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# Role of *Ayurveda Dincharya* in school going children w.s.r. to Virtual Learning

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## ABSTRACT

The outbreak of Covid-19 affected the lives of all sections of society as people were asked to self-quarantine in their homes to prevent the spread of the virus. With the closure of educational institutions, the need for a rapid transition from physical learning to the digital sphere of learning emerged. Impact of virtual learning on the children, time spent on online classes and self-study, medium used for learning, sleeping habits, daily fitness routine. Increasing eyesight problems with frequent headaches are attributed to prolonged screen time. In addition, increasing anxiety and depression due to home confinement along with sleep disorders are also on the rise. All these problems emerging due to change in daily routine. Solutions offered by *Ayurveda* one should follow *Dincharya* in order to lead a healthy and disease-free life. *Dincharya* is one of the means. According to layman *Dincharya* means to follow certain things like waking up early in the morning, brushing teeth etc., whereas in *Ayurveda* along with these things there are different procedures like *Nasya*, *Abhyanga*, *Snana* etc. *Dincharya* activities like *Bramhamuhurta*, *Anjana*, *Nasya*, *Dhoompana*, *Abhyanga*, *Vyayama* etc. should be followed.

**Key words:** *Ayurveda*, *Children health*, *Dincharya*, *Virtual learning*

## INTRODUCTION

The global outbreak of the Covid-19 pandemic has spread worldwide affecting almost all countries and territories. Lockdown and staying home strategies have been put to control the transmission of the disease.<sup>[1]</sup> Lockdown and social distancing measures due to the Covid-19 pandemic have led to closures of schools, training institutes and higher education facilities in most countries. Closures of schools, colleges and universities have discontinued face to

face learning. There is a pressing need to innovate and implement alternative educational and assessment strategies. The covid-19 pandemic has provided with an opportunity to pave the way for introducing digital learning.<sup>[2]</sup>

Since the outbreak of the Covid-19 virus, educational institutes from all over the world have migrated from the traditional methods of learning to importing education through online means. The education system has been suddenly shifted from the conventional classroom environment to electronic devices and online application. Online learning has been observed as a possible alternative to conventional learning. It is expected that the continued spread of the disease, travel restrictions and closure of educational institutions across the country would have a significant effect on the educational, social life and mental health of students. Moreover, changes in daily routine including lack of outdoor activity, disturbed sleeping patterns, social distancing have affected the mental wellbeing of children.<sup>[3]</sup>

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## AIM AND OBJECTIVES

To evaluate role of *Dincharya* in children.

## METHODOLOGY

To fulfill the aims & objectives relevant *Ayurveda* and Modern literature, available information in *Samhita's* and on internet was searched. The information is described hereafter.

### Effects of Virtual learning

Increasing eyesight problems with frequent headaches are attributed to prolonged screen time. In addition, increasing anxiety and depression due to home confinement along with sleep disorders are also on the rise.

Children attending online classes at home are not bound to have classroom professionalism. Hence, their physical health is deteriorating too in many aspects.

- Poor ergonomics:** Unlike classrooms, the children are not bound to follow good ergonomics at home. Taking online classes on bed and sofas are one of the commonest reasons that we can attribute to recent rise on back pains or fibromyalgia pains.
- Lack of physical activities:** Obesity in children is on the rise either due to lack of outdoor physical activities or due to begin eating and easy availability of junk food at home. Children are losing their muscle mass and adding fat which is going to affect their growth. Children by being physically inactive are also losing their muscle tone thereby finding it very difficult to cope up with sports when they resume in future due to muscle rigidity. Physical activities play a large role in Calcium and Vitamin D levels of the body.
- Deficiencies of Calcium and Vitamin D:** Apart from lack of physical activity, lack of sunlight exposure and poor diet also contributes to Calcium and Vitamin D deficiencies. Muscle cramps, spasms and strains/tears are common with trivial injuries / bad postures when a child is having severe deficiencies

- Injuries:** Increasing number of injuries in children in recent times is either due to trivial injuries or due to over-enthusiasm and desperation of being isolated at home. Every child wants to get outdoors, and their fitness is significantly poor due to the lockdown.<sup>[4]</sup>

