ethical regimen or rules of *Sadvritha* are as follows:

- Always follows rules of *Swasthavritta*, *Dinacharya* and *Ritucharya*.
- One should involve in sexual activity when both partners must want to perform the act and in condition of strong physical and mental health, it should be avoid during menstrual period. Unhygienic sexual intercourse must be avoided. After this act drinking of water, milk or energy drink recommended.
- One should speak the truth, this impart moral strength.
- Should avoid easily getting anger.
- Should not harm anyone by any means.
- One should try to keep fit body and calm mind.
- Always speak pleasantly and keep calm even in adverse situation.
- Love younger, colleague and respect to elder.
- Avoid regular involvement in sexual activities.
- Avoid over eating and irregular sleeping.
- Always try to control sensory nerves.
- Believe in yourself and always maintain moral value.<sup>[1-4]</sup>

#### **DISCUSSION**

Ten healthy lifestyles associated with regular physical activity, proper diet regimen, remaining stress free, avoiding bad habits, controlling sexual desire and following rules and regulation of disciplinary life style.

The unhealthy lifestyles results many pathological conditions and health wellness is associated with social, mental, spiritual and physical functioning which can be achieve by obeying rules of *Swasthavritta*. The confined *Dinacharya* help significantly towards the prevention of disease since it is to be said that prevention is better than cure.

#### **CONCLUSION**

Ayurveda described importance of good health and described rules for the maintenance of good health, the term *Dinacharya* mentioned by Ayurveda involve some activities which are essential for maintaining optimum health benefits, by following daily regimen (*Dinacharya*) one should be able to maintain good health while conduct of ethical regimen (*Sadvritha*) help to boost moral power.

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