



A Comprehensive review on Dincharya in our daily life style

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Abstract-

The oldest medical system in the world, Ayurveda is a way of life. Ayurveda has not only provided recommendations for the treatment of various diseases, but its main focus has been on maintaining a person's health. The classical books of Ayurveda provide detailed descriptions of numerous dietary and lifestyle-related rules and regulations for the prevention of illness. Scientific recommendations for health prevention include Dincharya, Ritucharya, Achararasayana, Sadvritta, Ahara vidhi vidhana, Ashtauvidh ahahar vidhi vishesh ayatan, Viruddha ahar, Rasayana, and Vajikarana, among others. Ayurveda emphasises the significance of maintaining a healthy person's health and treating a sick person's disease. Health includes not just being free from disease but also having the capacity to labour with satisfaction and restraint. The best foundational element for accomplishing Dharma (do good deeds), Artha (get money), Kama (desire), and Moksha is health (salvation). The best strategy to prevent sickness and early death in contemporary society is thought to be lifestyle change more than any other element. The main factor, which accounts for

more than half of all premature deaths, is poor lifestyles. A person who wants to maintain good health throughout their lifetime should also be healthy on a daily basis. The quality of one's day affects their health. The term "daily regimen" refers to the best way of living one day (Dinacharya).

Keywords- Ayurveda, Health, Daily life style, Dinacharya.

Introduction-

The ancient science of life known as Ayurveda emphasises the idea that prevention is preferable to treatment. Disease, health, and lifestyle are all closely related.¹ The definition of the Sanskrit word dinacharya is "the daily regimen." Din and Charya both refer to daily activities or practises. Dinacharya is a particular planned way of living created by early Ayurvedic acharyas to preserve the health of healthy people. The major goal of Ayurveda is to "maintain the health of the healthy individual" (Swasthasya swasthya rakshanam).² In the modern period, rules and regulations that must be adhered to for a better living are becoming more and more important. One of the most significant lifestyle practises stated in traditional Ayurvedic writings is dinacharya. In order to maintain the balance of Tridosha in our bodies, which helps to control a person's biological clock and synchronise us to nature's circadian cycles, Ayurveda has provided particular rituals or practises (Charya) that one should adhere to every day. The Daily Routine, the Ideal Lifestyle for a Day, which systematically and scientifically highlights and explains many obligations from one day to the next, is known as Dinacharya. Dinacharya assists in restoring equilibrium to one's body.³

The idea of Dinacharya is highlighted in all classical Ayurvedic writings. The present study looked at dinacharya vidhi from the Brihat-trayee, specifically Charaka Samhita, Sushruta Samhita, and Ashtang Samgraha. Dinacharya adoption will avoid all lifestyle problems. Ayurveda is a completely scientific way of living. Ayurveda is a system of medicine that places more emphasis on restoring a person's health than on curing their ailments.⁴

Different type of Activities Under Dinacharya:

Brahma muhurtha jagrana- Awakening in the Brahmi muhurtha, or "two hours before daybreak," is the practise of acquiring wisdom through reading. It is the period of time that is most conducive to learning. Additionally, there is a lot of environmental contamination today. And it will be clean and pollution-free in the morning. Along with the absence of noise, nice surroundings, and pure air, the morning sun's rays are excellent for one's health.⁵ The deity of health is the sun. The sun is good for your health. So, one must rise early in the morning, preferably before sunrise.⁶

Pratah jalpana: Ideally from a cup made of pure copper that was filled the previous evening, sip a glass of room-temperature water. This cleans the track, induces peristalsis, and flushes the kidneys. Starting the day with tea or coffee is not advised because it depletes kidney energy, puts stress on the adrenal glands, leads to constipation, and develops into a habit.

