



Article-Role of *Dincharya* Regimen towards Attaining Positive Health

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Abstract:

Ayurveda is the science which mentioned various principles for prevention and treatment of diseases. It is the science which laid emphasis on the preventive aspect. *Dincharya* (daily regimen) is one of the principles mentioned in *Ayurveda* in context to prevention. In today's scenario, the daily routine of each individual has become so busy and hectic, that many of the non-communicable diseases (lifestyle disorders) have taken the form of epidemic in current era. *Ayurveda* perceives that positive health depends on a healthy lifestyle of an individual. According to W.H.O.-sedentary lifestyle, unhealthy dietary habits and exposure to pollution are the triggering factors for most of the lifestyle disorders which will cause over three quarter of all deaths in 2030. Acc. to *Ayurveda* texts, *Kala* (time) is one of the causative factors (i.e. *trividha hetu*) in the initiation of diseases. The daily regimens if followed regularly terminates all the changes which can occur due to time at primary level as well as it slows down the irreversible changes occurring with the passage of time (age), thereby keeping the person healthy and disease free. These daily regimen procedures have beneficial physiological effects on proper functioning of the body thereby maintaining a state of equilibrium of three humors (*Vata*, *Pita*, and *Kapha*), seven tissues, three waste products and the power of digestion along with pleasant mind, soul and sense organs, which in turn helps to attain positive health.

Keywords: *Ayurveda*, *Dincharya*, *Kala*, *Ahara*, *Vihara*, *Svastha*, *srotas*.

INTRODUCTION:

Ayurveda is the ancient science of life. It is the science which not only deals with the curative aspect of diseases but gives more importance to preventive aspect¹ "Prevention is better than cure". There is a close relationship between lifestyle of an individual and the state of health and disease². Lifestyle refers to someone's way of living or we can say the dietary (*Ahara*) and behavioral (*Vihara*) choices of an individual that he/she usually practices in daily routine of life.

Health is not merely 'the absence of disease'. Health has evolved over the centuries as a concept from an individual concern to a worldwide social goal and encompasses the whole quality of life. The W.H.O. (1948) accepted definition of health-Health is a state of complete physical, mental and social well being and not merely an absence of disease or infirmity³.

In a broad sense, the state of positive health implies the notion of "perfect functioning" of the body and mind.

Acharya Sushruta defined healthy person as – He ,in whom ,the three *doshas*(*vata*,*pitta*,*kapha*), *Agni* (digestive power),the seven *dhatu*s (tissues), *malas* (waste products) and their activities are normal, his soul, sense organs and mind are calm/ clear , is called '*Svastha*'(healthy person).⁴

Thus, *Acharya Sushruta*, while defining a healthy person includes both physical and mental dimensions of health.

Therefore, the health is multidimensional. We can conceptualize health biologically as a state in which every cell and every organ is functioning at optimum capacity and in perfect harmony with the rest of the body. In addition, a healthy person should have the ability to respond to the many varied experiences of life with flexibility. He should have a sense of harmony and integration with other members of the society.

The science of *ayurveda* has 2 objectives-“*swasthasya swaasthyarakshnam aaturasya vikaara prashamnam ch*”²-i.e. to maintain the positive health in the individuals who are healthy and to treat the persons who are suffering from disease.

For fulfillment of the first objective (to maintain positive health in healthy individuals), *Ayurveda* has mentioned some lifestyle strategies:

- 1.) *Dincharya* (daily regimen)
- 2.) *Ritucharya* (seasonal regimen)
- 3.) *Sadvritta* (Good moral conducts)
- 4.) *Ashtang Yoga* (Eightfold yoga path first described in *Patanjali's Yoga Sutras*)

All these strategies are preventive rather than curative and *dincharya* (daily regimen) is one of these preventive principles of *ayurveda*⁵.

These daily regimens if followed regularly have beneficial physiological effects on our body and our mind.

MATERIALS AND METHODS:

Various *ayurvedic* classic texts –*charaka samhita*, *Sushruta samhita*, *Ashtang Samgraha*, *Ashtang hridaya*, *Bhava prakasha* were used as source materials. Apart from this, websites and modern books on preventive and social medicine were also searched for this study.

VARIOUS DINCHARYA MODALITIES AND THEIR BENEFICIAL EFFECTS ON BODY AND MIND:-

Ayurveda describes some daily regimen modalities for maintenance of positive health required for achievement of a long, healthy active life, achieving satisfactory enjoyment of life and attainment of self realization.

1.) ***Brahmamuhurta jagrana***⁶: It is advisable to wake up during *Brahma muhurta* (early in the morning i.e. 90 minutes before sunrise.)⁷

- Nascent oxygen in the atmosphere in the early morning easily and readily mixes up with hemoglobin to form oxy-hemoglobin which nourishes the remote tissues rapidly.
- Exposure to bright light in early morning causes the release of serotonin (neurotransmitter biochemically derived from tryptophan)⁸ which contributes to feelings of well being and happiness and keeps the person active and alert⁹.
- In the early morning, there is minimal pollution (noise, water, air) which enhances the concentration.

Today's modern lifestyle results into development of many faulty habits like late night sleeping and waking up late in the morning.