## DISCUSSION

*Ayurveda* is not only tradition. It is a scientific and holistic way to live life. Daily routine is absolutely necessary to bring radial changes in the body, mind and consciousness. Routine helps to establish balance in one's constitutional. It also regularizes a person's biological clock, digestion, absorption and assimilation and generates self-esteem discipline, peace and happiness and longevity. *Dincharya* established healthful habits through attunement of the body to the natural cycles of the day.<sup>[5]</sup> A particular lifestyle of person is collective product of his/her physical capacity coordinated worth psychological functioning displayed in the form of pattern based on his own training sought from childhood and also grained from his immediate companions including parents, siblings etc. Here proper *Dincharya* is equally important for children to maintain the health and proper growth and development of individual child.<sup>[6]</sup>

The Sanskrit word *Dincharya* is defined as "the daily routine". *Din* means 'daily' and *Charya* means 'practice or routine'. According to *Ayurveda* one should follow *Dincharya* in order to lead a healthy and disease free life. *Dincharya* helps to establish balance in one's constitution. It also regularizes a person's biological clock, aids digestion, absorption and assimilation and generates self-esteem discipline, peace, happiness and longevity. It starts from waking up in the morning in *Bramhamuhurtha*, *Ushapana*, *MalaMutra*, *Visarjana*, *Achamana*, *Dantadhavana*, *Kavala*, *Gandusha* etc. Whatever activities are completed by an individual from waking up in the morning till sunset is called as *Dincharya*.<sup>[7]</sup>

### *Dincharya* as per *Ayurveda*

#### 1) *Brahmamuhurta*

"*Brahme muhurte uttishtet swastho rakshaarthamayushah |*" (A.H.Su.2/1).

A person who is interested in preserving the health and longevity should get up early in the morning in *Brahmamuhurta*.<sup>[8]</sup> *Bramhamuhurta* is the second last *Muhurta* before sunrise, which is one-hour 36minutes before sunrise. *Bramha* means knowledge. The time apt for perceiving knowledge is known as *Bramhamuhurt*.<sup>[9]</sup> *Brahmamuhurta* has been mentioned ideal for wakeup and starting of a new day.<sup>[5]</sup> At this time there is positive flow of energy and mental faculties are at their highest. By rising at this time, the body can synchronize with the rhythm of sun.<sup>[9]</sup> This time is favourable for reading as calm and environment helps for easy grasping of any knowledge.<sup>[5]</sup> This time is hailed as the best time to learn. Children should fix the time for wakeup. Children should sleep around 9pm and wakeup time should be around 6am. Children should complete at least 10-11 hours of sleep. In this time lower air pollution student should practice meditation, *pranayama* and *Yoga*.<sup>[5]</sup> So that stress and anxiety will be reduced which are developed due to learning. Vitamin E and Vitamin D are found in abundant quantity in early morning sun's ultraviolet rays.<sup>[9]</sup> Between 6am-7am for 15min sitting in sunlight should be done.

## 2) *Shauchakarma*

Defecation at proper time clears the rectum, increases digestive power and prevents various manifestations like constipation, foul smelling flatus.<sup>[10]</sup> Children should not read anything or eat anything in toilet. There should be dim light in toilet always.

## 3) *Dantadhavana and Achamana*

*Dantadhavan* means cleaning the teeth. It stimulates taste perception and increases the salivation. Saliva contains salivary amylase which plays a role in breaking down food particles and entrapped within dental crevices, thus protecting teeth from bacterial decay.<sup>[10]</sup> Powder of *Kashtha*, *Trikatu*, *Triphala* and *Trijatak* mixed with honey should be massaged on gum.<sup>[7]</sup> Toothpaste should be used after 18 months and child's teeth twice a day (morning and before bed) to remove plaque.<sup>[6]</sup> *Aksiprakshalan* and

*Achamana* should be done with milk, gulabjal or water. As it will give soothing effect to eyes.

## 4) *Jivhanirlekhana*

*Jivhanirlekhana* means cleaning the tongue. The tongue should be gently scraped from back to front; the scraper may be rinsed off between strokes, if there is lot of accumulation. Tongue scrapers, which should not be sharp edged and are curved, are to be made of metals like gold, silver, copper, tin, and brass. The dirt deposited at the root of the tongue, abstracts expiration and gives rise to foul smell. So, the tongue should be scraped regularly.<sup>[12]</sup>

## 5) *Anjana*

*Anjana* is the procedure in which *Lepa* (ointment) is applied to the inner part of the lower eyelid from *Kaneeka Sandhi* to *Apanga Sandhi* with the help of fingertip or with *Anjana Shalaka*. As online learning causes eyesight problem like pain in eyes, watering from eyes, burning in eyes etc. Daily application of *Anjana* improves eye health, prevents eye diseases. *Souviranjana* has been advised to use daily, it helps in maintaining the health eye and vision. It prevents and cure *Daha* (burning), *Kandu* (itching), *Mala* (eye debris), *Klinnta* (water eye), *Vedna*(pain) etc.<sup>[13]</sup>

