



AYURVEDA LIFE STYLE (DINACHARYA) TO PREVENT LIFE STYLE DISORDERS- A REVIEW

Juhee Tayde*¹, Meena Bhujade² and Alka Charde³

¹PG Student, ²Prof &HOD, ³Reader Rachana Sharira Department, Bhausaheb Mulak Ayurved Mahavidyalaya Nagpur.

*Corresponding Author: Dr. Juhee Tayde

PG Student, Department, Bhausaheb Mulak Ayurved Mahavidyalaya Nagpur

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ABSTRACT

Continuous change in the environment, food habits and costumes and cultures emphasized the burden of newer diseased entities in the human society throughout the world. Health institutes and organizations look it as life style disorders. Pediatric population suffers more from these as their growing age. In order to prevent such disease in the children and to make them as healthy adult, its requirement of time and society to rear the children with healthy life style. Ayurveda the ancient system of Indian medicine had explained in detailed about the day to day life activity under the *Dincharya*. *Dincharya* is nothing but the sequential daily routine activities which should be followed in particular manner. There are specific dos and don'ts for every day to day activity. It includes the diet, exercise and sleep. Parents should pay attention at the daily routine of their child, social behavior, and activities with peer groups, proper growth and development. Parents should not enforce to do the child the things which he or she doesn't want (e.g. study, carrier burden), rather one should encourage the children to express their talent. Such healthy and playful social environment plays the crucial role in the strong foundation of psychosomatic health of children. Just to maintain symbol of status or part of newer culture people inviting too many life style disorders not only in adults but also in children. Ayurveda can definitely prevent these diseases by following proper *Dincharya*. As children unaware of their health and future, very choosy and particular about their habitat; its responsibility of their parents to taught them about the healthy life style (*Dincharya*) to prevent the life style disorders and to live long, healthy and happy life.

KEYWORDS: Ayurveda, *Dincharaya*, Life style disorders, Pediatric.

INTRODUCTION

The recent economic trends show a marked improvement in financial condition of the families belonging to the middle and high income strata. Although better purchasing power has brought about improvements in living conditions, it has also affected the health of family members, particularly in children due to changes in activity pattern, sedentary life style and faulty choices of food. Developing countries are undergoing nutrition transition due to increased economic development and market globalization leading to rapid changes in life style and food habits. Improper dietary habits combined with decreased physical activity have led to an increase in obesity among affluent children.^[1] The adaptation of western ways of life style along with increased availability and accessibility of food rich in energy and fat, inclination towards carbonated drinks, chocolate, pizzas etc. coupled with sedentary mode of life has increased the prevalence of life style disorder. Among lifestyle disorders Obesity, Cardiovascular diseases, Diabetes, Arthritis, Spinal Problems, Carcinomas of different body parts, Dementia, depression anxiety etc are some of the leading diseases This is a shortened list

of the diseases; the whole list is infinite as all the diseases known till date have the input from Lifestyle and diet always. Life style disorders are the diseases that are caused partly by unhealthy behavior and partly by other factors as follow-^[2]

A) Controllable factors

- Diet and body weight.
- Daily levels of physical activity.
- Level of sun exposure.
- Smoking and alcohol abuse.

B) Uncontrollable factors

- Age
- Gender
- Ethnicity
- Heredity

Pediatric life style disorders

Pediatric age group (5yrs -16yrs) is more susceptible for diseases because this is the age of growth and development. During this period child has no awareness about health and they get attracted towards improper

things. Day to day activities, outside games, exercise, and healthy food are being replaced by sedentary life style, computer, video games and fast food. Timings of dinner, sleep, waking up are also disturbed. Fast food, chocolates, aerated drinks cause obesity, tooth decay, nutritional deficiency in children which is the most burning issue of medical society. Industrial development is hampering nature a lot. So the incidence of skin diseases, respiratory system diseases is increased. Faulty life style of mother during pregnancy produces many congenital anomalies in children. Distracted families, working parents, quarrels in the house is producing many psychological diseases in children. Anxiety disorders are increased. Though the conventional medicine is providing treatment for the disease ailments, still its own limitations and side effects make the world to search answer in traditional system of medicine.

Childhood is the foundation step of life hence it a need of hour to adopt healthy and proper lifestyle in order to reduce chances of life style diseases in adults as well as children.

Approach of Ayurveda toward healthy life style- Appropriate patterning or ritual control is the foundation of healthy life. Ayurveda the ancient system of Indian medicine has explained in detailed about the day to day life activity. It includes *Dinacharya*^[3], laws of personal hygiene, and ethical regimen (*sadvrutta*).^[4] *Dinacharya* promotes healthy life organization of the energy channels and the seating of *Prana*, or internal wind, under the *Dincharya*. *Dincharya* is nothing but the sequential daily routine activities which should be followed in particular manner. There are specific dos and don'ts for every day to day activity. It includes the diet, exercise and sleep etc. The rules for every single work from waking up in the morning till sleeping at night are included in *Dinacharya*.

