

THE CLINICAL UTILITY OF BASIC PRINCIPLES OF AYURVEDA

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ABSTRACT

Real comfort and happiness is concealed in a sound health. Although modern 'remote control' technology has given us sophisticated machines, medical equipments and powerful medicines, we are not successful in maintaining the health. Diseases like hypertension, insomnia, heart diseases, diabetes and asthma are caused due to deteriorated life styles. Ayurveda has given specific guidelines of an individual for ideal daily routine activities (*Dinacharya*) and also the life style as per the seasonal changes (*Ritucharya*) so as to maintain a perfect healthy condition.

Keywords: *Dinacharya, Rutucharya.*

INTRODUCTION

In present era the percentage of the diseases, its recurrence increased even with modern technology. As per the historical evidences in olden days that the average age limit of an individual was about hundred years or more than hundred years with minimal facilities. The main cause is due to change in the life style and food habits. The main objectives of this traditional life science are to maintain the health and prolong of the life of healthy individual and to treat the ailments of the patients.

Ayurveda is field of observation and application extends to all these aspects of the man its and hygiene and philosophy know as *Swasthavrutha* is supplemented by the *Sadvrutha* or the 'Right Life' which inculcates the discipline of the senses and the regulation of the moral life so as to accord with the happiness and good, not of the individual merely but of the society as whole. It is therefore social and universal in its conception, application and comprehends physical, mental and ethical frame work of life. It is an entire way of life that Ayurveda ex-

pounds embodying philosophy, eugenics, ethics and healing.

In Ayurveda the Life style regimens were well described in the different classics by different *Acharyas*. These principles can be put under the two headings one is *Dinacharya* and second one is *Ritucharya*. Ayurveda Prescribes, precepts and rules of the routine activities that would ensure the smooth running of the intricate mechanism of the human body without hindrance.

DINACHARYA (daily regime)

Thus hygiene plays a most important role in Indian medicine. This code of health lays down in full details the regimen of daily life is called as *Dinacharya* in general. The most important point emphasized is that the application of these rules is to be made according to the individual constitution (*Prakriti* of an individual). It comprises of instruction about diet, activity, work, rest, sleep, sense purity, sex hygiene and behavior in general. Its domain covers not only a strengthening the physical powers of the body but also strengthening and increasing

the vitality of all senses and the psyche. It contains a specific in junctions and clear cut do's and don't with regards to the natural urges of the body and mind.

The activities of an individual from morning to bed time explained in the classics like – Wake up in the early morning, Brushing, Natural urges, Abyanga, Yoga and exercise, Bath, Meditation, Food timings.

MORNING

- **PRIMARY OBJECTIVE:** to purify the body, sense organs, and mind of the previous day's waste materials. Failing to do this is like carrying around your trash all day.
- **Arising time:** in general, learning to live by the hours of the sun is most beneficial to attain the 'Panchamruta' (i.e 'Pure Air, Pure water, Pure Land, Pure light and Pure sky') which promotes the health, wealth and wise of an individual it puts you into harmony with the daily cycle of creation. For most, this means rising before sunrise, which provides the best time and space to perform morning cleansings.
- **Brushing** helps in cleaning of the teeth, strengthen of the gums and maintains the good oral flora and should be done with the medicated fiber sticks having the properties of Katu, Tikta and Kashaya, eg. *Neem, khadir, karanja*. Quotation
- **Clean tongue** - Use a tongue scraper made by silver or copper or soft metal .
- If you begin to awaken from the call of nature, this is ideal and helps in maintaining health, if proper time not followed or resisted or avoided may leads to different diseases eg. Resisting of the defecation leads piles or anorectal diseases.
- 10-20 minute self-massage with 2-4 oz of warm oil appropriate to dosha: V=sesame,

P=coconut, K= mustard, almond and keeps the body strong, prevents from ageing. Massaging locally to the scalp, forehead, temples, hand and feet for about 5 minute in a day is sufficient and helps in sharpness of the sense organs in respective site and fairness of the skin.

