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Importance of Proper *Dincharya* in Prevention of Diseases

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ABSTRACT

Ayurveda is the science of life which emphasize on restoration of health of individual than on treatment of the diseases. For that our sages gives us some conducts to be followed such as *Dincharaya*, some moral and social conducts like *Sadvritta* etc. For being healthy one should follow the daily regimen which is described in our classics. In present scenario we are facing lifestyle disorders on main focus, from which most are preventable and having main cause are improper daily regimen. Our body's environment is similar to the external environment which surrounds us. It is as similar as *Vata*, *Pitta* and *Kapha* which make the natal constitution of our body. Our daily regimen is to make harmony in between both. Disharmony causes diseases in individual. As we have a rhythmic cycles of these *Doshas* similar in external environment. Acharyas describes these are important to balance the tridosha (vata, pitta, kapha) e.g. brahma muhurtajagranam, in this *kala*, vata dosha essential for alertness and apanavayu is essential for normal evacuation. After that intake of *Paryusit jala* which is cold and heavy increases *Apana vayu* and heaviness, help in complete evacuation and thus we can prevent severe constipation as a major cause of various metabolic disorder. Similarly other regimens help in prevention of diseases. An ideal life-style along with social condiments has been described for the health maintenance in *Ayurvedic* literatures and if one follows the same will remain healthy lifelong and free from the diseases.

KEYWORDS

Dincharya, Lifestyle Disorders, Prakrit



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INTRODUCTION

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. *Ayurveda* gives more emphasis on prevention of diseases than treating a disease. *Ayurveda* in its literature has given detailed rituals or practices (*Charya*) that one should follow every day to establish the balance of *Tridosha* in our body, which helps to regulate a person's biological clock and synchronize us to nature's circadian rhythms. Nowadays a new word has been emerged very rapidly that is "life-style disorders". There are various changes which occurred by the impact of time on nature and humans and later on results in manifestation of various diseases like Obesity, hypertension, diabetes mellitus, severe constipation, atherosclerosis & if neglected even heart disease. Although we all have unique needs, it is well known that everybody will be benefitted by creating a consistent and healthy routine in their life. These diseases can be prevented by adopting *Dincharya*. *Ayurveda* is an absolute science of life-style. *Ayurveda* is the science of life which emphasize on restoration of health of individual than on treatment of the diseases¹.

*Pratidinam kartavyam charya dincharya*²

Charya = Acharan / kriya / Activity

Whatever activities are completed by an individual from waking up in the morning till sunset is called as *Dincharya*. Activities done from sunset till sleeping, is called as *Ratricharya*. But in practice *Dincharya* & *Ratricharya* both are combinely considered as *Dicharya*.

RELATION OF DINCHARYA & DISEASE:-

Root cause of diseases are mentioned in our *Samhitas* as *kala arth karmanam yogo heen mithya atimatrahah*³, which means diseases are caused by less, improper or excessive involvement of-

KALA (time/session) summer, winter & rainy.

ARTHA (subjects of sense organs) *Shabd*, *Shparsha* etc.

KARMA (activities of *Kayika* (physical), *Vachika* (verbal), *Mansika* (mental)

If the *Dincharya* is followed properly then it will be helpful in prevention of disease.

IMPORTANCE OF DINCHARYA:-

The role of *Dincharya* was felt so important by our ancient *Acharyas* that in all the *Brihatrayies* they had dedicated a separate chapter for it.

Acharya Sushruta explained *Dincharya* in the chapter named-



Anagatabadhapratisheḍh = Anagat +Badha + Pratisheḍha

Means to prevent the possible illness it mean, *Acharya Sushruta* has given stress on *Dincharya* to abort the possible illness, and so by *Acharya Charaka & Vagbhat*.

ACTIVITIES UNDER DINCHARYA:-

1. *Brahmmuhurte jagarana*, 2. *Malotsarga vidhi*, 3. *Danta dhavana*, 4. *Jihvanirlekhana evam Aachmana*, 5. *Anjana*, 6. *Nasya*, 7. *Kavala evam Gandhusha*, 8. *Dhoomapana*, 9. *Vyayama*, 10. *Udwartana*, 11. *Snana*, 12. *Bhojana vidhi*, 13. *Madhyahna charya*, 14. *Ratricharya*

1. BRAHMMUHURTE JAGRANA:-

*Brahmmuhurt*⁴ – 14th Muhurt of night, *Utthishte jirnajirne nirupayan – ratri ka bhojan jirn hua he ya nahi iska vichar krke hi uthna chahiye*.

Calm & quite environment helps in proper prayer study, feeling of happiness & freshness, in *Brahmmuhurt Vat* remains elevated & it helps in proper defecation.

