



## Principle of *Dincharya* (Ideal Life-style) in Current Scenario

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**ABSTRACT:** *Ayurveda* gives more emphasis on prevention of diseases than treatment. Therefore it is not only limited to management and treatment of diseases. Other principles are also described in context to prevention and *dincharya* is one of those. Principle of *dincharya* is basically related with time management. Actually there are nine *karana dravya* (responsible factors) behind the creation and manifestation of Universe and these are *panchamahabhuta* (space, air, fire, water & earth), *mana* (mind), *atma* (soul), *kala* (time) and *disha* (directions). So, time is very important factor and affects every creation of Universe. It is one of the causative factors (i.e. *trividha hetu*) in the initiation of diseases. There are various changes which have been occurred by the impact of time and later on results in manifestation of various diseases. If these changes are terminated by different activities described under the head of *dincharya*, diseases are definitely prevented. This is the basic principle behind *dincharya* and other *charya* described according to various time fractions.

Today's a new word has been emerged very rapidly i.e. "*life-style disorders*". This word is basically concerned with chronic non-communicable diseases which have been taken the form of epidemic in current era. These diseases can be prevented by following principle of *dincharya*.

**KEY WEORDS:** *Dincharya*, life-style, life-style disorders, chronic non-communicable diseases.

**INTRODUCTION:** *Ayurveda* is designed for the maintenance of *dhatusamyā* or health. Emphasis is basically given on the prevention rather than treatment. *Kala* or time is the basic factor in the causation and manifestation of Universe. Therefore it affects all the creations and play very important role in causation of diseases. Basically it is responsible for the changes in all creations and human is not exception. These changes when occurred in full extent the diseases are manifested. To cope up this problem various type of activities has been described according to time fractions known as *charya*. Among those *dincharya* is described in context to day means sunrise to sunset.

*Ayurveda* is an absolute science of life-style. An ideal life-style has been described for the health maintenance. This described life-style terminates all the changes which are occurred due to time. For example

defecation at proper time clears the rectum and increases digestive power. If it is not done according to ideal regimen various diseases are manifested related with this region like constipation, incomplete evacuation of bowels, foul smelling flatus, etc.

In current era very much stress found everywhere which disturbs the life-style. This results in various types of disorders like obesity, diabetes, CHD, etc. These diseases are result of disturbed and deranged life-style and can only be corrected by intervention through ideal life-style.

**MATERIALS AND METHODS:** Various *Ayurvedic* classic texts have been used for this study as source materials. Main *Ayurvedic* books used are *Charak Samhita*, *Susruta Samhita*, *Astanga Samgrah*, *Astanga Hridaya*, *Bhav Prakash*, *Swasthavritta samuchchya* and available commentaries on it. Apart this relevant modern medical science books and websites are also been used for this.

**DINCHARYA AND ITS APPLICABILITY IN CURRENT SCENARIO:** An ideal *dincharya* has been described in *Ayurveda* like<sup>1, 2,3,4,5</sup> -

1. *Brahmamuhurta-jagarana* (Wake-up just before sun-rise)
2. *Darpanena mukhasayavalokana* (To see the mirror image of himself)
3. *Malotsarga* (Defecation and urination)
4. *Achamana* (Washing of hands)
5. *Danta-dhavana* (Tooth-brushing)
6. *Jihva-nirlekhana* (Tongue-cleaning)
7. *Sneha gandusha-dharana* (Retaining oil in mouth)
8. *Mukha-netra prakshalana* (Washing of face and eyes)
9. *Sugandhita dravya dharana and tambula sevana* (Use of mouth freshener and betel leaves)
10. *Anjana* (Application of collyrium)
11. *Nasya* (Oily nasal drops)
12. *Dhumapana* (Inhalation of medicated smoke)
13. *Vyayama* (Physical exercise)
14. *Kshaura-karma* (Regular cutting of hair, nail, etc)
15. *Abhayanga* (Body massage with oil)
16. *Sharir-parimarjana* (Body cleansing)
17. *Snana* (Bathing)
18. *Vastra-dharana* (Dressing)
19. *Anulepana* (Deodorants, perfumes, face-pack, etc)
20. *Gandhamala-dharana* (Garlanding)

21. *Ratna and abhushana dharana* (Use of precious stones and metals in the form of jewellery)
22. *Sandhyopasana* (Worship and prayer with *surya-namaskar*)
23. *Paduka-chhatra-dandadi dharana* (Use of shoes, umbrella, stick, etc)
24. *Jivikoparjana upaya* (To indulge in occupation)

It is the ideal regimen of *dincharya* and rarely followed by individuals at present time due to stress and fast life-style as well as due to some kind of ignorance also. Result is emergence of various diseases and a new term has come in existence i.e. life-style disorders. It is the epidemic of current era.

**Pathology due to disturbed *dincharya*-** It can be discussed under following points-

1. Gross level- Most of the procedures involved in *dincharya* are cleansing and evacuating procedures like defecation, urination, tooth-brushing, etc. If waste products, (which are accumulated in a day during various metabolic reactions), are not removed from the body timely, then they start to vitiate their accumulating anatomical structures. As well as retained waste products may get infected and communicate various diseases.
2. Subtle level- Retained waste product disturbs the whole physiology related with particular system. Among those digestive system is very important because low digestive power results in production of *ama* (intermediate products due to incomplete digestion and metabolism) which blocks the channels of body and paves the way for further pathogenesis.
3. Mental level- There are various procedures involved in *dincharya* directly affects the mind of individual like to see the mirror image of himself, *sandhyopasana*, etc. These procedures increase the satva level in mind and thus maintain mental health of individual.
4. *Agantuja* (diseases due to external causes like accidents) level- There is various diseases which are not initiated by inside the body i.e. without the vitiation of *tridosha*. Disturbed *dincharya* also generate these diseases like sun burn can be resulted if a person is not using umbrella while going outside in sun rays, external injuries of feet may be resulted if good quality of shoes are not being used, etc.

