



# IMPORTANCE OF DINACHARYA (SYSTEMATIC ROUTINE) IN DAILY LIFE STYLE-A REVIEW

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## ABSTRACT

A person's level of physical stamina and strength, as well as their mental stability to handle the demands of daily life, are all part of their state of health. Only a healthy person with a sound body and mind can withstand pressures from society and culture. Health includes not just being free from disease but also having the capacity to labour with satisfaction and restraint. The best strategy to prevent sickness and early death in contemporary society is thought to be lifestyle change more than any other element. In western culture, early or premature mortality is defined as occurring before the age of 65 yrs. Early death is caused by numerous reasons. Chronic disorders linked to a chronic lifestyle have replaced infectious diseases as the leading causes of early mortality. 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 traditional texts of Ayurveda include several dietary and lifestyle guidelines for the prevention of disease. *Dinacharya* is the earliest and most fundamental way of living that should be practised. Numerous *Ayurveda Acharyas* refer to *Dinacharya*.

**Key words-***Dinacharya*, Health, Ayurveda

## 1. INTRODUCTION

The daily schedule is referred to by the Sanskrit word *Dinacharya*. *Din* means daily and *Charya* means practice or routine.<sup>1</sup>In *Ayurveda*, certain acts are referred to as *Dinacharya* in order to sustain health. One can maintain their health by living a healthy lifestyle and adhering to a daily routine (*Dinacharya*). Not just the absence of disease, but also total physical, mental, social, and spiritual wellbeing is what is meant by being in good health.<sup>2</sup> In the context of *Ayurveda*, a person is considered to be healthy (*Swastha*) if their humours

(*Doshas*), tissues (*Dhatus*), excretory products (*Malas*), and digestive capacity (*Agni*) are all in a state of equilibrium and they are also mentally, emotionally, and spiritually content.<sup>3</sup> *Ayurveda's* foundational scriptures hold that diseases can impact both *Mana* and *share-era*, demonstrating the value that *Ayurveda* places on both physical and mental health. After evaluating the position of digestion or indigestion, a person in excellent health should awaken in the *Brahma Muhurta* in order to defend his life. When the need arises, one should only urinate or defecate while facing either north or south, depending on the time of day. One should do *Achamana* (clean) after the following acts touching excreta, tears, fat, hair, and nails separated from the body, after taking bath, before and after taking the food and getting up from the sleep and after sneezing.<sup>4</sup> After that, chew on the *Danthadawana* (brush) sticks that are used to clean teeth. The best types of brushes to use for teeth brushing are *Arka*, *Khadira*, *Karaveera*, *Arimeda*, and *Apamarga*. They ought to be bitter and astringent. Applying the eye-beneficial collyrium *Sauviram* on a daily basis will make your eyes gorgeous, sharp, and able to see even minute objects. The next step is to hold the *Gandusha* while dropping the *Anutaila* into the nostrils. The second step is to employ smoke, which involves breathing in smoke. Exercise, also known as *Vyayama*, is any activity that makes the body feels exhausted. By exercise, feeling of lightness of the body, ability to do work, intensity of fire, reduction of fat is produced. Body massage reduces *Kapha*, eliminates fat, provides the limbs rigidity, and improves the appearance of the skin. A bath increases life expectancy, vigour, and digestive fire. Additionally, it takes away itchiness, stench, weariness, sweat, lassitude, thirst, etc. After praying to God and providing charity to the needy, one should eat in accordance with the established regulations with a cheerful attitude. Food should be provided for everyone, not only for themselves. A healthy individual ought to commit to a daily routine known as a *Dinacharya* to maintain their health. *Dinacharya* begins with getting out of bed in the morning and ends with going to bed at night. In *Ayurveda*, daily routine is referred to as *Dinacharya*. *Dinacharya* is gaining perfect health as a result by adhering to routine hygiene and health precautions.

## 2. MATERIAL AND METHODS:-

This study is of the conceptual variety. Several *Ayurvedic* literature, including *Charaka Samhita*, *Sushrut Samhita*, *Asthang Sangraham*, etc., provide as the literal foundation for *Dinacharya's* teachings. To learn about recent studies on relevant themes, publications, etc., we have also consulted a number of websites and scholarly magazines.

### 3. Activities under *Dinacharya*

1. *Brahimmuhurtejagarana*. 2. *Malotsargavidhi*. 3. *Danta Dhavan Jihvanirlekhana Evam Achaman*. 4. *Anjana* 5. *Nasya* 6. *Kavala Evam Gandhush* 7. *Dhoomapana* 8. *Abhyanga* 9. *Vyayam* 10. *Udawwartana* 11. *Snaha* 12. *Bhojanavidhi*

#### 1. *Brahimmuhurtejagarana*

A healthy person should start walking two *Muhurats*, or one hour and 36 minutes, before sunrise.<sup>5</sup> The modern lifestyle of today leads to the development of numerous bad habits, such as sleeping in past

bedtime and sleeping in past breakfast. Chronically skipping sleep or staying up late raises cortisol levels, which in turn raise B.P. (secondary hypertension) and may hasten the onset of insulin resistance, a risk factor for obesity and diabetes.<sup>6</sup>

## 2. *Malotsargavidhi* :-Two significant things

- a. Vachamniyamby keeping silence with concentration it helps to complete evacuations of stool and urine.
- b. If the need arises, evacuation should be carried out. *ApanvayuUrdhavagti*, *Kartanvatpeeda*, *Shirahshoola*, and anal fissure can all result from suppressing an urge to urinate. Other side effects include *Arsha*, rectal prolapse, and anal fissure.

