



# Importance of Dincharya (Daily routine) in skin care: A review

Ashwini Yemalwad<sup>1\*</sup> Dr. Abhijeet G. Pachpor<sup>2\*</sup> Rohini Laxmanrao Thakkarwad<sup>3\*</sup>

Dr. Vidya Dole<sup>4\*</sup>

1. Associate professor, Dravyaguna Department, Government Ayurved College, Nanded.
2. Assistant professor, Dravyaguna Department, Government Ayurved College, Nanded.
3. Assitant Professor, Panchkarma Department, Government Ayurved College, Nanded.
4. Assistant professor, Rachana Sharir Department, Government Ayurved College, Nanded.

## Abstract-

“Investing early in the health of your skin, with regular skin care, will not only better protect it from the harsh effects of winter, but also keep you looking and feeling your best throughout the year. You're shedding skin cells throughout the day, so it's important to keep your skin glowing and in good condition. An effective routine can help prevent acne, treat wrinkles, and help keep your skin looking its best. No matter what your skin type is, a daily skin care routine can help you maintain overall skin health and improve specific concerns like acne, scarring, and dark spots.

**Keywords** - Skin care, Dincharya, Beauty of skin, Panchakarma.

## Introduction

A man wishing to be healthy throughout his life has to be healthy everyday as well. Also, every human being especially women want to look beautiful and naturally glowing, wants to have impressive personality. But as per Ayurvedic opinion health is not only wealth but it is actual beauty and for very same reason all Ayurvedic ancient references enumerates importance of 'Dincharya' i.e Daily regimen and rutucharya (seasonal regimen).

As per common persons belief beauty is only fine and beautiful external appearance but this is part of fact because if the internal systems like digestion that is digestive system if get diseased, problems may be created like indigestion, constipation, fever etc which ultimately affects external beauty. And hence for improving one's beauty only use of artificial cosmetic are not worth for getting best results, but one should try to maintain health of all internal organs and thus of internal system too. And for this our Ayurveda the 'science of life' helps.

## Aim-

- To prove the dincharya (daily routine) in skin care.
- Ayurvedic concepts of beauty and cosmetic medicines serially.

**Methodology-****(A) Time to wake up<sup>[1]</sup> –**

A healthy person should get up early in the morning i.e 90 min before sunrise. This period is called as 'Bramha muhurta'.

At the time the mind is fresh, and the surrounding is clam and quite. Hence one can concentrate on meditation give rise to glory on your face.

**(B) Morning ablution <sup>[2]</sup> –**

Bladder and bowel be emptied regularly after waking up in the morning as the autonomic reflexes are naturally active currently. This gives sense of relief and makes one feel more energetic.

Regular bowel habits help one to prevent distention heaviness in the stomach as well as some skin disorders like acne or bad smelling mouth (halitosis) which also beauty.

The main problem seen as habitual constipation is seen in 80% of patients who are suffering with skin disorders like pimples acne, white patches, black heads etc.

For prevention of this I am telling some line of treatment -

**1) PANCHKARMA <sup>[3]</sup>-**

Like evacuation enema i.e., Niruha basti as it is called in text or oil enema

**2) Diet <sup>[4]</sup> –**

Leafy vegetables, oil, ghee, butter milk, grapes, banana (ripened), resin and pulses.

Avoid- excessive tea or coffee one should not suppress or artificially induce natural urge for bowel movements.

**3) Household remedies –**

a) Dried black grapes i.e., resin should be soaked in water over night and eat this in next morning with a cup of milk and sugar.

b) Amalaki powder 1-2 tea spoonful, butter 1-2 tea spoonful, and a little quantity of sugar should be taken before dinner.

**C) Washing the face <sup>[5]</sup> –**

Face and eyes should be washed by medicated cold water, warm decoction or medicated milk prepared by soaking or boiling the bark of the banyan, udumbara tree or lodhra and amalaka in water or milk.

1) Person with thin delicate, red and warm skin should use medicated cold water and cold milk.

2) Person with dry, rough skin should use warm medicated milk.

3) Person with oily or oedematous face should use warm decoction of medicines in water.

Washing the face helps to get rid of pimples and skin diseases like acne on face it prevent any petechial haemorrhage of facial skin and gives lustre to the face.

**D) Teeth and cleaning the tongue <sup>[6]</sup> –**

Now a day's all the European countries are suffering with the problems of the teeth. lot of many brands of tooth paste, mouthwash are available in the market, but the problem is still there, it is increasing because of excessive use of fluorides.

