

Dincharya –Validity with Respect to Present Lifestyle

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Abstract

Ayurveda is the science of life. The ultimate goal of Ayurveda is maintenance of health, prevention of disease and subsequent cure of the diseases. In this regard *Dincharya*, *ritucharya* and *sadvrutta* plays an important role for the prevention of diseases. The classics have explained these conducts thousands of years before. According to Ayurveda to maintain a healthy and disease free life one should follow a daily routine or schedule. *Dincharya* is one of the best things that one can do to prevent disease, stay in balance and treat almost every illness. Many conducts are depicted in Ayurveda classics for the same to be followed daily under the caption *Dincharya*. If *Dincharya* is to be incorporated today, there should be amendments in the procedures without agitating the basic principles. But fundamental procedures should be practiced as mentioned in the text. A small activity done regularly is always more beneficial than a great activity done irregularly.

To evaluate the role of *Dincharya* in improvement of health and prevention of diseases was the aim of present research project. At the end of this pilot work it is observed that *Dincharya* improves our *sharir-indriya-manas bala* (strength) and *Vyadhikshamatva*(Immunity), which helps us to keep away from *vyadhi*.

Keywords

Dincharya, *Vyadhikshamatva*, *Health*, *Strength*, *Ayurveda*



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INTRODUCTION

Ayurveda is the eternal science of life. The goal of Ayurveda is to maintain the health and cure of the diseases. That is to maintain health of normal individual and to counter act the disease of patient¹.

Leading targets in between these two is to achieve well being of normal individual by means of following *Dincharya*, *Rutucharya*, *Trayopastambha*, Rules and regulations related to quantity and quality of Diet, *Achar Rasayana*, *Dharaniya* – *Adharaniya vegas* (natural urges) etc. which are mentioned in detail.

In common man's view *Dincharya* means to follow certain things like waking up early in the morning, brushing teeth etc. But in Ayurveda along with these things there are different procedures like *nasya*, *tambula* (chewing bettleleaf), *abhyanga* etc. are mentioned in detail which are peculiarities of Ayurveda. These things are mandatory to follow regularly so as to maintain normal equilibrium of *dosha*, *dhatu*, mala and *agni*. Following *Dincharya* is easy to understand and implementation of it; in our daily routine is of prime importance to keep away diseases.

Hence a research project was undertaken to observe benefits of these procedures. As 1st

year BAMS students have *Dincharya* topic in their syllabus of *Ashtang Hridayam*, they have been chosen as sample of this project.

AIM

To achieve validated results of following *Dincharya* rules and regulations in day to day life according to Ayurveda.

OBJECTIVES

- 1) To study and learn daily regimen as text from *Ashtang Hridayam*.
- 2) To understand meaning and benefits of it as per text.
- 3) To practically perform all the procedures in day to day life.
- 4) To assess the effects – benefits /adverse effect (if any by chance) of daily regimen on body.
- 5) To verify health and strength after one month course

MATERIALS

• Conceptual Study-

With the reference of *Ashtang Hridayam*, *Sutrasthana*, *Dincharya adhyaya*² the schedule of project of *Dincharya* was designed. The activity included in project was as per description in *Ashtang*

Hridayam. The result was also assessed as per *phalashruti* given in granthas^{3,4}.

• **Experimental study –**

A) Sample selection - Sample was selected from 1st year B.A.M.S. student of Dr.D.Y.Patil Ayurvedic College Pimpri Pune -18. The students are from various parts of India and their habits about diet, behavior etc also vary a lot. So they represent the target population and adequate to represent all groups of potential interest. Keeping social aspect, they can implement the code of conduct in future for themselves and for others.