Today's Scenario

Most of the people use to wake up late in the morning, means, *Diwaswapna* daily. *Kapha Prakopa & Ama* results in, *Ajeerna* (indigestion), *Sthoulya* (obesity), other *Santarpana janya Vyadhi* (diseases due to over nourishment)

Day sleep causes *Avrodha Janya Vata Vriddhi*, *Malabaddhta* (constipation), Male infertility and ejaculation, low sperm quality, oligospermia, azospermia etc. infertility in female, PCOS (polycystic ovary syndrome), PID (pelvic inflammatory disease), endometriosis, tubal blockage etc. *Garbha vikriti* miscarriage, abortion, congenital disorders, *hridrog* (heart diseases), *Briddhi roga* (hernia, prolapse), *arsha* (piles) etc.

Problem & solution regarding Brahmmuhurt jagran in today's life

There are many individual who consume food late in night & go to bed late therefore they wake up late in morning. People should be advised to take light meal early in night & to sleep early.

2. MALOTSARGA VIDHI⁵:-

Two significant things-

A. *Vacham niyamyam* by keeping silence/with concentration it helps in complete evacuation of stool & urine.

B. Evacuation should be done when urge is felt. Urge should not be suppressed otherwise it will cause *Shirah shoola* (head ache), *Apanvayu urdhva gati*, *Kartanvat peeda* (cutting type of pain). Evacuation should not be done forcefully; otherwise it will cause *Arsha* (piles) rectal prolapsed, anal fissure.



Today's Scenario

People use to read newspaper while evacuating, due to lack of time, results in incomplete evacuation. People are habitual to get up late in the morning, to get much time for sleep because of that many time they suppress evacuation urges, due to busy schedule or unavailability of lavatories at the time people have to suppress urges.

Unnatural squatting causes incomplete evacuation.

3. DANTA DHAVANA, JIVHA NIRLEKHANA EVAM ACHMANA:-

Brush told for *Dantdhaan* should be of *Katu*, *Tikta*, *Kashay Ras*, and *Acharya Sushrut* mentioned *Madhur Ras* additionally mouth diseases are caused by mainly *Kaph Dosh*, so *Katu*, *Tikta* & *Kashay Ras* are helpful to prevent most of the oral diseases⁶.

After brushing, powder of *Kushtha*, *Trikatu*, *Triphala* & *Trijataka* mixed with honey should be applied to tooth n gum. In *Vataja* or *Pittaja* oral diseases *Madhura Rasa* is used (as mentioned by *Acharya Sushruta*)⁷.

After brushing tongue cleaning should be done prevents *Mukha dourgandha* (hlitosis), *Vairasya* (faulty taste), *Aruchi* (tastelessness).

After washing the mouth, face & eyes should be washed with fresh water or with

decoction of *Amlaki* or decoction of bark of *Kshiri Vraksha*. Prevents *Neelika* (blackish discoloration), *Vyanga* (dark circles), *Rakta pitta janya vyadhi*, helps improving the power of vision (*Chakshushya*).

Today's Scenario

Most of tooth paste used today are *Madhura rasa Yukta*, according to WHO fact sheet no. 318-April 2012 "Worldwide, 60-90% of school children & nearly 100% of adults have dental cavities" & "15-20% of middle-aged people have severe periodontal disease."

Nobody practices gargling or face & eye wash using decoction of bark of *Kshiri Vriksha* and all may be the cause of frequent Oral diseases, acne, dark circles on face.

4. ANJANA:-

There are two types of *Anjana*: - 1. *Souvira Anjana*, 2. *Rasa Anjana*⁸.

Souvira Anjana has been advised, to use daily, it helps in maintaining the health eye & vision, It prevents & cures- *Daha* (burning), *Kandu* (itching), *Mala* (eye debris), *Klinnta* (watery eye), *Vedna* (pain) etc.

Rasanjana is told to use every 5th or 8th day, at night, to evacuate excessive *Kapha Dosha* (as eye being a *Teja* dominant organ, should be protected from excessive *Kapha* or *Kleda*.)



Today's Scenario

Anjana is practiced very rarely these days.

5. NASYA:-

There are five types of *Nasya*: - 1.*Navana*, 2.*Avpeedana*, 3.*Dhyapana*, 4. *Dhoom*, 5.*Pratimarsha*⁹.

Pratimarsha Nasya has been advised to use daily, usually *Anu Tail* is used for this purpose –

It pacifies the *Vata Dosha* & gives unctuousness to head & neck region, so it prevents mainly the degenerative disorders of brain & sense organs.

