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# Role of *Dincharya* in Prevention of Early Ageing: A Conceptual Study

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## ABSTRACT

Early aging refers to a condition in which physical changes occur significantly earlier than the natural stages of body. In the current era changes in our lifestyle, environmental disaster, pollution, war or conflict, over-emotion and stress, high intake of fast-food, lack of physical activity leads to premature ageing. Skin wrinkles, dry skin and weak or unhealthy looking nails, Stiff joints, mild aching (especially in the legs and feet), tired & poor memory, grey hair or hair loss, insomnia, Sluggish bowel movements, bloating, hypertension, heart stroke, atherosclerosis etc. these are the symptoms of early ageing. In *ayurvedic classics* the importance of *dincharya* i.e. daily regimen which is said by the Sages for human being to be prevent early ageing and enhance longevity. To prevent early ageing and enhance longevity *Dincharya* (Daily routine) procedures like *brahmmuhurta jagaran, malotsarg vidantdhavan, jihva nirlekhan, anjan, nasya, kavla, dhumrapana, abhangya, vyayam, udwartan, snana* etc. are given in details along with their indication, benefits, procedure, role in current scenario and time also when to use them. Hence, this paper will give you an idea of how to prevent or even reverse signs of early ageing through *dincharya* (daily routine).

**Key Words:** *Dincharya, Early ageing, Ayurveda*

## INTRODUCTION

Aging is the natural process of growing older, when this process is beginning earlier for its natural time it is called early ageing. Early aging represent human conditions in which multiple tissues and organs show features of accelerated aging.<sup>1</sup> There are many factors that play important role in early ageing they are, attitude, sun, cold, moisture, stress, daily routine, diet etc.<sup>2</sup>

Skin wrinkles, dry skin and weak or unhealthy looking nails, stiff joints, mild aching (especially in the legs and feet), tired & poor memory, grey

hair or hair loss, insomnia, Sluggish bowel movements, bloating, hypertension, heart stroke, atherosclerosis etc. these are the symptoms of early ageing. Ayurveda is the science which mentioned various principles for prevention and treatment of diseases and attaining longevity. Ayurveda perceives that good health depends on a healthy lifestyle of a person. As per the Ayurveda, *Dincharya* provides an outline of the daily routine to follow to have a healthy body and mind. *DINCHARYA* means *Pratidinam kartavyam charya dincharya*<sup>3</sup> and *Charya* means acharan /kriya/activity. *Dincharya* is a series of



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activities that are done by human being from waking up to morning to till sunset. Activities done from sunset till sleeping, is called as *Ratrichariya*. But in practice *Dincharya* & *Ratrichariya* both are combining considered as *dincharya*. *Dincharya* is basically defined as the daily routine. 'Din' means daily and *charya* means to follow or activity. As per the precepts given by the Ayurveda, *dincharya* provides an outline of the daily activities or routine to follow to have a healthy body and mind. To maintain a disease free healthy life, *dincharya* is absolutely essential. It is one of the best ways to get rid the disease, stat balanced and cure various illness to remain healthy and fit. Thus, the daily regimen is known as *dincharya*. *Dinacharya* helps to create balance during the changes in *doshas* (humours), which occur naturally throughout the cycles of the day. The activities included in *Dinacharya* include cleansing, massage, exercise, study, meditation and yoga.

## MATERIALS AND METHODS

Various *Ayurveda* classic texts like *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.

## RELATION OF DINCHARYA AND EARLY AGEING:

Root cause of disease is mentioned in our *samhita* as 'Kaal arth karmanam yogo heen mithya atimatrakah'<sup>4</sup>. MEANS - diseases are caused by less , improper or

excessive involvement of *KAAL* – Time /session – summer ,winter & rainy .*ARTH* –Subjects of sense organs *shabd*, *sprash* etc. *karma*–Activities of –*kayik* (physical), *vachika* (verbal), *mansika* (mental). If the activities are done properly then it will be help full in prevention of disease.

