



World Journal of Pharmaceutical Science & Technology

Journal homepage: www.wjpst.com

Review Article

A CRITICAL REVIEW ON DAILY REGIME (*DINCHARYA*) AS PER AYURVEDA

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Received: 25-3-2022, Revised: 30-4-2022, Accepted: 5-6-2022

ABSTRACT:

Ayurveda is the eternal science of life. The goal of *Ayurveda* is to maintain the health and cure of the diseases. To achieve one such goal of maintaining the health, *Dinacharya* is one of the means. According to lay man *Dinacharya* 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* includes things which are mandatory to follow regularly so as to maintain normal equilibrium of Dosh, Dhatu, Mala and Agni. Practising *Dinacharya* is easy to understand and implementation of it; For being healthy one should follow the daily regimen which is described in our classics.

KEYWORDS: *Ayurveda*, *Dinacharya*, Regime, Daily Routine, Lifestyle

INTRODUCTION:

The Sanskrit word *Dinacharya* is defined as "the daily routine". *Din* means 'daily' and *Charya* means 'practice 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. *Ayurveda* in its literature has given detailed rituals or practices (*Charya*) that one should follow every day to establish the balance of *Tridosha* in our body, which helps to regulate a person's biological clock and synchronize us to nature's circadian rhythms. *Dinacharya* is known as Daily routine, the ideal life style for a day explains various duties

which systematically and scientifically highlights and explains various duties from one day to the next. 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.^[1] It starts from waking up in the morning in *Bhramhimuhurtha*, *Ushapana*, *Mala-Mutra Visarjana*, *Achamana*, *Dantadavana*, *Kavala*, *Gandusha*...etc.

All life style disorders can be prevented by adopting *Dinacharya*. Ayurveda is an absolute science of life-style. Ayurveda is the science of life which emphasize on restoration of health of individual than on treatment of the diseases.^[2]

Pratidinam kartavyam charya dinacharya.^[1] *Charya = Acharan / kriya / Activity* whatever activities are completed by an individual from waking up in the morning till sunset is called as *Dinacharya*. Activities done from sunset till sleeping, is called as *Ratricharya*. But in practice *Dinacharya & Ratricharya* both are combinedly considered as *Dinacharya*.

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 = Anagat + Badha + Pratishedha* Means to prevent the possible illness it mean, Acharya Sushruta has given stress on *Dinacharya* to abort the possible illness, and so by Acharya Charaka & Vagbhat.

Activities Under *Dinacharya*

1. *Brahmmuhurte jagarana*,
2. *Malotsarga vidhi*,
3. *Danta dhavana, Jihvanirlekhana evam Achmana*,
4. *Anjana*,
5. *Nasya*,
6. *Kavala evam Gandhusha*,
7. *Dhoomapana*,
8. *Abhyanga*,
9. *Vyayama*,
10. *Udwartana*,
11. *Snana*,
12. *Bhojana vidhi*

1. *Brahmmuhurte Jagrana*

Brahmmuhurt^[1] – 14th *Muhurt* of night, *Utthishte jirnajirne nirupayan – ratri ka bhojan jirn hua he ya nahi iska vichar karke hi uthna chahiye*. Calm & quite environment helps in proper prayer study, feeling of happiness & freshness, in *Brahmmuhurt Vat* remains elevated & it helps in proper defecation.

It is considered as the apt time for waking up which is the fourteenth *Muhurtha* of *Ratri* varies from region to region as the time of sunrise is not uniform throughout the world. It is approximately two *muhurtas* i.e. 96 minutes before sunrise in that region. Period of *Brahma Muhurta* is an intermittent duration between respiration and photosynthesis in plant kingdom. There will be abundance of nascent oxygen which easily mixes with hemoglobin forming oxyhemoglobin reaching to the remote tissues and also boost the immune system as oxygen deficient bodies are highly prone to disease. Also, it is the right time for *Adhyayana* (study). Late rise from bed induces lethargic mood throughout the day causing inactivity.

2. *Malotsarga Vidhi*^[1]

Two significant things

A. *Vacham Niyamyam* by keeping silence/with concentration it helps in complete evacuation of stool & urine.

B. Evacuation should be done when urge is felt. Urge should not be suppressed otherwise it will cause *Shirah shoola* (head ache), *Apanvayu Urdhva Gati*, *Kartanvatpeeda* (cutting type of pain). Evacuation should not be done forcefully; otherwise, it will cause *Arsha* (piles) rectal prolapsed, anal fissure.

3. *Danta Dhavana, Jivha Nirlekhana Evam Achmana*

Brush told for *Dantdhavana* should be of *Katu, Tikta, Kashay Ras*, and Acharya Sushrut mentioned *Madhur Ras* additionally. Mouth diseases are caused by mainly *Kapha* Dosh, so *Katu, Tikta & Kashay Ras* are helpful to prevent most of the oral diseases^[1] After brushing, powder of *Kushtha, Trikatu, Triphala & Trijataka* mixed with honey should be applied to tooth & gum. In *Vataja* or *Pittaja* oral diseases *Madhura Rasa* is used (as mentioned by Acharya Sushruta)^[1] After brushing tongue cleaning should be done prevents *Mukha Dourgandha* (halitosis), *Vairasya* (faulty taste), *Aruchi* (tastelessness). After washing the mouth, face & eyes should be washed with fresh water or with decoction of *Amlaki* or decoction of bark of *Kshiri Vraksha*. Prevents *Neelika* (blackish discoloration), *Vyanga* (dark circles), *Raktapitta janya vyadhi*, helps improving the power of vision (*Chakshushya*).

