



DINACARYA AS PREVENTION TO SKIN DISORDERS

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ABSTRACT - *Dina*, in Sanskrit , means Day or Daily

Cha, in Sanskrit means to walk forward

Charya ,in Sanskrit refers to a practiced wisdom through routine

Dinacharya is the Ayurvedic term for wisdom in knowing a lifestyle to live each day well

Ayurveda emphasize the importance of dinacharya or daily routine. Dinacharya is instrumental in the prevention of disease and promotion of ideal health. The branch of Ayurveda, which deals with the maintenance of *svasthya* or the state of well being, is known as *svasthavrittha*. Dinacharya includes the daily routine, which followed by a healthy person. Ayurveda gives importance to the maintenance of healthy skin by prevention of ailments and in curing them .with this article am trying to give a picture of ailments and in curing them. With this article am trying to give a picture of conduct, and self discipline on skin diseases.

KEYWORDS- Ayurveda, dinacharya, skin diseases, abhyangam ,udvarthanam

1. INTRODUCTION- True freedom can only be achieved through discipline and awareness. This is why acharyas go through so many austerities to attain liberation. Health is freedom from disease, but also freedom from unrestrained desires and drives. An ayurvedic lifestyle requires discipline and awareness, which you can develop by slowly integrating daily routines or dinacharya into your lifestyle.

Daily routine is known as dinacharya in Ayurveda. It is the collective information of all the practices for promoting health and preventing disease that the ancient sages followed. DINA = Day, and charya = practice, perform, conduct. Therefore, Dinacharya is achieving health by observing every day health and hygiene practices.

2. MATERIALS AND METHODS- The Ayurvedic classical literatures including *Astangahridaya*, *Charaka samhitha* etc will be reviewed for the study. Present time journals including websites and contemporary medical books and previous studies on the disease also will be referred for the study.

3. BASIC ANATOMY AND PHYSIOLOGY OF SKIN- Human skin is made up of several different layers, the first being the epidermis which contains the cells that make up skin pigment. this thin layer is what is visible to the eye, and is actually made up of three different subsections. The first is the stratum corneum, which is the part of human skin that sheds. this layer also includes the protein keratin, which protects the epidermis from damage, the second part of epidermis is the keratinocytes layer, and the third layer is the basal layer, or the bottom part of the epidermis. This layer contains basal cells, which create keratin for the two top layers to replace what is shed from the surface.

Underneath the epidermis is the dermis. This layer of skin houses blood and lymph vessels as well as the body's hair follicle and sweat glands . All of these are held together by collagen, which provide skin with its strength. As humans age, this collagen breaks down, making skin thinner and creating wrinkles. The dermis is also the part of the skin that contains pain and touch receptors. The subcutis is the bottom layer of skin. It acts as a sort of shock absorber, protecting organs from injury. It is comprised of both collagen and fat cells, which help to conserve and regulate the body's heat.

Skin is meant to protect the rest of the body underneath it from damage, and it is the largest organ in human body. While it is mainly meant to protect against heat and light damage, skin also protect against heat and light damage, skin also protects the body from injury and infection. It is also body's primary means of storing water, fat and vitamin D, As well as the main way the body absorbs vitamin D from the sun. outside of these functions, the human skin also allows for the sense of touch, and sends this information back to the brain for processing, allowing the body to determine what action needs to be taken for protection or stimulation

4. DINACHARYA AND ITS USE IN PREVENTION OF SKIN DISORDERS- Ayurveda gives importance to maintenance of healthy skin by prevention of ailments and in curing them. The branch of Ayurveda, which deals with the maintenance of svasthya or the state of well being, is known as svasthavrittha. Dina charya includes the daily routine, which followed by a healthy person.

4.1 Pratharuthanam(sleep, wake up)- After proper sleep a healthy person should wake up on brahma muhoortha. Discipline in sleep is a major factor influencing your over-all health and health of your skin. In addition ,you will look tired and your skin will reflect your lack of sleep by looking dull, drawn, stressed, and appearance of lines and wrinkles will be accelerated.

