

**Review Article**

**Dinacharya – A pathway to healthy life by Ayurveda**

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**ABSTRACT:**

According to Ayurveda human body is made up of five principle elements (Panchamahabhuta). The functional existence of Panchamahabhuta is considered as a particular rhythm in the form of day- night schedule in 24hours and in the form of seasonal schedule in a year. As a part of nature human being are very closely associated with the rhythm of nature. Ayurveda teaches how to perform a daily routine and an annual routine to compensate with external environment to remain healthy. The concept behind daily routine is to live in a balanced state of three doshas. A systematic schedule from wake-up at early morning to sleep at night is called Dinacharya. 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. 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.

**KEY WORDS:** Ayurveda, Dinacharya, Panchamahabhuta

**INTRODUCTION:**

Ayurveda gives more emphasis on prevention of diseases. Dinacharya has been described in the context of daily regimen. 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.<sup>(1)</sup> The role of Dinacharya was felt so important by our ancient Acharyas that in all the Brihatrayies they had dedicated a separate chapter for it. Acharya Sushruta explained Dinacharya in the chapter named Anagatabadhapratisedh = Anagat + Badha + Pratisedha Means to prevent the possible illness it mean, Acharya Sushruta has given stress on Dinacharya to abort the possible illness, and so by Acharya Charaka & Vagbhat.

*Ayurvedic dinacharya includes following -*

- Brahammuhurta – It is advisable to wake up during Brahma muhurta (early in the morning i.e. 90 minutes before sunrise.) 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<sup>(2)</sup>. Exposure to bright light in early morning causes the release of serotonin (neurotransmitter biochemically derived from tryptophan) which contributes to feelings of well being and happiness and keeps the person

active and alert. In the early morning, there is minimal pollution (noise, water, air) which enhances the concentration of mind.

- Ushna jalpana: 1-2 glasses of water kept for whole night should be taken before sunrise. Not drinking enough water in a day is also a triggering factor for renal stones, hemorrhoids, constipation etc.<sup>(3)</sup>
- Early morning evacuation is a natural process of body. At this time the waste of digested food fills the rectum and the end part of colon. (4) It generates the urge to defecate. If a person keeps sleeping in this time the impulses in rectum gradually becomes dull. Every person should eliminate the natural urges (feaces and urine) daily.
- Achamana / Mukha – Netra prakshalana (Washing of face and eyes): To prevent eye diseases & promotes facial comptesion.
- Dantadhavana (Tooth brushing):- It is directed to clean the teeth in the morning and after taking meals. 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. (5) Saliva contains lysozyme and secretory IgA which act as antimicrobial agents. In Ayurvedic texts, it is mentioned to clean the teeth by chewing twigs of certain medicinal plants which makes the gums stronger and is also a good exercise of facial muscles.
- Jihva nirlekhana (tongue cleaning):- Tongue should be cleaned by a long flexible strip of metal or plant material.(6) According to acupressure theory, tongue has many more acupressure points which initiate the proper functioning of vital organs like liver, kidney, bladder, stomach, intestine
  - Anjana (application of collyrium in eyes): In today's time, excessive work on computer results in dry eye or computer vision syndrome.(7) When Anjana dravyas are applied, it causes irritation to eyelids and conjunctiva and enhances the circulation.
  - Nasya (oily nasal drops):- Sticky nature of the nasya dravyas (anu taila, katu taila) avoids the entry of dust particles into the nasal tract. (8)The olfactory nerve endings are seen on cribriform plate of ethmoid bone, Nasya dravyas triggers the nerve endings and sends the message to the CNS and initiates the normal physiological functions of the body.
  - Sneha gandusha dharana (Retaining oil in mouth): The sukhoshna (lukewarm) gandusha and kavala dravyas are used, which improves the circulation of oral cavity.(9) Gargling procedure of kavala poses the massaging effect over the oral mucosa and even strengthens the muscles of cheek, face and jaw bones.
  - Dhumpana (medicated fume inhalation):- When the dhumpana dravyas are lightened with fire, it releases the smoke, soot and even CO<sub>2</sub>. Carbon atom in CO<sub>2</sub> has the tendency to stimulate the respiratory centre present in brain stem which may triggers the normal physiological function of respiratory system. (10)Disinfective action of the dhumpana dravyas like haridra, guggulu and vacha cleanses the respiratory tract, oral cavity and pharynx.
  - Tambula bhakshana (chewing betel leaves): Stimulates the taste bud and increases salivation (Ptyalin enzyme), scraps the deposited matter.
  - Abhyanga (oil massage):- A person should do oil massage daily.(11) Massage enhances the overall blood circulation and transport the potency of drugs to desired part. Massage triggers the acupressure point which induces the release of endorphins & shows analgesic effect.
  - Vyayama (Physical Exercise):- Physical exercise increases the carbohydrate metabolism (glycolysis) and causes lipolysis of accumulated adipose tissue (gluconeogenesis) thereby causing abolishment of extra fat. (12)It increases O<sub>2</sub> supply to remote tissues.
  - Chakramana:- It is a variety of exercise which does not cause any kind of trouble to the body It clears the channels (srotas) of the body and increases the perceptive power of organs. (13)
  - Snana (Bath):- Daily bath improves enthusiasm, strength, appetite and removes sweat and other impurities from the body.(14)
  - Sandhyopasana / Mangalakritya (Worship of Divine):- One should remember God and do Bhagwad samarana daily. (15)One should do self – analysis of daily activities at evening.

### CONCLUSION:

Dinacharya is a scientific regimen of the activities helpful to fulfill the need of the body in a particular time. There are many physiological functions governed by endocrine system, nervous system which regulates the biological clock of the body. Dinacharya deals with maintaining health of healthy as well as diseased person and hence "dinacharya adhyaya" is described in all the three Bhrihtrayies. Ayurveda provides better solution in the form of adopting proper dinacharya regimen described in Ayurvedic texts which promotes positive health of the individuals by maintaining normal physiological functions of the body and keeps the person healthy forever by slowing down the irreversible changes occurring in the body with the advancement of age. Daily habits of the people makes their lifestyle .The rapid modernization has changed the lifestyle and behavioral patterns of people which is responsible for occurrence of lifestyle disorders like cervical and lumbar problems, cancer, and appendicitis on a large scale in population. The management of these lifestyle disorders demands modification in faulty dietary and behavioral habits of person. According to the science of Ayurveda, stress should be laid upon health promotion rather than management of disease. "Swasthasya swasthya rakshanam, aturasya vikara prasahamanamcha".

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