

## Dincharya : Ideal Lifestyle

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### Abstract:

According to Ayurveda, a great emphasis is laid on the aspect of preventive healthcare. Dinacharya is one of the principles mentioned in context to prevention. There is close relation between one's lifestyle and the state of health and disease condition. Chronic lifestyle diseases are becoming epidemic now a days. The stress and unhealthy habits of modern lifestyle can be altered by different activities described under the head of Dinacharya which will definitely prevent diseases.

**Key words** – Dinacharya, lifestyle disorders, prevention.

### Introduction

Ayurveda gives special importance to maintenance of health of a healthy person and curing disease of an ill<sup>1</sup>. Prevention is better than the diseased condition<sup>2</sup>. In order to maintain the health some activities are mentioned in Ayurveda under the term Dinacharya<sup>3</sup> will be able to follow healthy lifestyle there by maintaining health.

According to Ayurveda man is said to be Swastha (healthy) whose Doshas, Dhatus, Malas and Agni are in the state of equilibrium along with mental sensory and spiritual pleasantness.

In current era due to busy lifestyle, very much stress found everywhere which disturbs the lifestyle<sup>4</sup>. This results in various types of disorders like obesity, diabetes, hypertension etc. these diseases are result of disturbed and deranged lifestyle and can only be corrected by intervention through Dinacharya.

### Material and methods –

Various ayurvedic classic texts have been used that are Charaka Samhita, Sushruta Samhita, Ashtang Sangrah, Ashtang Hruday. Apart this relevant medical science book and web sites are also been used for this.

#### Aim and objective

- To review Dinacharya from Ayurvedic classics.
- To study the importance of Dinacharya.

### Dinacharya and its applicability<sup>5,6,7</sup>

**Bramhamuhurta Uttishte** – After completion of night sleep the appropriate time to wake up is known as Bramhamuhurta, i.e. 96 min before the sunrise. During this time man and his Indriya, Buddhi are in pleasant state due to this Raj, Tam Dosha gets reduced and Satva Guna increases.

**Malotsarjan** – According to Ayurveda there is predominance of Vatadosha hence defecation and urination process are done well. It brings glow on skin, give strength, longevity of life and improves digestion process.

**Achaman** – To wash, which will be done after cleaning the excreta, tears, sneezing and after traveling. It maintains personal hygiene and prevented from infectious diseases.

**Dantadhawan** – One should brush in the morning with twig (12 Angul in length, thick as little finger) of Ark, Nyagrodh, Khadir, Karanj, Nimb, Arjun, Yashti as per their properties it is used. According to Sushruta Dantamajan is used for Dantadhawan. One should brush in vertical direction from bottom to top. So, by doing this it brings freshness, takes away bad odour coating on the teeth and creates desires for the food. Maintain oral hygiene, strengthening of gums and teeth.

**Jivanirlekhan** – It should be done with help of gold silver or iron tongue cleaner. It will benefit in bad odour of mouth reduces coatings of the tongue and give taste.

*Anjana* – It cleans the eyes which makes them shine like the bright moon in clear sky. It prevents from burning, itching of eyes and watering of eyes.

*Nasya* – Head is considered as the most important part of the body and nose is the only entry way for the head. It causes benefits like lightness of head, proper sleep and awakening, increase strength of sense organ, breathing process improves, glow on face and pleasant mind.

*Gandush* and *Kaval* – It gives strength to mandible and voice, take away bad odour of mouth gives good taste and erosion of teeth is avoided.

*Dhumpan* - It gives benefits like lightness in chest, throat and head, liquification of the *Kapha* and gives strength to sensory organs.

*Abhyang* – By doing proper massage it delays aging, cures tiredness and cures *Vata* disorders. It improves vision, complexion, nourishment, life, sleep. By doing *Padabyanga*, it provides strength and stability to feet, improves the vision and reduces the *Vata*. *Shiroabyanga* prevents the balding, greying, hair fall, strengthens the hair root, makes the hair long and black. It nourishes the sense organs and softens the skin.

*Udvartana*: By doing this blood vessels become dilated and complexion in the skin is enhanced. Cures rashes, reduces *Kapha Dosha* and *Meda*; enhances the strength of body and provides the lightness.

*Samavahana*; Gentle massage enhances the affection, sleep, chivalry, reduces the *Kapha Dosha* and also improves the circulation.

*Vyayam* – By doing regular exercise it nourishes the body and maintains the health. One should practice *Ardhyashakya Vyayam*. It gives good complexion, proportionate body parts, enhance *Agni*, reduces laziness, and provides lightness of the body parts and delay early aging of skin. It also helps in weight loss, giving energy, reduces stress, improve sleep and enhance mode of work.

*Snan* – It improves enthusiasm, strength, appetite, span of life, remove sweat and other impairments from the body. It is also aphrodisiac. It reduces burning sensation, itchiness, thirst.

*Bhojan*– Balanced diet is essential for good health. It should be nutritious, easily digestible and *Satvik*. Half of the stomach should be filled with

solid food, one fourth with liquids and rest one fourth should be left empty for air to ensure the easy digestion. It should contain all the six *Rasas*. It is important to follow rules (*Ahar Vidhi Vidhan, Ashtau Ahar Vidhi Vishesha Yatana*) of intake of food given in *Ayurvedic Samhitas*. *Acharya Charaka* says that it sustains the life of all living beings, complexion, clarity, longevity, happiness, strength and intellect are all conditioned by food.

*Tambul*– After taking the food one should take *Tambul* because it will give proper digestion of food, oral hygiene good smell and it will improve functions of *Indriyas*.

### Conclusion-

- Risk factors of diseases reduces by following healthy lifestyle: increased personal hygiene, regular physical activity, eating healthy, managing stress, avoiding bad habits, adapting good safety and personal healthy habits.
- Just as the unhealthy lifestyle is the principle cause of modern-day illness, healthy lifestyle can result in an improved feeling of wellness which is critical to optimal health. The well being or well ness is associated with social, mental, spiritual and physical functioning. So, *Dincharya* is very useful and effective to maintain the health. All healthy life related criteria depend on healthy *Dincharya*. Person who follow *Dincharya* regularly have better health.

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