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A *Dinacharya* Procedure as the Preventive Measure of Lifestyle Disorder in the Present Era: A Review Study

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ABSTRACT:

In the present era, man runs for the making money, to gain more profits and to avail all facilities in the pursuits of prosperity in order to lead a life of aristocracy. Keeping in view of these, man is adhered to heavy responsibilities, duties, physical and mental tensions and workloads. So, he suffers from many lifestyle disorders and mental illness. Ayurveda being a holistic health science emphasises on the importance of healthy & secured lifestyle by preventing lifestyle disorders. This present paper focuses on various aspects of *Dinacharya* described in Ayurveda and its applications in the present scenario for the maintenance of good health to prevent lifestyle disorder. It is a Review study based on certain narratives of *dinacharya*.

Keywords:- *Dinacharya*, *Siroroga*, Lifestyle Disorder, *Dantadhavana*, *Nasya*, Hypertension, *Dhyana*, *Dhumapana* .

INTRODUCTION

Ayurveda is a holistic science and the main aim of ayurveda is to cure the diseases of a diseased person and preserve the health of a healthy person with a long life. Due to busy lifestyle human beings are sufferers of different lifestyle disorders like coronary heart disease, hypertension, diabetes, obesity, etc. Preventive measure is one of the best ways described in Ayurveda than other streams. According to Ayurveda, our body is based on the normalization of *tridosha* and it is possible by the following of *dinacharya* (Daily regimen) procedure for which lifestyle disorder is prevented. A *dinacharya* (Daily regimen) procedure is starting from *bramamuhurta jagarana* to till the going to the bed in the night. Every step of *dinacharya* procedure has a scientific value to prevent

the lifestyle disorder.

Need of the Study

In the Present era, people are inclined towards hectic lifestyle demanding more economic prosperity and sufficiency despite of healthy and peaceful life. This is a review study taken after careful observations of Ayurvedic treatments of *Dinacharya* (Daily regimen). So, it is need of the hour that every individual should follow a good method of *dinacharya* in order to maintain a healthy and happy life. *Brahma Muhurta Jagarana*, *Upasana*, *Malamrutatyga*, *Achamana*, *Dantadhavana*, *Mukhaprakhala*, *Anjana*, *Nasya*, *Gandusha kavala*, *Dhumapana*, *Tambula Sevana*, *Abhyanga*, *Vyayam*, *Udvardhana* and *Snana* etc. are some of the major ways to follow *Dinacharya*.



AIMS AND OBJECTIVES OF THE STUDY

1. To focus on various aspects of *Dinacharya* described in Ayurveda and its applications in the present scenario for the maintenance of good health to prevent lifestyle disorder.
2. To explore the observations on the different common problems of lifestyle disorder.
3. To highlight diseases due to the bad habits of taking food, drinks and sleeping disorder.
4. To trace out the common problems and remedies of mental health conditions, digestive conditions, consuming elements, and daily habits.
5. To find out certain valid methods to enhance the good conditions of body, mind and spirit and to eliminate problems and obstacles in it.

DISCUSSION

Brahma Muhurta Jagarana (awakening):-

A healthy individual should assess the digestive condition of the food which consumed last night. He should observe in the early morning that the food is digested or not to prevent constipation. That is the one of the most common problems in lifestyle disorder especially in young generation. This is vividly described by Prof. K.R. Srikantha Murthy in his book *Astanga Sangraha, Sutrasthana, Chapter-3, Sloka No-2 of 9th Version, 2005.* *Brahma muhurta* is otherwise called as '*panchamruta vela*' (sacred clip of nectar) which comprises (*sudhha vayu*) fresh air, (*Suddha Jala*) clean water, (*Suddha bhumi*) dirt free land, *Vipula akash*, and *Vipulaprakash*. This prevents the respiratory disorders through *suddha vayu*, digestive renal disorder through *suddha jala*, communicable diseases through *suddha bhumi* etc. Oxygen which is liberated early in the morning will easily and readily mix up with to haemoglobin to form oxy haemoglobin which reaches & nourishes the remote tissue rapidly. Release of serotonin hormones keeps individual active and alert which is liberated in the early morning.

