



ROLL OF DINCHARYA IN SKIN HEALTH

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ABSTRACT

Beauty is every individual's desire, giving a psychological sense of comfort and self-confidence. Beauty is not limited to the external use of cosmetic products but also to overall health. In *Ayurveda*, the concept of a direct relation between beauty and health is mentioned widely. In *Ayurveda*, *Dincharya* refers to daily routines or rituals promoting holistic health and well-being. Regarding *Ayurvedic* cosmetology, *Dincharya* is essential in maintaining the health and beauty of the skin, hair, and overall appearance. Proper *Rithucharya* (Seasonal Habits), *Dinacharya* (Daily regime), and *Pathya Ahara Vihara* (Wholesome diet & Regimen) promote health and further healthy skin. This review article aims to understand the role of *Dincharya* in day-to-day life.

Keywords: *Ayurveda*, *Dincharya*, Cosmetology, Skin

INTRODUCTION

Beauty is the ascription of a person's characteristics that provide the perceptual experience of pleasure.

Health (*Arogya*) is considered the prime factor over life's four aims and objectives (*Purusharth Cha-*

tushtya). Healthy skin is a result of the overall health of every individual. Cosmetology is a segment of medical science that alters appearance and changes beauty. It deals with applying beauty treatments for the face, hair and skin. According to the Drug and Cosmetics Act (India) 1940, “Cosmetics are defined by their intended use as a material rubbed, poured, sprinkled, or sprayed on, introduced into, or otherwise applied to the human body for beautifying, promoting attractiveness, or altering the appearance”¹. The growing obsession with having flawless skin is leading people to use some harmful and toxic chemicals present in every cosmetic product. A 2019 survey showed that around **50.8%** of respondents used skin care products daily². The cosmetics market in India is growing, with user penetration expected to reach **1.4 %** in 2024 and **2.1%** by 2029³. Chemical-based Cosmetics cause serious skin problems and other health adversities. At present time, many of the cosmetic ingredients used in beauty products hurt the human body.

According to *Ayurveda*, the first and for most aim is to prevent positive health in a healthy person. The *Swastha Chatushka* implying *Swasthya* of *Swastha* includes four chapters in *Charaka Samhita*: 1) *Matrashiteeya*, 2) *Tasyashiteeya*, 3) *Navegandharaneeya* 4) *Indriyopakramaneeya*, those which deals with different level of maintenance of health. The concepts are described in *Swastha Chatushka* like *Matravat*

Ahara, Swasthvritta, Dincharya, Ritucharya, Sadvritta, etc. *Acharya Charaka* explains the idea of “*Swasthvritta*” that one could lead a healthy life by following the regimens of *Dincharya*. Various aspects of *Dinacharya* (Daily routine) and their application for maintenance of good health are described in *Ayurveda* given by different *Acharya* such as *Abhyanga, Snan, Nasya, Mukhalepa*, etc. Various components of *Dincharya* play an important role in glowing and healthy skin; it enhances the skin quality and skin texture, and it eliminates toxins from the body.

Following a proper *Dincharya*, as ascribed in *Ayurvedic* texts, one can get flawless skin without applying any type of chemical-laden cosmetics. This comprehensive overview defines the role of *Dincharya* in maintaining skincare and nurturing the body, mind, and spirit.

DISCUSSION

Dinacharya (Daily regimen) refers to the various activities followed by an individual in a daily routine. *Acharya* has incorporated hair, face and overall skin health perspectives into *Dincharya*. *Dincharya* has been mentioned in various *Samhita*, here I would like to discuss the Skin and hair health components and general body health components of *Dincharya* into separate categories for better understanding:

General body health components of <i>Dincharya</i>	Skin and hair health components of <i>Dincharya</i>
1. <i>PratahUtthana</i>	1. <i>Mukha Prakshalana</i>
2. <i>Ushapana</i>	2. <i>Nasya</i>
3. <i>Danta Dhavana</i>	3. <i>Abhyanga</i>
4. <i>Gandusha</i>	4. <i>Pada Abhyanga</i>
5. <i>Tambula Patra Sevana</i>	5. <i>Shirobhyanga</i>
6. <i>Anjana</i>	6. <i>Udvardana</i>
7. <i>Chaurkarma</i>	7. <i>Snana</i>
8. <i>Vastradharan</i>	8. <i>Anulepana</i>
9. <i>Chatradharana</i>	9. <i>Samvahana</i>
10. <i>Gandhamala</i>	10. <i>Udgharshana & Utsadana</i>
	11. <i>Mukha Alepa</i>

General body health components of Dincharya:

