

DINCHARYA; AN AYURVEDA CONCEPT, LIFE STYLE DISORDERS RELATED TO IMPROPER CONDUCTION OF DINCHARYA

Dr. Sanjay Kumar Gupta*¹ and Dr. Vinay Pareek²

¹MD (Samhita Siddhant), Research Associate, CSIR TKDL, New Delhi, India.

²Project Assistant, CSIR TKDL, New Delhi, India.

***Corresponding Author: Dr. Sanjay Kumar Gupta**

MD (Samhita Siddhant), Research Associate, CSIR TKDL, New Delhi, India.

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ABSTRACT

Dincharya is classical term described in traditional Ayurveda texts and it resembles daily routine. It is believed that proper conduction of daily regimen (*Dincharya*) helps to maintain healthy body and prevent various health related ailments. *Dincharya* involves essential practices that to be performed in day to day routine life like; eating at proper times, regular time of sleep, avoidance of improper daily regimen and exercise, etc. The improper conduction of daily regimen may causes pathogenesis of various disease especially related to disturbed pattern of life style such as; obesity, diabetes, fatty liver, insomnia, anorexia, stress, heart problems and hypertension, etc. The disciplinary conduction of *Dincharya* not only helps to maintain good health status but also prevent pathological triggering of such life style disorders.

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

INTRODUCTION

Ayurveda mentioned that synchronization of body with nature offers optimum health status. The balanced pattern of daily routine helps to establish this synchronization. Ayurveda mentioned that biological entity like; *Doshas (Vata, Pitta and Kapha), Dhatus, Agni and Srotas*, etc. contributes towards the normal physiological functioning of body and *Dinacharya* or good conduction of daily regimen boosts functioning of *Doshas, Dhatus, Agni and Srotas*.

Modern science also described concept of daily routine; waking, exercise, meditation, bathing and proper timing of meal, sleep and wake up. Maintaining hygiene, cleaning of sense organs, avoidance of excessive sexual indulgence, involvement in prayer and avoidance of crime, etc. also offers several health benefits since these approaches not only maintain health of body but also affects soul.

The various considerations related to daily regimen (*Dinacharya*)

- ✚ *Brahmamuhurta jagrana*: One should get up early in the morning in *Brahmi Muhurta* (4 am to 6am).
- ✚ Detoxification measure or natural urges should not be suppressed.
- ✚ One should clean tongue and face regularly.
- ✚ Cleaning activities to maintain oral hygiene, cleaning of eye (*Anjana* to clean eyes) and cleaning of nostrils.

- ✚ Inhalation of herbal smoke also recommended cleaning air pathways.
- ✚ *Abhyanga*; massage to maintain circulation and compactness of body.
- ✚ *Vyayama* (physical exercise)/*Yoga* in morning time
- ✚ *Sandhyopasana / Mangalakritya*; worship to enhance internal strength and peace.
- ✚ Considerations of meal and sleeping time.

The disturbed pattern of daily regimen (*Dincharya*) can leads various disease like; obesity, diabetes mellitus, coronary heart disease, hypertension, anxiety, insomnia, dyslipidaemia, constipation and lethargies, etc. **Figure 1** depicted general pathological role of improper conduction of daily regimen towards the disease manifestations. The specific health benefits and prophylactic role of particular daily regimen depicted in **Table 1**.