This problem can be best solved (with) if Ayurvedic concept and principles regarding teeth and cleaning the tongue followed

**Cleaning the teeth –**

A soft brush can be made by biting and chewing tips of fresh stems of 'arka' (calotropis procera) banyan, catechu, karanaja, katuhimba.

Mastication of stem sticks is also acting as good exercise for the teeth and gums.

- i) The stem sticks of mentioned plants should be healthy, soft, straight without any leaves, or nodes of a finger in breadth 10-12 finger (Angul) in length and should have bitter pungent or astringent taste.
- ii) Tooth powder (toothpaste) – best are powder of triphala or dalchini cardomon and Tamalpatra with honey and saindhava salts
- iii) Cleaning the tongue –  
Cleaning the tongue helps to get rid of waste products and bad odour of the mouth, improve taste sensation and also exerts tonic effects on the tongue.  
One should use a thin plate of gold silver or copper plate or as alternative use leaf or a thin wooden plate eg. Bisected stem sticks used for cleaning teeth which should be soft smooth and rounded edges and 10 finger (angul) long.

### **Gargling the mouth –**

It is very important to gargle the mouth after meats or eating any food and after brushing teeth.

One should use cold or hot water, cold milk or til oil for purpose of gargling.

Indication / uses –

- i) It imparts a light and fresh feeling to the mouth.
- ii) Hot water exerts cleansing action on the mouth, teeth, gums and tongue.
- iii) Also, with this medicated gargling strength of musculature of mouth is improved and also it improve beauty of face.

### **Gandusha and kavala<sup>[7]</sup>-**

These both are variants of gargling.

Definition – In gandusha one should take large quantity of fluid into the mouth (that one should find it unable to move it inside the mouth) till the nose and eyes starts watering unlike in gandusha in kavala one holds and moves the semisolid pasty solution in the mouth.

### **The beauty of eyes –**

In overall beauty, beauty of eyes also play an important role, hence take care of eyes too. The large eyes indicate an ideal nervous tissue. (majjadhatu)

For the care of eyes, several treatments are available but out of these ‘eye ointment’ called anjana is required daily. These are of 3 steps

- a) Lekhana or cleansing ointment to be applied by a copper application.
- b) Ropana or healing ointment to be applied by iron applicator.
- c) Prasadhana or soothing ointment to be applied by a silver or a gold applicator. This type should applied in daily routine eg. surma the applicator is applied thrice over at a time.

Advantages of daily applications-

- i) Cooling effect on the eyes.
- ii) Removal of dirt and relief from irritation burning or paining.
- iii) Clear vision and lustrous eyes.
- iv) Resistance to the heat of the sun and coldness of wind.
- v) Improve strength of eyelids.

**KAJAL [8]-**

Some people use kajal instead of surma.

Method of preparing kajal-

A lamp with cow ghee and cotton wick is lit and the sooth is collected on a copper plate. It is then converted into (an) ointment by mixing it thoroughly with ghee. Fresh kajal should be prepared daily and applied.

**Care of eye –**

- i) Reading posture / method reading of book or so , should be proper . The distance between the book and eyes should be 30-35 cm. The left side and also avoid reading during travel in vehicle.
- ii) Avoid looking at sun fire or lighting and also avoid watching television or movies excessive.
- iii) Sesame oil / til oil massage is beneficial for eyes.
- iv) Putting coconut oil or til oil drops into ears as well as massage of head with same oil daily is good for eyes.
- v) Never walk bare feet always wash lower of leg and sole with cold water and also massaged with oil every night. Doing so every night stimulates nerve reflex of sale, and also stimulate nerve in the eyes, with use of ayurvedic medicine.
- vi) Sex- avoid excessive sexual indulgence i.e. intercourse.
- vii) Panchakarma – avoid wrong use of emetics purgatives or medicines cleansing the nose
- viii) Diet – general rule – avoid regimen and diet causing indigestion eg. Eating excess constipation and diet increasing hyperacidity.

Some herbal medicines – like maka, guduchi, shatavari, brahmi, cow's urine, glycerrhiza and triphala are good for eyes.

Household remedies –

- i) For burning of eyes – human milk instillation.
- ii) Excessive discharge instillation of honey.

