



THE ROLE OF DINACHARYA IN LONGIVITY OF LIFE

Ayurveda

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ABSTRACT

Ayurveda is called life science because it gives importance to healthy living and prevention of diseases rather than treatment of diseases. Association of daily routine of an individual with his health goes a long way in deciding the quality of life he leads. Ayurveda gives equal importance to Ahara and Vihara. Vihara is defined as the second most important pillar of the Ayurveda. The modern world is currently facing an epidemic of lifestyle related diseases like diabetes, obesity, heart diseases, etc., as a result of stress, improper diet and irregular or sedentary lifestyle. Analyses of the texts revealed that these preventive aspects, if adopted in daily routine by patients of lifestyle disorders can improve their quality of life and maintain good health. In this study, dinacharya were analysed and various regimens in diet and lifestyle as mentioned in the classics of Ayurveda and their importance on lifestyle disorders has been discussed.

KEYWORDS

Dinacharya, Lifestyle disorders, Ayurveda, Swasthya Avastha, Longivity

INTRODUCTION:-

Ayurveda, the age old science of life, has always emphasized to maintain the health and prevent the diseases by following proper diet and lifestyle regimen rather than treatment and cure of the diseases. The basic principle followed in the Ayurvedic system of medicine is *Swasthyashya Swasthya Rakshanam*, which means to maintain the health of the healthy, rather than *Aturashya Vikara Prashamanancha*, means to cure the diseases of the diseased.⁽¹⁾ Ayurveda the ancient system of medicine has a great potential in preventing lifestyle disorders. Ayurveda has volumes of texts available explaining many fundamental principles for promotion of health and longevity and prevention of diseases. The crucial homeostasis of the body can be maintained by trailing these principles. Scholars of Ayurveda system of medicine were much aware about the maintenance of health of healthy person which is also the primary objective of Ayurveda, secondary being to cure the diseased individual. Lifestyle diseases are potentially preventable with changes in the diet, daily routine and environment. Some studies have been also being conducted on lifestyle interventions for management and prevention of these diseases with satisfactory results.⁽²⁾ Lifestyle interventions like diet, exercise, stress management, de-addiction play important role in the treatment and management of diseases. Therefore Vihara chikitsa (Lifestyle interventions) are a major Ayurvedic preventive and therapeutic approach for health.⁽³⁾ Acharya Vagbhata has mentioned about Dinacharya⁽⁴⁾ that "Those who always consume quality food & exercise properly, who analyses the situation & react accordingly, do not become over passionate, donate appropriately, remain balanced, speak truth, have mercy & follow the guidance of elders remain healthy."⁽⁵⁾ Today in the era of globalization lifestyle⁽⁶⁾ of an individual plays an important role in deciding the health status. Darwin's theory⁽⁷⁾ of "Survival of the Fittest" made life more & more competitive, which if seen from the prospective of growth & economy might seems to be correct, but on the other hand it is also responsible for lowering the quality of healthy life of an individual. Dinacharya (Daily regimen) which describes the routine to be followed by a healthy individual for maintaining the health. Dinacharya starts from rising from bed in the morning up to going to sleep at Night.⁽⁸⁾ Daily routine is known as Dinacharya in Ayurveda. Dina means day & acharya means behaviour. It is the collective information of all the practices for promoting health and preventing disease that the ancient sages followed. Therefore, dinacharya is achieving perfect health by observing every day health and hygiene practices.

What is Dinacharya (Daily Regimen) :-

Dinacharya refers to ayurvedic daily routine recommendations that educate how to live a healthier, happier and longer life and avoid all diseases. Ayurvedic daily routine helps in maintaining balance and harmony in your body and nature by regulating your biological clock and advocating a healthy lifestyle. It also helps in proper digestion, absorption, and assimilation of food. The discipline that you adopt in daily routine also improves self-esteem, brings happiness and

promotes longevity.

AIMS AND OBJECTIVES:-

- To emphasize the concept of dinachrya (daily regimen) in ayurvedic classical literature.
- To re-evaluate, discuss and elaborate the ayurvedic concept of dinachrya & longevity of life.
- To understand Significance of dincharya in contemporary way.

MATERIALS AND METHODS:-

This is conceptual type of study. This paper is based on a review of Ayurvedic texts. The Literary material related to dinachrya (daily regimen) has been collected from Several Ayurvedic texts like Charaka samhita, Sushrut samhita, Ashtang Sangraha, etc. We have also referred to the various websites and scientific journals to collect information regarding current researches on the relevant topics.