Ushapana

Usha means *Brahma muhurta*, *arunodaya kal* and *pratyushkal*. *Pan* means consumption or intake of liquid or fluid. Intake of 8 (water) 640 ml. during *suryodayakal* makes an individual healthy long life by postponing senile period. It prevents lifestyle disorder in present scenario like *arsha* (haemorrhoid) *sotha* (Oedema), *grahani* (spru), *Jwara* (Pyrexia), *Udara* (g.i disturbances), *Kustha Meda* (Obesity, Hypercholestermia), *Mutraghata* (Urinary

disorders), *Raktapitta* (Bleeding disorders), disorders of ear, throat, head, uterus, *Kshyataja Vikar*.¹

- It prevents *Vali, Palita, Pinas, Swarabhanga, Kasa Sotha* (B 4/312)
- It acts as *Rasayana* (Rejuvenation) & nourishes the eye by enhancing the vision power (*Drusti Prasadana*)

Malamutratyaga

Holding the initiation of urges like mala & mutra may give rise to immediate complaints like *Pindikodwestana* (muscle pain), *Pratisaya* (rhinitis), *sirasula, vatic* type of disorder.² The Delayed effect of this is *Guda Sula* (pain in rectum), *Arsa* (Hemorrhoids) may occur.

Achamana

Through *achamana*, moist of oral cavity occurs which prevents the abrasion by *Dantadhavan*.³

Dantadhavana:-

It improves the taste perception, provides the sense of purity and lightness, and even cleanness. It also prevents the dirt from oral cavity, to avoid any GI disturbances. It prevents diseases of tongue, tooth and oral cavity. Irregular practice and improper brushing of teeth, eating tobacco, and eating chocolates arise so many oral diseases. So, *Dantadhavana* improves the taste perception and provides the sense of purity and cleanness. It also excretes the excessive accumulation of *Kafadosa*.⁴

Mukhaprakshala

It helps in lightness of face with pleasantness of sense organs (*Indriya prasadaana*). It also keeps freshness of face after doing some strenuous works. It prevents *Nilika* (Bluish discoloured patches). *Mukha sosa* (dryness of face), *pidika* (Pimple/acne), *vyanga* (Hyperpigmentation), *Raktapitta* (epistaxis).⁵

Anjana

Now days, vision problem is the common among the lifestyle disorder in young generation due to watching computer, television, mobile and doing works through computer. In regular practice of collyrium . It improves the vision enhances the endurance against the exposure of excess wind and sunlight. It prevents the burning sensation & itching caused by the accumulation of morbid matters. Applying *Anjana* irritation to eye lids and conjunctiva enhances the local blood circulation which increases the bio availability of the potency (Active principle of drug). So, drug will have easy penetration to rich in circulation in conjunctiva.⁶

Nasya

Due to lifestyle disorder human beings are suffering from any type of diseases occupying above the shoulders like

stress, strain, anxiety and greying of hair, baldness, headache (*Sirovedana*), *Ardit* (Facial Paralysis), *Ardhavedaka*, (Partial Headache), *Sirokampa* (Termers of head) etc. So, by applying *Nasya*, Head, eyes, ears are never get conflicted by any ailments. *Nasya* prevents the premature greying of hair and it Strengthens eyes, ears, nose and mouth.⁷

Gandusha Kavala

Due to chewing betel, tobacco, and smoking, some lifestyle disorder of oral cavity occurs like toothache, gingivitis, throat infection, cracking of lips etc and other tooth diseases like tingling sensation of tooth caused by consuming too hot, cold and sour materials which is common now a days.⁸ So, through *Gandusha, Kavala* enhances the strength of mandible. It clears the voice. It clears the oral cavity by expelling thyroid material accumulated during eating. It improves the palatability. It also improves the taste perception.

