

Role Of Dinacharya & Yoga In Prevention Of Non-Communicable Disease

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Abstract

Dinacharya means a pattern of individual practices and personal behavior choices that are related to elevate or reduce health risks. The lifestyle disorders are known internationally as non-communicable diseases (NCD's) or chronic diseases of lifestyle. The incidence of lifestyle diseases like hypertension, diabetes mellitus, dyslipidemia and overweight/obesity associated with cardiovascular diseases are high or are on the rise. As Ayurveda is recognized as the foremost life science and describes various modalities to prevent and manage lifestyle disorders, the world is being attracted towards its potential. In the prevention of lifestyle disorders, Swasthavritta plays a very important role. Various regimens like Dinacharya (daily regimen), Ritu-charya (seasonal regimen), Rasayanatherapy (rejuvenation), Sadvritta (rules & regulations of ideal routine) and Aachara Rasayana (code of conduct) along with Yogic practices are utmost important factors to maintain a healthy life style and happy psychological set up. The inclusive utilization of all these modalities has a great effect in the prevention of lifestyle disorders.

Keywords: *Dinacharya*, non-communicable, *Sadvritta*, *Rasayana* etc.

Introduction

- Lifestyle means a pattern of individual practices and personal behavioural choices that are related to elevate or reduce health risks.
- The lifestyle disorders internationally known as non-communicable diseases (NCD's) or chronic diseases of life-style which are generally acquired.
- The people are at greater risk to chronic diseases of various kinds due to changing life style and behavioural pattern.
- In India, as per the NCD country profile 2014 published by the World Health Organization, the overall mortality due to NCDs was 60%. The disease-specific share was for cardiovascular diseases—26%, cancers—7%, diabetes—2%, chronic obstructive pulmonary disease (COPD)—13%, and other NCDs—12%. Based on National Cancer Registry Programme of the Indian Council of Medical Research, it is estimated that there are about 28 lakh cases of different types of cancer in the country with new occurrence, about 11 lakh cases, and about 5 lakh deaths annually. The three most prevalent cancers in India are breast, cervical, and oral cancers.¹
- Non-communicable diseases are caused, to a larger extent, by four behavioural risk factors which are pervasive aspects of economic transition, rapid urbanization, and 21st-century lifestyles: Tobacco use, unhealthy diet, insufficient physical activity, and the excessive use of alcohol. The greater effects of these risk factors fall increasingly on low and

middle-income countries, and on poor people within all countries, mirroring the underlying socioeconomic determinants.²

- The knowledge of *Dinacharya* (daily regimen) and Yoga along with other modalities of Ayurveda can be of great help in not only preventing but also controlling NCD's.

Risk Factors

The risk factors responsible for major NCD's are—

Modifiable Behavioral Risk Factors

- Tobacco use
- Physical inactivity
- Unhealthy diet
- Harmful use of alcohol and smoking
- Stress & other psychological factors

Metabolic/Physiological Risk Factors

- High blood pressure
- Overweight/ obesity
- Hyperglycemia
- Hyperlipidemia
- Heredity

Environmental Factors

- Level of sun exposure
- Exposure to air pollution
- Exposure to noise pollution

Non-Modifiable Risk Factors

- Age
- Gender
- Ethnicity
- Heredity

Pathogenesis Of Ncds In Relevance Of Disturbed Daily Regimen & Sedentary Life Style

- Modern life style is a major cause of many NCDs.
- In the morning getting up late and sleeping late at night has become common. These faulty habits cause loss of concentration, mood disturbance, headache and stress. Late night sleeping causes the release of hormone cortisol which is responsible for rise in blood pressure and reduction in cell regeneration activity.
- Lack of exercise and Yoga also result into NCDs.
- Drinking not sufficient quantity of water in a day is also a triggering factor for renal stones and constipation.
- Continuous sedentary jobs cause cervical and lumbar problems. Excessive work on computer results in dry eye or computer vision syndrome.
- Many researchers predict that high frequency waves emerging from cell phones increase stress level and may also cause vision problem.

Various Modalities According To Ayurveda For Prevention Of Non-Communicable Diseases

- *Dinacharya*
- *Ritucharya*
- *Thrayopasthambhapalana*
- *Sadvritta*
- *Achararasayana*
- *Ashtanga Yoga*

Other key factors are

- To suppress *Dharaniya Vegas*
- Not to suppress *Adharaniya Vegas*
- Not to consume *Virudhahara*
- Not to indulge in *Mithya ahara* and *Vihara*
- Not to do *Hina, Mithya and Ati Yoga* of *Indriya, Kaya, Vak* and *Mana*
- Not to do *Praghyaparadha*

Dinacharya (Daily Regimen)

Daily activities to be done to maintain health after arising in the morning up to evening is called as *Dinacharya*.

Utthana (at Brahma Muhurta): Waking up at Brahma Muhuta³

It is advisable to wake up during *Brahma muhart* (early in the morning between 4.00 a.m. to 5.30a.m.). This is said to be the best time for wake up, study and to practice Yoga.

Ishwara Smarana & Sharira Chintana (Prayer of God and thinking about health of the body and mind

After waking up one should pray to God for positive energy to be helpful for whole day activities.