Exercise to increase beauty of eye eg. Trataka-

- I) Focusing on distance objects long sight improved
  - II) Focusing on distance near objects – short sight improved
- Other exercise is pranayam and also sleep –
- a) Triphala +saptamrta loha bhasma (iron salt) +glycerrhiza powder + honey +ghee in equal parts should be taken at night the dose of 2-4 grains daily.
  - b) Triphala – taken regularly at night with honey or ghrita is good for eye tonic.  
Dose – should be quarter to half of the purgative dose.
  - c) Milk with shatavari is a good general eye tonic.

**Beauty of skin [9] –**

Skin is also the most important part, plays an important role in enhancing beauty so everyone wants to keep his / her skin healthy and glowing but sometimes due to negligence or malnourishment and deficiencies eg. Vitamins (jivansatva as it is called in Ayurveda , included under jivniya gana) imparts skin lustreless and diseased and overcome this problem our Ayurvedic science is giving lots of simple and easy solutions.

Usually skin is classified under one of three type according to texture of skin, which varies according to prakriti of person (i.e. according to dosha dominance in the constitution of the body)

- i) Vata prakriti – person with vata prakriti has skin, which is dry, rough, looks uneven, cracks because and bifurcated, skin usually is black coloured.
- ii) Kapha prakriti- person with kapha prakiriti has skin which is oily and whitish / fair in colour.
- iii) Pitta prakiriti – person with pitta prikriti has somewhat unctuous skin, looks soft and normal in texture colour of skin is generally whitish red.

And thus to protect our skin from environment factor like air / wind, sunburns, dust, smoke or various poisonous chemicals and to also to give nourishment, general method / remedies implemented are oil massage- abhyanga, udvartan – i.e. rubbing the body with coarse medicinal powder. A part form these pratimarsha nasya (i.e. putting two drops of oil in each nostril also helps to revert wrinkling of be used. Sandalwood alone exerts a cooling effect and is useful to get rid of bad odour and burning sensation.

#### Skin tonics <sup>[10]</sup>-

- 1) Chavanprash – 4-8 teaspoonful to be taken in the morning.
- 2) Bramhi juice – one ounce and fresh shankh pushpi syrup 1-2 ounce are indicated particularly in hot tempered persons with pitta constitution and are good for skin and brain.
- 3) Glycerrhiza – 1 teaspoonful is good particularly if skin dose not heal well after injury.
- 4) A mixture Bakuchi seeds and black til – 1 teaspoonful daily for 1 year increases complexion of skin even in persons with skin disorders.
- 5) Triphala – ½ teaspoonful with one teaspooeful of black til improves complexion.
- 6) Marking nut (Bhalatak) 1/4 to ½ piece boiled in milk with 1 teaspoonful of ghee and 2 teaspoonful of sugar is a good tonic for brain, body, skin, and memory. It is useful for persons with kapha constituent and is contraindicated in person with pitta constitution (because of bhalatak)
- 7) Amalaka , beeaka, vidanga powder – in equal parts with til oil honey ghee, couisarine and from salt taken daily is good skin tonic for person with pitta constitution.
- 8) Tikta ghruta 2-4 teaspoonfuls taken daily for month is good skin tonic for persons with pitta constitution.
- 9) Mahamanisthadi decoction 4-8 teaspoonfuls taken twice a day for three month is good topic of skin.
- 10) Medicinal fumigation-a part from these, according to constitution i.e. vata, pitta and kapha medicinal substances varies, which are follows: -
  - A) Vata prakriti/ constitution- Application of an oily paste of til oil, bibheetaka, kustha, poppy seeds, nirgundi leaves, jatamansi, nutmeg, rasna is useful.
  - B) Pitta prakriti/ constitution- Application of thin paste of sandal wood, lotus, glycerrihiza, manistha, sariva and durva in milk cream or ghee is useful.
  - C) Kapha prakriti/ constitution – Rubbing the skin with dry powder of lodhra, devdaru, katphala, kadamba, cardamom, ashoka, harda, hartaki and or saddron is useful.

Some of the varnyalepa (face packs) are as follows-

- i) Raktachandan, manjistha, lodhra, kustha, priyangu, vatankura, masur- for beauty as well as disorders and abnormalities.
- ii) Matulungajatamula, sarpi, manshila, gshrakruta rasa for pimples and abnormalities.
- iii) Gorochan , vacha, lodhra, saindhava- for pimples.
- iv) For abnormalities(vyang) – Arjunatwaka i.e. bark of arjuna stem , along with manjistha.