It prevents- *Khalitya* (hair fall), *Palitya* (graying of hair), *Manyastambha* (stiffness of neck), *Hanustambha* (stiffness of mendible), *Shirah Shool* (head ache), *Ardita* (facial paralysis), *Peenasa* (chronic rhinitis) and other *Vataja* disorders.

Today's Scenario

Nasya is practiced very rarely today.

6. KAVALA & GANDUSHA¹⁰:-

Sneha Gandusha - Prevents *Vataja* disorders of mouth, cracking of lips, dryness of mouth, *Swarbheda* (loss of voice), etc.

Kavala of bark of *Khadira*, *Arimed* & *Kshiri Vraksha* - Prevents mainly *Kaphaja* disorders *Aruchi* (tastelessness), *Mukhvairasya* (faulty taste), *Dourgandh* (halitosis), *Lalasarav* (excessive salivation), etc.

When *Gandusha* is done with lukewarm water gives feeling of lightness (*laghuta*) in mouth.

Today's Scenario

People rarely practices *Kavala* or *Gandusha* according to classics.

Gargling is practiced today, that too mainly with fresh water, but rarely with warm water.

7. DHOOMAPANA:-

There are three types of *Dhoompana*: - 1.*Prayogika*, 2.*Snahik*, 3.*Virechnik*¹¹.

Prayogika Dhoomapana is advised to use daily and it prevents disorders of head & neck region which are caused by *Vata* & *Kapha*, *Shirogourava* (heaviness of head), *Shirahshoola* (head ache), *Kasa, Shwasha, Hikka* (cough, dyspnoea), *Karna Srava* (ear discharge), *Nasa Srava* (nasal discharge), *Netra Srava* (eye discharge), *Tandra* (drowsiness) etc.

Smoke should be taken from nose & expelled from mouth - To prevent harm to eyes.

Today's Scenario

Nobody practices *Prayogika Dhoomapana*.

Smoking is practiced by many, but that too taken from mouth & exhaled from nose.

What is practiced is Tobacco *Katu Rasa Pradhana-Vata* & *Pitta Prakopa*. Excessive smoking causes- COPD (chronic obstructive



pulmonary disease), Bronchitis, Visual disturbances, erectile dysfunction, Azo / Oligospermia and many more.

8. ABHYANGA¹²:-

Ushna Abhyanga in *Sheeta Ritu* & *Sheeta Abhyanga* in *Ushna Ritu*, strengthens the body, repairs the regenerates tissue, very good in pacifying *Vata*, relieves tiredness and many more.

Shiro Abhyanga Beneficial for hair, Nourishes sense organs, improves sleep.

Padabhyanga Strengthens legs & feet, Relieves from senselessness, stiffness, cracks, contraction etc. improves vision and improves sleep.

Today's Scenario

Rarely people takes *Sarvanga Abhyanga* routinely, this may be the cause of one or other kind of body aches, Physical or mental stress, Premature aging & degeneration, disturbed sleep, lustreless skin, dark circles etc.

9. VYAYAMA:-

Any kind of activity which brings up tiredness in the body is *Vyayama*. Time duration for *Vyayama* is mentioned for those who are strong & takes *Snigdha Ahara* as “*Ardha Shakti Matra*” in *Sheeta* & *Vasanta Ritu*. “*Alpa Vyayama*” in *Grishma* & *Varsha Ritu*¹³.

It promotes Overall health & functioning, strength, digestive power, Body mass & solidity, lightness, reduces fat etc.

Today's Scenario

Most of the people don't do sufficient amount of physical activity, so their digestive capacity is weak, but they eat more, results in indigestion & *Ama* results in fat deposition & obesity, DM, reduced body capacity etc.

Another group of people go to gym daily & they do over exercise, but they are kept on fat free diet, some people go to gym at evening time, it leads to *Vata Prakopa*, results in body pain, dark circles, tiredness, irritability etc.

10. UDWARTAN:-

Massaging with powder (*Triphala Churna*, *Yava Churna*) of *Kapha Hara* drugs is called as *Udwartana* it opens up the skin pores & improves complexion, reduces fat, reduces itching & skin, eruptions etc¹⁴.

Today's Scenario

Soaps & body washes replaced *Udwartana*, but *Udwartana* is far better than soaps & all.

11. SNANA¹⁵:-

Fresh water or hot water is used for bathing according to season to maintain hygiene.

Hot water is contraindicated for head bath it causes harm to eye & hair.



Bath should not be taken without head wash dirt will be kept stuck in hair, feeling of heaviness

Bath should not be taken after food it causes indigestion.

Today's Scenario

People use to take bath under hot shower, especially during winters results in hair fall, strain on eye, head ache, insomnia etc.

Sometime people take bath 3-4 times a day, under some psychological influence results in indigestion & *Ama*.