## ACTIVITIES UNDER DINCHARYA

*Brahmmuhurte jagarna*

1. *Malotsarga vidhi*
2. *Dant dhavan ,jihvya nirlekhna evam aachman*
3. *Anjan*
4. *Nasya*
5. *Kavala evam gandusha*
6. *Dhumrapan*
7. *Abhyanga*
8. *Vyayam*
9. *Udwartan*
10. *Snan*
11. *Bhojan vidhi*
12. *Madhyahn charya*
13. *Ratricharya*

*BRAHMMUHURTE JAGRAN* (AWAKENING IN THE MORNING):

For conversing the *Ayuh* (life span), a *Swastha* (healthy) person should get out of bed during the *brahma-muhurte kala* (48 minutes before sun rise) after considering the position of digestion or indigestion ( of food taken previous night).<sup>5</sup>

Benefits of *brahmmuhurte jagran*:-

- Calm & quite environment helps in proper prayer study.
- Feeling of happiness and freshness.



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- In *brahmmuhurte* Vat remains elevation & it helps in proper defecation.

In present era most of the people use to wake up late in the morning, *diwaswapn* daily. These activity leads *kapha dosha prokap & aam* that's results *ajeerna* (indigestion), *sthoulya* ( obesity) and other *santarpan janya vyadhi* ( disease due to over nourishment)<sup>6</sup>. Day sleep causes *avorodh janya vat vridhi* such as *malabaddhta* (constipation), Infertility in male (anejaculation , reduced quality of sperm ,reduced motility, oligospermia , azospermia etc.) infertility in female (P.C.O.S., PID ,Endometriosis , tubal blockage etc.), *garbha vikriti* , miscarriage , abortion , congenital disorders, *hridroga* ( heart disease ) *briddhi rog* ( hernia , prolapse ), *arsh* (piles) etc.

### MALOTSARGA VIDHI<sup>7</sup>

Two significant things for *malotsarga vidhi* they are

1. *Vacham niyamyam* (with keeping silence / with concentration) it helps in complete evacuation of stool & urine .
2. Evacuation should be done when urge if felt, urge should not be suppressed otherwise it will cause *shira shool* ( headache ), *apanvayu urdhv gati ,katanvati peeda* ( cutting type of pain ).Evacuation should not be done forcefully otherwise it will cause *arsha(piles)*, rectal prolapse , anal fissure.<sup>8</sup>

In today's scenario people use to read newspaper while evacuating due to lack of time results in incomplete evacuation, it is responsible for constipation. People are habitual to get up late in

the morning , to give more to sleep many time they suppress evacuation urges , sometime due to busy schedule or unavailability of lavatories at the time people have to suppress urges .Unnatural squatting is one of the causes of incomplete evacuation.

DANT DHAVAN<sup>9</sup>, JIVHA NIRLEKHNA<sup>10</sup>, AACHMAN<sup>11</sup>:

Brush told for *dantdhawan* should be of *katu, tikta ,kashay ras* and in *sushrut Samhita madhur ras* is mentioned additionally. The teeth should be cleaned twice, morning and after meal, without hurting the *danta mamsa* (gums). After brushing powder of *kushta ,trikatu , triphala & trijatak* mixed with honey should be applied to tooth and gum. Mouth disease are caused by mainly *kapha dosha*, so *katu , tikta & kashay ras* are helpful to prevent most of the oral disease . In *vataj or pittaja* oral disease *madhura ras* is used (as mentioned by *acharya sushurut*).

After brushing teeth, tongue cleaning should be done. It is said to prevent *mukh dourgandh* (halitosis), *vairasaya* (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 vraksh* . This process of washing mouth is mentioned in our *samhita* as *aachman kriya*. It prevents *neelika* (blackish discoloration), *vyang* (dark circle), *rakta pitta janya vyadhi*.

Most of the tooth pastes used today is *madhur rasa yukta*, so there may be increased chances of dental cavities. According to W.H.O. fact sheet no. 318 –



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April 2012 worldwide, 60 -90% of school children & nearly 100% of adults had dental cavities and 15-20% of middle aged people had severe periodontal disease.