Dhumapana

Due to hot climate and climate variation, human beings are inclined towards staying in AC chamber to cool their mind to execute their works. Due to that they accumulate more *kaphadosha*, which are deposited in head and causes the *siroroga* (heaviness of head), pain in ears, eyes, *kasa* (cough), *Hanugraha* (stiffness of jaws), all type of *kaphaja vyadhi* like *sirasula, pinasa, hika, manygraha, ardhavedaka, putigraha* (pause discharge from nose), *swasa, arochaka. Galasundhika* (Uvilitis), *Khalitya* (Hair-fall), *Ksavathu* (sneezing), *Anidra* (loss of sleep), and *Urdhajaturgata roga* (Disorder of head & shoulder) etc.⁹ Therefore, applying *Dhumapana*, leads to sense of lightness & pleasure of sense, voice and mind. It enhances the strength of hair and eliminates excessive *kafadosa*.

Tambula Sevana

Due to busy schedule of life human beings are doing improper cleaning of oral cavity after taking food. So, they suffer from many oro pharyngeal diseases. To eliminate these diseases, *tambula sevana* can be the good remedies. It takes out debris of teeth, cleanness of tongue, prevents the excessive salivation, clearness of voice, and imparts the strength of hearts etc.¹⁰

Abhyanga

Conducting body massage on a regular basis will be beneficial as such -

- Delay aging – which is the common problem in life style disorder due to stress, strain.
- Relieves fatigue & mitigates *vata*.
- Imparts good vision & promotes strength.
- Increase life span & relieves insomnia.

As the application of oil to the axis of the vehicle, animal skin & pot becomes smooth, strong and shiny. Due to head massage, *abhyanga* relieves headache, baldness, greying, falling of hair and strengthens the *siroroga*. Ear drops (*Karnapurana*) prevents lockjaw, hardness of hearing and disorder which is the common complaint in senior age group. Foot massage (*padaabhyanga*) enhances proper sleeping to cure the insomnia and hypertension. It releases numbness, stiffness, and removes cracks on the soles.¹¹

Vyayam

Action which produces tiredness to the body is known as *vyayam* (physical exercise). Through exercise, body becomes light, and able to perform normal duties with enthusiasm. It increases the power of digestion, which prevents the gastritis or any GI disturbances which are common in young generation. It reduces the fat which prevents the IHD, DM, HTN and mainly the lifestyle disorder.¹²

Udvardana

Massaging with fine powder in the opposite direction of hair follicles with high pressure is known as *Udvardana*. It helps to dilate the channels and increase the power of *bhrajaka pitta* of skin. So the complexion is enhanced.¹³

Snana

Snana increases the appetite, heat exerting the body through sweat pores is being obstructed and sends back to the original place and enhances the power of digestion. It removes itching, dirt, exertion, sweat, fatigue, thirst, burning sensation etc. The common problem of skin diseases is due to the polluted atmosphere.¹⁴

Results of Review

Thus, *Brahma Muhurta Jagarana, Upasana, Malamrutatyga, Achamana, Dantadhavana, Mukhaprakhala, Anjana, Nasya, Gandusha kavala, Dhumapana, Tambula Sevana, Abhyanga, Vyayam, Udvardana* and *Snana* etc. are the best ways to eliminate the problems like mental illness, digestive problems, and lifestyle disorder. It is reviewed that man is responsible for the changes and manifestation of various diseases. Man has to carry out certain prescribed ways of *dinacharya* to have a happy and healthy lifestyle. Moreover, this review paper exposed a new light of *dinacharya* and systems of carrying a good mental life and healthy lifestyle.

CONCLUSION

In present era, *dinacharya* plays a vital role in the lifestyle disorder to avoid the upcoming non-communicable

diseases. *Dinacharya* has been described as daily regimen to protect oneself from harmful effects of harmful environmental changes. It is responsible for the various changes which results in manifestation of diseases. In present era most of the diseases are preventive through *Dinacharya* that may be communicable or non-communicable. The *Dinacharya* procedure is the most important and primary prevention for the causation of diseases.

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