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## A Comprehensive approach to Daily Routine with Respect to the Concept of *Dinacharya*

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### ABSTRACT:

Lifestyle simply means “the way in which person lives”. The daily activities of person since he wakes up to fall asleep are included in this. It includes dietary habit, the nature of his work, exercise, hobbies and leisure time activities. Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. No such concept appears to be present in contemporary medical practices although a lot of importance has been given to dietary regulations and exercise in prevention and management of non-communicable diseases such as ischemic heart disease and diabetes mellitus. The present study had been undertaken to collect modern scientific evidences in support of *Dinacharya* (daily regimen) mentioned in ancient Ayurvedic texts and its role in preventing non communicable diseases.

**Keywords:** Lifestyle, *Dinacharya*, daily regimen

## INTRODUCTION

*Dinacharya* means ‘*dine dine charya*’ it corresponds to the daily routine activities or regimen that every person needs to carry out in order protect and to promote health of an individual. The regimen includes everyday life activities starting from waking up in the morning till sleep in night. These are very effective in maintaining health of a healthy individual. Ayurvedic literatures like *Charaka samhita*, *Susruta samhita*, *Astanga hridaya*<sup>1</sup> etc. preach the *Dinacharya* in a standard way. These regimens are preventive, health supportive, disease eradicated and establish health. As body is prone to regular wear and tear, it needs to take care of body and mind by these healthy measures by which one attains healthy body, happy, peaceful senses and mind. Health is a state of complete

physical, mental, social and spiritual well-being and not merely the absence of disease. (Acc. to WHO). According to Ayurveda man is said to be healthy (*Swastha*) whose *Doshas*, *Dhatu*s, excretory products (*Malas*), and digestive capacity (*Agni*) are in the state of equilibrium along with mental sensory and spiritual pleasantness and happiness<sup>2</sup>. Non communicable diseases (NCDs), also known as chronic diseases, result from a combination of genetic, physiological, environmental and behaviours factors and usually tend to be of long duration.<sup>3</sup> Advances in medical science has been capable of preventing communicable diseases but the changes in lifestyle and dietary habits has lead to the danger of epidemic of non-communicable diseases. Modern medicine alone has been unable to prevent them. So, the World is looking towards the



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alternatives. Recent researches have supported the effective role of Ayurveda in these diseases. *Dinacharya* refers to Ayurvedic daily routine recommendations that educate how to live a healthier, happier and longer life and avoid all diseases. Ayurvedic Daily routine helps in maintaining balance and harmony in your body and nature by regulating your biological clock and advocating a healthy lifestyle. It also helps in proper digestion, absorption, and assimilation of food. The discipline that you adopt in daily routine also improves self-esteem, brings happiness and promotes longevity. *Dinacharya* which consists of group of measures for prevention of various diseases as a syndromic approach is a unique concept of Ayurveda where a single measure like exercise is able to prevent multiple diseases such as diabetes mellitus, obesity, and coronary artery disease and so on. No such concept appears to be present in contemporary medical practices although a lot of importance has been given to dietary regulations and exercise in prevention and management of non-communicable diseases such as ischemic heart disease and diabetes mellitus. The present study had been undertaken to enlighten present day lifestyle in support of *Dinacharya* (daily regimen) mentioned in ancient Ayurvedic texts.

## MATERIALS AND METHODS

Details of *Dinacharya* available in Ayurvedic classical texts were examined and related modern knowledge on the subject was explored in various books and internet search engines like PubMed. The information hence gathered was presented under results.

## RESULTS

The regimen is as follows<sup>4</sup>:

1. *Brahmi muhurtha uttistha*<sup>5</sup>: It indicates the waking time for a healthy individual which is 2 muhurtas before sun rise. It induces many benefits like *swasthya rakshana*, *ayushyam* and synchronizes with natural biological clock.
2. *Mala mutra visarjana*: Voiding the sweat, stool and urine causes many *vata anulomana* and prevent accumulation of ‘ama’ don’t suppress / forcefully void. After waking up, one will feel the urge for urination and bowel evacuation. Follow the urge for evacuating your bowel and urinary bladder. In most people, this is an autonomic reflex for a bowel movement and urination in the morning. This urge should commence on its own.

3. *Mala marga soucha*: Cleaning the orifices of excretion in the body. It induces many benefits like longevity, and strengthening of local structures.

4. *Danta dhavana*: Brushing the teeth by herbal twigs or tooth powders with *tikta*, *kashaya*, *katu rasa* causes strengthening of all buccal entities like tongue, teeth, gums etc.

5. *Jihva nirlekhana*: Scraping of the tongue removes obstruction to respiration and swelling or inflammation if any.

6. *Gandusha-kavala*: Holding medicated liquids in the oral cavity / gargle them. It is indicated for good gum and teeth health.

7. *Anjana*: Applying medicated collyrium to the margins of eyelids. It protects eyes from inflammation, infections etc.

8. *Abhyanga*: it refers oleation of the body. It helps in *vata shamana*, healing of fractures, smoothening of skin and internal structures etc.

9. *Shirobhyanga*: Oleation of the head. It helps to fight many hair problems like greying of hair, premature hairfall, helps calm the nerves, calms the mind etc.

10. *Karna purana* (oil drops in the ears): Oleation of ears helps in improving generalised hearing, and overall ear health.

11. *Udvarthana*: It is a therapeutic deep tissue massage using medicated *churnas*.

12. *Vyayama*: Exercising the body. It should be done or exerted to half of one’s capacity. It causes lightness in the body, increased strength and longevity.

13. *Snana* (bathing): Using warm water below the neck renders strength & over the head, it is detrimental to eyes and hair.

14. *Bhojana vidhi*<sup>6</sup>: It is the proper healthy diet. Among the 4 parts of *kukshi*, 2 parts are filled by solid foods, 1 part is filled by liquid foods, and 1 part is left empty. *Guru ahara* should be taken  $\frac{3}{4}$  or  $\frac{1}{2}$  of capacity whereas *laghu ahara* should be taken up to satisfaction.

## DISCUSSION AND CONCLUSION

*Dinacharya* includes dietary and lifestyle measures to be followed per day for a healthy and disease-free life. In Ayurveda, special attention has been given on time of awakening, exercise, massage, regular bath and healthy lifestyle related advices along with *Sadvritta* i.e. beneficial social and behavioural practices. It is a collection of natural lifestyle in accordance with circadian rhythm. The analysis of knowledge obtained from ancient as well as modern

books and internet provided a strong support to different steps of *Dinacharya*. Its various components not only help in preserving and promoting physical and mental health but also help in social and spiritual well-being thereby preventing the person from various diseases for example regular exercise prevents from obesity and diabetes mellitus.

It is better to prevent disease rather than trying to cure of disease after they occur. Prevention is better than cure means that it is better to stop a bad thing from happening in the first place then to let it happen and then go to the trouble of fixing it. Some things are very difficult to fix, and it would be better if they were already fine and didn't need to be fixed. This is similar to the saying that it is better to change the oil in your car rather than waiting to fix a blown engine. A healthy person is more energetic and works with full efficiency to earn wealth. Those who do not have good health are very poor even if they have lots of money. Unhealthy person cannot be cheerful even after having lots of money. A good health is the real pleasure and charm of life. In such a busy life with polluted environment and availability of only adulterated food, it is very hard to maintain a good healthy life.

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