



ROLE OF AYURVEDIC DINACHARYA IN PROMOTION OF HEALTH

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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. Steps of Dinacharya are- wake up early in the morning, prayer before leaving the bed, washing the face, mouth and eyes, evacuation, exercise, scraping tongue, cleaning the teeth, gargling, chewing, nasaya, karanapurana, head and body massage by oil (abhyanga), bathing, dressing, use of perfumes, pranayama, meditation, breakfast, doing daily work or study, lunch, evening exercise and prayer, swadhyaya, dinner, going to bed etc.

Keywords : Ayurveda, Soolvritha, Ayurved, Dinacharya, Swasthavritta

INTRODUCTION:

A daily routine is necessary to bring radical change in body, mind and consciousness. It also

regularizes a person's biological clock, aids digestion, absorption and assimilation, and generates self-esteem, discipline, peace, happiness, and longevity. The Sanskrit word Dinacharya which literary means daily routine. Appropriate patterning or ritual conduct is the foundation of healthy life. Dinacharya promotes healthy organization of the energy channels and the seating of the Prana. According to Ayurveda one should follow Dinacharya in order to lead a healthy and disease free life. Dinacharya or the daily routine is an imperative part of healthcare to fill each day with essential self-care practices, eat at proper time and create a regular sleep schedule. By charity emotions become stabilized and thus hormones become balanced. Energy reaches greater levels and self-worth and wellbeing begin to shine. Healthy person should have the equilibrium state of the three humors of the body, seven tissues, three waste products and the power of digestion along with pleasant mind, soul and sense organs. With all of the positive effects that come from a healthy daily routine.

One should take food in proper quantity. This quantity of food depends on the power of digestion. One should take as a daily routine, the articles which maintain the health and prevent the unborn disorders. Shali rice, pulses, saindhava lavana, fruits, fresh water, milk, ghee and honey should be consumed daily for good health and prevention of diseases.

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No.	Activity	Effect on Dosha	Prevention of	Promotion of
	Early rise	Vatanuloman Kapha shaman	Constipation flatulence	Aayu Agni Dhee Dhriti Smriti
	Jala Pana	Pitta shaman	Amlapitta	Digestion Kidney function
	Shauch & Dant Dhawan &jivha nirlekhan	Tridosh shaman	Mukha malinta Durgandha Dant roga Mukha roga Alasya Angamarda	Dant dhridta Mukh shuddhi Jivha shuddhi Bhojan
	Jala neeti	Kapha shaman	whiting of hairs, wrinkles, cough	Medha, Smriti Eyesight
	Anjana	Akshigata dosha shaman	Timir Stress on eyes	Clarity of vision
	Nasya	Kapha shaman Vatanulomana	Urdhva jatrugata vikara	Eye sight Voice Glow of face
	Nasya,Gandus,Kaval	Kapha shaman	Durganthta, Arochaka Dryness of mouth Dryness of lips Dant roga Mukha roga	Oral health
	Doompana	Urdhvajatrugata Kapha-vata roga	Prevents disease above clavicle	
	Tambula sevana	Vata shaman	Hrid Roga	Mental health
	Abhyanga	Vata shaman	Anga marda, Glani, Sandhi Shool, Anidra	Skin glow and softness SarirDadhya , Samhanana



2	Vayayama/ Chankramana	Tridosha shaman	Sandhi vata Heart disease obesity	Lightness of body Digestion Strength Immunity
3	Udvartana	Kapha nasak	Obesity Compactness of body & skin	Skin compactness
4	Snana (Bath)	Tridosha shaman	Skin disease Prameha Excessive sweating Drowsiness Thirst Burning	Imrove digestion Vrisya Aayushya Strengthen energy Utsaha Bala Varna
5	Prayer	Mansik dosha shaman	Mental disorders anxiety	Mental health
6	Breakfast	Pitta shaman	Amla pitta	Agni, Utsaha
7	Swadhyaya	Tridosha shaman	Bhaya Glani avasada	Medha
8	Sadvritta	Sharirik and mansik dosha shaman	Lifestyle disorders Mental disorders	General health Mental health



Ayurveda describes some daily regimen for maintenance of positive health required for achievement of a long, healthy and active life, achieving satisfactory enjoyment of life and attainment of self realization.

(1) Brahmamuhurta jagrana: 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.

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.

(2) 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.

(3) Mala Tyaga : 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. 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 (feces and urine) daily. Defecation at proper time clears the rectum, increases digestive power, and prevents various manifestations like constipation, foul smelling flatus.

(4) Achamana / Mukha – Netra prakshalana (Washing of face and eyes):-To prevent eye diseases & promotes facial complexion.

(5) 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. 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.

(6) Jihva nirlekhana (tongue cleaning):- Tongue should be cleaned by a long flexible strip of metal or plant material. According to acupuncture theory, tongue has many more acupuncture points which initiate the proper functioning of vital organs like liver, kidney, bladder, stomach, intestine.

(7) Anjana (application of collyrium in eyes):- In today's time, excessive work on computer results in dry eye or computer vision syndrome.

When Anjana dravyas are applied, it causes irritation to eyelids and conjunctiva and enhances the circulation.

(8) Nasya (oily nasal drops):- Sticky nature of the nasya dravyas (anu taila, katu taila) avoids the entry of dust particles into the nasal tract. 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.

(9) Sneha gandusha dharana (Retaining oil in mouth):- The sukhoshna (lukewarm) gandusha and kavala dravyas are used, which improves the circulation of oral cavity. Gargling procedure of kavala poses the massaging effect over the oral mucosa and even strengthens the muscles of cheek, face and jaw bones.

(10) Dhumpana (medicated fume inhalation):- When the dhumpana dravyas are lightened with fire, it releases the smoke, soot and even CO₂. Carbon atom in CO₂ has the tendency to stimulate the respiratory centre present in brain stem which may triggers the normal physiological function of respiratory system.

Disinfective action of the dhumpana dravyas like haridra, guggulu and vacha cleanses the respiratory tract, oral cavity and pharynx.

(11) Tambula bhakshana (chewing betel leaves):- Stimulates the taste bud and increases salivation (Ptyalin enzyme), scraps the deposited matter.

(12) Abhyanga (oil massage):- A person should do oil massage daily. 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.

(13) Vyayama (Physical Exercise):- Physical exercise increases the carbohydrate metabolism (glycolysis) and causes lipolysis of accumulated adipose tissue (gluconeogenesis) thereby causing abolishment of extra fat. It increases O₂ supply to remote tissues.

The perspiration takes out the accumulated toxins from the body.

(14) 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.

(15) Snana (Bath):- Daily bath improves enthusiasm, strength, appetite and removes sweat and other impurities from the body.

(16) Sandhyopasana / Mangalakritya (Worship of Divine):- One should remember God and do Bhagwad samarana daily. One should do self-analysis of daily activities at evening.

DISCUSSION:

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”

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. Here all the activities explained as stated good for both mind and body.

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.

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