

ROLE OF *DINACHRYA* IN DAY TODAY LIFE – A LITERARY REVIEWVd. Shubhangi Marathe*¹, Dr. S.S. Sant² and Vd. Ashwini Dindokar³¹PG Scholar Department of Kriyasharir Government Ayurved College Nanded – 431601, Maharashtra State, India.²HOD and Professor Department of Kriyasharir Government Ayurved College Nanded – 431601, Maharashtra State, India.³PG Scholar Department of Kriyasharir Government Ayurved College Nanded – 431601, Maharashtra State, India.

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ABSTRACT

Ayurveda is the eternal science of life. The goal of *Ayurveda* is to maintain the health and cure of the diseases. Health is a state of complete physical, mental and social wellbeing and not merely an absence of disease or infirmity. Each and every living being needs disease free life. Health is the means of all deeds. To achieve one such goal of maintaining the health, *Dinacharya* is one of the means. In today's scenario, the daily routine of each individual has become so busy and hectic, that many of the non-communicable diseases (lifestyle disorders) have taken from the epidemic in current era. The sedentary lifestyle, unhealthy dietary habits and exposure to pollution are the triggering factors for most of the lifestyle disorders.

According to lay man *Dinacharya* (daily regimen) means to follow certain things like waking up early in the morning, brushing teeth etc whereas in *Ayurveda* along with these things there are different procedures like *Nasya*, *Tambula*, *Abhyanga*, *Snana*, etc. *Dinacharya* helps to establish balance in one's constitution.

It also regularizes a person's biological clock, aids digestion, absorption and assimilation and generates self-esteem, discipline, peace, happiness and longevity.

INTRODUCTION

"*Dinacharya*" is defined as 'the daily routine'. *Dina* means 'daily' and *Charya* means 'regimen or routine'. According to *Ayurveda* one should follow *Dinacharya* in order to lead a healthy and disease free life. *Ayurveda* gives more emphasis on prevention of diseases than treating a disease. To maintain the health some activities are mentioned in *Ayurveda* under the term *dinacharya*. By following daily regimen (*Dinacharya*) one will be able to follow a healthy lifestyle thereby maintaining health. Health is a state of complete *physical, mental, social and spiritual* well-being and not merely the absence of disease.^[1] According to *Ayurveda* man is said to be healthy (*Swastha*) whose humors (*Doshas*), tissues (*Dhatus*), excretory products (*Malas*), and digestive capacity (*Agni*) are in the state of equilibrium along with mental sensory and spiritual pleasantness and happiness.

All life style disorders can be prevented by adopting *Dinacharya*. According to lay man *Dinacharya* (daily regimen) means to follow certain things like waking up early in the morning, brushing teeth etc whereas in

Ayurveda along with these things there are different procedures like *Nasya*, *Tambula*, *Abhyanga*, *Snana*, etc. *Dinacharya* helps to establish balance in one's constitution.

As one of the most important aspects of *Ayurveda* is balance, *Dinacharya* aims to keep the body and mind in perfect alignment throughout the day.

AIMRole of *Dinacharya* in day today life.**OBJECTIVE**

1. To understand the *Dinacharya*.
2. To understand the effect of *Dinacharya* on our lifestyle.

MATERIAL AND METHOD

For this study *Ayurvedic* literature is collected from *Ayurvedic samhitas* and article published till date are reviewed.

REVIEW OF LITERATURE

Pratidinam kartavyam charya dinacharya.
Charya = Acharan / kriya / Activity

Daily regimen including following activities**1. Prataruthana /getting up in the morning^[2]**

Healthy person should get up from bed at *Brahma Muhurtha*. That is before dawn or around 45 minutes before Sunrise around 5am -6 am. Last three hours of the night from 3 am to 6 am is known as *brahma muhurta*.

2. *Shauch vidhi* and *Dantadhawan vidhi*^[3]

Keeping in view, the condition of his body, the individual should pass urine and faeces.

After this one should chew the *dantha dawana* (Brush sticks meant for cleaning the teeth. Sticks used for brushing teeth should be of *Arka*, *Khadira*, *Karaveera*, *Arimeda*, *Apamarga*. They should be astringent, bitterin taste.

The following individual should not do teeth brushing- people suffering from indigestion, vomiting, dyspnoea, cough, fever, facial paralysis, excessive thirst, ulceration of mouth, heart disease, diseases of eyes, head and ears. etc.

3. *Anjan*^[4]

It is good to apply a special type of collyrium called *sauveera anjan* to the eyes. It should be applied daily. *Rasanjana* should be applied once in a week to drain out *Kapha* (secretions) from the eyes.

4. *Navan* and *Gandush*^[5]

After collyrium application, healthy person should do *navan* (*nasya* -nasal instillation of drops) For this purpose, milk, herbal decoctions, herbal oils are usually used.

After that, *Gandusha* – gargling with warm water, milk, or herbal decoction or herbal oil should be done.

5. *Dhumpana* and *Tambul sevan*^[6]

Then *Dhuma* – inhalation of smoke from herbs and spices should be done and then betel leaves should be chewed.

Tambul sevan nishedh: Those suffering from wounds, bleeding diseases, dryness, redness of eye, poisoning, repeated unconsciousness, intoxication and from tuberculosis should avoid betel leaf chewing.

