



ANALYSIS OF DINACHARYA OR THE DAILY REGIMENS FOR THE MAINTENANCE OF HEALTH

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ABSTRACT

The aim of Ayurveda is to maintain the health of a healthy individual and treat the diseased one. Our *acharyas* describe that man who has Doshas, Dhatus, Agni, mala and Kriyas as usual and whose Atma, Indriya, and *Manas* are peaceful is said to be healthy. The word *Dinacharya* has two words: Dina, which means day/day to day, and Charya, which means regimens and duties to be carried out. *Dinacharya* aims to maintain normal health and increase the life span without any disease. *Dinacharya*, or the daily routine in Ayurveda, emphasises the significance of aligning daily activities with natural rhythms to promote holistic well-being. This article explores the principles of *Dinacharya*, detailing its components such as waking, personal hygiene, meals, work, and rest. By integrating these practices, individuals can enhance physical health, mental clarity, and emotional balance. The article highlights the scientific underpinnings of *Dinacharya*, illustrating its relevance in modern lifestyles marked by stress and imbalance. Furthermore, it discusses practical applications for implementing *Dinacharya* in everyday life, demonstrating how these ancient wisdoms can foster resilience and vitality in contemporary society. Through this exploration, the article aims to inspire readers to adopt a structured daily routine that harmonizes with their biological clock, ultimately promoting a healthier, more fulfilling life.

Here, an attempt was made to understand the importance of *Dinacharya* in all the points mentioned above.

Keywords: *Ayurveda*, Health, *Dinacharya*

INTRODUCTION

To maintain the health of the healthy individual and to treat the diseased one is the aim of *Ayurveda*¹. Our *acharyas* describe that man with Doshas, Dhatus, Agni, mala and kriyas as usual and whose Atma, Indriya, and *Manas* are peaceful is said to be healthy².

Definition of health - "A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity"³. To keep fit, one should be alert at every movement. One must understand the importance of circadian rhythm, i.e., the biological clock. Health also depends on how one spends each day.

The importance of *Dinacharya* is the regimens to be followed daily to maintain normal health

- Maintenance of hygiene and to keep the body clean
- Desire for the intake of food, proper and easy digestion of the ingested food
- Prolongs life and longevity and
- Keeps the mind calm and quiet.

The ideal lifestyle for a day is called a daily regimen, i.e., *Dinacharya*. The word *Dinacharya* has two words: *Dina*, which means day to day, and *Charya*, which means regimens, duties to be carried out. The aim of *Dinacharya* is to maintain normal health and increase life span without any disease⁴.

To maintain Nagara/city, *Nagarasevaka* should take care; to drive the *Rath* (car, etc.) driver takes care. In the same way, one should take care of one's body and mind using the simplest method, which is following *dincharya*⁵. *Ayurveda* is a science which helps maintain a healthy individual's health, i.e., *Swasthya Rakshana*. *Ayurvedic* perspectives of the ideal lifestyle include *Dinacharya* (daily regimen), *Ritucharya* (seasonal regimen), *Sadvrittha* (good conduct), etc., which help in leading a good and healthy life and preventing disease.

Ayurveda emphasizes systematic daily routines to maintain an ideal lifestyle through the following

principles: *Praturuttana* /*Brahmi Muhurta Uttishtet*, *Dantadhavana*, *Gandusha*, *Tambula Sevana*, *Netranjana*, *Navana*, *Dhumapana*, *Abhyanga*, *Vyayama*, *Udvaartana*, *Snana*, *Sadvrutta*⁶.

DISCUSSION

Praturuttana waking up in "*Brahmi Muhurtha*"⁷. The daily regimen starts with *Brahmi Muhurta* Uthana, i.e. waking up two *Muhurta* (96 minutes) before sunrise. The environment is very polluted, but in the morning hours, it will be clean and free of pollution. Along with the clean air, pleasant atmosphere, and absence of noise, the morning rays of the rising sun are very beneficial to health. So, one should get up early in the morning before sunrise.

Shoucha Vidhi.

Danta Dhavana (brushing teeth): Twigs of plants with *Katu*, *Tikta*, *Kashaya Rasa Dravya* are used because they pose a minimum risk of allergic reaction and also act as analgesics⁸.

Jivha Nirlekhana: It increases salivation and gastrointestinal secretions. Finally, it increases appetite, the threshold level of basic taste perception, and proper digestion⁹.