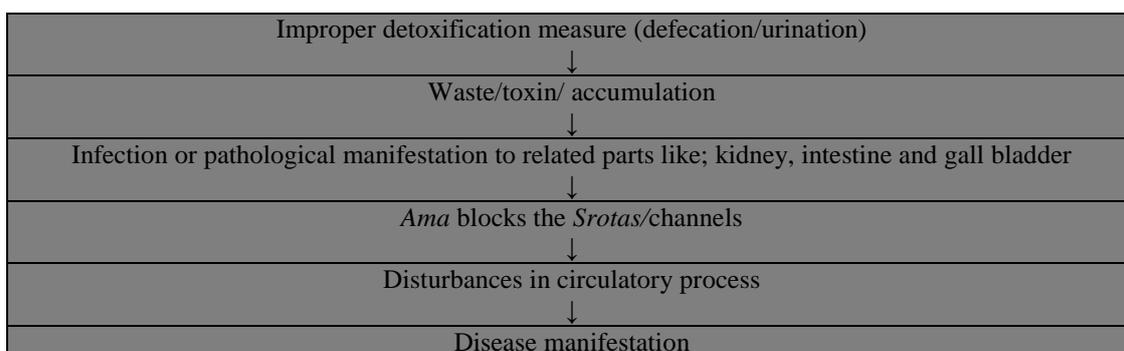


Figure 1: General pathological role of improper conduction of daily regimen.

Table 1: Specific health benefits and prophylactic role of particular daily regimen.

S. No.	Dinacharya (Daily Regimen)	Beneficial Effects	Life style disorders (due to violation of suggested regimen)
1	<i>Brahmamuhurta jagrana</i>	Provide energy & oxygenation	Avoidance of <i>Brahmamuhurta jagrana</i> can lead constipation. Coughing and obesity. Lack of feeling of well being.
2	<i>Ushna jalpana</i> & elimination of waste	Helps in detoxification	Avoidance of <i>Ushna jalpana</i> can enhance pathogenesis of renal stones, constipation & haemorrhoids.
3	<i>Mukha–netra prakshalana</i>	Cleans eye and other sense organ	Due to the violation of this regimen eye may become dry and infected
4	<i>Dantadhavana/ Jihva –nirlekhana</i>	Maintain oral hygienic & strengthen teeth	Violation of this regimen can cause tooth problems, pain in canal and oral infections.
5	<i>Nasya</i>	Cleans nostril and open air way.	Nasal congestion and migraine.
6	<i>Dhumpana</i>	Stimulate respiratory centre, antimicrobial action and boost functioning of respiratory tract.	Violation of this regimen can affect oxygenation capacity of body Respiratory tract infection and coughing problems.
7	<i>Abhyanga</i>	Enhances blood circulation and analgesic effect	Obesity and lack of compact/rigid body frame.
8	<i>Vyayama</i> (Physical Exercise)	Burn fat, maintain metabolic activities and improves physical capabilities.	Lack of exercise can lead obesity, diabetes and metabolic problems. Unpleasant physical appearance.
9	<i>Sandhyopasana / Mangalakritya</i>	Imparts calming effects to mind, enhances concentration and memory.	Lack of <i>Sandhyopasana / Mangalakritya</i> can induce pathogenesis of anxiety, stress and indulgences in unethical work.
10	Dietary regimen	Provides nutritious value and energy to body for physiological activities.	Improper dietary habits can lead digestive problems, constipation and anorexia.
11	Bedtime (9 and 10 pm)	Sleep at proper time calm and relax whole body and rejuvenate for next working day.	Improper sleeping pattern can cause restlessness, insomnia, headache, anxiety, indigestion and lethargy.

General Benefits of good conduction of daily regimen (Dinacharya)

- Massing delays ageing, relieves tiredness and pacify excessive *Vata*.
- Daily exercise increases strength.
- Sun exposure in morning time enhances skin tone and complexion.
- Exercise burns fat, improves digestion thus reduces chances of disease like; obesity and diabetes.
- Bathing with warm water keep body cleans and prevent skin infections.

- Meditation/prayer provide peaceful mind and relax whole body.

CONCLUSION

Dinacharya means good conduction of daily regimen which imparts health values. Ayurveda recommended that early rising, elimination of wastes properly, washing teeth and mouth, maintaining clean skin, *Abhyanga*, bathing, daily exercise and meditation, etc. helps to promote health and keep away from diseased conditions. Late night awakening, improper dietary habits, unhygienic conditions and violation of general rule of

Dincharya can cause several health problems like; obesity, diabetes mellitus, coronary heart disease, hypertension, anxiety, insomnia, dyslipidaemia, constipation and lethargies, etc. Therefore Ayurveda suggested following “rules of *Dincharya*” (good conduction of daily regimen) for maintenance of good physical and mental health status.

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