6. *Abhyanga* – oil massage^[7]

Abhyanga means massage. It should be done daily, morning. It delays ageing, relieves tiredness and excess of *Vata* (aches and pains). It improves vision, nourishes body tissues, prolongs age, induces good sleep and improves skin tone and complexion. Massage should be specially done on ears, head and legs. Massage should be avoided when there is increase of *Kapha* in the body, soon after *Shodhana* (*Panchakarma* procedure) and during indigestion.

7. *Vyayama* – exercise^[8]

Exercise brings about lightness, it improves work capacity, increases digestion power, burns fat. It brings body into good shape. People with diseases originating from *Vata* and *Pitta*, children, elders, people with indigestion problem should not do exercise. Exercise should be done till one's half strength. Exercise should be done compulsorily by those having full strength and

who take oily food stuff, From December to May. At the end of the exercise, one should undergo mild massage (pressing the body parts with mild to moderate pressure.).

Adverse effects of over-exercise: Excessive thirst, emaciation, severe dyspnoea (difficulty in breathing), bleeding disorders, exhaustion, feeling of debility (even without any work), cough, fever and vomiting are caused by excess of exercise.

8. *Udvardana*^[9]

Udvardana is using powder for massage. It helps to calm down aggravated *Kapha*, helps to burn fat. Hence it is one of the therapies that many *Ayurvedic* centers offer for anti-obesity treatment. *Udvardana* also brings in stability to body organs, improves strength and skin complexion.

9. *Snana*^[10]

Bathing improves digestion, acts as aphrodisiac, prolongs life, increases enthusiasm and strength. It helps to get rid of dirt, waste products, sweat, tiredness, excessive thirst, burning sensation and microbes. Pouring warm water over the body bestows strength, but the same over the head, makes for loss of strength of the hair and eyes.

Bath is contra- indicated for those suffering from facial paralysis, diseases of the eyes, mouth and ears, diarrhoea, flatulence, rhinitis, indigestion and who have just taken food.

10. *Bhojan vidhi*^[11]

Food should be taken when hunger is felt, for healthy people 2 times of meal is advised, any type of exercise should not be done immediately after food, water should not be taken immediately after food, sleep & sexual activity should not be done immediately after food, full stomach meal should not be taken in night, food should not be taken too late & it should not be heavy. One should take the food, according to the rules laid down with a pleasant mind, after offering to fire- God, after giving charity to poor food should be prepared all and not for self alone.

Importance of *Dinacharya*

The role of *Dinacharya* was felt so important by our ancient Acharyas that in all the *Brihatrayies* they had dedicated a separate chapter for it. *Acharya Sushruta* explained *Dinacharya* in the chapter named '*Anagatabadhapratisedh*' *adhyaya*.

Means to prevent the possible illness it mean, *Acharya Sushruta* has given stress on *Dinacharya* to abort the possible illness, and so by *Achrya Charaka* and *Vagbhat*.

DISCUSSION

Principle of *Dinacharya* is more relevant in current era because everybody is in hurry and running according to

fast life-style of present time. Even nobody has time even for them self. So, result is emergence of epidemic due to life-style disorders both communicable and non-communicable. This trend of present time cannot be changed as it is demand of this era but life-style can be modified by simple interventions through conduct of *Dinacharya*. Healthy habits should be included in life-style even in busy schedule also, if a person want to be healthy forever.

Benefits of *Dinacharya* palan in day today life is

1. Awakening at *Brahma muhurta*, this period keeps the mind and senses at best, induces freshness and alertness.
2. Brushing of teeth alleviates *kapha* in mouth, cleanses mouth and produces desire for food.
3. After brushing tongue scraping should be done as it helps to eliminate bad odour, faulty taste etc.
4. *Anjan* applying, it helps in preventing burning sensation, itching of eyes and watering of eyes. At the same time they help in maintaining balance of *alochak pitta*.
5. *Nasya* has a profound effect on the mind and respiratory system of person. It balances of *doshas* in head, neck and senses, keep them healthy.
6. Gargling and holding fluid inside the mouth it enhances the sense of taste and maintain clarity in the voice. it also prevents tooth decay, gum bleeding, cracked lips and good for strengthening the teeth and jaw.
7. Medicated smoking alleviates *vata kapha* disorders occurring above level of shoulders, mainly neck, head, eyes, ear and nose.
8. Oil massage given to body alleviates *vata*. It tones up skin, make it attractive and thus maintain balance of *brajak pitta* located in skin. Also it relieves tiredness.
9. Exercise alleviates *kapha* and increases *agni* that is metabolic fire. Exercise helps in burning out tissues belonging to *kapha*, with this body stays strong, trimmed and fit.
10. Massage of body with herbal powders cures *vata* diseases and enhances *bhrajak pitta*.
11. Bathing is cleansing and refreshing. It removes sweat, dirt and fatigue, brings energy to the body.
12. By taking proper diet it gives strength, *bala*, *varna*, *pushhti*, *dhatu poshana*, *indriya prasadata* etc.

These points are looking very simple and negligible but play very important role in the maintenance of health and thus prevention of various communicable and non-communicable diseases.

CONCLUSION

Dinacharya plays a vital role in prevention of various disorders which are resultant of improper lifestyle and bad conduct. In this way by following proper regimen as said by *Acharayas* we can prevent them and leads a healthy and diseases free life. According to *Ayurveda*

one should follow *Dinacharya* in order to lead a healthy and disease free life.

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