1. *Dinacharya*^[5,6]

The fundamental rules of personal and social hygiene are to be followed regularly to build up the immunity against most of the ailments in order to enhance the quality of life and increase longevity, is a task achievable even in the present lifestyle. And this can be helpful to prevent life style disorders.

Table No 1: Showing the guideline to be followed in a day.

<i>Dinacharya</i>		
S.No.	Name	Guidelines
1.	<i>Brahma Muhurta</i>	<ul style="list-style-type: none"> ➤ wake up at 14th <i>Muhurta</i> of the night i.e. 90 min before sunrise ➤ Before coming out of sleep one should observe that digestion of food taken on previous night should be complete which can be elicited by <i>Jeerna Ahara Lakshanas- Udgara shuddhi, Utsaha, Yathochita Vegot sarga, Laghuta, Kshut, Pipasa</i> .
2.	<i>Mukha Prakshalana (face wash)</i>	<ul style="list-style-type: none"> ➤ Face wash with plain water/lukewarm water.
3.	<i>Ushapaan</i>	<ul style="list-style-type: none"> ➤ Plain water/ <i>Siddha</i> (Processed) water with <i>padmaka, jeeraka</i>, preferably water stored in copper vessels. ➤ Dose: approx. 100 ml.
4.	<i>Malamutra visargan</i>	<ul style="list-style-type: none"> ➤ Befor <i>malotsarga</i>, preferably specific yogasanas such as <i>pavanmuktasana, utkatasana</i> can be advised.
5.	<i>Dantadhavana, Jihva nirlekhana, Kavala/Gandusha</i>	<ul style="list-style-type: none"> ➤ <i>Katu, Tikta, Kashay Pradhan Dravyas</i> ➤ After brushing, teeth & gums have to be massaged with index & thumb fingers. ➤ Tongue scraping with the suitable instruments.
6.	<i>Nasya</i>	<ul style="list-style-type: none"> ➤ Instillation of 2 drops in each nostril (<i>Pratimarsha Nasya</i>) ➤ <i>Anu Tail, Ghrita Manda, Til Tail</i> can be used.
7.	<i>Anjana</i>	<ul style="list-style-type: none"> ➤ <i>Ayurvedic Anjana Dravya</i> can be recommended than chemical based cosmetic <i>Anjana</i> products.
8.	<i>Abhyanga:</i>	<ul style="list-style-type: none"> Application of oil all over the body, followed by application over head. Massage has to be done at least once in a week, if not daily. ➤ <i>Til tail, narikela taila</i> etc can be used. Duration of self <i>abhyanga</i>: 10-15 mins.
9.	<i>Vyayama:</i>	<ul style="list-style-type: none"> Chankramana /Yoga/ Pranayama/Surya namaskar ➤ Brisk walk for 30 min. ➤ Jogging for 20 min. ➤ Exercise till perspiration
10.	<i>Mardana:</i>	<ul style="list-style-type: none"> ➤ Rubbing body with dry Powders of <i>mudga, kulattha</i>, etc. ➤ Smooth rubbing of powders all over the body after exercise
11.	<i>Snana(Bathing)</i>	<ul style="list-style-type: none"> ➤ Bathing has to be taken after 30-45 minute after exercise. ➤ Bathing has to be started with the body followed by washing head. ➤ Generally with lukewarm water; in Cold seasons with moderate warm

		water; and in hot seasons with cold water/normal water.
12.	Pujan/Dhyana:	➤ Prayer/ Meditation/ pranayama to be practiced
13.	Breakfast:	➤ Ideal time to take breakfast before 9AM has been suggested. ➤ Milk (approx 100 ml) has to be taken daily after breakfast ➤ Rest for 15 minute after breakfast
14.	Vrutti	Work as per the individual profession.
15.	Ratricharya:	➤ The night meal has to be taken in the first Prahara of ratri- before 9 pm or after 48 minutes of sunset and before 144min (3hrs) after sunset. ➤ After having dinner one should relax for one <i>Muhurta</i> before going to sleep. ➤ One <i>Muhurta</i> (48 min) after dinner it advised to go for sleep.

2. Laws of Personal Hygiene^[7]

- Regular trimming of nails, beard and hair;
- Daily cleansing of nostrils, eyes, ears and feet;
- Use of perfumes and garlands made of fragrant flowers;
- Putting on clean clothes;
- Use of umbrella and shoes to protect from heat and dust;
- Covering the mouth while sneezing, laughing or yawning;
- Avoid seeing the sun directly;
- Avoid sleeping under a tree at night, etc.

3. Ethical regimen (*sadvrutta*)^[8]: In order to live a healthy and active life, a sound mind in the sound body is very essential. Therefore, to maintain the healthy status of the mind, Ayurveda prescribes a code of social as well as personal conduct, known as "*Sadvrutta*". Proper following of *Achar Rasayana* also increases the *Satwa guna* of mind.

