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## Study The Importance Of Dinacharya For Maintenance Of Health

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### Abstract

*Ayurveda* for prevention of diseases is accepted worldwide because the main purpose of *Ayurveda* is the maintenance of health of healthy being. In today's era diseases occurs due to changing life style of the people. One who wants to keep fit himself for whole of his life time should also be fit for every day. The ideal life style for a day is called as *Dinacharya* (daily regimen).

**Keywords-** *Ayurveda*, Health, *Dinacharya*.

## Introduction :

*Ayurveda* emphasizes importance to maintain health of healthy person and curing the disease of an ill. Health is a state of complete physical, mental, social and spiritual wellbeing and not merely the absence of disease (according to WHO). According to *Ayurveda* man is said to be healthy whose *Doshas* (humor), *Dhatus* (tissues), *Malas* (excretory products) and *Agni* (digestive capacity) are in the same state of equilibrium along with mental, sensory and spiritual pleasantness and happiness.<sup>[1]</sup> in today's era day to day life style, sleep pattern, food habits are changes according to necessity. Due to this, life style diseases occur. Prevention is better than cure. *Ayurveda* is the science which not only deals with the curative aspect of diseases but gives more importance to preventive aspect. *Ayurveda* has mentioned some life style strategies: - *Dinacharya* (daily regimen), *Ritucharya* (seasonal regimen), *Sadavritta* (good moral conducts), *Ashtang Yoga*. All these strategies are preventive rather than curative and *Dinacharya* is one of these preventive principles of *Ayurveda*.

## Methods:

conceptual study of *Dinacharya* was done according to *Ayurvedic Samhitas* and see the importance of *Dinacharya* for maintenance of health

**Aim :** To elaborate the importance of *Dinacharya* for maintenance of health by literature review.

**Objective :** To study the importance of *Dinacharyaa* for maintenance of health.

## Activities under *Dinacharya* :

*Ayurveda* describes some daily regimen modalities and their beneficial effects on body and mind.

1) *Prathah Uthana*- It is considered as the apt time for waking up which is the fourteenth *Muhurtha* of *Ratri* varies from region to region as the time of sunrise is not uniform throughout the world. It is approximately two *Ghataka* i.e. 96 minutes before sunrise in that region. Usually during this time environment is clean without much of pollutants. Along with the clean air, pleasant atmosphere, absence of noise, the morning rays of the rising sun is very beneficial. Exposure to bright light in early morning causes the release of serotonin which contributes to feelings of well-being and happiness and keep the person active and alert<sup>[2]</sup>. Nascent oxygen in the atmosphere in the early morning easily and rapidly mixes up with hemoglobin to form oxyhemoglobin which nourishes the remote tissues rapidly.

2) *Shauchvidhi* <sup>[3]</sup> – evacuation should be done when urge is felt. Defecation at proper time clears the rectum, increases digestive power, and prevents various manifestations like constipation, foul smelling flatus.

3) *Dantadhavan* <sup>[4]</sup> – One should brush in morning and night after intake of food with twigs of *Arka*, *Vata*, *Khadira*, *Karanja* and *Arjuna*. It brings about freshness, takes away bad odour and coating on teeth. It produces alleviation of *Kapha*, clearness in the mouth and desire for food. It stimulates taste perception and increases the salivation. Saliva contains salivary amylase 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.<sup>[5]</sup>

4) *Jivhanirlekha*<sup>[6]</sup> – Tongue cleaning should be done with the help of instrument which is smooth, soft, 10 *Angula* in length, made up of silver, gold or iron. It removes bad taste, odour of mouth, cures oedema, stiffness of tongue and gives taste.

5) *Anjana*<sup>[7]</sup> - Eyes are dominant in *Tejo Mahabhuta*, so there is fear of being afflicted with *Kapha*. Hence process which alleviates *Kapha* is good for eyes, strong *Anjana* should not be used in day time, as the eyes weakened by drainage will be afflicted by sun. Thus the *Anjana* meant for drainage should be always applied at night.

