



**A STUDY ON THE EFFECT OF DINACHARYA (AYURVEDIC LIFE STYLE) FOR
HEALTHY LIVING IN MODERN AGE**

*¹Dr. Hiremath Parameshwar and ²Dr. Savadi Basavaraj

¹Associate Professor, Department of Shareera Kriya, Sjg Ayurvedic Medical College and Hospital, Koppal-583231, Karnataka, India.

²Principal, SJG Ayurvedic Medical College Koppal.

*Corresponding Author: Dr. Hiremath Parameshwar

Associate Professor, Department of Shareera Kriya, Sjg Ayurvedic Medical College and Hospital, Koppal-583231, Karnataka, India.

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ABSTRACT

Health is optimal well-being that contributes to quality of life. It is more than freedom from disease and illness, though freedom from disease is important to good health. Optimal health includes high-level mental, social, emotional, spiritual and physical wellness within the limits of one's heredity and personal abilities. Lifestyle change, more than any other factor, is considered to be the best way of Preventing the disease and early death in our society. When people in western society die before the age of 65, it is considered to be early or premature death. Many factors contribute to early death. The major causes of early death have changed from infectious diseases to chronic lifestyle-related conditions. The most important is unhealthy lifestyles that contribute to more than half of all early deaths. So our science is having 2 aims that is to maintain the good health of healthy individuals and also to cure the diseases of a diseased person. Health is 4 dimensions like physical, mental, social and spiritual (Sama -dosha, dhatu; mala and agni) Just as unhealthy lifestyles are the principal causes of modern-day illnesses, healthy lifestyles can result in an improved feeling of wellness that is critical to optimal health. An Ayurvedic lifestyle requires discipline and awareness, which we can develop by slowly integrating daily routines, or *dinacharya*, into your lifestyle.

KEYWORDS:—Health maintenance, disease prevention, physical health, mental health, social health, Dinacharya.

INTRODUCTION

Ayurveda emphasizes and 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 Dinacharya one will be able to follow a healthy lifestyle regimen thereby maintaining health.

Health is a state of complete *physical, mental, social and spiritual* well being and not merely the absence of disease. (Acc. to WHO).^[2]

According to Ayurveda man is said to be healthy (Swastha) whose humors(Doshas), tissues(Dhatu), excretory products(Malas), and digestive capacity(Agni) are in the state of equilibrium along with mental sensory and spiritual pleasantness and happiness.^[3]

Fundamental texts of Ayurveda opine that diseases affect both in mana and shareera which shows the importance given to both physical and mental health in Ayurveda.^[4]

OBJECTIVES

To analyze the effect of modern day life style on health.

To propose a remedial regimen based on Ayurvedic concepts of dinacharya.

METHODOLOGY

Aim of the study is to propose a healthy lifestyle regimen based on dinacharya to overcome lifestyle disorders. Arunadatta a commentator on Ashtanga hrudaya defines the term dinacharya as the regimens done daily.^[5] He further elaborates that these are performed to prolong the life span. These daily regimens are indicated for the following reasons- to maintain hygiene, brighten the Indriyas, strengthen the body, promote the health and longevity, and also keep the mind at peace and harmony.^[6]

The regimens that have to be incorporated in our daily life style are given below in chronological order
Brahmimuhurtha uttishta(Awakening early in the morning),
Acamana, (Sipping of water),
Dantadhavana(Brushing of teeth),
Jihvanirlekhana(Tongue cleaning) Gandusha(Gargaling),
Kavala(mouthwash), Anjana(Collyrium),
Dhuamapan(Smoking), Nasya(Nasal drops)
Vyayama(Exercise), Abyanga(Massage),

Padabyangha(Foot massage), Udvartana(Hard massage), Samhvahana (smooth massage), Snana(Bath), Anulepana(Anointments), Vastradharana(Wearing clothes), Aahara (food), Tambula sevana(chewing of beetle leaf).^[7,8]

If we maintain our health as per the dinacharya, it's possible to prevent the major diseases like hypertension, diabetes mellitus, obesity.^[9] etc.

Life style disorders

Overweight and obesity are associated with high blood pressure / cholesterol levels and increased risk of developing diabetes (insulin resistance).^[10] Excess body fat accounts for nearly 60% of diabetes and 20% of cardiovascular disease respectively.^[11] Elevated cholesterol alone is responsible for 60% of CVD morbidity globally.^[12]

Major diseases of the 21st century like diabetes and hypertension affects our body and causes very severe effects over body. They are remaining silent for 5 to 7 years. Thus they are called as 'silent killers'.^[13] They effect very severely over vital organs like- kidney, eye, heart, brain etc.^[14] There can be no symptoms for diseases like -high cholesterol, high blood sugar, and high blood pressure. All these diseases are caused due to unhealthy lifestyle and dietary habits.

People who experienced chronic anxiety, long period of sadness and negativity, unremitting tension were found to have double the risk of disease- including asthma, arthritis, headaches, peptic ulcers and heart disease.^[15]

Now a days the above mentioned life style disorders are affecting today's society, as one of the quotation says that "Prevention is better than cure". We can prevent the diseases by maintaining the life style.