Model schedule of Dincharya –

- *Brahma muhurta* -Time to wake up early: A healthy person should get up two hours before sunrise.
- *Shuacha vidhi* - As soon as possible empty your colon and bladder.
- *Dantadhavan* -Brush the teeth.
- *Gandush*- Gargle with warm water.
- *Nasya* -2-2 drops in each nostrils/day.
- *Anjana* -2-3 times a week in the evening.
- *Karnapuran* -2-2drops in each ear /day.
- *Vyayam* –*Suryanamaskar* and yogas.(total 20 min.)

- *Abhyanga* – Applying oil to complete body.
- *Udavartana* –Dry powder massage to complete body.
- *Snana* -Usually warm water baths are suggested. Put on clean clothing after the bath.
- Breakfast - This should be warm, nourishing and wholesome.
- Study / Work - Do what you do from now until noon.
- Lunch - It should be taken early between 12 and 1 p.m.
- Dinner - It should be taken around 7 p.m. It should be lighter than the lunch.
- Bedtime - Go to sleep around 10 p.m. so that you can get 6 to 7 hours of sleep before 4:30 a.m. (Time to wake up)

Inclusion criteria- 1.Age group 18-19 years
2. Either sex were included.

Exclusion criteria- 1.-Participant having any chronic disease
2. Not willing to participate.

B) Project kit-

It included following standard drugs from *Manakarnika Pharmacy*.

- | | |
|----------------------|----------------------|
| 1. <i>Til tail</i> | - <i>Abhyangaa</i> |
| 2. <i>Dento Plus</i> | - <i>Dantadhavan</i> |
| 3. <i>Anutail</i> | - <i>Nasya</i> |
| 4. <i>Bilva tail</i> | - <i>Karnapurana</i> |

5. *Tupanjana* - *Netra anjana*
 6. *Ubatana* - *Udvartana*

METHOD OF STUDY-

1. Cluster Sampling method was adopted.
2. Seventy students were selected and consent was taken. Every participant was examined for physical assessment by *Ashtavidha pariksha*.
3. Students were given the project kit.
4. Demonstration of *Nasya*, *Anjana*, *Karnapurana*, *Suryanamaskar* was done practically and explanation of procedures like *Dantadhavana*, *Abhyanga*, *Udavartana* was given.
5. Weekly assessment was done for 4 weeks to observe the conduct of all daily regime.
6. After one month i.e. at completion time of the project reassessment was done.
7. Result was assessed on the basis of observations.

DURATION OF STUDY-

1 month- February 2015 – March 2015.

HYPOTHESIS-

Following *Dincharya* as per *Ashtanga Hridaya* helps in improving health, strength and memory of person.

OBSERVATIONS

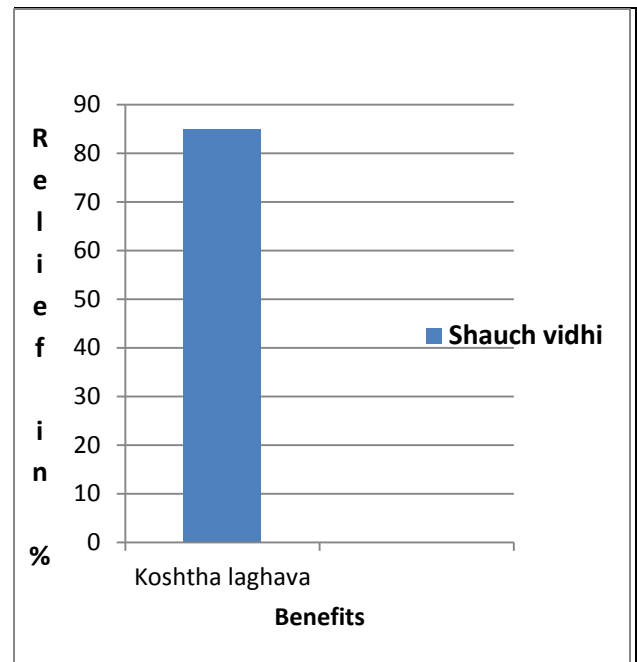
In present study total 70 students from First BAMS participated. There were 45 female students and 25 male students. Twenty six students dropped out from the project and 24 students didn't perform all the procedures and/or submit the follow up sheets. Enthusiastic 20 students completed and submitted their record. Hence observations were based on the performance of 20 students on procedure of *Dincharya*. Results of various procedures are presented in chart form as follows.