Discussion- Application of *Dinacharya* in Today's Scenario

In present scenario it has become really important for each one of us to maintain a good health. With so much of pollution in the environment, food adulteration, untimely working hours and unhealthy lifestyle it has become mandatory for everyone to look after his /her own health. That's why the *Dinacharya* is to be followed in accordance with the present context. Waking up in the morning is always good for health. Six to eight hours sleep is a must. Drinking a glass of Luke-warm water helps to flush out all toxins accumulated overnight in the body. Children are very much used to watch TV, computer games, mobile etc and they become habitual of sleeping late night, so on the next day morning they don't feel fresh and wake up late. Because of this biological clock of our body gets disturbed and produce many diseases. Parents should pay attention at the sleeping time of their children and should teach them to sleep by 10 pm and wake up at 6am.

As we say 'cleanliness is next to godliness' in this context cleanliness is also very important factor to maintain good health because personal hygiene is really important. Clean teeth and mouth. Brushing of teeth should be repeated after every meal. Cleaning of tongue freshens up the mouth and also stimulates the secretions of

digestive enzymes. Proper cleaning of nose, ears and washing eyes with warm water held in mouth for moments is advised. One should keep their hairs and nails trimmed, and wear clear, clean clothes.

A regular self-massage with herbal oil is necessary for every person. If daily massage for a school going child is not possible, it should be done at least on the weekends. It's very beneficial for making them strong.

Massage makes the skin supple, enhances blood circulation, encourages quicker removal of the wastes and relaxes the body. *Padabhyanga (sole massage)* is good for eyes of children. Along with food, hygiene, sleep exercise and meditation is also very important. Regular light exercises help the body to shape up, increase muscle strength, improve appetite and maintain health. Yoga, swimming, walking and even laughing is excellent options. Your dressing is also important so always wear clean, airy and light clothes of natural fibers like cotton, wool, linens, or silk. Similarly breakfast, lunch and dinner should be done on time to maintain the regularity.

Key points for a healthy child

Healthy eating

Parents are the ones who buy the food, cook the food and decide where the food is eaten. Even small changes can make a big difference in your child's health.

- **Encourage your child to eat a variety of fruits and vegetables-** Make sure you always have healthy snacks available. Leave a fruit bowl on the counter. Keep cut-up fruits and vegetables in the front of your refrigerator. The goal is for your child to eat at least five servings of fruits and vegetables every day.
- **Limit sweetened beverages-** including those containing fruit juice and sports drinks. These drinks provide little nutritional value in exchange for their high calories. They can also make your child feel too full to eat healthier foods.
- **Eat family meals together-** Sit down at the table together. Turn off TVs and other electronic devices so that you can pay attention to each other and to how much you're eating.

- **Eat home more often-** Try to keep your visits to fast-food and other restaurants to a minimum. Many of the menu options are high in fat and calories.
- **Ayurvedic remedies use-** Use some Ayurvedic medicated ghee, Brain tonics in children. Also use of *Chyavanprasha* can be definitely helpful to increase immunity and for proper growth and nutrition. *Gandusha* with *kashaya dravya* can prevent tooth decay.

Physical activity

Physical activity is a crucial part of getting to and maintaining a healthy weight. Activity burns calories and helps build strong bones and muscles. It also helps children sleep well at night and stay alert during the day. Establishing healthy habits in childhood increases the odds that your teen will be able to maintain a healthy weight despite the hormonal changes, rapid growth and social influences that often lead to overeating. Active children also are more likely to become fit adults.

To increase your child's activity level:

- **Keep screen time to 2 hours a day or less-** A surefire way to increase your child's activity levels is to limit the number of hours he or she is allowed to watch television each day. Other sedentary activities — playing video and computer games or talking on the phone — also should be limited.
- **Emphasize activity, not exercise-** Your child's activity doesn't have to be a structured exercise program; the object is just to get him or her moving. Free-play activities, such as playing hide-and-seek, tag or jump-rope can be great for burning calories and improving fitness.
- **Find activities your child likes to do-** For instance, if your child is artistically inclined, go on a nature hike to collect leaves and rocks that your child can use to make a collage. If your child likes to climb, head for the nearest neighborhood jungle gym or climbing wall. If your child likes to read, then walk or bike to the neighborhood library for a book. Parents should not enforce to do the child the things which he or she doesn't want (e.g. study, carrier burden), rather one should encourage the children to express their talent. Such healthy and playful social environment plays the crucial role in the strong foundation of psychosomatic health of children.
- **If you want an active child, be active yourself-** Find fun activities that the whole family can do together. Never make exercise seem like a punishment or a chore.
- **Vary the activities-** Let each child takes a turn choosing the activity of the day or week. Batting practice, bowling and swimming all count. What matters is that child is doing something active.

CONCLUSION

In today's busy life of parents and children, word to word *Dinacharya* following is not possible. But to reduce the chances of life style disorders and produce a

healthy society, healthy childhood is important. So it is the necessity of the day to follow the *Dinacharya* according to Ayurveda perspective, in order to have a healthy upcoming generation. Body is like an oil lamp, lightened in the open air. One should take care of this lamp properly, without any ignorance, so that world can be enlightened by one.

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