6) *Nasya*<sup>[8]</sup> – Medicine or medicated fat is administered through nostril. This is known as *Nasya*. According to different *Acharya* there are different types of *Nasya*. Practice of *Nasya* at proper time as said in the text prevents diseases of eyes, nose and ears. There will be no white or grey hair, no hair fall, instead they grow well. It cures stiffness of neck, headache, facial paralysis, stiffness of jaws, rhinitis. Veins, skull bones, joints, ligaments and tendons are nourished by *Nasya* and become strong. Face becomes pleasant and nourished, voice becomes sweet, deep and loud, clearness in sense organs and strength get enhanced.<sup>[9]</sup>

7) *Dhumapana*<sup>[10]</sup> – Inhalation of smoke and exhalation is known as *Dhumapana*. Part of vitiated *Kapha* situated in the head is eliminated very fast by *Dhumapana*. When the *Dhumapana Dravyas* are lightened with fire, it release the smoke, soot and even CO<sub>2</sub>. Carbon atom in CO<sub>2</sub> has the tendency to stimulate the respiratory center present

in brain stem which may triggers the normal physiological function of respiratory system.<sup>[11]</sup> it prevents strong *Vata Kapha* disorders occurring above the shoulders.

8) *Abhyanga* – Oil applied to skin nourishes even the *Dhatus* depending upon the duration of *Abhyanga*. *Abhyanga* enhances the overall blood circulation and transport the potency of drug to desired part. Daily practice of *Abhyanga* delays ageing, cures tiredness and *Vata* disorders, improves vision, complexion, nourishment, life, sleep, good lustrous skin and strength. This should be done spherically to head, ears and feet.<sup>[12]</sup>

9) *Vyayama*<sup>[13]</sup> – The physical action, which enhances the strength of the body, when performed in the required amount is called as *Vyayama*. Sweating, increased respiration rate, lightness in the body and increased heart beat are the features of proper exercise. Lightness of the body, ability to work, stability, increased endurance power, alleviation of *dosha (kapha)*, increased *Agni* are the benefits of exercise.

10) *Udvardana*<sup>[14]</sup> – *Udvardana* is a process which helps to decrease *Kapha* and fat, makes the body strong and gives excellent, clear and good complexion to the skin.

11) *Snana*<sup>[15]</sup> – Taking bath is auspicious, enhances virility, longevity, strength, compactness and *Ojas*, at the same time cures tiredness, sweat and impurities of the body. After doing massage, if one takes bath, person will be cured of bad *odour*, heaviness of body, drowsiness, itching, impurities, distaste, sweat and unpleasantness due to sweat.

12) *Hitakara Bhojana*<sup>[16]</sup> – Food should be taken when hunger is felt, for healthy people 2 times of meal is advised, any type of exercise should not be

done immediately after food, water should not be taken immediately after food, sleep and sexual activities should not be done immediately after food.

### Result:

In this study importance of *Dinacharya* for maintenance of health was observed literary.

### Discussion:

*Ayurveda* gives more emphasis on prevention of diseases. *Dinacharya* has been described in the context of daily regimen. Principle of *Dinacharya* is more relevant in current era because everybody is in hurry and running according to fast life style of present time. Even nobody has time even for them self. So, result is emergence of epidemic due to life style disorders both communicable and non-communicable. This trend of present time cannot be changed as it is demand of this era but life style can be modified by simple intervention through conduct of *Dinacharya*. Healthy habits should be included in life style even in busy schedule also, if a person want to be healthy forever.

### Conclusion:

A daily habit of the people makes their lifestyle. In today's era changing lifestyle and daily habits are responsible for lifestyle disorders like obesity, DM, cervical and lumber problems etc. following proper *Dinacharya* described in *Ayurvedic* text which promotes good health of individuals by maintaining normal physiological functions of the body and keeps the person healthy forever.

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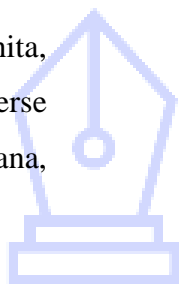


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