RESULTS

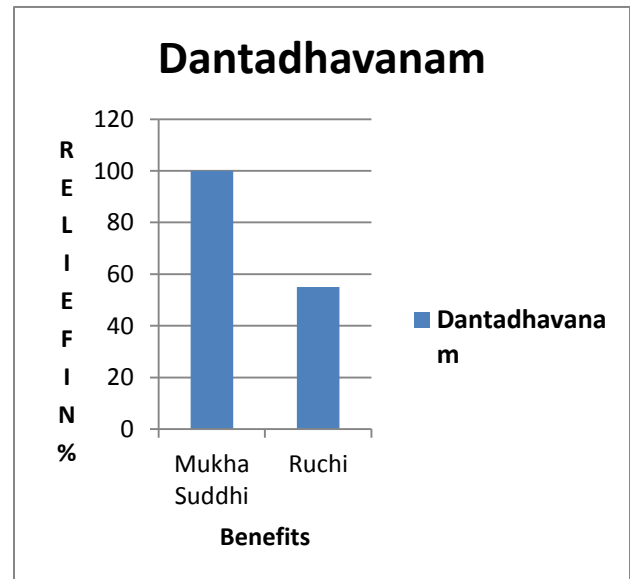
Participants experienced *Kosthalaghava* due to regular bowel habits. (85%). Noted reason for regular bowel habit was *brahma muhurta utthana* (Chart -1). Every participant experienced *mukhashuddhi* (100%). *Ruchi* in *aahar* was observed to be 50% due to *dantadhavana* (Chart -2). *Anajana* showed *Pakshma snigdhatata* in 40% participants whereas *vimal netrata* (clear eyes) was noted to be 35% (Chart -3). *Nasya* gave 18% result in *Jatru urdhvagat vyadhi* while *Indriya* and *Mukha Prasannata* was 75% and 55% respectively. *KeshaVardhan* was noted by 70% (Chart -4). *Vaktralaghava* was noted by 55% of participants after using hot water

Gandusha (Chart -5). *Til oil* massage gave maximum benefit in *Indriya Prasad* and *Nidralabha* i.e.100% and 85%. *Sutvak* was experienced by 40% participants (Chart -6). Maximum benefit of *padabhyanga* was in case of *Shramaharatva*-45%. *Padasupti* and *Stabdhatatar* benefit was upto 30 % and 25% respectively (Chart -7). Due to *Vyayama*, *Anga Laghava* was noticed by 65% participants. *Karmasamarthya*, *vibhaktaghanagratva* was found in 50 % and 40% . *Agni vruddhi* was observed in 40% participants (Chart -8). *Tvakprasadana* found in 80% of participants and *Kaphahara* benefit was in 50% due to *Udvartan*(Chart -9). Participants noted *shira-karna - shoolharatva* upto 60% by *Karnapurana*(Chart -10). *Snana* is one of the most essential daily procedure .100% participants performed it; but 20 participants did it as per the protocol of project. *Bala* and *Urja* was increased in 70% participants. Whereas *Agnideepan* was noticed by 65% participants(Chart -11). *Samyak jarana*(digestion) was experienced by 90% participants(Chart -12). All participants noted benefits of *niyamit nidrakala*, in which *sukha,pushti* scored 100% and 95% resp. Even *bala* and *dnyana* was improved upto 90%(Chart -13).