- The first procedure of Dincharya given by Acharya Vagbhatta is **PratahUtthana**, which is for Ayuraksha⁴. In Ayurveda, Brahmamuhurtha has been mentioned as ideal for waking up and starting a new day. The total day is divided into 30 equal parts of 48 minutes. Brahmamuhurtha is the second last Muhurta before sunrise (calculation considering sunrise at 6 a.m.). Brahma means knowledge; this time is also favourable for reading as calm environment helps for easy grasping of any knowledge. Satva Guna is also dominant in human body at this time. It regenerates skin cells, increases blood flow in the skin and repairs environmental UV damage.
- Then drinks the water from eight Prasriti (a cup formed by joining two palms is known as Prasriti) at the time of sunrise, called **Ushapana**.
- **Danta Dhavana** is considered the first procedure of Dinacharya by Sushruta⁵. It brings about freshness, Daurgandhyahara (removes bad odor), and coating on teeth. It produces alleviation of Kapha, removes lousy odor, clearness in the mouth, and Anna Abhiruchi's desire for food and cheerfulness vi. It prevents dental carries by maintaining salivary pH and promoting salivary secretion. Regular mechanical removal of food debris and control over acid formation help to prevent dental plaque, which in turn prevents periodontal diseases.
- **Gandusha** removes foul smell and abnormal taste from the mouth. It is a simple rejuvenation and preventive therapy that, when done routinely, enhances the senses, maintains clarity, brings about a feeling of freshness, and invigorates the mind. It provides cheerfulness and Danta Dadharykara (firmness to teeth and gums), promotes Prabha (lusture) of the face, and prevents tooth decay, hypersensitivity of teeth, and cracking of lips.
- **Tambula Patra Sevana** provides clarity and Saugandhya (fragrance in mouth), lusture and Kanti

(charm on face), Jivha Indriya Vishodhana (purifies oral cavity, teeth, tongue) and enhance the voice⁶.

- **Sauviranjana** should be applied daily. Rasanjana should be applied every 5 or 8 days for Sravana⁷. It alleviates Kapha. **Anjana** is beneficial for eyes, keeping the vision clear, makes eyelashes strong and shining.
- **Chaurkarma** should be done at least in every five days. This enhances brightness, Ayushyam (increases span of life) and Poshtikam (provides strength)⁸. Hair should be combed with a comb which helps in the growth of hair and removing dust, dirt and insects. This enhances brightness, increases span of life and provides strength.
- **Vastradharan** adds to the bodily Kamyā (Charm), Yash (reputation), Ayushyam (longevity) and prevents inauspiciousness⁹. It brings about pleasure, grace, competence to participate in conferences and good look. Wearing clean dress adds to the bodily charm, reputation, longevity and prevents inauspiciousness. It protects the wearer from rough surfaces, thorn and prickles by providing barrier between the skin and the environment.
- **Chatradharana**¹⁰ protects skin from sun, wind, rain, dust, and snow. It is also good for the eyes and complexion.
- **Gandhamala**¹¹ provides a good smell, charm and pleasure.

Components of Dincharya for Skin and Hair Health:

MUKHA PRAKSHALANA: (Washing of Face) It is done with Kshirivrksha Kashaya¹² added with milk, Decoction of Amalaki or Shita Jala (Coldwater). It removes Nilika (Blue spots), Pidaka (Boils), Vyanga (Freckles) and Mukha Shosha (Dryness of the face). Vagbhatta mentions Akshi Sinchana-sprinkling of eyes with water.

NASYA: Medicine or medicated fat is administered through nostril, known as Nasya. The head is the most essential part of the body. Nasya is of two types,

Shirovirechan and *Snehana*¹³. *Snehana Dravya* is used for *Pratimarsh Nasya*. *Pratimarsh Nasya* of *Anu Tail* indicates for daily use, one or two drops especially strengthen the sense organ and improve the health of the hairs, shin and throat. After using *Nasya Karma Face*, become cheerful and plumpy. Using of *Nasya* in daily routine can be protected from hair disorders like *Khalitya* (Hair falling) and *Palitya* (Graying) hair.

ABHYANGA (Massage): Daily practice of *Abhyanga* delays ageing, cures tiredness and *Vata* disorders, and improves vision, complexion, nourishment, life, sleep, good lustrous skin and strength. This should be done specially to the head, ears and feet. *Abhyanga* is the most important *Dincharya* procedure for the Softness of the body; It removes *Vata* and *Kapha Dosha* and promotes all *Dhatu*, healthy skin, *Varna* (good complexion) and *Bala* (Strength). It improves skin texture and makes the body pleasant to touch (*Sukh Sparsh*) and charming. It delays aging and reduces stress since it is evident in reducing physiological dealings of strain, including hormonal (cortisol, epinephrine and nor-epinephrine) and physical (heart rate and blood pressure) variables.¹⁴