Malotsarga- Malosarga is a very significant activity in our daily lives. Regular defecation improves digestion by clearing the rectum at the right moment. Shirah shoola (headache), Apanvayu urdhva gati, and Kartanvat peeda are signs of improper motion (cutting type of pain). Motion shouldn't be forced because doing so could result in Arsha (piles), rectal prolapse, and anal fissure.⁷

Danta-dhavana- Everyone should brush their teeth in the morning using 12 angula twigs of the following Herbal plants like- Vata, Karanja, Nimba, Khadira, and Arjuna Apamarga. Since most oral disorders are prevented by reducing Kapha Dosh, Katu, Tikta, and Kashay Ras are effective remedies. Apply honey-mixed Kushtha, Trikatu, Triphala, and Trijataka powder to the teeth and gums after brushing. From bottom to top, one should brush in a vertical direction. Thus, doing so brings freshness, eliminates foul odour, removes coating on the teeth, and stimulates the appetite for eating. However, in the present era, pastes will be made using chemicals. Thus, those cannot live a long life in the present world.⁸

Jihva nirlekhana: After dantdhavan, tongue cleansing should be performed to avoid Aruchi, Mukha dourgandha, and Vairasya (faulty taste) (tastelessness). With the aid of gold, silver, or iron, it should be accomplished. Due to the high price of certain metals nowadays, we can only use steel products.⁹

Mukh Prakshalana or Achamana- Washing is known as achaman, and it is done after clearing up excreta, crying, sneezing, and after travelling. It will be beneficial for both complete bowel evacuation and food digesting.¹⁰

Gandusha and Kavala dharan : It gives the mandible strength, mouth clarity, lightness, and clarity of the sense organs. furthermore imparts nice taste. Such foods are now made with chemicals, therefore people should stay away from them.¹¹

Anjana: It purifies the eyes, making them gleam like the full moon in a clear sky. It has been suggested to use Souvira Anjana everyday as it helps to maintain eye and eyesight health. Daha (burning), Kandu (itching), Mala (eye debris), Klinnta (watery eye), Vedna (pain), etc. are prevented and treated by it. In order to remove too much Kapha Dosha, Rasanjana is instructed to utilise every fifth or eighth day at night (as eye being a Teja dominant organ, should be protected from excessive Kapha or kleda).¹²

Nasya: It avoids primarily the degenerative illnesses of the brain and sensory organs by calming the Vata Dosha and providing unctuousness to the head and neck region. The head is regarded as the body's most significant component. Thus, the nose serves as the head's entrance. It has advantages like making the head feel lighter, promoting sound sleep and awakening, curing illnesses, enhancing organ clarity, and making the mind feel good. Nasal insufflations are a thing in current times. Because they are made from plants, they are healthy.¹³

Dhumapana: There are three types of Dhoompana: - 1. Prayogika, 2. Snahik, 3. Virechnik Smoking is the act of inhaling smoke through the nose and subsequently swallowing it. Benefits include a lighter feeling in the chest, throat, and head as well as the liquefaction of the Kapha. Because people today take the smoke in through the mouth and exhale it through the nostril, smoking is entirely different and stylish. To avoid injury to the eyes, smoke should be removed from the nose and discharged through the mouth.¹⁴

Abhyanga: Ushna Abhyanga in Sheeta Ritu and Sheeta Abhyanga in Ushna Ritu are particularly effective at calming Vata, restoring damaged tissue, easing fatigue, and many other things. By receiving a thorough massage, one can slow down the ageing process, treat vata diseases and fatigue, and enhance their vision, skin, nutrition, life,

and sleep. Additionally, practising padaabyanga strengthens and stabilises the feet, enhances vision, and calms the vata.¹⁵

