

## ROLE OF DINCHARYA IN PREVENTION OF LIFESTYLE DISORDERS

**Dr. Masum<sup>\*1</sup>, Dr. Ashok Kumar Sharma<sup>2</sup>, Dr. K. L. Sharma<sup>3</sup> and Dr. Rekhraj Meena<sup>4</sup>**

<sup>1</sup>M.D. Scholar Kriya Sharira Vibhag, M.M.M. Gov. Ayurved College Udaipur.

<sup>2</sup>Professor and H.O.D. of Kriya Sharira Vibhag, M.M.M. Gov. Ayurved College Udaipur.

<sup>3</sup>Asso. Prof. of Kriya Sharira Vibhag, M.M.M. Gov. Ayurved College Udaipur, Rajasthan.

<sup>4</sup>Assistant Professor, PG Dept. of Kriya Sharir, M.M.M. Govt. Ayurved College, Udaipur.

### ABSTRACT

Dinacharya means a schedule of individual practices and personal habit choices that are related to increase or decrease health risks. The lifestyle disorders are known internationally as non-communicable diseases (NCD's) or chronic diseases of lifestyle. The incidence of lifestyle diseases like hypertension, diabetes mellitus, dyslipidemia and overweight/obesity associated with cardiovascular diseases are high or are on the rise. As Ayurveda science is recognized as the foremost life science and describes various modalities to prevent and manage lifestyle disorders, the world is being interested in its potential. In the prevention of lifestyle disorders, Swasthavritta plays a very important

role. Various regimens like Dinacharya (daily regimen), Ritu-charya (seasonal regimen), Rasayanotherapy (rejuvenation), Sadvritta (rules & regulations of ideal routine) and Aachara Rasayana (code of conduct) along with Yogic practices are utmost important factors to maintain a healthy life style and happy psychological set up. The inclusive utilization of all these modalities has a great effect in the prevention of lifestyle disorders.

**KEYWORDS:** Dinacharya, Non-communicable, Sadvritta, Rasayana etc.

### INTRODUCTION

- Lifestyle means a schedule of individual practices and personal habit choices that are related to increase or decrease health risks.
- The lifestyle disorders internationally known as non-communicable diseases or chronic diseases of life-style which are generally acquired.

Article Received on  
08 Feb. 2021,

Revised on 01 March 2021,  
Accepted on 22 March 2021

DOI: 10.20959/wjpr20214-20085

#### **\*Corresponding Author**

**Dr. Masum**

M.D. Scholar Kriya Sharira  
Vibhag, M.M.M. Gov.  
Ayurved College Udaipur.

- The people are at greater risk to chronic diseases of various kinds due to changing life style and behavioural pattern.

1. Lifestyle disorders are caused, to a larger extent, by four behavioural risk factors which are pervasive aspects of economic transition, rapid urbanization, and 21st-century lifestyles: Tobacco use, unhealthy diet, insufficient physical activity, and the excessive use of alcohol. The greater effects of these risk factors fall increasingly on low and middle-income countries, and on poor people within all countries, mirroring the underlying socioeconomic determinants.<sup>[1]</sup>

2 The knowledge of Dincharya (daily regimen) and Yoga along with other modalities of Ayurveda can be of great help in not only preventing but also controlling Lifestyle disorder's Risk Factors. The risk factors responsible for Lifestyle disorders major are– Modifiable Behavioral Risk Factors–

- Tobacco use
- Physical inactivity
- Unhealthy diet
- Harmful use of alcohol and smoking
- Stress & other psychological factors
- Metabolic/Physiological Risk Factors
- High blood pressure
- Overweight/ obesity
- Hyper glycemia
- Hyper lipidemia
- Heredity Environmental Factors
- Level of sun exposure
- Exposure to air pollution
- Exposure to noise pollution
- Non-Modifiable Risk Factors
- Age
- Gender
- Ethnicity

### **Samprapti OF Lifestyle Disorder In Relevance Of Disturbed Daily Regimen & Sedentary Life Style**

- Modern life style is a major cause of many Lifestyle disorders.

- In the morning getting up late and sleeping and eating late at night has become common. These faulty habits cause loss of concentration, mood swings, headache and stress. Late night sleeping causes the release of hormone cortisol which is responsible for rise in blood pressure and reduction in cell regeneration activity.
  - Lack of exercise and Yoga also result into Lifestyle Disorder.
  - Drinking not sufficient quantity of water in a day is also a triggering factor for renal stones, dehydration and constipation.
  - Continuous sedentary jobs and bad posture cause cervical and lumbar problems. Excessive work on computer results in dry eye or computer vision syndrome.
  - Many researchers predict that high frequency waves emerging from cell phones increase stress level and may also cause vision problem and loss of retain capacity, weak memory.
- Various Modalities According To Ayurveda For Prevention Of Non-Communicable Diseases.
- Dincharya
  - Ritucharya
  - Thrayopasthambhapalana
  - Sadvritta
  - Achararasayana
  - Ashtanga Yoga Other key factors are
  - To suppress Dharaniya Vegas
  - Not to suppress Adharaniya Vegas
  - Not to consume Virudhahara
  - Not to indulge in Mithya ahara and Vihara
  - Not to do Hina, Mithya and Ati Yoga of Indriya, Kaya, Vak and Mana.

## DINCHARYA

Dincharya is Regimen of Daily activities to be done to maintain health. It is a right living concept mentioned in Ayurveda science. After arising in the morning up to evening is called Dincharya. Waking up at Brahma Muhurta.<sup>[2]</sup> It is advisable to wake up during Brahma muharta (early in the morning between 4.00 a.m. to 5.30a.m.). This is said to be the best time for wake up, Study and Practice yoga.