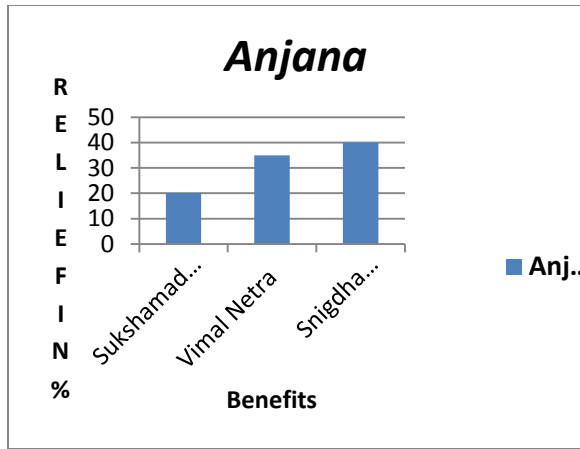
1) Chart showing benefits of regular bowel habit due to *brahma muhurta utthana*-



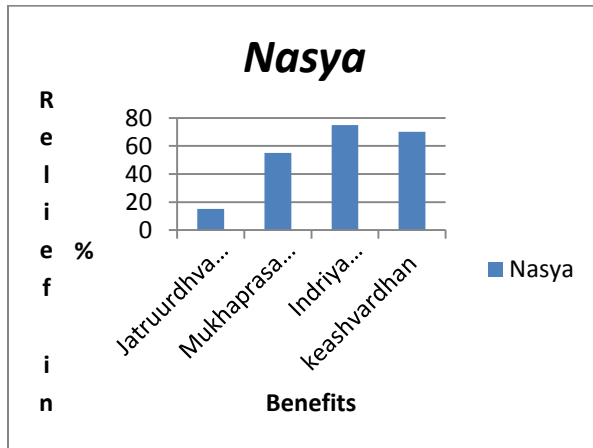
2) Chart showing benefits of Dantadhavana vidhi-



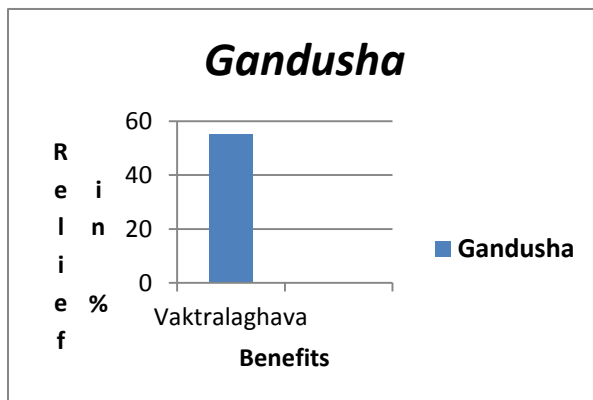
3) Chart showing benefits of *Anjana vidhi*



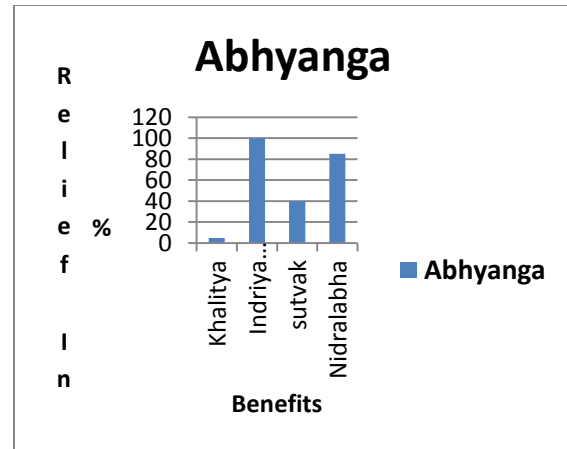
4) Chart showing benefits of *Nasya vidhi*