Nobody practice gargling or face & eye wash using decoction of bark of *kshiri vriksh* and all. Avoidance of gargling and face & eye wash may be the cause of frequent oral disease, acne, dark circle on face.

### ANJAN<sup>1</sup>

It has been advised to use *souvir anjan* daily. It helps in maintaining the healthy eyes & vision. It prevents & cures *daah* (burning), *kandu* (itching), *mala* (eye debris), *klinnta* (watery eyes), *vedna* (pain) etc<sup>13</sup>.

*Rasanjana* has been advised to use every 5<sup>th</sup> or 8<sup>th</sup> day but only at night time, to evacuate excessive *kapha dosh* (as eye being a *tej* dominant organ, should be protected from excessive *kapha* or *kled*)  
NASYA<sup>14</sup>

Daily use of *pratimarsh nasya* has been advised in *ayurvedic classics*, usually *anu tail* is prescribed for this purpose. It helps to pacify the *vat dosha* and provides unctuousness to head & neck region, so it will further prevent disorders of brain & sense organs. It is also said to prevent *khalitya* (hair fall), *palitya* (greying of hair), *manyastambh* (stiffness of neck), *hanustambh* (stiffness of mandible), *shirah shool* (head ache), *ardit* (facial paralysis), *peenias* (chronic rhinitis) and other *vataj* disorder.

### 6. KAVAL & GANDUSH<sup>15</sup>

**1. Sneh gandush:** Holding the gargle of *sneha* removes abnormal taste, foul smell, swelling and stiffness of mouth, provides cheerfulness ,

firmness to teeth and relish. It prevents *vataja* disorder of mouth such as cracking of lips, dryness of mouth, *swarbhed* (loss of voice) etc.( su. Chi. 24/14)

**2. Kaval of bark of khadir , arimed & kshiri vraksha:** It prevents mainly *kaphaja* disorders *aruchi* (tastelessness), *mukhvairasya* (faulty taste), *dourgandh* (halitosis ), *lala srava* (excessive salivation) etc.

**3. Gandush with lukewarm water:** It gives feeling of lightness in mouth.

### DHOMRAPAN<sup>16</sup>

*Prayogic dhomrapan* is advised to use daily. It prevents disorders of head & neck region which are caused by *vat & kaph shirogourav* (heaviness of head ), *shiroshool* (head ache), *kaas ,shwash , hikka* (cough, dyspnoea), *karna srav , nasa srav* (nasal discharge), *netra sarva* (eye discharge), *tandra* (drowsiness) etc. Smoke should be taken from nose & expelled from mouth to prevent harm to eye.

### ABHYANG:

*Ushna abhyang* is indicated in *sheet rittu & sheet abhyang* is indicated in *Ushna ritu*. It provides strength to the body, repairs the degenerative tissue, relieves tiredness & very good in pacifying *vat dosha*.<sup>17</sup>

**Shiro Abhyang:** - *Shiro abhyang* is beneficial for hair growth nourishes sense organs, improves sleep pattern .<sup>18</sup>

**Padabhyang:** - *Padaabhyanga* gives strength to legs & feet, improves vision, improves sleep and



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relieves from senselessness, stiffness, cracks, contraction etc.<sup>19</sup>

In present time people rarely takes *sarvang abhyang* routinely .Therefore, this may be cause of body ache ,physical & mental stress ,premature ageing & degeneration , disturbed sleep pattern, lustreless skin & dark circles.

### VYAYAM<sup>18</sup>:

Any kind of activity which brings up tiredness in the body is *vyayam* (*physical exercise*). *Vyayam* promotes overall health & functioning, gives strength to the body improves digestive power, and body mass & solidity, lightness, reduced fat and prevents early ageing.

