

## APPROACH TO HEALTHY LIFESTYLE W.S.R TO DINCHARYA-A REVIEW

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**ABSTRACT**

The science of life, Ayurveda has been the best way to keep a person healthy since ancient times. Ayurveda has two main objectives- first to protect and maintain health of a healthy person and secondly to cure the disease of patients. Ayurveda fulfills its first objective via Dincharya. To protect and maintain the health of a healthy person, many rules have been enumerated in Ayurveda out of which *Dincharya* is one. It has been stated by Acharyas "*Achar Llabhate Aayu*" which means "achar ethics is very important for long *Hita Aayu*." To explain Achar, *Dincharya* has been explained to maintain a healthy lifestyle.

**KEYWORDS:** Dincharya, Ideal daily schedule, Healthy lifestyle.**INTRODUCTION**

Being healthy should be a part of a healthy lifestyle. In today's scenario because of our busy and hectic schedule many lifestyle disorders are arising in their heads and infecting a large number of populations. Just by following *Dincharya* rules we can prevent ourselves from such lifestyle disorders and many communicable diseases. *Dincharya* is an ideal daily schedule taking into account's nature's cycle.

Dincharya is a Sanskrit word in which '*Din*' means 'day' and '*Charya*' means 'to follow' or 'close to'.

**MATERIAL AND METHODS**

Various ayurvedic texts like- *Charaksamhita*, *Shushrutasamhita*, *Ashtanghridiya*, *Ashtangsangraha*, *Bhaavprakash* were used as material sources and modern books on preventive and social medicine, related journals and articles available on internet.

***Different modalities of Dincharya and their effects on lifestyle***

"*Brahma muhurta uttishthe*" – the healthy person, in order to protect his life, should wake up in brahma muhurta, after considering condition of digestion of food whether properly done or not. Commentator Indu describes that last three hours of the night is termed as Brahma Muhruta, it is the best time to gain knowledge. Any time between 3 A.M to 6 A.M. is termed as Brahma Muhruta which means 'The time of Brahma' the pure consciousness. This time the environment is clean and pure and the mind is fully conscious and fresh after

sleep. Hence, Brahma Muhruta is best time to attain Brahma gyan. Also from the context of Yoga Shadkarma, the best time to do Tratak karma is around 3.00 A.M to 5.00 A.M. For a fresh, healthy and happy day one should have a good starting, and waking up in Brahma Muhruta is always gives best and cheerful fresh starting of the day.

***Ghritha evam darpan darshan-*** Looking your own face into a mirror or ghee for longevity. By this one can rule out any kind of deficiency and avoid mental conflictions.

***Ushna jalpana-*** Water stored in Tamra patra (copper vessel) whole night should be taken before sunrise. Drinking Ushna Jal in the morning helps in defecation, prevent old age diseases.

**2. Malotsarga** ( Voiding the excrements ) – After getting the urge of urine and faeces naturally, person should eliminate them by facing north but in dark, facing south; silently sitting; covering head with cloth, attending to the urge commenced on its own without initiating the urge by the force. Defecation at proper time clean the rectum increases digestive power prevents many diseases like constipation, rectum prolapsed, incomplete evacuation and foul smelling flatus etc.

**3. Acamana** (Purificatory rite) - Acaman is a purificatory process, it is also performed in all Vedic resources both in the beginning and at end of various religious performances.

Acaman means 'to wash' which will be done after cleaning the excreta, tears, sneezing after travelling to prevent eye infection.

**4. Dantadhavan** (Brushing teeth) - Removing impurities and maintaining oral hygiene included in Dantadhavan. Acharyas suggest twice brushing teeth daily (early morning and after taking a meal before going to bed).

After cleaning the teeth, the gums are also cleaned without hurting them, by rubbing with Kushtha and three groups of three drugs ( trikatu, triphala, trijataka) mixed with honey.

**Jihwanirlekhana**- Next the tongue is to be cleaned by scraping it, comfortably with a tongue scraper (made from metal).

This will remove the dirt, bad taste and smell of tongue, mouth and teeth. It produces better taste, cleanliness and softness of the mouth and dispels the disease of the tongue, mouth and teeth.

