



AYURVEDA CONCEPTS OF HEALTHY REGIMEN W.S.R. TO ROLE OF DINACHARYA, RITUCHARYA AND SADVRITTA

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ABSTRACT

Ayurveda helps to maintain general health and believe in preventing diseases rather than treating the diseases. As per Ayurveda there are certain rules which can help to maintain normal health status, these rules of healthy life are *Dinacharya*, *Ratricharya*, *Ritucharya* and *Sadvritta*. *Dinacharya* means daily regimen, *Ratricharya* indicates night regimen, *Ritucharya* can be explained as seasonal routine and *Sadvritta* means conduct for physical, mental and social behavior. These rules of Ayurveda provide long and healthy life prevents diseases and improves physical as well as mental health. Ayurveda suggested that everyone should follow these rules to avoid prevalence of diseases. As per Ayurveda the person who follows concepts of *Dinacharya*, *Ritucharya* and *Sadvritta* acquires ideal, long and healthy life. These rules of Ayurveda not only provide mental and physical strength but also connects individual spiritually and maintain rhythm with natural harmony. Present article described Ayurveda approaches for healthy and disease free life style.

KEYWORDS: Ayurveda, *Dinacharya*, *Ratricharya*, *Ritucharya* and *Sadvritta*.

INTRODUCTION

Ayurveda works towards the promotion of general health and prevention of various diseases, in this regards Ayurveda advocated several dietary and lifestyle routines which help to achieve principle of “*Swasthasya Swasthya Rakshanam*” (preserving health of healthy person). Ayurveda described concepts *Dinacharya*, *Ratricharya*, *Ritucharya* and *Sadvritta*. These Ayurveda conducts maintain health and prevents diseases thus offers healthy and disease free life. These conducts of healthy regimen when practices with *Panchakarma* and *Rasayanas* therapies then improvement in physical and mental strength observed. Ayurveda rules of lifestyle promote overall health including social and spiritual health. The conduction of concepts of *Dinacharya*, *Ratricharya*, *Ritucharya* and *Sadvritta* improves quality of life and helps to built up healthy society and nation.^[1-5]

Role of Daily Regimen (*Dinacharya*)

Pratarutthanam means to get up early in the morning (*Brahma Muhurta*), this provide fresh air and person feels happy for whole day.

Ushapana means washing of hands and feet with lukewarm or normal water and drinking water after cleaning mouth in a copper or clay vessel. This habit helps in passing motion and improves digestive power.

Malamutra visarjan means detoxifying body by passing feces and urine, this practice is beneficial to keep body light and free from diseases.

Dantadhavan means cleaning of teeth and tongue using plants such as *Arka*, *Khadira* and *Karanja*, etc. *Triphala* or *Trikatu* may be used to clean mouth and teeth. This process removes accumulated filth and improves appearance of teeth.

Nasyakarm means application of medicated oils through nostril; sesame oil, medicated oil and *Anutaila* can be administered through nostril to alleviate conditions like headache, sinusitis and spondylitis, etc.

Abhyangam means massaging body with oil (sesame oil, mustard oil and coconut oil). This practice helps to increase physical strength, improves muscles tonicity, increases circulation and improves body structure.

Dhyanam means meditation which should be performed in morning hours to acquire mental and physical peace. Meditation gives knowledge about internal strength and boost up self-awareness.^[4-7]

Dietary Guidelines

➤ *Ahara* should be consumed on the basis of *Desha*, *Kala* and *Prakriti*.

- Food should be consumed in proper manner at right place in proper utensils.
- Balance diet should be consumed which includes all *Rasas*.
- One should avoid incompatible diets like milk with fish, raw and unhygienic foods.
- While eating one should not involve in talking and laughing.
- One should avoid consumption of very hot and very cold food stuffs.
- Special precautions are advised for elderly and children.
- Heavy, spicy, oily and uncooked foods are to be avoided.
- Food should be consumed when previous meal gets digested.
- Dinner should be taken 2-3 hours prior to bed time.
- One should avoid heavy exercise after meal.

Role of Night Regimen (*Ratricharya*)

Ratricharya should be consumed in light manner and heavy foods are to be avoided at night. Cold food stuffs and curd should be avoided.

Nidra is very important aspect for life, therefore Ayurveda advocate that one should take proper sleep at least for 8 hrs. to acquire mental and physical strength. Day time sleeping and late night awakening should be avoided since this may induces lethargy and insomnia. Massage of head, sole and palm with oil advised before bed to have good sleep.

Role of *Rithucharya*

Ayurveda classics described importance of *Rithucharya* (seasonal regimen) in healthy well being. The seasonal variation need to be taken care while deciding diets and daily routine. Bitter and astringent diet advises in spring season while salty and sour diet needs to be avoided in spring season.

Pitta pacifying diets like liquid and sweet food stuffs can be used in summer season, Excessive spicy, hot and sour diet should be avoided in summer season.

Vata shamaka items (sweet and salty foods) can be used in rainy season to pacify aggravated *Vata*. Easily digestible, preserved rice, barley and wheat, etc. are advised in rainy season.

Vataghna and *Pittavardhaka* diet advocated in winter season to relieve aggravated *Vatadosha*; hot, sour, fatty and nutrients diets, etc. are advised in autumn season.

Role of *Sadvritta*

Ayurveda suggested some ideal conducts for balancing body, mind, soul and spiritual well-being. The conduction of these rules of *Sadvritta* imparts peace and happiness. As per Ayurveda there are different types of codes of conduct as depicted in **Figure 1**.



Figure 1: Types of Sadvritta.

Vyavaharika sadvritta means ethical conduct; one should be truthful and have control on emotions. One should not harm anyone and free from jealousy and anger.

Samajika sadvritta means social conduct; one should be social and maintain good social behavior. One should respect elderly and parents.

Manasika sadvritta means good mental conduct; one should know his/her inner strength, should be aware about knowledge of inner peace and practice meditation along with mind boosting activity.

Dharmika sadvritta means good moral conduct; one should help others, take care of poor and needy individuals, involve in worship, associated with power of god and belief in supreme power.

Sharirika Sadvritta means good physical conduct; one should take care of personal hygiene, daily brushing of teeth, bath, cutting hair and nails regularly, avoiding excessive physical and sexual activities.^[6-10]

Dharniya & Adharniyavega (Preventive Regimens)

Dharniya & Adharniyavega means preventive measures which provide overall well-being. These preventive measures are as follows:

- One should not suppress natural urges.
- One should avoid unhygienic food especially in rainy season.
- One should not involve in smoking and alcoholism.
- It is require taking diet as per *Prakriti*.
- Avoid unethical sexual regimen.
- One should not involve in criminal act and awful activities.

CONCLUSION

Dinacharya, *Ritucharya*, *Ratricharya* and *Sadvritta*, etc. are important concepts of Ayurveda which provides physical, mental, spiritual and social well being, etc. *Pratarutthanam*, *Ushapana*, *Dantadhavan*, *Abhyangam* and *Dhyanam* are important aspects of *Dinacharya*. *Vyavaharika sadvritta*, *Samajika sadvritta*, *Manasika sadvritta*, *Dharmika sadvritta* and *Sharirika Sadvritta*,

etc. are important aspects of ethical regimen. These all rules of good conduct help to maintain disease free mental and physical state.

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