**References:**

1. Vagbhata, Ashtanga Hridayam, with commentaries 'Sarvangasundara' of Arunadatta and 'Ayurvedarasayana' of Hemadri, Annotated by Dr. Anna Moreshwar Kunte and Krsna Ramchandra Sastri Navre Edited by Pt. hari Sadasiva Sastri paradakara Bhisagacarya ,Sutrasthana – Dinacharya Adhyaya, Shloka no. 1, Chukhamba Surbharati Prakashan, Varanasi, Page no. 24.
2. Vagbhata, Ashtanga Hridayam, with commentaries 'Sarvangasundara' of Arunadatta and 'Ayurvedarasayana' of Hemadri , Annotated by Dr. Anna Moreshwar Kunte and Krsna Ramchandra Sastri Navre Edited by Pt. hari Sadasiva Sastri paradakara Bhisagacarya ,Sutrasthana – Dinacharya Adhyaya, Shloka no. 1, Chukhamba Surbharati Prakashan, Varanasi, Page no. 24.
3. Vagbhata, Ashtanga Hridayam, with commentaries 'Sarvangasundara' of Arunadatta and 'Ayurvedarasayana' of Hemadri , Annotated by Dr. Anna Moreshwar Kunte and Krsna Ramchandra Sastri Navre Edited by Pt. hari Sadasiva Sastri paradakara Bhisagacarya ,Sutrasthana – Bastividhi Adhyaya, Shloka no. 1, Chukhamba Surbharati Prakashan, Varanasi, Page no. 270.
4. Vagbhata, Ashtanga Hridayam, with commentaries 'Sarvangasundara' of Arunadatta and 'Ayurvedarasayana' of Hemadri , Annotated by Dr. Anna Moreshwar Kunte and Krsna Ramchandra Sastri Navre Edited by Pt. hari Sadasiva Sastri paradakara Bhisagacarya ,Sutrasthana – Dinacharya Adhyaya, Shloka no. 19, Chukhamba Surbharati Prakashan, Varanasi, Page no. 28.
5. Vagbhata, Ashtanga Hridayam, with commentaries 'Sarvangasundara' of Arunadatta and 'Ayurvedarasayana' of Hemadri , Annotated by Dr. Anna Moreshwar Kunte and Krsna Ramchandra Sastri Navre Edited by Pt. hari Sadasiva Sastri paradakara Bhisagacarya ,Sutrasthana – Dinacharya Adhyaya, Shloka no. 15, Chukhamba Surbharati Prakashan, Varanasi, Page no. 28.
6. Vagbhata, Ashtanga Hridayam, with commentaries 'Sarvangasundara' of Arunadatta and 'Ayurvedarasayana' of Hemadri , Annotated by Dr. Anna Moreshwar Kunte and Krsna Ramchandra Sastri Navre Edited by Pt. hari Sadasiva Sastri paradakara Bhisagacarya ,Sutrasthana – Dinacharya Adhyaya, Shloka no. 2-3, Chukhamba Surbharati Prakashan, Varanasi, Page no. 24.
7. Vagbhata, Ashtanga Hridayam, with commentaries 'Sarvangasundara' of Arunadatta and 'Ayurvedarasayana' of Hemadri , Annotated by Dr. Anna Moreshwar Kunte and Krsna Ramchandra Sastri Navre Edited by Pt. hari Sadasiva Sastri paradakara Bhisagacarya ,Sutrasthana – Gandushadividhi Adhyaya, Chukhamba Surbharati Prakashan, Varanasi, Page no. 298-303.
8. Vagbhata, Ashtanga Hridayam, with commentaries 'Sarvangasundara' of Arunadatta and 'Ayurvedarasayana' of Hemadri , Annotated by Dr. Anna Moreshwar Kunte and Krsna Ramchandra Sastri Navre Edited by Pt. hari Sadasiva Sastri paradakara Bhisagacarya ,Sutrasthana – Dinacharya Adhyaya, Shloka no. 4-5, Chukhamba Surbharati Prakashan, Varanasi, Page no. 25.
9. Vagbhata, Ashtanga Hridayam, with commentaries 'Sarvangasundara' of Arunadatta and 'Ayurvedarasayana' of Hemadri , Annotated by Dr. Anna Moreshwar Kunte and Krsna Ramchandra Sastri Navre Edited by Pt. hari Sadasiva Sastri paradakara Bhisagacarya ,Sutrasthana – Gandushadi Vidhi Adhyaya, Shloka no. 14-22, Chukhamba Surbharati Prakashan, Varanasi, Page no. 300-301.