DISCUSSION

For preventing the diseases we should follow the above mentioned healthy diet, exercise, positive attitude and yoga. So these lead to the healthy life style.

By waking up in brahmi muhurtha means – 'Two hours before the sunrise'. Brahma is knowledge, which is gained by reading. It is the time which is ideal for gaining of the knowledge. And also now a day, there is a lot of pollution in the environment. And in the morning hours it will be clean without pollution. Along with the clean air, the pleasant atmosphere, absence of noise, the morning rays of the rising sun is very beneficial to the health. Sun is the god of health. Health is got from the sun. So one should get up early in the morning before sunrise.

Achamana means to wash, which will be done after cleaning the excreta, tears, sneezing, and after travelling. It will helpful for the digestion of food, and also evacuation of the bowel completely.

Danta dhavana: One should brush in the morning with twigs of Arka, Vata, Khadira, Karanja, and Arjuna. One should brush in vertical direction from bottom to top. So by doing this it brings freshness, takes away the bad odor, coating on the teeth and creates desires for the food.

Jihvanirlekhana: It should be done with the help of gold, silver, or iron. It will benefit in bad odor of mouth, cure edema, and gives taste.

Gandusha and Kavala: It gives strength to mandible, clarity of mouth, lightness and clarity of sense organs. And also gives good taste.

Anjana: It cleans the eyes, which makes them shine like the bright moon in clear sky.

Dhumapana: Smoking is the procedure to take smoke through the nostril and then through the mouth. It gives benefits like lightness of the chest, throat, head, and liquefaction of the Kapaha.

Nasya: Head is considered as the most important part of the body. So nose is the entry way for the head. It causes benefits like lightness of the head, proper sleep, and awakening, cure of diseases, clarity of organs, and pleasant mind.

Vyayama: It nourishes the body, gives good complexion, proportionate the body parts, enhances agni, avoids laziness and obesity, provides lightness of the body parts, and also avoids early aging. It lowers the body fats, reduces the risk of heart disease. And lowers LDL and raises HDL. It helps for the controlling the blood sugar, reduces the risk of osteoporosis and cancer, helps for giving energy, reducing the stress, improves the sleep, to enhance mode of work and the self- esteem.

Abhyanga: By taking proper massage it delays aging, cures tiredness, and vata disorders, improves vision, complexion, nourishment, life, sleep. And by doing padaabyanga. it provides strength and stability to feet, improves the vision and pacifies the vata.

By doing Shiroabyanga it prevents the balding, graying, hair fall, strengthens the hair root, and makes the hair long and black. And it also nourishes the sense organs, softens the skin,

Udvartana: By doing this blood vessels become dilated and complexion in the skin is enhanced. Cures rashes, vata diseases, enhances the strength of thighs, and provides the lightness.

Samavahana; Gentle massage enhances the affection, sleep, virility, avoids the Kapha and also improves the circulation.

Snana: Taking bath is auspicious, enhances virility, longevity, strength, compactness and ojus, at the same time it cures tiredness, sweat and impurities of the body. It takes away the sleep, burning sensation, sweat, thirst and unpleasantness due to sweat.

Aahara: One should start Ahara with Madhura rasa then amla, lavana, tikta, katu, Kashayaa. Like this one should take Ahara in a chronological order. And one should take anupana as jala. Because this Ahara rasa gives strength, bala, varna, pushti, dhatu poshana, indriya prasadata etc.

Healthy food items

Fruits, roasted cereals like gram, peanuts, pulses etc. Sprouted cereals, Puffed rice, Chhole Ghanji, butter milk (mattha) are considered as healthy food items.

It is needed to change our style of food as

Consume a diet rich in vegetables and fruits (all colored), avoid eating more high calorie fruits (mango, banana, jack fruit etc), whole fruit is better than fruit juice because it contains fiber. Vegetables which are green, reduces fat and blood sugar level. Stop or minimize alcohol intake. Because alcohol is hollow calorie drink. Have sufficient water such as 3 to 3.5 lit/day. Prepare food by boiling, roasting, steaming, baking and avoid frying.

Tambula: After taking the food one should take Tambula because it will give oral hygiene, digestion of food, gives good smell. And shuddhata for Indriyas.

Mental health and social health

Now a days we are seeing the 80% Of diseases are psychosomatic. For every emotion there is chemical secretion in the body. Like anger, hostility, frustration, violence, depression, etc.

Factors which decide our attitude are Environment: (home, school, work, media, cultural, religious, social, political etc.) Experience: (reference point of our actual experience). Education: (formal and informal), etc.

CONCLUSION

Ten healthy lifestyles have been identified that are associated with reduced disease risk

a) Increased wellness b) Regular physical activity c) Eating well d) Managing stress e) Avoiding destructive habits f) Practicing safe sex g) Adopting good safety habits h) Learning first aid i) Adopting good personal health habits j) Protecting the environment.

Just as unhealthy lifestyles are the principal causes of modern-day illnesses, healthy lifestyles can result in an improved feeling of wellness that is critical to optimal health. In recognizing the importance of “years of healthy life,” the public health service also recognizes what it calls “measures of well-being.” This well-being or wellness is associated with social, mental, spiritual, and physical functioning.

So “*Health management is free and enjoyable; But disease management is very costly and painful.*”

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