**5. Netra Prakshalana**—splashing cold water into the eyes every morning reduces the tension and tiredness of the eyes and improves vision. During cold seasons lukewarm water can be used for Prakshalana but hot water should never be used. This purifies the eyes and prevents Akshi Roga.

**6. Anjanna** (Collyrium) – In today's perspective late night work on laptop, computers makes eyes dry or computer vision syndrome.

Sauviranjana is good for the eyes and so should be applied daily to the eyes. This will make eyes beautiful, increase visions; all three colored parts will become well defined and clean.

**7. Nasya** – Anu Taila (medicated oil) should be put into the nose, due to its sticky nature it may prevent entry of dust particles into the nasal tract. People who begin to use Nasya daily may have their skin, shoulders, neck, face and chest firm, prominent and good looking with pleasant voice, clean sense organs and they become devoid of early old age symptoms like wrinkles, graying of hairs and black patches.

**8. Gandusha (mouth wash)**—After nasya karma gandusha done, keeping the mouth filled with oil daily will prevent cracking of tongue (oshta sputana) and roughness of the lips, dryness of the mouth (kantha shosha), diseases of the teeth and voice disorder. Lukewarm water Gandusha will make the mouth clean and good.

**9. Dhoompana (medicated smoke)**—By Dhoompana, diseases of organs above shoulders arising from the Vata and Kapha will not develop. It strengthens the voice and prevents graying of hair. Inhalation of medicated smoke

through mouth or nose and exhaled out only through mouth, should never be exhaled by nostril by protocol. Disinfective action of drugs like guggulu, haridra, vacha cleanses the respiratory tract, oral cavity, and pharynx.

**10. Abhyanga (massage)** —Using oil which possesses property to mitigate vata, good smell, suitable to the season and pleasant to touch should be used for Abhyanga. Abhyanga mitigates Vata, promotes strength, sleep, growth and firmness of the hairs; is useful in burns, fractures, wounds, pain, tiredness, debility and old age. Oil baths are best for skin and should be done daily. It should be applied to the head, ears and feet.

#### Duration of massage & effects on the body- Table.

| Sr.No. | Duration            | Dhatu                      |
|--------|---------------------|----------------------------|
| 1.     | 300 matra (94 sec)  | Up to hair root (Romanata) |
| 2.     | 400 matra (133 sec) | Up to skin (tvaca)         |
| 3.     | 500 matra (160 sec) | Up to blood (Rakta )       |
| 4.     | 600 matra (190 sec) | Up to muscles (mansa)      |
| 5.     | 700 matra (228 sec) | Up to fat (meda)           |
| 6.     | 800 matra (240 sec) | Up to bones (Asthi)        |
| 7.     | 900 matra (285 sec) | Up to bonemarrow (Majja)   |

Totally Abhyanga up to 5 minutes for each body part of the body is ideal.

**11. Vyayama (Exercises)** – It is a preventive, curative and rehabilitative measure. An activity which produces tiredness to the body, which involves workout of each muscle of the body is termed as Vyayama. This may lead to lightness of body, increased capacity to work, keen appetite, reduction of body fat and parts of the body become distinct and firm.

**12. Udvartana (massage)** – It mitigates the Kapha, liquifies the fat, makes the body parts firm and is best for the health of the skin. This massage is done by using a fine powder of astringent substances.

**13. Snana (bath )** – Regular bath keeps the body free of dirt, dust, any type of infection and makes you feel fresh and enthusiastic. While bathing we should stretch our body as well as we should give gentle massage to joints, muscles etc. Regular and proper Snana improves appetite, sexual vigor, life span, strength.

**14. Ahara (diet)**—Ahara categorized under Trayaupstambha (three sub pillars) i.e Ahara, Nidra and Brahmacharya. These are known as three sub pillars of life. According to Acharya Kashyapa, Ahara is termed as Mahabhaishajya . If Ahara is taken in proper quantity then it will act as best medicine and if it is consumed in inadequate amounts then it will result in diseases.

Things that should be considered in taking Ahara are the amount of food and time gap between meals. Amount of Ahara should not hamper Jathragni. Time gap between

meals should be of 3 hours and fasting should not exceed more than 6 hours.

**15. Chhaurkarma** – according to Acharyas cutting of hairs, nails, beards etc should be done after every 5<sup>th</sup> day. As these scalp hairs, nails, beards are medium of infection, so one should take proper care of all these. This enhances brightness, increases life span, and increases strength.