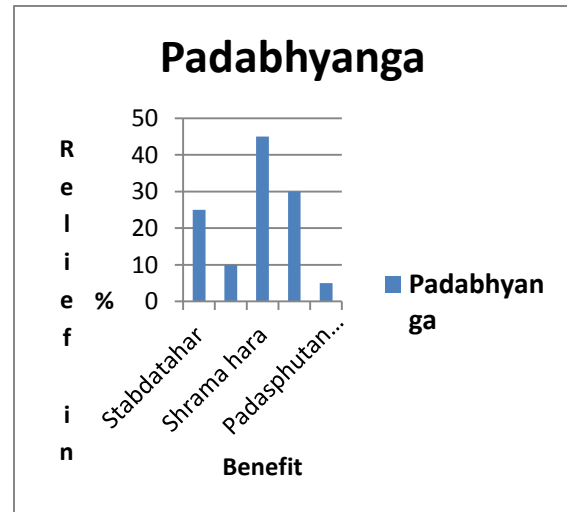
5) Chart showing benefits of *Gandusha vidhi* – For *Gandusha* Hot Water was advised.



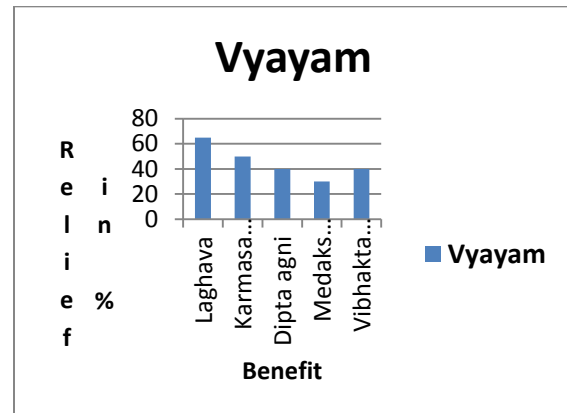
6) Chart showing benefits of *Abhyanga vidhi* – Til oil was advised