4. *Anjana*

There are two types of *Anjana*: - 1. *Souvira Anjana*, 2. *Rasa Anjana*.^[1]

Souvira Anjana has been advised, to use daily, it helps in maintaining the health eye & vision, It prevents & cures- *Daha* (burning), *Kandu* (itching), *Mala* (eye debris), *Klinnta* (watery eye), *Vedna* (pain) etc.

Rasanjana is told to use every 5th or 8th day, at night, to evacuate excessive *Kapha Dosha* (as eye being a

Teja dominant organ, should be protected from excessive *Kapha* or *Kleda*).

5. *Nasya*

There are five types of *Nasya*: - 1. *Navana*, 2. *Avpeedana*, 3. *Dhyapana*, 4. *Dhoom*, 5. *Pratimarsha*^[1]
Pratimarsha Nasya has been advised to use daily, usually *Anu Tail* is used for this purpose.

It pacifies the *Vata Dosha* & gives unctuousness to head & neck region, so it prevents mainly the degenerative disorders of brain & sense organs.

It prevents- *Khalitya* (hair fall), *Palitya* (graying of hair), *Manyastambha* (stiffness of neck), *Hanustambha* (stiffness of mandible), *Shirah Shool* (head ache), *Ardita* (facial paralysis), *Peenasa* (chronic rhinitis) and other *Vataja* disorders.

6. *Kavala & Gandusha*^[1]

Sneha Gandusha - Prevents *Vataja* disorders of mouth, cracking of lips, dryness of mouth, *Swarbheda* (loss of voice), etc.

Kavala of bark of *Khadira*, *Arimed* & *Kshiri Vraksha* - Prevents mainly *Kaphaja* disorders *Aruchi* (tastelessness), *Mukhvairasya* (faulty taste), *Dourgandh* (halitosis), *Lalasarav* (excessive salivation), When *Gandusha* is done with lukewarm water gives feeling of lightness (*Laghuta*) in mouth.

7. *Dhoomapana*

There are three types of *Dhoompana*: - 1. *Prayogika*, 2. *Snahik*, 3. *Virechnik*^[1]

Prayogika Dhoomapana is advised to use daily and it prevents disorders of head & neck region which are caused by *Vata* & *Kapha*, *Shirogourava* (heaviness of head), *Shirahshoola* (head ache), *Kasa*, *Shwasha*, *Hikka* (cough, dyspnoea), *Karna Srava* (ear discharge), *Nasa Srava* (nasal discharge), *Netra Srava* (eye discharge), *Tandra* (drowsiness) etc. Smoke should be taken from nose & expelled from mouth - To prevent harm to eyes.

8. *Abhyanga*^[1]

Ushna Abhyanga in *Sheeta Ritu* & *Sheeta Abhyanga* in *Ushna Ritu*, strengthens the body, repairs the regenerates tissue, very good in pacifying *Vata*, relieves tiredness and many more. *Shiro Abhyanga* Beneficial for hair, Nourishes sense organs, improves sleep. *Padabhyanga* Strengthens legs & feet, relieves from senselessness, stiffness, cracks, contraction etc. improves vision and improves sleep.

9. *Vyayama*

Any kind of activity which brings up tiredness in the body is *Vyayama*. Time duration for *Vyayama* is mentioned for those who are strong & takes *Snigdha Ahara* as “*Ardha Shakti Matra*” in *Sheeta* & *Vasanta Ritu*. “*Alpa Vyayama*” in *Grishma* & *Varsha ritu*^[1] It promotes Overall health & functioning, strength, digestive power, Body mass & solidity, lightness, reduces fat etc.

10. *Udwartan*

Massaging with powder (*Triphala Churna, Yava Churna*) of *Kapha Hara* drugs is called as *Udwartana* it opens up the skin pores & improves complexion, reduces fat, reduces itching & skin, eruptions etc.^[1]

11. *Snana*^[1]

Fresh water or hot water is used for bathing according to season to maintain hygiene. Hot water is contraindicated for head bath it causes harm to eye & hair. Bath should not be taken without head wash dirt will be kept stuck in hair, feeling of heaviness Bath should not be taken after food it causes indigestion.

12. *Bhojana Vidhi*

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, food which are of opposite qualities should not be taken and *Tamboola Sevana* is advised after food,^[1] this results in indigestion & formation of *Ama*.

DISCUSSION:

Ayurveda gives more emphasis on prevention of diseases. *Dinacharya* has been described in the context of daily regimen. 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*. Principle of *Dinacharya* is basically related with harmonization of human body with environment and this practice basically balances the *Doshas* which ultimately results in good health. Healthy habits should be included in life-style even in busy schedule also, if a person want to be healthy forever. Few examples are early going to bed and early wake-up, daily prayer and meditation, daily physical exercise, daily oil massage including scalp, ear and feet, bathing, daily use of oily nasal drops, maintenance of body hygiene, take nutritious and balanced diet, proper dressing, select the job with moral and ethics. 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. *Dinacharya* has been described in the context of daily regimen and it combat the harmful effects of harmful environmental changes at primary level as well as it slows down the irreversible effects. Daily regimen is an important and unavoidable factor accepted in causation of diseases.

It is responsible for the various changes which results in manifestation of diseases. *Dinacharya* is need of current era as various diseases are emerging very rapidly both communicable and non-communicable diseases. Most of them are only preventable. According to *Ayurveda* one should follow *Dinacharya* in order to lead a healthy and disease-free life.

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