- **Morning asanas** according to need and dosha: slow-motion and grounding for Vata, cooling for Pitta, and vigorous for Kapha. Performing the vyayama (yoga and exercise) in the morning eliminates the stagnates in the body, improves the appetite, reduces the obesity, feeling of lightness of the body and over all it keeps the body physically and mentally strong.
- **Bathing** is especially useful to eliminate the impurities of the body, improves the appetite and gives the bloom to the sense organs mind and body.
- **Meditation** should be performed daily for a ten minutes to improve the intellectual power of the mind and body.
- **Breakfast** according to *dosha*: modify according to constipation.

LUNCH TIME

- **PRIMARY OBJECTIVE:** sustaining the body and mind through the day, and taking advantage of your heightened agni to feed yourself the types of foods that will build high-quality tissues
- **Lunch** should be main meal of day, free of distractions.

EVENING

- **PRIMARY OBJECTIVE:** to prepare the body and mind for sleep.
- **Dinner-** It should be taken around 6 – 7 P.M. It should be lighter than the lunch. The dinner should be at least three hours before bedtime, as it gives the body ample time to digest the food. Sleeping just after the dinner

with a heavy stomach is not conducive to a sound sleep. Walk to aid digestion for about 10 – 15 minutes

- **Bedtime:** 9.30 – 10.30 P.M. Go to bed in time, so that you can get 6 to 7 hours of sleep before 4:30 am. A good practice is to massage the soles of your feet, before going to bed. This will calm your system. Do not sleep on your belly, but try to sleep on your back with knees slightly bent.

RITUCHARYA

Nature has been bountiful in bestowing and India a variety of seasons. The shivering cold of winter, scorching heat of the summer, the welcome down pour of the monsoon are the three chief seasonal verities linked by the transitional seasons.

The *Ritucharya* prescribes in Ayurveda is code of injunction to change or to modification, adoption and requirements to the daily routine diet and behavior to suit the different seasons is called as *Ritucharya*.

TIPS TO CHANGE LIEF STYLE

It is not easy to adopt totally a different lifestyle from the next day but once you decide to follow proper lifestyle pattern, the following guidelines will help you to make necessary changes in your present lifestyle.

1. Self acceptance of mistakes.
2. Make positive changes in the communication, home arrangements, clothes, timings for meditation, other exercises and hobbies etc.
3. Organize your work.
4. Classical music, pleasant fragrance, scents would definitely help you to make your moods, temperament and behavior suitable for the environment.
5. Assess your own diet. It should be well balanced from nutrition and quantity point of view. Avoid processed and fast foods. Eat with pleasant and relaxed mind. A short

prayer or a thankful remembrance of the almighty God before taking food is always better to cultivate the devotional attitude.

6. Honesty, mutual trust, loyalty, respect for the elders, affectionate and friendly approach for all, wishing and greeting others on various occasion, are good qualities which would improve your interpersonal relationship with others and would bring you more happiness and contentment.

7. Cultivate a habit of rational thinking from all the angles before arriving at the conclusions of the decisions. Altruism, compassion and forgiveness would empower your healing power.

8. Enjoy the humor and comedy. Share the jokes with your friends and family members.

9. Laughter is the best medicine as it relaxes us quickly and makes us sportive for any kind of situation. It also supports our healing process.

IMPORTANCE OF DINACHARYA

- Maintain the health
- Increases the life span
- Aging process can be controlled
- Increases immunity power
- Sharpens the sensory organs

EFFECT OF IMPROPER DINACHARYA

- Repeated attacks of infective/allergic diseases.
- Digestive disturbances
- Loss of physical and mental strength

CONCLUSION

The regimens described for an individual about the *Dinacharya* and *Ritucharya* will play important role to maintain the health and avoiding the diseases. Therefore it is very important to educate or training of these regimens to individual for the healthy society.

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