Late night sleeping or chronic sleep loss causes the elevation of cortisol which in turn is responsible for rise in B.P (secondary hypertension) and is likely to promote the development of insulin resistance, a risk factor for obesity and diabetes.¹⁰

(2) ***Ushna jalpana***¹¹: 1-2 glasses of water kept for whole night should be taken before sunrise.

- Not drinking enough water in a day is also a triggering factor for renal stones, haemorrhoids and constipation.

(3) **Shauchvidhi**⁷: Every person should eliminate the natural urges (faeces and urine) daily.

- Defecation at proper time clears the rectum, increases digestive power, and prevents various manifestations like constipation, foul smelling flatus.

(4) **Achamana**¹² / **Mukha –netra prakshalana**¹³ (Washing of face and eyes):-To prevent eye diseases.

(5) **Dantadhavana (Tooth brushing)**¹⁴:- It is directed to clean the teeth in the morning and after taking meals.¹⁵

- It stimulates taste perception and increases the salivation.
- Saliva contains salivary amylase (ptyalin) which plays a role in breaking down food particles entrapped within dental crevices, thus protecting teeth from bacterial decay.¹⁶
- Saliva contains lysozyme and secretory IgA which act as antimicrobial agents¹⁶.
- In *ayurvedic* texts, it is mentioned to clean the teeth by chewing twigs of certain medicinal plants which makes the gums stronger and is also a good exercise of facial muscles.

(6) **Jihva –nirlekhana (tongue cleaning)**:- Tongue should be cleaned by a long flexible strip of metal or plant material.

- According to acupressure theory, tongue has many more acupressure points which initiate the proper functioning of vital organs like liver, kidney, bladder, stomach, intestine.

(7) **Anjana (application of collyrium in eyes)**:- In today's time, excessive work on computer results in dry eye or computer vision syndrome.

- When *Anjana* dravyas are applied, it causes irritation to eyelids and conjunctiva and enhances the circulation.
- Many researchers predict that high frequency emerging from cell phones increases the stress level and may also cause vision problems.

(8) **Nasya (oily nasal drops)**:-

- Sticky nature of the *nasya* dravyas (anu taila, katu taila) avoids the entry of dust particles into the nasal tract.
- The olfactory nerve endings are seen on cribriform plate of ethmoid bone¹⁷, *Nasya* dravyas triggers the nerve endings and sends the message to the CNS and initiates the normal physiological functions of the body.

(9) **Sneha gandusha dharana (Retaining oil in mouth)**:-

- The *sukhoshna* (lukewarm) *gandusha* and *kavala* dravyas are used which improves the circulation of oral cavity.
- Gargling procedure of *kavala* poses the massaging effect over the oral mucosa and even strengthens the muscles of cheek, face and jaw bones.

(10) **Dhumpana (medicated fume inhalation)**:-

- When the *dhumpana* dravyas are lightened with fire, it releases the smoke, soot and even CO₂. Carbon atom in CO₂ has the tendency to stimulate the respiratory centre present in brain stem which may triggers the normal physiological function of respiratory system¹⁸.
- Disinfective action of the *dhumpana* dravyas like *haridra*, *guggulu* and *vacha* cleanses the respiratory tract, oral cavity and pharynx.

(11) **Tambula bhakshana (chewing betel leaves)**:-

- stimulates the taste bud
- Increases salivation (Ptyalin enzyme¹⁶), scraps the deposited matter.

(12) **Abhyanga (oil massage):-** A person should do oil massage daily.

- Massage enhances the overall blood circulation and transport the potency of drugs to desired part.
- Massage triggers the acupressure point which induces the release of endorphins which shows analgesic effect¹⁹

(13) **Vyayama (Physical Exercise):-**

- Physical Exercise increases the carbohydrate metabolism (Glycolysis) and causes lipolysis of accumulated adipose tissue (Gluconeogenesis) thereby causing abolishment of extra fat.
- It increases O₂ supply to remote tissues.
- The perspiration takes out the accumulated toxins from the body.

(14) **Chankramana²⁰:-** It is a variety of exercise which does not cause any kind of trouble to the body

- It clears the channels (srotas) of the body and increases the perceptive power of organs.

(15) **Snana (Bath):-** Daily bath improves enthusiasm, strength, appetite and removes sweat and other impurities from the body.

(16) **Sandhyopasana / Mangalakritya (Worship of Divine):-** One should remember God and do *Bhagwadsamarana* daily. One should do self –analysis of daily activities.

DISCUSSION:

Daily habits of the people makes their lifestyle .The rapid modernization has changed the lifestyle and behavioral patterns of people which is responsible for occurrence of lifestyle disorders like cervical and lumbar problems, cancer, and appendicitis on a large scale in population. The incidence of these lifestyle diseases in the past decades, has reached alarming proportions with increasing westernization of lifestyle. The management of these lifestyle disorders demands modification in faulty dietary and behavioral habits of person.

According to the science of *ayurveda*, stress should be laid upon health promotion rather than management of disease. Ayurveda provides better solution in the form of following proper *Dincharya* regimen described in *Ayurvedic* texts which promotes positive health of the individuals by maintaining normal physiological functions of the body and keeps the person healthy forever by slowing down the irreversible changes occurring in the body with the advancement of time(age).

CONCLUSION:

With the advancement of time, lot of changes has taken place inevitably in the social and religious customs and behavior and also in the mode of lifestyle of people. The *dincharya* regimen if followed properly helps to attain physical, mental and spiritual well being of an individual.

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