12. 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, sleep & sexual activity should not be done 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 are of opposite qualities should not be taken and *Tamboola Seana* is advised after food¹⁶, this results in indigestion & formation of *Ama*.

Today's Scenario

Most of the people stick to their time schedule for meal. They don't consider whether they are truly hungry or not. They take 2-3 small diets in between full meal.

Peoples take tea, coffee or cold drink along with or after food, or take 1-2 glass of water immediately after food. People take food late in night & go for sleep or involves in sexual activity. Many times people have to ride bike immediately after meal. People are more habitual for sweet & spicy food. Many times opposite quality of food are taken at a time, e.g. cold water immediately before tea, cold drinks along with junk foods, fruit-milk shake, fried ice-cream, etc.

People take more liquid diet in morning (*Kaphaja Kala*), e.g. 1-2 liter of water in empty stomach; tea, milk or juice in morning; that causes '*Kleda*' in body. (Childhood obesity is one of the major health problems this time, liquid diet at morning & less physical activity may be main contributing factors).

All these activities leads to *Ama & Kleda*, this results in *Santarpana Janya Vyadhi*, obesity, diabetes, anemia, skin diseases, impotency, mental disability etc.

Solution Regarding Bhojana Vidhi

People can be advised to take less quantity of food when they feel hunger, if they don't feel good hunger after one meal, the second meal should not be given. People should take a slow walk for 5-10 minute after food. People should be advised for sufficient physical activities, as sufficient physical



activities or exercise is the best way to promote digestion. Its doctor's duty to educate the individual about the food habits, different food items & their property & interaction with other foods, to enable the individual to plan his own diet.

13. MADHYAHN CHARYA:-

Mainly official work, for earning and work should not be illegal; it should be either service under king, merchant business, animal husbandry, agriculture etc¹⁷.

Today's Scenario

Occupation of an individual may cause severe health problems, e.g. employee of IT sector eye problems strain, pain, visual weakness, postural disorder back pain, cervical pain. Lecturer, Speaker suffers from throat pain, recurrent throat infection, loss of voice. Watchman suffers from varicose veins.

Solution Regarding Occupational Disorders

Change the job; Give some gap during working hours to reduce strain to eyes and body. Speaker can use *Sneha Gandusha* regularly, or can sugar candy in mouth during speech. Eyes wash with decoction of *Amlaki* or *Kshiri Vriksh*.

13. SADVRITTA:-

Many spiritual activities are mentioned in classics, e.g. respect your elders, parents,

teacher, and god. Don't hurt anyone; always try to help other, offer to other. Stay away from bad people & bad habits. Maintain personal hygiene and many more.

All above advices are given mainly to improve good manners & behaviour of individual thus to develop a healthy society. But unfortunately people are lacking in good manner in our society, results in increased crime & disarrangement that affects the social health & individual health too¹⁸.

Solution:-

Efforts of correction should be done from the very beginning, means from the childhood of an individual, to give him good manner.

DISCUSSION

Ayurveda gives more emphasis on prevention of diseases. *Dincharya* has been described in the context of daily regimen. Principle of *Dincharya* is more relevant in current era because everybody is in hurry and running according to fast life-style of present time. Even nobody has time even for them self. So, result is emergence of epidemic due to life-style disorders both communicable and non-communicable. 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



conduct of *Dincharya*. Principle of *Dincharya* is basically related with harmonization of human body with environment and this practice basically balances the *Doshas* which ultimately results in good health. Healthy habits should be included in life-style even in busy schedule also, if a person want to be healthy forever. Few examples are early go to bed and early wake-up, daily prayer and meditation, daily physical exercise, daily oil massage including scalp, ear and feet, bathing, daily use of oily nasal drops, maintenance of body hygiene, take nutritious and balanced diet, proper dressing, select the job with moral and ethics. These points are looking very simple and negligible but play very important role in the maintenance of health and thus prevention of various communicable and non-communicable diseases.

CONCLUSION

Dincharaya plays a vital role in prevention of various disorders which are resultant of improper lifestyle and bad conduct. In this way by following proper regimen as said by *Acharayas* we can prevent them and leads a healthy and diseases free life. *Dincharya* has been described in the context of daily regimen and it combat the harmful effects of

harmful environmental changes at primary level as well as it slow down the irreversible effects. Daily regimen is an important and unavoidable factor accepted in causation of diseases. It is responsible for the various changes which results in manifestation of diseases. *Dincharya* is need of current era as various diseases are emerging very rapidly both communicable and non-communicable diseases. Most of them are only preventable. According to *Ayurveda* one should follow *Dincharya* in order to lead a healthy and disease free life.



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