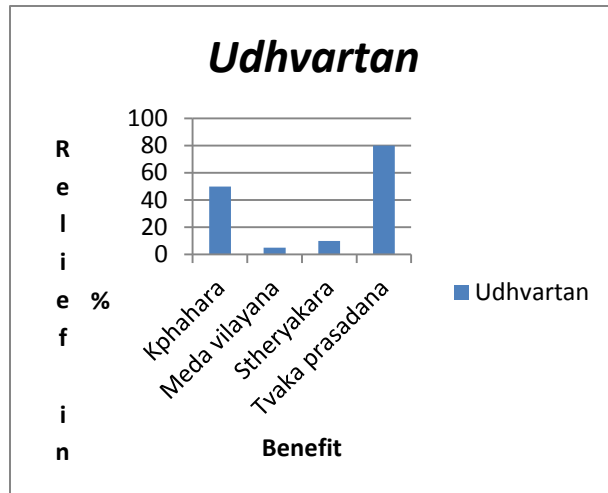
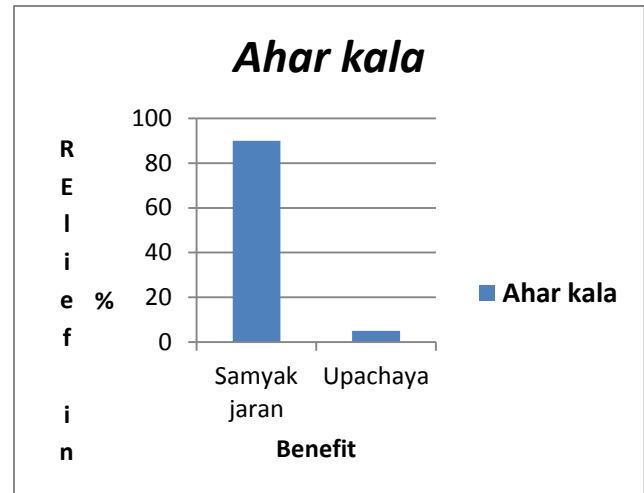
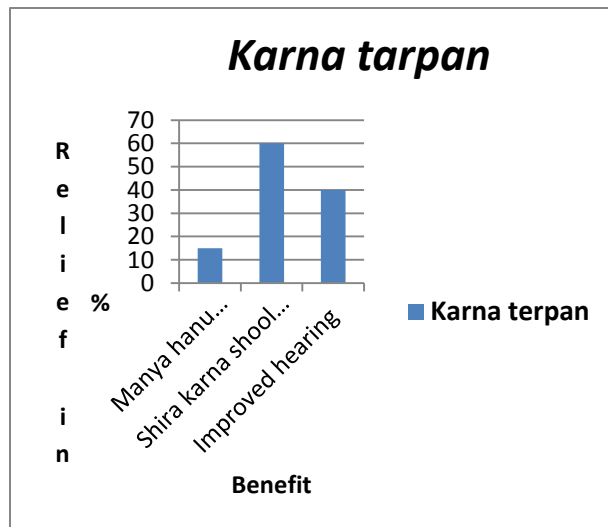
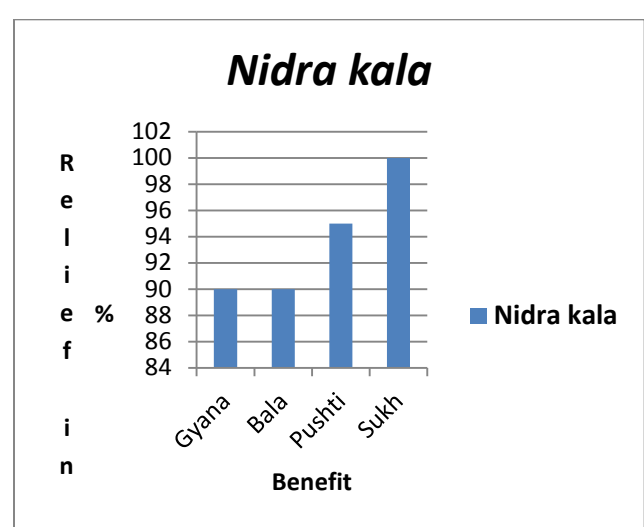
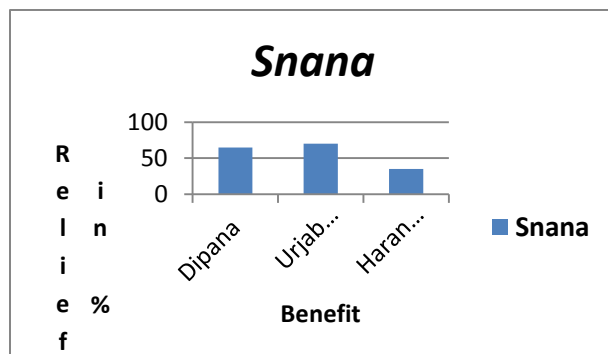


7) Chart showing benefits of *Padabhyanga vidhi* –



8) Chart showing benefits of *Vyayam vidhi*



9) Chart showing benefits of *Udhvartan vidhi*12) Chart showing benefits of *Niyamit aharkala*10) Chart showing benefits of *Karna tarpan vidhi*13) Chart showing benefits of *Niyamit nidra kala*11) Chart showing benefits of *Snana vidhi*

DISCUSSION

The *Dincharya* project was a pilot study on 1st BAMS students. Out of 70 students 20 students were able to follow advised *Dincharya* procedures regularly. Mostly *Anjana*, *Nasya*, and *Vyayama* like important procedures were not performed by these students. Hence the data of those students is

not included in results. Out of all procedures 75.5% *Dincharya* was followed by them for four continuous weeks. From these 20 students, many got improvement in their *prakruta vega* and regular habits. Those who followed *Dincharya* regularly they are feeling improvement in *Sharir –manas - indriya bala, kshudhabodha* in comparison with their previous status.

CONCLUSION

As observed from result; following daily regimen even only for one month, appreciable benefits were noted with respect to Ayurvedic conduct. From this pilot project it can be concluded that following *Dincharya*; improves our *sharira-indriya-manasa bala* and *vyadhi kshamatva*; which helps us to keep away from diseases.

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