Abhyanga cleans the skin and removes the dead skin layer by rubbing action. It dilates the small blood vessels beneath the skin and increases blood circulation due to this, oxygen and nutrient supply increases to the outermost layer of the skin. *Acharya Sushruta* additionally explained the time period for *Abhyanga* according to the time taken to reach oil to particular *Dhatu* (tissue), 300 *Matras* is needed to oil to get root of hairs, skin needs 400 *Matras*, 500 *Matras* for *Rakta Dhatu* (blood), 600 *Matras* for *Mamsa Dhatu* (Muscle), 700 *Matras* for *Meda* (Adipose tissue), 800 *Matras* for *Majja* (Bone marrow).¹⁵

PADA ABHYANGA (Feet Massage): It makes the skin of the soles softer. It removes *Khartvam* (Roughness), *Rukshata* (dryness), and *Shunyata* (Numbness) of feet¹⁶. It provides gentleness, *Bala* (strength) and firmness to feet and prevents cracking of feet. Its medicinal use is to *Drasti Prasadana* (improves the vision) and pacifies *Vata*.

SHIROBHYANGA (Head Massage): Daily head massage practice prevents *Khalitya* (Alopecia) and *Palitya* (Graying of hair), strengthens hair roots, and makes hair black and long xvii. It also nourishes the sense organs, softens the skin, and provides *Prabha* (lusture) to the face.

UDVARTANA: It is a process that helps decrease the *Kapha* and *Meda Dhatu*, pacify *Vata Dosha*¹⁷ It is a massage with different powders of herbs. It makes the body strong and gives excellent, clear *Twak Prasadkara* (good complexion to the skin). It produces stability of the body parts and excellence of the skin and destroys *Sharira dourgandhya* (body odor), *Gurutva* (heaviness), *Tandra* (drowsiness), *Kandu* (itching), *Arochaka* (anorexia) and *Sweda* (sweating).¹⁸

SNANA¹⁹ **(Bath):** Regular bathing as a part of *Dinacharya* clears all the dirt of the skin caused by the environment. Daily bathing not only keeps us fresh and smelling good but also serves to keep us fit and healthy. Taking a bath is auspicious, enhances virility, longevity, strength, compactness and *Ojas*, and cures *Shram* (tiredness), *Daurgandhya* (bad smell), *Sweda* (sweat), *Kandu* (Itching) and impurities of the body.

ANULEPANA (An ointment): Application of an ointment gives luck, complexion and beautiful look. It enhances *Priti*, *Ojas* and *Bala* (strength) and removes *Sweda* (sweat), *Daurgandhya* (bad smell), *Vaivarnya* (Discoloration) and *Shram* (tiredness).

SAMVAHANA (Gentle Massage Without any Powder/ Oil): It promotes sound sleep and *Prasadana* (good skin) of *Twak*, *Rakta* and *Mamsa Dhatu*²⁰. It pacify *Vata* and *Kapha Dosha*.

UDGHARSHANA (Massage with Dry Powder) AND UTSADANA²¹ **(Massage with Oily Paste):** *Udgharshana* stimulates *Teja* (glow of the skin) by improving blood circulation, it alleviates *Kandu* (Itching), *Kotha* (rashes), and removes dirt²². *Utsadana* especially in women promotes lustre of skin and brings cheerfulness and cleanliness. *Utsadana* and *Udgharshana* dilate the blood vessel, which provide oxygen and nutrients to the skin cell. These procedures also enhance *Bhrajaka Pitta* which

digest all the metabolic waste present in the skin and maintain the skin health.

MUKHA ALEPA²³ (Face Pack): It promotes eyesight, makes cheeks and face attractive like lotus. It prevents *Vyangya* (wrinkles) and grey hairs, removes *Vali* (freckles), *Mashaka* (blackmoles) and *Pidika* (boils).

CONCLUSION

Beauty is one of the important aspects of human being especially in case of younger generation since it affects social reputations and imparts confidence levels. A well-maintained skin tone has multiple benefits on the long run like prevention of wrinkling & sagging of skin. Also, a clear toned skin builds the self-confidence & personality of the individual. In present time, it is tough and challenging to maintain a proper and perfect lifestyle and appropriate body balance from inside and outside. In order to maintain health, a vast description of Daily Regimen (*Dinacharya*), Seasonal Regimen (*Ritucharya*), Code of conduct (*Sadvritta*) and Behavioral medicine (*Achar Rasayana*) are mentioned in Ayurveda.

Ayurveda describes the many Dinacharya regimens which we can use for skin care to maintain skin health like *Abhyang*, *Nasya*, *Anulepana* etc. Proper *Dinacharya* regimen, that promotes positive health by maintaining normal physiological functions of the body and keeps the person healthy forever by slowing down the irreversible changes in the body that occur with age. It nourishes the mind and body with different treatment principles for the reflection of healthy status of a skin. To The Practice of regular *Dinacharya*, makes a body and skin look much younger, improves the circulation of blood, removes unwanted toxins, and creates mental stability that improves the confidence of an individual from inside and outside which is reflected in the skin. This is a better advantage offered by *Ayurveda*.

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