



ORIGINAL RESEARCH PAPER

Ayurveda

REVIEW OF DINCHARYA ACCORDING TO BHEL SAMHITA

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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 *Dincharya* 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 *Nasya, Tambula, Abhyanga, Snana*, etc. *Dinacharya* includes things which are mandatory to follow regularly so as to maintain normal equilibrium of *Dosha, Dhātu, Mala* and *Agni*. Practising *Dincharya* is easy to understand and implementation of it, in our daily routine is of prime importance to keep away diseases. Ayurveda being a holistic health science emphasizes the importance of healthy lifestyle for the prevention of lifestyle diseases. There are various aspects of *Dinacharya* (daily regimen) described in Ayurveda and their application in present scenario for maintenance of good health. Importance of *Pratauthana* (Time of getting up in *Brahmāmuhurtha*), *Ushapana* (Intake of water in early morning), *Sauchakarma* (Voidings of excrements), Importance of squatting in toilets, *Dantadhavan* (cleaning of teeth), *Jivhanirlekha* (cleaning of tongue), *Anjana* (application of collyrium), *Nasya* (nasal instillation of drops), *Gandush* (oil pulling), *Abhyanga* (Massage), *Snana* (Bath), *Vyayama* (Exercise / Yoga), *Udvarthana*, *Aahar* (diet), *Chaurkarma* (Cutting of hair, nails, beard etc.) and *Vastradharan* (Dressing style) are reviewed and it is concluded that for attainment of good health and maintenance of same, these concepts need to be implicated in our life and must be followed.

INTRODUCTION :

Health (*Arogya*) was considered as the prime factor over the four aims and objectives of life. In earlier days, life was not so hectic. It was quite simple and free of too many challenges with healthy environment in comparison to these days. People were healthy as they had to perform all the daily routine activities by their own. But now, in the era of wealth and technologies, life has become comfortable but it has also become hectic and unhealthy because of competition. Now-a-days, use of high-tech machineries and over engagement in official work in pursuit of prosperity to lead responsible family life makes a person less active in both physical and mental level which leads to loss of health. Individuals have to work at least 9 to 10 hours in the offices by just sitting on the chair without any physical movement. They come to home late night and become too tired to perform any household work or exercise. Again, in the morning they get up late from bed and do some necessary works like bath, brush etc and go to their office. In this way, they live their daily routine only to earn money, not their life for themselves. This leads to various lifestyle diseases.

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. It starts from waking up in the morning in *Brahmāmuhurtha*, *Ushapana*, *Mala-Mutra Visarjana*, *Achamana*, *Dantadhavana*, *Kavala*, *Gandusha*...etc.

Importance Of Dincharya :

The role of *Dincharya* was felt so important by our ancient Acharyas, *Dincharya* explained in *Brihatrayees*, also in *Bhelsamhita*. All life style disorders can be prevented by adopting *Dinacharya*. Ayurveda is an absolute science of lifestyle. Ayurveda is the science of life which emphasize on restoration of health of individual than on treatment of the diseases.¹

"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 Under Dincharya:

Malautsarjan 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*, *Kartanvat peeda* (cutting type of pain). *Evacuation* should not be done forcefully; otherwise it will cause *Arsha* (piles) *rectal prolapsed*, *anal fissure*.

Dantdhawan Vidhi :

In *Bhelsamhita*, *Brush* told for *Dantdhavana* should be of *Dhav*, *Palasha*, *Vata*, *Amaltasa*, *Siras*, *Arjuna*, these are *shresth dravya* mentioned in *Bhel samhita*, *mouth diseases* are caused by mainly *Kapha Dosh*, so *Katu, Tikta & Kashay Ras* are helpful to prevent most of the oral diseases.] After brushing tongue cleaning should be done prevents *Mukha dourgandha* (*hlitosis*), *Vairasya* (faulty taste), *Aruchi* (tastelessness). *Dantdhawan* makes *shodhan* of *Pitta dosha* and *kapha dosha*. *Brush* told for *Dantdhavana* should be of *Katu, Tikta, Kashay Ras*,¹ 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' After brushing, powder of *Kushtha*, *Trikatu*, *Triphala* & *Trijataka* mixed with honey should be applied to tooth n 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* (*hlitosis*), *Vairasya* (faulty taste), *Aruchi* (tastelessness).

Anjana or Vilepana:

In Bhelsamhita, 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. It helps to prevent blindness. In sushrut samhita 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.

Kavala:¹

In Bhelsamhita, Kavala of Nagarmotha, Triphala, Madhu, Taila, Musta kalal, Striphalam, Madhutail- Prevents mainly Kaphaja disorders Aruchi (tastelessness), Mukhvairasya (faulty taste), Dourgandh (halitosis), Lalasrav (excessive salivation), When Gandusha is done with lukewarm water gives feeling of lightness (laghuta) in mouth.

Sneha Gandusha¹ - 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. In Bhelsamhita Mahuye Tail gandoosh explained to remove Kapha doshas in which are mainly in Mukha. It strengthens tooth.

Dhoompana:

There are three types of Dhoompana: - 1. Prayogika, 2. Snahik 3. Virechnik¹ Prayogika Dhoompana 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.

In Bhelsamhita, Sonpatha, Elaichi, Sugandhbala, Gandhtruna, Agar, Chandan, Charila, Ushir, Kalajira, Guggulu, Talis, Padmak, Nagarmotha, Priyangu, Renuka, Haldi, Chameli, Nirgundi, Devdaru, Sarjaras, Chorak these dravyas are used in the form of churna.

Dhumvarti⁸ should be 8 Angul or 6 Angul in length. In charaksamhita it should be of 8 Angul.

Karnpuran :

Karnpuran has been advised to use daily, it maintains health of ear, also Karnroga, Manyastambh, Hanugraha, Deafness.

Abhyang:¹

Abhyang strengthens the body, repairs regenerated tissue, it maintaining the health of skin. Ushna Abhyanga in Sheeta Ritu & Sheeta Abhyanga in Ushna Ritu, 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.

Utsadan:

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

Avsechan:

In bhelsamhita Avsechan should be done with water and oil. It improves body strength, refreshment, detoxicate body.

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.

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.

DISCUSSION:

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 lifestyle 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 go 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. In Bhelsamhita Avsechan and Karnpooran these two upkramas are explained which are not explained in Bruhatrayi. Dhoompana is explained after every Upkrama which is helpful in removing Kapha Dosha. In Bhelsamhita Dinacharya comes under Sutrasthan Shashtha adhyay, Vinodini tika which is explained by Abhay Katyayanay .

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