## 6) *Kavala and Gandusha*

*Kavala* - *Kavala* is a procedure of holding comparatively small quantity of liquid in the mouth, make it move briskly inside and spitting out quickly. Decoction of *Khadira*, *Nyagrodha*, *Udumbara* etc. may be used daily for *Kavala*. It strengthens the muscles of cheek, face and jaw bones.<sup>[5]</sup>

*Gandusha* - Filling the mouth in the morning with oil or medicated water daily and holding for a few minutes without moving it inside the oral cavity is called *Gandusha*. It is used to prevent decay, oral bad odor, gum bleeding, dryness of throat, cracked lips.<sup>[5]</sup>

## 7) *Nasya*

*Nasya* is a procedure in which medicine is administered through nose either in the form of ghee, oil, powder, liquid or smoke. Due to continuous online classes, children suffering from neck pain, headache

etc. *Pratimarsha Nasya* which is indicated for daily practice and helpful in prevention of diseases of head, neck, oral cavity and also respiratory disorders.<sup>[14]</sup> *Katu Taila* or *Saindhavayukta Ghrut* 2-3drops through finger can be used for *Kshirannada Awastha*.<sup>[15]</sup> Sticky nature of the *Nasya Dravyas* avoids the entry of dust particles into the nasal tract. *Nasya Dravya* triggers the nerve endings and sends the message to CNS and initiates normal physiological functions of the body.<sup>[11]</sup>

### 8) *Dhoompana*

*Dhoompana* means Inhalation of medicated smoke through the Nose or Mouth. Disinfective action of the *Dhoompana Dravyas* like *Haridra*, *Guggulu* and *Vacha* cleanses the respiratory tract, oral cavity and pharynx.<sup>[11]</sup>

### 9) *Abhyanga*

*Abhyanga* is defined as a procedure of application of *Sneha Dravyas* over the body and make to and from movements. *Abhyanga* means massaging the body with any *Snehas* within the same direction of hair follicles.<sup>[16]</sup> *Abhyanga* makes the body soft, controls the *Kapha* and *Vata* aggravation and bestows nourishment to the tissues, good complexion, colour and strength to the body.<sup>[16]</sup> Massage enhances the overall blood circulation and transport the potency of drugs to desired part. *Til Taila* can be used to relieve tiredness. *Shiroabhyanga* helpful in hair nourishment, sense organs and improves sleep. *Padabhyanga* improves vision and sleep.

### 10) *Vyayama*

Physical exercise increases the carbohydrate metabolism and causes lipolysis of accumulated adipose tissue thereby causing abolishment of extra fat. It increases O<sub>2</sub> supply to remote tissues.<sup>[11]</sup> *Vyayama* can be modified into outdoor games and skill developing activity of child.

### 11) *Udvaratana*

*Udvaratana* - The procedure of massaging the whole body below the neck in a direction opposite to the orientation of hair with some pressure is called *Udvaratana*.

*Snigdha Udvaratana* - *Murchhita Taila* can be used.

*Ruksha Udvaratana* - *Triphala Churna* for obese patients.

*Udgharshana* - It is a procedure in which dry powder of herbs like *Reetha* and *Ishtika Churna* is rubbed against the body.<sup>[20]</sup>

*Utsadana* - It is a procedure in which *Sneha Kalka* is used during the procedure.

The effects of *Udvaratana*, *Udgharshana* and *Utsadana* are multifold. They pacify *Kapha-Vata*, itching, fatigue, offer lightness of the body and enhance sleep, vitality and vigor etc. *Udgharshana* clears up minute channels, demolishes fat and body odour.<sup>[18]</sup>

### 12) *Snana*

*Acharya's* have mentioned that one should take bath early in the morning. According to *Acharya Charak*, *Snana* act as a purifying, libido stimulant and prolongs life .It helps relieving fatigue, removes sweating and dirt from the body.<sup>[19]</sup> It promotes strength and endurance in body.<sup>[20]</sup> Bathing with *Sheet Jala* improves eyesight and also stimulates *Agni* that helps in the process of digestion.<sup>[21,22]</sup> Bathing with *Ushna Jala* increases the strength of an individual and lowers the increased *Vata* and *Kapha Dosha*.<sup>[23]</sup> Daily bathing of children should be done to keep fresh and smelling good but also serves to keep fit and healthy. Children should not take hot water on head as it can harm eyes. After bathing children should go for study.