Time duration for *vyayam* is mentioned for those who are strong & takes *snigdha ahar* as –‘*ardh Shakti matra* ‘in *sheet & vasant ritu* and ‘*alpa vyayam* ‘in *grishma & varsha ritu*. In present scenario most of the people don’t do sufficient amount of physical activity .So their digestive capacity is weak, but they eat more that’s results is indigestion & *Aam*. Due to *Aam* and indigestion reduced body capacity, fat deposit in the body, obesity, diabetes mellitus are occurred.

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 *vat prakop* that’s result body pain, dark circle, tiredness & irritability etc.

### 10. UDWARTAN<sup>19</sup>:

Massaging with powder of *Kaphhar* drugs is called as *Udwartan*. It open up the skin pores & improves complexion , reduced fat ,reduced itching & skin eruption

*Udwartan* has been replaced by soaps and body washes in today’s world but *Udwartan* is far better than all the soaps and body washes we use today. Because some of the soaps and body washes may be responsible for drying of skin, allergic reactions and skin ageing.

### SNAN<sup>20</sup>

Fresh water or hot water is used for bathing according to season to prevent hygiene. Hot water is contraindicated for head bath .It cause harm to eyes & hair. Head wash should be done with bathing because if bath is taken without head wash then the dirt will keep stuck in hair and there may be feeling heaviness in head. Bath should not be taken after food, it may cause indigestion.<sup>21</sup>

Now days, people take bath with hot shower, especially during winters. It may result in hair loss, strain on eye, head ache, insomnia etc. Also some people under some psychological influence take bath 3-4 times a day; it may result in indigestion & formation of *aam*.

### BHOJAN VIDHI<sup>22</sup>:

Food should be taken when there is hunger. For healthy people two times of meal is advised. Any type of exercise should not be taken immediately after food<sup>25</sup>. Water should not be taken immediately after food<sup>26</sup>. Sleep & Sexual activity should not be done immediately after food. When stomach filled with food contents, meal should not be taken. In night, food should not be consumed too late & it should not be heavy. Food which are of opposite qualities (*virudha aahara*), should not be taken<sup>23</sup> .*Tambool sewen* is also mention in *samhitas*. *Tambool* should be taken after food<sup>24</sup>.





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In present scenario most of the people stick to their time schedule for meal. They don't think whether they are really hungry or not. They take 2-3 small diets in between full meal. People take tea, coffee or cold drinks 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. Some people have to ride bike immediately after meal and some are more habitual for sweet & spicy food. Many times opposite quality of food are taken e.g. – cold water immediately before tea, cold drinks along with junk food, fruit –milk shake, fried ice-cream etc. People consume more liquid diet in mornings (*kaphja kaal*) this activity leads to *aam* & *kled* than results obesity, diabetes, anemia, skin disease, impotency, mental disability etc.

### *MADHYAHN CHARYA*<sup>25</sup>

Work and earning money should only be done during day time.

### *SADVRITTA*<sup>26</sup>:

Many spiritual activities are mentioned in our Ayurvedic classics e.g. Respect your elders, parents, teachers, God. Don't hurt anyone; always try to help other, offer to other. Always stay away from bad people & bad habits. Try to maintain personal hygiene and many more. All these advices are given mainly to improve good manner & behaviour of a person, thus to develop a healthy society.

## DISCUSSION

Daily habits of the people makes their lifestyle. The rapid modernization has changed the

lifestyle and behavioural patterns of people which is responsible for the lifestyle disorders, indigestion, hair fall, wrinkles, joint pain, like cervical and lumbar problems, cancer, and ageing related problems 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 behavioural 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 Ayurveda 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, a lot of changes have occurred inevitably in the social and religious customs and behaviour and also in the mode of lifestyle of people and all of these are the causes of early ageing. The healthy lifestyles (*dincharya*) have been identified that are associated with reduced disease risk and early ageing. If *dincharya* is followed in a proper manner, it will result in the good health of the follower. If *dincharya* regimen is followed properly then it would help to attain physical, mental and spiritual well-being of an individual.



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*Dincharya* can be effective to maintain the health and  
longevity.



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