**Diseases due to disturbed *dincharya*-** Following diseases can be manifested due to disturbed life-style<sup>6</sup> -

1. Obesity
2. Hypertension and stroke
3. Diabetes mellitus
4. Coronary heart disease
5. Dyslipidaemia
6. Cancer
7. Various types of arthritis

8. Anxiety neurosis and other mental diseases
9. Neurological disorders
10. Insomnia and other sleep disorders
11. Constipation and incomplete evacuation of bowels
12. Indigestion, flatus and fullness of abdomen
13. Hyperacidity
14. Gastric and duodenal ulcer
15. Irritable bowel syndrome
16. Rheumatic diseases
17. Early manifestations of aging like graying of hair, wrinkles, depletion of energy levels, etc.
18. Accidents and injuries
19. Diseases due to unhygienic conditions like-
  - a. Infections of buccal mucosa, teeth, gingiva, etc.
  - b. Skin infections
  - c. Infection of ear and nasal cavity
  - d. Eye infection
  - e. UTI
  - f. Genital infections
  - g. Infection of scalp
  - h. Increased risk of communicable diseases of faeco-oral route due to improper nail-cutting, unwashed hands, etc.

These diseases are emerging rapidly in current scenario and covering a vast number of populations. People can escape from this situation by simple modifications in their life-style.

**DISCUSSION:** *Kala* or time has been accepted an important cause in the manifestation of Universe. So, it has also been included in *trividha hetu* for the causation of diseases. One important fact is also noticeable in the context of time that it is responsible for the changes in all the creations. These changes are reversible at primary stage but later on converted into irreversible. Various measures have been described to neutralize these changes due to time named as *dincharya*, *ratricharya*, *ritucharya*, etc. These measures not only destroy the harmful effects due to that particular time fraction but also slow down the process of irreversible changes like old age due to time. *Dincharya* has been described in the context of day (i.e. approximately 10-14 hours time duration from sun-rise to sun-set). Principle of *dincharya* is more 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 due to life-style disorders both communicable and non-communicable. Although modern medical science has been very much developed with latest technologies and antibiotics, etc. and prevalence of communicable diseases has also been reduced very much. Still some communicable diseases are great challenge for medical science like tuberculosis. Even some diseases are only preventable like AIDS, hepatitis B, etc. On the other hand non-communicable diseases are emerging very rapidly both in developed and developing countries. Cardiovascular diseases and cancer are at present the leading causes of death in developed countries e.g. Europe and North America accounting for 70-75 percent of total deaths<sup>7</sup>. The prevalence of non-communicable diseases has been increased in recent some years in India also due to blindly following of western culture. Two important reasons for emergence of non-communicable diseases are accepted; one is increasing life expectancy and second is rapid changes in life-style and behavioral patterns of people. Life-style changes and stress factor are included among the six key sets of risk factors responsible for the major share of adult non-communicable diseases<sup>8</sup>. This trend of present time cannot be changed as it is demand of this era but life-style can be modified by simple interventions through procedures of *dincharya*. *Dincharya* prevents both types of diseases mentioned above. In the case of communicable diseases it not only prevents the communication of diseases but also strengthen the immunity of the individual. On the other hand in the case of non-communicable diseases it maintains the *agni* (digestive power) and thus metabolism. This results in removal of toxins from the channels and proper nutrition of all the cells and tissues. This fact not only maintains homeostasis of each cell but also slow down the decaying and degenerative changes carried out in every cell due to time. All these positive things can be achieved by very low expense. There is only need of time management according to individual's own current life-style. Even modern medical science also recommends this fact that people should go close to their traditional life-style patterns. Healthy habits should be included in life-style even in busy schedule also, if a person want to be healthy forever. Few examples are-

1. Early go to bed and early wake-up.
2. Daily physical exercise.
3. Daily oil massage including scalp, ear and feet as well as bathing.
4. Daily use of oily nasal drops.
5. Maintenance of body hygiene.
6. Daily prayer and meditation.
7. Take nutritious and balanced diet.
8. Proper dressing.
9. Use of gems and jewellery.
10. Use deodorants and perfumes.

11. Wear good quality of shoes and sandals.
12. Select the job with moral and ethics.

These points are looking very small and worthless but play very important role in the maintenance of health and thus prevention of communicable and non-communicable diseases.

**CONCLUSION:** Whole paper can be concluded in following points-

1. Time is an important and unavoidable factor accepted in causation of diseases. It is responsible for the various changes which results in manifestation of diseases.
2. Harmful effects of time can be neutralized by following the specially designed activities known as *charya* according to various time fractions.
3. *Dincharya* has been described in the context of day and it destroys the harmful effects of time at primary level as well as it slow down the irreversible changes.
4. *Dincharya* is need of current era as various diseases are emerging very rapidly both communicable and non-communicable. Even some are only preventable.

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