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Importance of *Dinacharya* in a routine life

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ABSTRACT

Ayurveda is an eternal science of life. The goal of *Ayurveda* is to maintain the health and cure of the disease. To achieve one such goal of maintaining the health, *Dinacharya* is one of the means to follow certain things like morning walk in *Ayurveda* along with these there are other different procedures include like *Nasya*, *Snana*, *Abhyanga*, *Tambula Sevan*. etc. *Ayurveda* has not only advised the treatment for various diseases but also its prime moto has been to prevent Someone's health. Many Dietary and Lifestyle related rules and regulations have been described in the classical texts of *Ayurveda* for the prevention of health. *Dinacharya* is the first and basic lifestyle regimen to be followed *Dinacharya* is mentioned by many *Ayurveda Acharyas*.

Key words: *Ayurveda*, *Dinacharya*, *Daily regimen*, *Health*

INTRODUCTION

The Sanskrit word *Dinacharya* is defined as the daily routine. *Din* means daily and *Charya* means practice or routine. *Dinacharya* is a specialized structured lifestyle designed by ancient *Ayurveda Acharyas* in order to maintain the health of healthy individual is Primary aim of *Ayurveda* to follow the rules and regulations related to lifestyle over 24 hours to maintain someone's health can be called as *Dinacharya* According to *Ayurveda* one should follow *Dinacharya* in order to lead a healthy and disease-free life. In *Ayurveda* system of medicine were

much aware about the maintenance of health of healthy person which is also the primary objective of *Ayurveda*, secondary being to cure the diseased individual i.e., the *Swasthyashyaswasthya Rakshanam*, *Aturashyavikara Prashmanancha*. *Acharya Vagghatta* has mentioned about *Dinacharya*. that those who always consume quality food and exercise properly remain health. *Dinacharya* (Daily regimen) which describes the routine to be followed by healthy individual for maintaining the health. *Dinacharya* starts from rising from bed in the morning up to going to sleep at night. Daily routine is known as *Dinacharya* in *Ayurveda*. Therefore, *Dinacharya* is achieving perfect health by observing every day health and hygiene practices.

AIM AND OBJECTIVE

Ayurveda is a science of life, it gives information's to maintain normal health information about disease and it's treatment As life a circular cycle according to biological clock, there is morning, afternoon, evening and night same way human being must follow the particular biological clock of his life and must correlate the work with cycle.

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Now a days we see no discipline is maintained by the people. Due to their job pattern of some after other response people are earning better, but unable to maintain health and self-satisfaction only way to become satisfied and healthy *Dinacharya* should be followed.

Importance of *Dinacharya*

Dinacharya if followed properly helps to establish balance in individual's constitution and thereby help in regulating the biological clock Also, it aids digestion, absorption and assimilation and generates disciplines peace, happiness and longevity.

MATERIAL AND METHODS

This is conceptual type of study. The literally material related to *Dinacharya* has been several Ayurvedic texts like *Charaka Samhita*, *Sushrut Samhita*, *Asthang Sangraham* etc. we have also referred the various website and scientific journals to collect information regarding current researches on the relevant topics, articles etc.

Activities under *Dinacharya*

1. *Brahimmuhurtejagarana*.
2. *Malotsargavidhi*.
3. *Danta Dhevan Jihvanirlekhana Evam Achmana*.
4. *Anjana*
5. *Nasya*
6. *Kavala Evamgandhush*
7. *Dhoomapana*
8. *Abyanga*
9. *Vyayam*
10. *Udawwartana*
11. *Snana*
12. *Bhojanavidhi*

The regiment activity of *Dinchaya* is follows.

Brahmi Muhurthtistha

It is the walking time for a healthy individual which is 2 *Muhuratas* (1 hr. 36min) before sunrise.

- a) *Swasthyarakshana*
- b) *Ayushyam*
- c) Synchronizes with nature biological clock

Malotsargavidhi

Two significant things

- a) *Vachamniyam* by keeping silence with concentration it helps to complete evacuations of stool and urine.
- b) Evacuation should be done when urge is felt. Urge should not be suppressed otherwise it will cause *Shirahshoola*, *Apanvayu* *Urdhavagti*, *Kartanvatpeeda*, evacuation should not be done forcefully otherwise it will cause *Arsha*, rectal prolapse and anal fissure.

Dantadhavan

Brushing the teeth by herbal twigs or tooth powders with *Tikta*, *Kahsaya*, *Katuras* causes

- a) *Nihantigandham*, *Vairasyam*, *Jihwa-Danta-Malam*.
- b) Induces *Anna-Abhi-Ruchi* *Siw-Manalyam* mouth diseases are caused by mainly *Kapha Dosha*, so *Katu*, *Tikta* and *Kashay Rasa* helpful to prevent most of the oral disease.

After the brushing, powder of *Kushtha*, *Trikatu*, *Triphala* and *Trijataka* mixed with Honey should be applied to tooth and gum.