Gandusha: *Gandusha* holds the medicated liquid in the oral cavity, whereas *Kavala gargling* the medicated paste is *done*. It should be done until there is secretion from the nose, eyes, and oral cavities. It maintains the hygiene, health, and freshness of the oral cavity, prevents bad odour and oral cavity disorders, increases the threshold of taste perception, and strengthens the different parts of the oral cavity¹⁰.

Tambula sevana: *Tambula* is generally composed of betel leaf, betel nut powder, camphor, cloves, wet quicklime fruit of *Myristica fragrans* (*Jatiphala*), etc. It is *Mukha Vishadakara*. *Tambula* provides cleanliness and pleasant odour to the breath, brightness of the face, purification of physiologically formed excretions in the teeth, removes coating of the tongue,

aids digestion, and helps in curing the defects in voice, etc.¹¹.

Netranjana: Applying collyrium should be practiced daily since it helps clean the eyes, improves visual acuity, prevents various eye disorders, increases the brightness of the eyes, and strengthens their ability to withstand bright light. *Sauviranjana* (composed of sulphate of antimony) can be used daily, but *Rasanjana* (made from Daru *Haridra* (*Berberis Aristata*) cooked with goat's milk) should be used once in five or eight days¹².

Navana: Installation of medicated liquids through the nose. It keeps the nose, ears, and eyes clean and acts as a protective layer. It strengthens the nerves, blood vessels, muscles and joints of the head and neck. It prevents premature greying of hair and baldness¹⁰.

Dhumapana: Medicinal smoke is inhaled through the nose or mouth and exhaled through the mouth. Medicines like Guggulu, Jatamansi, Agar, etc. are used. It relieves respiratory problems like cough, asthma, rhinitis, etc. Hair and teeth become strong. It also removes bad breath¹⁰.

Abhyanga: Medicated oil is used to massage the whole body, including the head and feet. Proper massage removes fatigue, increases muscular tone and flexibility of joints, alleviates *Vata*, improves blood circulation of different organs and skin, eliminates waste products through the skin, stimulates the nervous system, prevents old age, and increases longevity¹³.

Vyayama: Regular light exercises should be done daily. They help the body grow and become proportionate in shape. Muscular strength increases. The body can withstand exertion, fatigue, heat, and cold. Appetite also improves, and health is maintained¹⁴.

Udvaartana: Massaging the body with medicated powder actuates Kapha and liquefies the fat. Stability, compactness, strength of the body parts, and excellence of the skin are also achieved¹⁵.

Snana: Bathing eliminates dirt, itching, exhaustion, sweat, stupor, thirst, burning sensation, and sin¹⁶.

Anulepana and Maaladharana: The anointment of fragrant drugs is called Asanulepana, which strength-

ens skin, muscles, and nerves and keeps the mind calm and peaceful. *Maaladharana:* Wearing fragrant flowers will be auspicious. They also have antiseptic properties, stimulate vital organs, and keep the mind cool, calm, and pleasant.

Ahara, Nidra, and Brahmacharya are considered as the three *Upasthamba*. Prime importance is given to the *Ahara* since the *Shareera* originates, develops, and gets destroyed because of the *anna*. After the previous meal is digested, the person should take meals; the meal should be suitable and in limited quantity. *Nidra* should be done at the proper time and for an appropriate duration. *Nidra* is responsible for the health and state of the disease. Maintaining celibacy is also important for health maintenance. *Shukra Dhatu*, which is considered the *Parama Dhatu*, should be conserved. After entering into *Grahastha Ashrama*, one should follow *Vaivahika Brahmacharya* and should be involved in sexual intercourse to get the progeny¹⁷.

CONCLUSION

If one wants to be healthy throughout life, he should follow the daily and seasonal regimens told in our classics; if not, he will never be healthy. Health forms the root or base to achieve *Purusharthas*, namely *Dharma, Artha, Kaama*, and *moksha*. If a person is suffering from a disease, then it destroys both honour and life. During ancient times, the requirements of a person were minimal. In today's hectic and materialistic culture, rarely does anyone get the time to think about his health. Hence, many people believe this lifestyle is impossible to follow, but this concept is wrong. We should understand the importance of an ideal lifestyle and try to follow as much as possible. One should always remember that health management is free and enjoyable, whereas disease management is costly and painful. So, one should always try to maintain health by following these daily regimens and lead a life with complete physical, mental, spiritual and social wellbeing¹⁸.

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