### 13) *Bhojan*

*Phalaprashana* - between 6 months to 9 months of age.<sup>[6]</sup> Children should take frequent meal. *Kamblik* can be given for *Bruhan*, *Balvardhak*. *Fried Shali* or *Shashti* can be given with *Sneha* or *Lavana* for *Pushtivardhak*.<sup>[24]</sup> To decrease *Pitta* manukka can be given. While eating children should not watch TV or mobile, should focus on eating, should take *Satvik Ahara*. As *Kashyap* described to take *Godugdha* as it is considered as *Prashasta Rasayan*.

*Acharya Kashyap* explained in *Sutrasthana* about different *Lehana Yogas (Avaleha)* to maintain health and to increase *Bala* and *Buddhi*. In *Leha Yogas* there

is special *Sthana* for *Swarna Suvarna* is *Medhavardhak*. Therefore, *Sadhyajata Balak* should be given *Madhu* and *Ghrut* for chatan. After birth in *Jatkarma Sanskar Suvarnaprashan* is mentioned in *Sushrut Samhita* in *Sharirsthana* child should be given *madhu+Sarpi* mix.<sup>[25]</sup> *Suvarnaprasha* increases *Medha*, *Agni*, *Bala* and it is *Kalyankarak*, *Punyakarak*, *Vrushya*, *Varnya* and free from *Graha*.<sup>[26]</sup>

Various *Lehana Yogas*, *Ghrutas*, *Dhupan Dravyas* etc. are mentioned like

### 1) *Lehana Yogas* - For *Medhavruddhi* –

*Bramhi*, *Mandukparni*, *Triphala*, *Chitrak*, *Vacha*, *Soaf*, *Shatavari*, *Danti*, *Nagbala*, *Nishotha* should be taken with *Madhu* and *Ghrut*.<sup>[26]</sup>

For *Medha* and *Balavruddhi* - *Manjistha*, *Triphala*, *Bramhi*, *Bala*, *Atibala*, *Chitrak* should be taken with *Madhu* and *Ghrut*.<sup>[26]</sup>

### 2) *Ghrutas* - For *Medhavardhak* - *Kalyanak Ghrut*, *Panchagavya Ghrut*, *Bramhighrut*.

*Abhaya Ghrut* - used to free from *Pishaj*, *Rakshasa*.<sup>[26]</sup>

*Sanvardhan Ghrut* - Leads to disease free condition, used in delayed milestone.<sup>[27]</sup>

### 3) *Dhupan*

*Kumarnamak Dhup* - *Ghee*, *Ral*, *Krushna*, *Bhilawa*, *Shilayak*, *Haridra*, *Daruharidra*, *Laksha*, *Khas*, *Sarso*, *Arjakphul*, *Vidanga*, *Tagar*, *Tejpatra*, *Vacha*, *Hinga*, *Netrabala* used for *Bala Vruddhi*.

*Maheshwar Dhup* - *Ghee*, *Guggul*, *Bilwa*, *Devdaru*, *Nameru*, *Jau* used to destroy *Graha Rogas*.

*Agneya Dhup* - Mix cow's hair in *ghee* and burn it, leads to disease free condition.

*Dashanga Dhup* - *Ghee*, *Shweta Sarso*, *Bhilawa*, *Vacha*, *goat's hair*, *Tagara*, *Bhojpatra*, *Guggul* useful in *Graha* and *Upgraha*.<sup>[28]</sup>

## CONCLUSION

Online learning affected the daily regimen of children. Problems which the children are facing now like increasing eyesight problems with frequent headaches are attributed to prolonged screen time. In

addition, increasing anxiety and depression due to home confinement. Obesity in children is on the rise either due to lack of outdoor physical activities or due to overeating and easy availability of junk food at home. All these problems emerging due to change in daily routine. Solutions offered by *Ayurveda* one should follow *Dincharya* in order to lead a healthy and disease free life. *Dincharya* plays a vital role in prevention of various disorders which are resultant of improper lifestyle and bad conduct. *Dincharya* is need of current era as due to covid-19, it effects on children due to continuous online learning causing various symptoms. According to *Ayurveda* one should follow *Dincharya* in order to lead a disease-free life and healthy. To avoid these symptoms like stress, anxiety, depression, eyesight problem, neck pain, and headache. Daily regimen like *Anjana*, *Nasya*, *Akshiprakshalan*, *Abhyanga* etc. should be done.

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