Vyayama: Vyayama is any activity that makes the body feel exhausted. For people who are physically fit and who use Snigdha Ahara as their "Ardha Shakti Matra" in Sheeta and Vasanta Ritu, a time period for Vyayama is specified. In the Grishma and Varsha ritu, "Alpa Vyayama." Exercise regularly nourishes the body, gives a good complexion, proportionates the body parts, enhances agni, prevents laziness and obesity, provides lightness of the body parts, and also delays the onset of early ageing. It also promotes overall health and functioning, strength, digestive power, body mass and solidity, lightness, and reduces fat. It aids in blood sugar regulation, lowers the risk of osteoporosis and cancer, aids in supplying energy, lessens stress, improves sleep, enhances productivity, and boosts self-esteem. In modern days about exercise they are having knowledge so that will improve individual life span.¹⁶

Karna purana: It is a quick, easy technique to keep your hearing sharp for a long time and keep the rest of your ears healthy. Certain imbalances that are frequently brought on by excessive vata accumulation, irritation from cold and windy weather, overstimulation, and travel are calmed by the Karna Purana.

Udwartan: Udwartana is the term for massage using the powdered medications known as Triphala Churna and Yava Churna used in Kapha Hara. Blood vessels enlarge as a result, improving the skin's tone. heals vata problems, strengthens thighs, and gives you a lighter feeling.¹⁷

Snana: Bathing is fortunate because it promotes virility, longevity, strength, compactness, and ojus while also treating fatigue, sweat, and physical impurities. It eliminates sleep, the burning sensation of sweat, thirst, and unpleasant sweat-related feelings.¹⁸

Bhojana Grahan Vidhi: Everyone should begin their Ahara with Madhura rasa before moving on to amla, lavana, tikta, katu, and Kashayaa. Like manner, Ahara should be taken chronologically. And anupana should be interpreted as jala. Due to the fact that this Ahara rasa provides bala, varna, pushti, dhatu poshana, indriya prasadata, etc.

Tambula: One should consume Tambula (betel leaves and nut) after eating because it helps with mouth cleanliness, food digestion, and provides a pleasant fragrance. and enhance Indriyas' capabilities.

Importance of Dinacharya

Our ancient Acharyas believed the duty of the Dinacharya to be so significant that they included a distinct chapter about it in all of the Brihatrayies. In the chapter titled "Anagatabadhapratishedh = Anagat + Badha + Pratishha," Acharya Sushruta provided an explanation of Dinacharya. In order to prevent the potential disease, Acharya Sushruta stressed to Dinacharya to prevent the potential illness, and this was followed by Acharya Charaka & Vagbhat.

DISCUSSION

In Ayurveda, disease prevention is stressed more. Dinacharya has been discussed in terms of a daily schedule. Because of the contemporary fast-paced way of life, which has everyone in a rush, the Dinacharya's principles are more important than ever. People's daily routines determine their way of life. The emergence of lifestyle disorders is caused by the rapid modernization which has altered human behaviour and lifestyle. As a result of this era's demands, the current trend cannot be reversed, but Dinacharya's actions can modify lifestyles by straightforward interventions. The fundamental idea behind Dinacharya is the balancing of the Doshas, which eventually leads to good health. This practise fundamentally relates to how the human body interacts with the environment. Dinacharya maintains the body's physiological processes at their natural levels and keeps the individual healthy. Include "Dinacharya" in your daily routine if you want to live a more active, focused life and avoid ailments in today's hectic world.

CONCLUSION

Dinacharya is essential in the prevention of many illnesses that arise from inappropriate behaviour and unsuitable lifestyle choices. There was a very low level of knowledge of the Dinacharya vidhi described in Ayurveda among those surveyed. The body should be taken care of at all costs because if it is lost (due to illness), everything else is also lost. In light of this, one should aim to live a healthy lifestyle. Dinacharya has been discussed in terms of a daily routine, and it both counters the negative impacts of negative environmental changes at the primary level and delays

the permanent effects. Dinacharya is necessary in the modern period since both communicable and non-communicable diseases are developing at an accelerated rate. The majority of them can only be avoided. In order to live a healthy and disease-free life, it is recommended by Ayurveda that one adhere to Dinacharya.

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