Gandusha - Kavala

Holding medicated liquids in the oral cavity 1 gargle them. *Sukha*, *Ushna* – *Udaka Gandusha* removes *Aruchi*, *Kaphapraseka*. *Taila Gandusha* does,

- a) *Danta- Dardya-Karma*
- b) *Hanvorbalam*
- c) *Swara-Balam*
- d) *Vadana-Upachaya*
- e) *Naasya- Kantha Sosh*
- f) *Na-Osta Sputanam*
- g) *Na- Sulyanthedanthant*

h) *Na- Amlene -Hrushyante*

Anjana

There are two types *Anjana*

- Souvira Anjana*
- Rasa Anjana*

Applying medicated collyrium to the margins of eyelids, It does-

- Shleshma Haram*
- Daha - Kandu*
- Drusti Kleda Rujapaha*
- Schate Maruta - Atapu*

Pratimarsha Nasya

Instilling 2 drops of *Anutail* in each nostrils, it does-

- Peenasam*
- Hanu-Graham.*
- Manyasthambam*
- Shirah- Kampah*
- Na-Prabhavati - Rogah. Urdhwa-Jatruja.*
- Ardhavabbedo*
- Na - Upa - Hantichakshu-Granam-Stotra.*

Abhyanga

Abhyanga is a massage that's, done with warm oil the oil is applied on the entire body, from the scalp to the soles of your feet. It's the most popular massage in *Ayurveda*.

A traditional system of medicine from India when combined with massage stroke, it's thought to promote overall health and wellness

Shirobhyanga - Oleation of the head.

It does;

- Druda - Moola Deerga-Krishna-Kesha-Bavanthi*
- Nidra-Labham*
- Indriyaniprasidanthi*
- Shiram- Kapalanaam - Balam -Viseshem-Vardhate*

Padabhyanga - Oleation of feet, It includes-

- Stabdata*
- Roukshyam*
- Supthi*
- Kharatvam*
- Balamsthairyam*
- Drusti-Prasadam*

Karna Purana - oleation of ears, It Includes;

- Hanu Manya Shirah Karna Soolagnam.*
- Na-Karna – Roga Vatatta*
- Na Badhiryam.*

Udvarthana

It is therapeutic deep tissue massage using medicated *Churnas* It causes-

- Vata-Haram*
- Sthiri-Karanum-Anganam*
- Kandu-Kata- Vinasthanam*
- Twak - Prasada- Karma.*
- Kandu-Kota-Vinasthanam*

Also, *Udwartha* it opens up the skin pores and improves complexion reduces fat, reduces itching and skin eruptions etc.

Vyayama

Any kind of activity which brings up tiredness in the body is *Vyayama*. Time duration for *Vyayam* is mentioned for those who are strong & takes *Snigdha Ahara* as *Ardha Shakti Matra* in sheet and *Varanta Rutu, Alpa Vyayam* in *Grishma* and *Varsha Rutu*. It promotes the strength, Body mass Power, lightness reduces fat etc.

Snana

Using warm water below the neck renders strength & over the head. It's detrimental to eyes and hair.

Bhojana Vidhi

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, full

stomach meal should not be taken in night, food should not be taken too late & It should not be heavy, food which or of opposite qualities should not be taken and this results in indigestion and formation *Ama*.

Daily Dinacharya

Time	Activity
6.00am	Wake up, scrape the tongue, brush the teeth, splash water on the face. Gargle with sesame oil for 5 minutes, massage the gums after spitting out the oil.
6.20am	Drink 8-16 ounces of hot water. Have bowel movement
6.30am	<i>Yoga, meditation or Pranayam.</i>
7.15am	Take a warm shower
7.45am	Chew one spoonful of sesame seeds to stimulate the liver and digestion while taking in essential iron, zinc and calcium. Eat breakfast, Make sure to eat sitting down.
8.30am	Take a 10-15 minute walk outside.
12-1.00pm	Eat lunch; this should be the largest meal of the day. Do not eat while working, in a meeting, on the computer or on the phone.
1.00pm	Go for a 15-20minute walk outside.
5-6pm	Eat a light, simple, easy to digest dinner.
6.30pm	Take a 10-15 minute walk outside.
8pm	Begin the night –time routine, avoid all electronics including, phone calls, computer and television. Prepare a hot cup of sleepy tea. Take a hot bath with calming essential oils.
8.30pm	Perform a self-oil massage with sesame oil in the winter, Coconut oil in the summer.
9pm	Perform a gentle restorative yoga routine (15minutes) ending with 5min of legs up the wall or 10min meditation.
9.30pm	Get into bed, read a light book if desired.
10am	Bedtime, light out.

DISCUSSION

This is the way the ancient sages set up the regimen for various seasons on analytical reasoning to obtain *Swasthya* and prevent the disease. *Dinacharya* has been described in the context of day.

Principles of *Dinacharya* is relevant in current era because everybody is in rush and running according to fast life style of present time even nobody has time for himself also so, result is emergence of epidemic and stress factor are included among the key sets of risk factors present responsible for the major share of adult non- Communicable disease.

This trend of present time cannot be changed as It is demand on this era but life style can be modified by simple interventions through procedures of *Dinacharya*. *Dinacharya* prevent both types of diseases, mentioned above.

CONCLUSION

Dinacharya narrated in *Brihatrayee* is ideal life style to maintain health. Awareness about *Dinacharya Vidhi* mentioned in *Ayurveda* found very less among the individuals surveyed. Health status score was found higher in the people in whom *Dinacharya Palan* score was higher. *Dincharyapalan* significantly increases the health status.

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