**16. Vastradharan (dressing style)** -Wearing clean, sophisticated clothes and according to the environment or profession; may add charm, increase respect to your personality. Physically clothes serve many purposes such as protecting your skin from dust, strong sun rays, providing hygienic barrier.

## DICUSSION

A long healthy life is the wish of every being since antiquity. Main aim of Ayurveda is to attain Dharma, Artha, Kaama, Moksha by health. Ill health takes away all these opportunities to gain.

Only a healthy person can achieve these 4 efforts and to stay healthy it is necessary to follow the 'charya'(practice) mentioned in Ayurveda.

- *Brahma muhurta uttishthe*, awakening early in the morning is ideal for gain of knowledge. This time environment is free from pollutants, absence of noise, along with clean air, the morning rays of the rising sun is very beneficial. Health is gained from the sun.
- *Maloutsarga*, proper defecation or complete evacuation clears the rectum, increases digestive power, and prevents constipation, indigestion, foul smelling flatus.
- *Brushing teeth or Dantadhavan* to maintain oral hygiene. It brings about freshness, takes away bad odour and coating on teeth. It produces alleviation of kapha, cleanness in the mouth & desire for food.
- *Jihvanirlekhana (scrapping of tongue)* removes bad taste, odour, cures oedema, stiffness of tongue.
- *Gargling or gandusha strengthen* teeths, enhance strength of mandibles, resonance of voice, nourishment of face, taste sensation and give good taste.
- *Applying Anjanna or collyrium* to the eyes helps in clear vision, lightness, no excessive lacrimation, and purity of eyes and proper function of the eyes.
- *Dhoompana or medicated smoking* cures headache, rhinitis, and migraine, pain in eye and ear, cough, hiccup, dyspnoea, throat obstruction, teeth weakness, prevent ear nose and eyes discharge, etc.

it prevents strong VataKapha disorders occurring above the shoulders.

- *Using Nasya or nasal drops* prevents disease of eyes, nose and ears. There will be no graying of hair, hair fall. It cures stiffness of neck headache, facial paralysis, stiffness of jaw, rhinitis, migraine and tremor of head
- *Doing proper exercise* everyday will give lightness of the body, ability to work, stability, increased endurance power, dosha alleviation, increases agni.
- *Massage practice or abhyanga* delays ageing, cures tiredness, improves vision, complexion, nourishment, gives good sleep, nice lustrous skin and strength.
- *By udvartana* blood vessels get dilated and bhrajaka pitta on skin enhanced.
- *Kshaurkarma or cutting of nails, hair etc* enhance pleasure, lightness, luck and enthusiasm.
- *Daily snana or bath* takes away excessive sleep, burning sensation, tiredness, sweat, itching, thirst and impurities. It is good for the heart and purifies all organs, enhances virility, Agni and clears the blood.

## CONCLUSION

A person adopting the best way of life embodying all the good characters will be praised by everybody. Acharya Charaka in Nidanasthana six describes importance of health by following shloka:

सर्वमन्यत्परित्यज्यशरीरमनुपालयेत् तदभावे हि भावानां  
सर्वाभावः शरीरिणाम्॥७॥ (Ch.Ni.6/7)

Which means one should take care of his body by neglecting all other things because if the body is not healthy then nothing existing.

Acharya Vagbhata supports Acharya Charak statement by following Shlokas:(Ch.Sh.2/46) and (A.H.S.4/36)

नरोहिताहारविहारसेवीसमीक्ष्यकारीविषयेष्वसक्तः।

दाता समः सत्यपरः क्षमावानाप्तोपसेवी च भवत्यरोगः॥४६॥  
(Ch.Sh.2/46)

नित्यंहिताहारविहारसेवीसमीक्ष्यकारीविषयेष्वसक्तः।

दातासमःसत्यपरःक्षमावानाप्तोपसेवी च भवत्यरोगः॥३६॥  
(A.H.S.4/36)

The person, who is habituated to beneficial food and regimen, who is considerate and circumspect, who is not lustfully attached to the enjoyment of objects (by senses), who is charitable, who treats all living beings equally, is

devoted to truthfulness, who has endurance and who approaches wise well-wishers is always disease less.

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