



ORIGINAL RESEARCH PAPER

Ayurveda

PRACTICAL APPLICATION OF DINACHARYA IN TODAY'S LIFE STYLE

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ABSTRACT

Ayurveda India's 5,000 year old medical system empowers us to take our health into our own hands, by providing simple practices that can be easily implemented over time to ensure a happier, healthier life. *Dinacharya* is the Sanskrit term for daily *Ayurvedic* regimens which help to support a life of optimal wellness through routine, detoxification and nourishment. When we are healthy and balanced, we are able to fulfill our *Dharma* (attain pious acts), *Artha* (wealth), *Kama* (desire) and *Moksha* (salvation). Ayurveda gives more importance on prevention of diseases than treatment. Therefore it is not only limited to management and treatment diseases. Other principles are also described like *dincharya*, *rithucharya*, *rathricharya* etc, for the prevention of diseases. Now a day, a sedentary life style, faulty dietary habits, lack of exercise are the main cause for metabolic imbalances which leads group of life style diseases like Hypertension, Diabetes mellitus, obesity etc. and making them one of the leading causes of death. *Ayurvedic* texts explains various fundamental principles aimed at preventing occurrences of diseases and to promote a healthy life, for these prevention aspects *Dincharya* is used to improve the quality of life and maintenance of good health. *Dincharya*; *Din* means daily and *charya* mean activity or regimen is necessary for maintaining a healthy body, mind, spirit which is useful to establish balanced constitution.

INTRODUCTION

Ayurveda is the ancient science of life which gives more importance to preventive aspect "Prevention is better than cure". There is a close relationship between lifestyle, health and disease. Lifestyle refers to someone's way of living or we can say the dietary (*Ahara*) and behavioral (*Vihara*) choices of an individual. Health is a condition in which all the physical and mental mechanism of an individual functions normally. It is not merely an absence of disease¹.

Ayurveda recognized health is a condition of the state of equilibrium of three *doshas* and *sapta dhatu* function. The individual who has the normal function of *Dosha*, *Dhatu*, *Mala* and *Agni*, along with pleased senses, mind and soul is called as *swastha* (healthy individual)². *Sushrutacharya* defined healthy person as - He in whom the three *doshas* (*vata*, *pitta*, *kapha*), *Agni* (digestive power), the seven *dhatu*s (tissues), *malas* (waste products) and their activities are normal, his soul, sense organs and mind are calm/ clear, is called *Svastha* (healthy person)³. This equilibrium is dependent on various factors like diet, daily activities from morning to night, sleep pattern etc.

In current era very much stress found everywhere, this results in various types of disorders like obesity, diabetes, CHD, etc. The prevalence of non-communicable diseases has been increased in recent some years in India also due to blindly following of western culture. Life-style changes and stress factor are included among the factors responsible for the major share of adult non-communicable diseases⁴. The life-style can be modified by simple interventions through procedures of *Dincharya*.

Dinacharya and its physiological effect

• **Brahmamuhurta-jagarana**

It is advisable to wake up during *Brahmamuhurta* (early in the morning i.e. 90 minutes before sunrise).⁵ Nascent oxygen in the atmosphere in the early morning easily and readily mixes up with hemoglobin to form oxy-hemoglobin which nourishes the remote tissues rapidly. Secretion of serotonin (neurotransmitter) keeps the person active and alert. In the early morning, there is minimal pollution (noise, water, air) which enhances the concentration. Late night sleeping or chronic sleep loss causes the elevation of cortisol which in turn is responsible for rise in B.P and is likely to promote the development of insulin resistance, a risk factor for obesity and diabetes⁶.

• **Darpana Darshanam**- (looking own face into ghee or mirror)

Ayushyam (increase prolongs longevity), Avoids mental confliction.

• **Ushna jalpana**

Drink a glass of room temperature water, preferably from a pure copper cup filled the night before. This washes the track, flushes the kidneys, and stimulates peristalsis. It is not a good idea to start the day with tea or coffee, as this drains kidney energy, stresses the adrenals, causes constipation, and is habit-forming.

• **Malotsarga**

Defecation proper time clears the rectum, increases digestive power. Proper elimination also helps to remove the **kapha** that naturally accumulates overnight. Defecation once or twice daily is the best. If you wait until later in the morning or during the day you are slowly poisoning yourself due to accumulation of toxins and wastes and creating an opportunity for chronic conditions to arise.

• **Danta-dhavana**

It helps to remove the impurities of tongue, tooth and mouth. It is directed to clean the teeth in the morning and after taking meals⁷.

It stimulates taste perception and increases the salivation. Saliva contains salivary amylase (ptyalin) which plays a role in breaking down food particles entrapped within dental crevices, thus protecting teeth from bacterial decay. Saliva contains lysozyme act as antimicrobial agents.

• **Jihva-nirlekhana**

This practice eliminates bad breath causing bacteria, and prepares the digestive system by stimulating the taste buds. Traditionally, tongue cleaners are made from copper which provides a naturally, powerful antibacterial action. Copper tongue scrapers thoroughly cleanse and will last longer than plastic or stainless steel options.

• **Mukha Netra Prakshalana with Kasaya's of Bhillodaka, Lodra Kashaya or Amalaki**

• Neelika, Mukha Shosha pitika, vyanga mukha roghara, Rakta pitta hara.

• Ksheeraprakshalan Snigdghata in mukha and mukha dosha hara.

• Netra prakshalan purifies the eyes and prevents Akshi roga⁸.

