

person can sleep a little more. This is the time to start the practice of yoga. 1-2 glass of water kept overnight is drunk, which will help in hydrating body and flushing out toxins from blood.

2.MALOTSARGAVIDHI:-

The evacuation of feces or mala should be done in silence and privately. The rule regarding sanitation is helpful in fighting diseases. Evacuation to be done only when the urge is felt otherwise it leads to various diseases like shirah shool (head ache),cutting like pain. Defecation at proper time will lead to increased agni or the digestive power which will prevent the diseases.

3.DANTA-DHAVANA (tooth-brushing) JIHVA-NIRLEKHANA (tongue-cleaning) AND ACHAMANA / MUKHA -NETRA PRAKSHALANA:-

Wooden twig of katu ,tikta,kashay ras is used,and susrut has mentioned use of madhura rasa also.to be done twice after meals.it enhances taste perception and increases salivation. Tongue should be cleaned by a long flexible metal strip or plant twig. After washing the mouth, face & eyes should be washed with fresh water or with decoction of Amlaki or decoction of bark of Kshiri Vraksha.the daily cleaning of teeth ,tongue and face will not only help I improving the health of sense organs but will further help in removing pathogen which could cause disease.

4.SNEHA GANDUSHA-DHARANA (retaining oil in mouth):-

The material used for gandhoosha will help to increase the blood circulation of the oral cavity and do massage also. The sneha gandooosha allivates vata and diseases caused by it. The oily medium further is not conducive for growth of the antigen.

5.TAMBULA SEVANA (use of mouth freshener and betel leaves):-

Stimulates the taste bud and Increases salivation.

6.ANJANA (Application of collyrium):-

Ayurveda has told two types of anjana –souvira anjana ,to be used daily.and rasa anjana to be used on 5th or 8th night. Souvira Anjana helps in maintaining the healthy eye & vision, It prevents & cures- Daha (burning), Kandu(itching), Mala (eyedebris), Klinnta (watery eye), Vedna (pain) etc.

7.NASYA (Oily nasal drops):-

Pratimarsha Nasya has been advised for daily use, usually Anu Tail is used for this. 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 (stiffnessof neck), Hanustambha (stiffness of mandible), Shirah Shool (head ache),Ardita (facial paralysis), Peenasa (chronic rhinitis) and other Vataja disorders.for the prevention of disease like covid 19 special care is taken to prevent respiratory tract infections and stress lead various headaches also do not occur and it gives a clear mind and senses.

8.DHUMAPANA (Inhalation of medicated smoke):-

The medicated dhoompana is very different from smoking practiced in current times.it included the smoke from medicated dravya like haridra,gugglu,vacha which had disinfective action. Disinfective action of the dhumpna dravyas like haridra, guggulu and vacha cleanses the respiratory tract, oral cavity and pharynx.

9.VYAYAMA (Physical exercise):-

Activity that brings up tiredness to the body is called vyayama.it should be done half the strength of person or ardha Shakti vyaama in sheeta and vasant ritu an alpa vyayama in grishma and varsha ritu. During the pandemic like covid 19 it helps to keep the body in shape, rejuvenate the whole body and mind by increasing oxygen supply to remote tissue. The lockdown keeps a person confined to homes only so doing exercise brings a feeling of freshness to the whole body.

10.KSHAURA-KARMA (Regular cutting of hair, nail, etc):-

Cutting of nails 3 times in fifteen days. This will maintain cleanliness of hands and body.

11.ABHAYANGA (Body massage with oil):-

Sarvang abhayanga or full body massages: - strengthens the body, repairs the regenerates' tissue, very good in pacifying Vata, relieves tiredness and pain. Shiro Abhyanga or head massages Beneficial for hair, nourishes sense organs, and improves sleep.

Padabhyanga or foot massage Strengthens legs & feet, Relieves from senselessness, stiffness, Cracks, etc. improves vision and improves sleep. Covid 19 lockdown leads to stress and weak body so self-massage leads to relief from various ailments and prevention of disease.

12.SNANA (Bathing):-

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 taken daily leads to increased strength, enthusiasm, appetite and remove impurity from body like sweat and dirt.the pandemic has no cure just prevention following strict hygiene.

13.VASTRA-DHARANA (Dress):-

The clothes worn should be clean and free from impurity.

DISCUSSION:-

Health promotion is the only way to face these challenges. *Ayurveda* emphasizes on of maintenance of health as well as prevention of disease. Following principal of dincharya lead to increased immunity thus help in fighting the disease like COVID 19 which has no cure or vaccination. The stress caused due to lockdown could further be eased by following dincharya. If we would have followed the conduct of daily regimen in the form of dincharya then the intensity of the spread can never reach to extreme if we still follow these regimes, which will lead to strengthening of immunity improving hygiene and thus prevent this disease.

CONCLUSION:-

The dincharya mentioned in the Ayurveda text is now the need of hour, as the disease are spreading rapidly like the spread of recent pandemic COVID-19.Most of the diseases in today's scenario are preventable. If one follows dincharya in a disciplined way than he can lead to a healthy and disease free life.

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