All these concepts are properly collected, analyzed and arranged in a sequential manner for the proper understanding of it in disease prevention and maintenance of health.

A Healthy Lifestyle Model for Everyone:-

Ayurveda promotes a lifestyle that's in harmony with nature. It's used to treat a variety of ailments including depression and eating disorders. Below are the basic steps & details of how to follow an Ayurvedic lifestyle.

Steps for an Ayurvedic daily lifestyle:-

- Try to wake up between the hours of 4 a.m. and 5 a.m. The 2 hours before sunrise are supposed to be the purest of the day.⁽⁹⁾
- Be sure to eliminate the body's waste products at dawn to avoid illness.⁽¹⁰⁾
- Wash your face & eyes with water, warm decoction etc.⁽¹¹⁾. Put 1 to 2 drops of Anu oil in your nostrils to clear sinuses.⁽¹²⁾
- Exercise early in the morning to keep diseases away.⁽¹³⁾
- Consider getting an oil massage regularly to delay aging.
- Eat a light breakfast as per Ahara Vidhi Vidhana.
- Try to obtain gainful employment that fits your type.⁽¹⁴⁾
- Plan to have a light dinner between 6 p.m. and 7 p.m.⁽¹⁵⁾
- Try to go to bed at about 10 p.m. to get at least 7 hours of sleep.⁽¹⁶⁾

Dincharya And Its Applicability In Current Scenario:-

An ideal dincharya has been described in Ayurveda like I -^(17,18,19,20,21)

- Brahmamuhurta-jagaraana (Wake-up just before sun-rise)
- Darpanena mukhasayavalokana (To see the mirror image of himself)
- Malotsarga (Defecation and urination)
- Achamana (Washing of hands)
- Danta-dhavana (Tooth-brushing)
- Jihva-nirlekhana (Tongue-cleaning)

7. Sneha gandusha-dharana (Retaining oil in mouth)
8. Mukha-netra prakshalana (Washing of face and eyes)
9. Sugandhita dravya dharana and tambula sevana (Use of mouth freshener and betel leaves)
10. Anjana (Application of collyrium)
11. Nasya (Oily nasal drops)
12. Dhumapana (Inhalation of medicated smoke)
13. Vyayama (Physical exercise)
14. Kshaura-karma (Regular cutting of hair, nail, etc)
15. Abhayanga (Body massage with oil)
16. Sharir-parimarjana (Body cleansing)
17. Snana (Bathing)
18. Vastra-dharana (Dressing)
19. Anulepana (Deodorants, perfumes, face-pack, etc)
20. Gandhamala-dharana (Garlanding)
21. Ratna and abhushana dharana (Use of precious stones and metals in the form of jewellery)
22. Sandhyopasana (Worship and prayer with surya-namaskar)
23. Paduka-chhatra-dandadi dharana (Use of shoes, umbrella, stick, etc)
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DISCUSSION:-

This is the way the ancient sages set up the regimen for various seasons on analytical reasoning to obtain Swastha (health) and prevent the diseases. Dinacharya has been described in the context of day (i.e. approximately 10-14 hours time duration from sun-rise to sun-set). Principle of dinacharya is more relevant in current era because everybody is in rush and running according to fast life-style of present time. Even nobody has time for himself also. So, result is emergence of epidemic due to life-style disorders both communicable and non-communicable. Life-style changes and stress factor are included among the six key sets of risk factors responsible for the major share of adult non-communicable diseases.⁽²²⁾ 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 procedures of dinacharya. Dinacharya prevents both types of diseases mentioned above.

CONCLUSION:-

From the above discussion Ayurveda gives more emphasis on prevention of diseases than treatment. Ayurveda has emphasis on preventive aspects related to health rather than management. Ayurvedic Ahara and Vihara, if experienced daily, can produce excellent results in the prevention or cure of diseases. Dinacharya should be applied by every individual, no matter their body type, age, gender or level of health. Dinacharya is an essential part of any and all healthcare protocols. Our daily routine creates uniformity in the body and in the mind. Concepts related to lifestyle told in Ayurveda are very unique, evidence based and aims at physical, mental, social and spiritual wellbeing which are practical even in the present era. 'Prevention is better than cure' hence incorporation of the concepts of lifestyle definitely confers complete health to a person. Dinacharya has been described in the context of day and it destroys the harmful effects of time at primary level as well as it slow down the irreversible changes. Dinacharya is need of current era as various diseases are emerging very rapidly both communicable and non-communicable. Even some are only preventable.

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