Ushah Pana

Drinking water kept in a copper vessel kept throughout the night. The vessel should be kept on a non-conductor substance and covered properly. It should be kept away from high tension electric line and heavy electromagnetic field.

Shauch (Defecation)

One should attend the nature's calls that is elimination of urine and feaces and cleanse the body. This cheers up the mind.⁴

Hasta Pada Prakshalana (washing hands and legs)

After defecation washing hands and legs with warm or cold water as per the climate.

Danta Dhavana (Chewing the dental twig)

Cleansing of teeth and mouth should be practiced twice a day in the morning and before going to bed at night.⁵

Jihva Nirlekhana (Tongue scrapping)

Tongue should be cleaned by a long flexible strip of metal or plant material. It stimulates digestion.⁶

Kavala (Gargling)

Gargling should be done with warm or cold water. Milk also can be used for this purpose. It should be done in a way that it removes all the waste from oral cavity that has been accumulated after Rubbing the teeth and tongue scrapping.

Mukha Prakshalana (Face wash)⁷

It should be done with cold or warm water as per season.

Eye Care

Eyes should be washed with fresh water to prevent eye diseases and promote vision.

Anjana (Collyrum)

Anjana (powder of *Souvranjana / Srotonjana*) should be applied with *AnjanaShalalka* (applicator stick made up of metal or glass). It should be applied in the inner side of lower eye lids.

Nasya (Nasal medication)⁸

It is of great importance to use *Prati-marsha Nasya* daily to prevent greying of hair, falling of hair, blemishes and *Urdhvaj-atrugataVyadhi*.

Dhumapana (Medicated smoking)

Medicated cigar should be made. The same should be placed in a metallic pipe then smoking should be with nostril (inhale through nostril and exhale through mouth).⁹

Gandusha (Holding gargle)

Tila Taila or any other such liquid should be hold in the oral cavity without moving it.

Abhyanga (Oil Massage)

It is highly beneficial to massage whole body including scalp with oil every-day to prevent dryness of body and stiffness of joints. Oil massage ensures softness and unctuousness of skin, free movement of joints and muscles, renders nourishment. It improves peripheral circulation and eliminates metabolic wastes.¹⁰

Vyayama (Exercise) and Chankramana¹¹

Regular exercise builds up stamina and resistance against disease, clears the channels of body (*Srotas*) and increases the blood circulation and efficiency of vital organs, promotes appetite and digestion and prevents obesity. *Chankramana* is a variety of exercise which does not cause any kind of trouble to the body. It increases life span, strength, intelligence and perceptive power of organs.

Udvartana (Powder massage)

- Dry powders like Bengal gram flour mixed with turmeric powder should be massaged after exercise in the opposite direction to the *Abhyanga*.¹²

Snana (Bath)

- Daily bath improves enthusiasm, strength, appetite, span of life and removes sweat and other impurities from the body.¹³

Bhojana (Aahar)

☐ Only after the digestion of previous meal one should take next meal. It should be compatible to him/her. Diet should be according to season and age. It should be balanced both in quality and quantity. One should take plenty of roughage in form of fruits and vegetables.¹⁴

Avoidable dietary habits

- Irregular timing.
- Over eating.
- Taking meal before the digestion of previous meal.
- Taking undesirable and incompatible diet.
- Taking junk food, pickles, spices, too much oils

Sadvartna

- Along with healthy life, wealth, reputation is attained by one who follows the *Sadvartana* (doing good deed).
 - a) One should remember God or should do *Bhagwad Samarana*.
 - b) One should do Self-analysis of day activities and religious contemplation.
 - c) After following all these activities one should go for sleep in divine remembrance.

Yoga¹⁵

Yoga not only a physical activity but also a complete science of living always remains in fore

Implementation of Ashtang Yoga

Role of Yama & Niyama

- Five types of *Yama* are essentials of internal peace and happiness.
- These principals guide a person to remain intact from those behaviours which may disrupt the mental harmony and inner balance.

Benefits of Asana & Pranayama

- They improve body strength, removes toxins from the body
- Relaxes body and mind, reduces stress and anxiety which helps to establish balance between sympathetic and parasympathetic nervous system and thus prevents different NCDs.
- Boost positive energy and mood
- Helps to normalize blood pressure
- Speeds up a sluggish digestion by massaging surrounding muscle

Other Yogic practices for prevention of NCDs

- *Vaman Dhauti* and *Shankha Prakshalana* are helpful in prevention of APD (acid peptic diseases), IBS and other GI tract disorders.
- *Tratak* has an important role in prevention of eye disorders, insomnia and stress related problems.

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 non-communicable diseases (NCD's) or chronic diseases of lifestyle. 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.
 - Principle of *Dincharya* 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. These points are looking very simple and negligible

but play very important role in the maintenance of health and thus prevention of various communicable and non-communicable diseases.

Conclusion

- *Ayurveda* emphasizes on of maintenance of health as well as prevention of disease.
- There are many interventions described in *Ayurveda* for the purpose of health promotion which can also be applied against NCD's.
- *Dincharya, Ritucharya* and *Trayopasthambha* are the main tools for maintenance of physical health whereas *Yogic* practices promote physical as well as mental health.
- Thus implementation of all these modalities has great effect in promotion of health and the prevention of diseases especially NCD's.

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