4.2 Mala sodhana(Excretion)- Wastes should be eliminated from the body first thing in the morning. This helps revitalize the organism and prepare the body to receive more nutrients. According to Ayurveda , one should have at least one bowel movement a day. If not, the toxins can be reabsorbed into the tissues it may cause some diseases including skin diseases. First step in the management of Ayurvedic skin diseases is sodhana. So proper elimination of sareerikadosha is essential in prevention of skin diseases.

4.3 Abyanga(oleation)

...svapnuthvakdardhyakrit..

Daily application of oil on body is recommended this retards ageing, over comes fatigue and annihilates the effects of aggravated vata. It improves clarity, tone, complexion and elasticity of skin. Cold pressed vegetable oil such as extra virgin olive oil, is ideal for providing an effective and soothing massage. Pure cold pressed vegetable oil is absorbed easily into fragile skin, providing a nourishing lipid layer that is enhanced by massage. Aging skin may drier the other skin types and may benefit from oils rich in saturated fatty acids such as coconut oil. Massaging aging skin with nutrient –dense oil supports collagen production and increases elastin, vibrant and youthful skin. Massaging body with oil help in dry skin and it will reduce eczema.Benefits are more pronounced if any herbalized oil is used , such as Dhanwantharamthailam, pindathaila etc. Oil should always be warm before application.

4.5 Udvarthana(massaging with powder)

...tvakprasadanakaraparam..

Udvarthanam ie massage with powdered drugs will disintegrates kapha, dissolves away fat, provides firmness to body parts and excellently clarify the skin. This is essentially used as part of a safe weight reduction programme. It also results in: the stimulation the hair follicles and tissues in order to breakdown the deep-seated fat tissues; detoxification and nourishment of the body tissues; the activation of the skin's natural metabolism ; and also the improvement of the lymph flow. The udvarthana massage cleanses and refines the skin atructures and gives the skin a soft, silky texture and the lustrous glow.

4.6 Snana(bath)

...kandu mala sramasvedathritdahapapmajil...

Early morning bathing is another basic dinacharya practice. In yogic traditions, bathing symbolizes the purification of the soul. From an ayurvedicperspective , it also washes the sweat residue from the pores of the skin, leaveing a healthy radiant glow. Gentle herbal soaps or piowders can be used. According to Ayurveda snana removes itching, dirt, exhaustion, sweat, burning sensation and papa also.

4.7 Prabhathabhajana(breakfast)- Healthy food and healthy life style are also a part of skin care. You will be amazed to know how healthy food habits and lifestyle can benefit and help to get a younger looking healthy skin. Food rich in saturated fat, calories is not ideal for a greater looking skin. On the contrary food rich in iron, mineral, vitamins is very good for the skin. Excess of water consumption can also be beneficial as it removes lots of toxic from body, and making it more healthy and glowing.

4.8 Adapathra (Umbrella)- Always wear umbrella while going walk. UVA and UVB rays from sun are able to penetrate the skin and can cause photo dermatitis, skin rashes, colour change etc. using umbrella will give protection from these skin diseases to some extent.

4.9 Padatrana(footwear)- Always wear foot wear. It will give protection from fissure of foot, cracked foot etc.

4.10 Sadvritha- Sadvritha is such a beautiful part of dinacharya proposed by Ayurveda..it includes the morals and positive attitudes. Sadvritha is designed to give a person satisfaction in life and peace of mind. “skin reflects mind” is now a popular saying among the modern day dermatologists. Many studies are already done and established the connection of mind with the skin .it is now an established fact that diseases like psoriasis etc will be bettered or worsened by psychic factors like stress etc. Ayurveda also considers papa(bad actions) and durvicharas (bad thoughts) as an important cause for kushthaviz diseases. According to aacharyas for the relief from skin diseases one had to do good things and follosadvrithas. Sadvrithas help to prevent psychic liabilities and thus prevent the onset of skin diseases to a greater extend. It will also help to alleviate thje process of disease by countering the stress and strain .thus helps a person have lustrous and healthy skin .

CONCLUSION- Dinacharya has been derived through centuries of observation and thinking by rushis. It is for the nourishment and cleansing of body systems. As integumentary system is the one that is most exposed to wear and tear, dinacharya gives special importance to the care of skin. Health and beauty of the skin is ensured by procedures like abhyanga, snana, udvartahana etc. further studies has to be done to analyze and understand the mode of action of this procedurs. It will be a gift for humanity.

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