

CHAPTER-02

DINACHARYA FOR A HEALTHY LIFESTYLE

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ABSTRACT

Maintenance of disease-free state of body and mind helps to attain the Purusharthas. Following the principles of Ayurveda can help to achieve the goals of maintaining health. Ayurveda, one of the world's oldest holistic healing systems aims at maintenance of health and curing the disease. Its holistic approach to cure the underlying cause and not just the superficial symptoms is what makes it preferable system in present days. Ayurvedic teachings comprise a range of regimens and therapies. Dinacharya is one of such regimens practiced for maintenance of health. In this article, the multiple components of Dinacharya practiced in Ayurveda which are helpful for maintaining the health has been discussed. Dinacharya includes things which are mandatory to follow regularly so as to maintain normal equilibrium of Dosha, Dhātu, Mala and Agni. Practising Dinacharya is easy to follow to maintain the health.

Keywords: *Dinacharya, Agni, Purushartha.*

1. INTRODUCTION

The Dinacharya is a Sanskrit word. Dina means 'daily' and Charya means 'practice or routine'. It is defined as the daily routine which are to be practiced continuously. According to Ayurveda one should follow Dinacharya in order to lead a healthy and disease free life¹. Ayurveda gives equal importance for prevention of diseases and treating a disease². Ayurveda in its literature has given detailed rituals or practices 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 the ideal life style for a day. It explains various duties which one should follow 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 Bhramhimuhurtha, Mala-Mutra Visarjana, Dantadavana, Kavala, Gandush, etc. It is possible to prevent life style by the practice of 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.

2. MATERIALS AND METHODS

Daily Routines: Ayurveda advocates daily routines or "Dinacharya" to promote regularity and balance in life. Daily routine includes:

1. Waking up in the Brahma Muhurta

Ayurveda advises to wake up in the Brahma Muhurta. It is calculated as approximate 90 minutes before the sunrise. Waking up in Brahma Muhurta helps to protect the health. This time is considered as best for obtaining knowledge. Calm & quite environment helps in proper prayer study, feeling of happiness & freshness.

2. Malotsarga

Eliminating waste from the body in the form of urine and faeces. It should be done with proper consideration of the digestion of previous night meal. Eliminating waste in the last part of night helps to maintain the Apaana Vata.

3. Danta Dhavana

Brushing of teeth daily twice using the twig of medicinal plants like Arka, Nyagroda, Khadira, Karanja etc. The twigs used should be having astringent, pungent and bitter in taste. The plants used for brushing teeth contains antimicrobial property which helps in maintaining oral health. Also, these plants maintain freshness of the oral cavity.

4. Anjana

Applying collyrium to the eyes. There are two types of Anjana: - Souvira Anjana and Rasa Anjana. Souvira Anjana is the one which is applied daily to the eyes. It helps to maintain the health eye and proper vision. It also prevents eyes from symptoms like burning sensation, itching, watery eye, eye pain and also helps to remove the debris accumulated in the inner and outer canthus of the eyes. Rasanjana is advised to be used once in 5th or 8th day. It is applied at night time to evacuate excessive Kapha Dosha. Usage of Rasanjana prevents accumulation of Kapha in the eyes, which is a Tejasa Pradhana Indriya

5. Abhyanga

Massaging the body with oil. It can be done to whole body or specifically to head, ear or feet. Usage of Abhyanga regularly prevents old age symptoms, exertion, pacifies Vata, helps to attain good vision and provides nourishment to body. Helps to get good sleep, long life and healthy skin.

6. Vyayama

Doing moderate exercise daily according to one's own strength as per the season. Strong individuals should exercise to half of their strength in winter and light

exercise in other seasons. It promotes health & proper functioning of body, strength, digestive power, muscle mass & solidity, lightness and reduces fat

7. Snana

Fresh water or hot water is used for bathing according to season to maintain hygiene. Hot water is contraindicated for head bath as it causes harm to eye & hair. Taking bath with medicated water helps to purify the body, promotes virility and longevity, eliminates fatigue, sweat and dirt. Snana increases body strength and digestion.

8. Bhojanam

Taking food according to the appetite. The food should be taken two times in a day and it should be warm and unctuous. It should be consumed at proper time by following the all rules mentioned. It helps to improve complexion, promotes life, happiness and promotes strength.

9. Udvartana

Udvartana is a procedure in which powder or paste of different drugs is massaged over the body. Here upward strokes are used during massage. It is beneficial to reduce the Kapha. It opens up the skin pores & improves complexion, reduces fat, reduces itching & skin eruptions.

10. Kavala and Gandusha

Kavala is gargling with medicated liquids and Gandusha is withholding medicine in the oral cavity. Kavala and Gandusha strengthens jaw and voice. It improves taste, increases appetite and prevents dryness of mouth and throat, prevents cracking of lips, makes teeth strong.

11. Nidra

Nidra is considered as one among the Upasthamba³. Sleeping at proper time has been advised by Ayurveda. Sleeping at day time is prohibited. Proper sleep at night leads to proper nourishment, gives happiness, strength, virility and vitality.

3. DISCUSSION

Daily regimens are described and discussed in detail by many Ayurvedic texts. Dinacharya includes all the activities to be done from waking up early in the morning till going to bed. In this era of fast changing life style, following the daily regimen

described can act as best practice for prevention of the life style disorders. The regimens described helps to maintain both physical and mental health.

Doshas in the body are continuously in change due to their diurnal variations. Each Dosha undergoes changes according to age, day, night and time of food⁴. The three Doshas are again sub classified based on their location, properties and action. Following the regimens according to their mentioned time and method in pacifying these Doshas. For example, the Apaana vaayu activity will be in peak at the last part of night and this is the time when it is advised to remove the wastes, as Apana Vayu facilitates Shakrut and Mutra Nishkramana. Practice of Dinacharya according to the proper methods results in the balance of Doshas.

These regimens act on the body in different ways. It strengthens both sensory and motor pathways. Danta Dhawana and Jihwa Nirlekhana helps to maintain oral health, Anjana acts on the eyes, Nasya clears nasal cavity, Karna Poorana strengthens Ear health. Abhyanga, Udvartana, Snana etc will help to maintain skin health and also promotes motor pathways.

While analyzing the different regimens it is observed that there are multiple regimens like Shiro Abhyanga, Nasya, Dhoomapaana, Anjana, Kavala, Gandusha, Danta Dhavana, Karna Poorana etc. are strengthening and maintaining the health of Shiras. Ayurveda has given importance to Shiras and has considered it as Uttamanga. Nourishment of root helps in growth of rest of the tree, similarly maintaining the health of Shiras can help to maintain the health of body.

Ayurveda's approach to health maintenance is gaining popularity globally due to its holistic and personalized nature. While modern medical practices focus on the treatment of diseases, Ayurveda concentrates on prevention and maintaining equilibrium within the body. The regimens like Dinacharya are contributing immensely on the maintenance of health.

4. CONCLUSION

Ayurveda offers a unique and comprehensive system for maintaining health by promoting balance and harmony in the body and mind. This ancient system, with its focus on personalized dietary and lifestyle recommendations, has the potential to complement modern medical practices and contribute to a holistic approach to health and well-being.

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