• **Sneha gandusha-dharana**

Prevents dryness of mouth and throat, prevents Cracking of

lips, makes the teeth healthy and strong, and enables them even to chew the hardest eatables.

- The *sukhoshna* (lukewarm) *gandusha* and *kavala* dravyas are used which improves the circulation of oral cavity.
- Gargling procedure of *kavala* poses the massaging effect over the oral mucosa and even strengthens the muscles of cheek, face and jaw bones.

• **Tambula sevana**

After taking the food one should take *Tambula* (betel leaves and nut) because it will give oral hygiene, digestion of food. It pacifies all the three doshas, causes cheerfulness, cleanses the mouth, removes all foetid odour and causes extra salivation which will aid the digestive process

• **Anjana**

In today's time, excessive work on computer results in dry eye or computer vision syndrome.

- When *Anjana* dravyas are applied; it causes irritation to eyelids and conjunctiva and enhances the circulation.
- Makes eye beautiful, resistance against wind and sunlight.

• **Nasya**

Putting 3 to 5 drops of warm ghee or oil into each nostril in the morning helps to lubricate the nose, clean the sinuses, and improve voice, vision, and mental clarity. Cleaning your nose with *Anu Thailam* should be performed for 7 days, 3 times a year. The rest of the time, you may use *neti* (warm water mixed with rock salt).

Improved sense of smell - Clears sinuses - Vibrant voice - Strengthens muscles and joints of face and neck also improves circulation - Helps relieve stiff neck - Prevents diseases like Facial palsy, Baldness, early gray hair and headaches.

• **Dhumapana**

Prevents *jatrurdhwagata roga* which are caused by *vata* and *kapha*, it strengthens the voice, It also prevents premature graying of hair. Carbon atom in CO_2 has the tendency to stimulate the respiratory centre present in brain stem which may trigger the normal physiological function of respiratory system. Disinfective action of the *dhumpana* dravyas like *haridra*, *guggulu* and *vacha* cleanses the Respiratory tract, oral cavity and pharynx.

• **Vyayama**

Regular exercise improves circulation, strength, and endurance. It helps one relax and have sound sleep, and improves digestion and elimination. Exercise daily to half of your capacity, which is until sweat forms on the forehead, armpits, and spine. It can be anything including a walk, a swim, sun salutes or whatever. This early morning exercise removes stagnation in the body and mind, strengthens the digestive fire, reduces fat and gives you an overall feeling of lightness and joy as it fills your body with good, fresh and pure *Prana*.

• **Abhyanga**

It is one of the main ways that *Ayurveda* keeps us strong and prevents us from aging. Massaging the Scalp, forehead, temples, hand and feet for about 5 minutes is sufficient. Apply the oil all over the body from head to toes. If you have limited time, you may just focus on the head, face, ears, and feet. Prevents premature aging, fatigue, joint diseases and circulation, improves vision, provides compact body, induces normal sleep, increases complexion and luster of the skin

• **Karna purana**

It is a simple, effective way to maintain the longevity of your hearing and the overall health of your ears. *Karna purana* pacifies certain imbalances often caused by excess *vata* accumulation and aggravation brought on by cold and windy weather, overstimulation and travel.

• **Snana**

Daily bath improves enthusiasm, strength, appetite and removes sweat and other impurities from the body. Promotes virility and longevity, eliminates fatigue, sweet and dirt. Increase body strength. Bath stimulates digestive fire, increases span of life *Ojus* and strength. It also removes itching, dirtiness, fatigue, sweat, Lassitude, thirst etc.

• **Aahara**

One should start *Ahara* with *Madhura rasa* then *amla*, *lavana*, *tikta*, *katu*, *Kashayaa*. Like this one should take *Ahara* in a chronological order. And one should take *anupana* as *jala*. *Ahara rasa* gives strength, *bala*, *varna*, *pushti*, *dhatu poshana*, *indriya prasadata* etc.

Food is the life, it improves complexion, good voice, Prolongs life, gives happiness and satisfaction. It promotes growth, strength, intelligence, memory, appetising power, energy, natural strength of mind and increases the *ojas*

• **Ratri Bhojana** (nights mood)

It should be light and less in quantity – gets easily digestion, provides nourishment.

• **Nidra**

Seven types of *nidra* have been mentioned, out of that *ratri Swabhawaja* (*bhoota Dhatri*). Proper sleep is one of the *Three Pillars of Life* in *Ayurveda*. Sleep is an essential time for healing the body from daily stress. As our minds rest during sleep the body is able to focus on digesting, metabolizing and regenerating.

DISCUSSION

Daily habits of the people make their lifestyle. The rapid modernization has changed the lifestyle and behavioral patterns of people which is responsible for occurrence of lifestyle disorders. The incidence of these lifestyle diseases in the past decades, has reached alarming proportions with increasing westernization of lifestyle. The management of these lifestyle disorders demands modification in faulty dietary and behavioral habits of person. *Dinacharya* promotes positive health for individuals by maintaining normal physiological functions of the body and keeps the person healthy. In a modern busy life, incorporation of “*Dinacharya*” in day to day activities can help you to be more active and focused in work and life and prevent diseases. But it is important to incorporate it in a way it makes sense in our corporate lifestyle. Keeping a routine or fixed time to do everything is the first step towards “*dinacharya*”

CONCLUSION

Dinacharya plays a vital role in prevention of various disorders which are resultant of improper lifestyle and bad conduct. *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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