## 3. *Danta Dhavan*:- Using *Tikta*, *Kahsaya*, *Katu Ras* causes

- *Nihantigandham*, *Vairasyam*, or *Jihwa-Danta-Malam* to brush your teeth or herbal tooth powders.
- According to *Anna-Abhi-Ruchi Siw-Manalyam*, mouth disorders are primarily brought on by *Kapha Dosh*; hence, *Kashay Rasa*, *Tikta*, and *Katu* are effective in preventing the majority of oral ailments.
- Apply *Kushtha*, *Trikatu*, *Triphala*, and *Trijataka* powder combined with honey to the teeth and gums after brushing.

## 4. *Jihva –nirlekhana*

A long, flexible strip of metal or plant material should be used to wipe the tongue. The tongue features a large number of additional acupressure points, according to acupressure theory, which start the proper operation of important organs including the liver, kidney, bladder, stomach, and intestine.

## 5. *Achamana*<sup>7</sup>/ *Mukha –netra prakshalana*<sup>8</sup>:-To prevent eye diseases.

## 6. *Anjana*:-

Today's excessive computer use leads to computer vision syndrome or dry eyes. When *Anjana Dravyas* are applied, it irritates the conjunctiva and eyelids while improving circulation. Numerous researches believe that the high frequency emitted by cell phones increases stress levels and may even result in visual issues.

## 7. *Nasya*

The *Nasyadravyas*' sticky quality (*Anu taila*, *Katutaila*) prevents dust particles from entering the nasal passageway. The olfactory nerve terminals are located on the cribriform plate of the ethmoid bone. *Nasya-dravyas* activates the nerve endings, transmits a signal to the central nervous system, and starts the body's typical physiological processes.<sup>9</sup>

## 8. *Sneha Gandusha Dharana*

The usage of *Kavaladravyas* and *Sukhoshna Gandush* has (lukewarm) increases the circulation of the oral cavity. The *Kavala* gargling technique has a soothing impact on the oral mucosa and even strengthens the cheek, face, and jaw bone muscles.

#### 9. *Dhumpana*

When the *Dhumpanadravyas* are lit on fire, smoke, soot, and even CO<sub>2</sub> are released. The carbon atom in CO<sub>2</sub> has the propensity to stimulate the respiratory centre found in the brain stem, which may activate the respiratory system's normal physiological function.<sup>10</sup> The *Dhumpanadravyas*, such as *Haridra*, *Guggulu*, and *Vacha*, disinfect by cleansing the throat, oral cavity, and respiratory tract.

*Abhyanga* (oil massage):

#### 10. *Vyayama*:-

In the context of *Dinacharya*, *Vyayama* (physical activity) is a significant regimen discussed. *Vyayama* is essential to maintaining health and preventing sickness. It plays a significant part in regulating and humanising all bodily processes.<sup>11</sup>

#### 11. *Udawwartana*:-

*Udvaratana* is a therapy in Ayurveda to treat obesity by shedding excess body weight. It is a part of *Dinacharya* (a daily healthy regimen).

#### 12. *Snana* (Bath):-

Daily bath improves enthusiasm, strength, appetite and removes sweat and other impurities from the body.<sup>12</sup>

#### 13. *Bhojana Vidhi*:-

Food should be consumed when hunger is felt, two meals per day are recommended for healthy individuals, no exercise should be performed right after a meal, no water should be consumed right after a meal, a full meal should not be consumed in the evening, and food should not be consumed too late or be too heavy as this can cause indigestion and the formation of ama.<sup>13</sup>

#### 4. DISCUSSION

People's daily routines determine their way of life. Rapid modernisation has altered people's lifestyles and behavioural patterns, which is to blame for the widespread prevalence of lifestyle diseases like cancer, appendicitis, and cervical and lumbar difficulties. With the rising westernisation of lifestyle, the prevalence of various lifestyle diseases has increased to alarming levels in recent decades. The treatment of these lifestyle illnesses necessitates changing a person's poor dietary and behavioural habits. Ayurvedic science states that promoting health is more important than curing disease. The proper *Dinacharya* regimen prescribed in Ayurvedic texts, which promotes good health of the individual by maintaining normal physiological functions of the body and keeps the person healthy forever by slowing down the irreversible changes occurring in the body with the passage of time (age), offers a better solution than conventional medicine.

## 5. CONCLUSION:-

People's social and religious practises, as well as their way of life, have undergone countless changes over time. The best way to retain health is to live the way *Dinacharya* does in *Brihatrayee*. The persons who were polled knew relatively little about *Dinacharya Vidhi*, as it is defined in Ayurveda. The *Dincharya* regimen can help someone achieve physical, mental, and spiritual well-being if it is correctly followed.

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