Ishwara Smarana & Sharira Chintana; After waking up one should pray to God for positive energy to be helpful for whole day activities and help to maintain concentration. Usha Pana - drinking of warm water in the morning helps in flushing out toxins from the body.

Sequence of daily activities according to Ayurveda.

1. Shauch (Defecation); One should attend the body's calls that is passing of urine and feaces and cleanse the body.<sup>[3]</sup>
2. Hasta Pada Prakshalan; After defecation washing hands and legs properly with warm or cold water as per the climate.
3. Danta Dhavana (Chewing the dental twig); Cleansing of teeth and mouth should be practiced twice a day in the morning and before going to bed at night.<sup>[4]</sup>
4. Jihva Nirlekhana (Tongue scrapping); Tongue should be cleaned by a long flexible strip of metal or plant material. It stimulates digestion.<sup>[5]</sup>
5. Kavala (Gargling); Gargling should be done with warm or cold water. Milk also can be used for this purpose. It should be done in a way that it removes all the waste from oral cavity that has been accumulated after Rubbing the teeth and tongue scrapping.
6. Mukha Prakshalana (Face wash); It should be done with cold or warm water as per season. Eye Care Eyes should be washed with fresh water to prevent eye diseases and promote vision.<sup>[6]</sup>
7. Anjana (Collyrum); Anjana (powder of Souviranjana / Srotonjana) should be applied with Anjana Shalaka (applicator stick made up of metal or glass). It should be applied in the inner side of lower eye lids.<sup>[7]</sup>
8. Nasya; It plays great role, to use Prati-marsha Nasya daily to prevent greying of hair, falling of hair, blemishes and Urdhvaj-atrugataVyadhi.
9. Dhumapana; Medicated Dhoomvarti should be made. The same should be placed in a metallic pipe then inhalation of medicated smoke should be with nostril (inhale through nostril and exhale through mouth).<sup>[8]</sup>
10. Gandusha; Tila Taila or any other such liquid should be hold in the oral cavity without moving it.
11. Abhyanga (Oil Massage); It is highly beneficial to massage whole body including scalp with oil every-day to prevent dryness of body and stiffness of joints. Oil massage ensures softness and unctuousness of skin, free movement of joints and muscles, renders nourishment. It improves peripheral circulation and eliminates metabolic wastes.<sup>[9]</sup>

12. Vyayama (Exercise)<sup>[10]</sup> and Chankramana Regular exercise builds up stamina and resistance against disease, clears the channels of body (Srotas) and increases the blood circulation and efficiency of vital organs, promotes appetite and digestion and prevents obesity. Chankramana is a variety of exercise which does not cause any kind of trouble to the body. It increases life span, strength, intelligence and perceptive power of organs.
  13. Udvartan (Powder massage)<sup>[11]</sup>; Dry powders like Bengal gram floor mixed with turmeric powder should be massaged after exercise in the opposite direction to the Abhyanga.
  14. Snana(Bath); Daily bath improves enthusiasm, strength, appetite, span of life and removes sweat and other impurities from the body.
  15. Bhojana (Aahar); Only after the digestion of previous meal one should take next meal. It should be compatible to him/her. Diet should be according to season and age. It should be balanced both in quality and quantity. One should take plenty of roughage in form of fruits and vegetables.
  16. Avoidable dietary habits
    - Irregular Timing
    - Over Eating
    - Taking meal before the digestion of previous meal.
    - Taking undesirable and incompatible diet.
    - Taking junk food, pickles, spices, too much oils Sadvartna
    - Along with healthy life, wealth, reputation is attained by one who follows the Sadvartana (doing good deed).
- a) One should remember God or should do Bhagwad Samarana.
- b) One should do Self-analysis of day activities and religious contemplation.
- c) After following all these activities one should go for sleep in divine remembrance.

## 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, Bhava Prakash, Swasthavritta samuchchya and available commentaries on it. Apart this relevant modern medical science books and websites are also been used for this. Pathogenesis of Lifestyle's disorders in relevance of disturbed daily regimen & sedentary

lifestyle Modern life style is a major cause of many Lifestyle disorders especially life style disorders and also a triggering factor for diseases like cancer, IBS, appendicitis, renal stones etc. In the morning late awakening and at night late sleeping has become common. Both of these habits have many adverse consequences on health. These faulty habits cause loss of concentration, mood disturbance, headache and stress. Late night sleeping causes the release of hormone cortisol which is responsible for rise in blood pressure and reduction in cell regeneration activity. One bad habits results into many other bad habits. Late night sleeping causes late wake up in morning which again causes skipping breakfast and results more dependency on junk& fast food. These habits increase the risk of obesity, diabetes mellitus, hypertension, cardio vascular diseases etc. Lack of exercise and Yoga also result into. Drinking not enough water in a day is also a triggering factor for renal stones and constipation. Continuous sedentary jobs cause cervical and lumbar problems. Excessive work on computer results in dry eye or computer vision syndrome.

## DISCUSSION

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 Lifestyle disorders. 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. On the other hand Lifestyle disorders 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>[9]</sup> The prevalence of Lifestyle disorders has been increased in recent some years in India also due to blindly following of western culture. Two important reasons for emergence of noncommunicable diseases are accepted; one is increasing life expectancy and second is rapid changes in life-style and behavioural 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>10</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 Lifestyle disorders. It not only prevents the communication of diseases but also strengthen the immunity of the individual. On the other hand in the case of Lifestyle disorders. 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.

## CONCLUSION

Average life of man is increasing due to good control of communicable diseases but Lifestyle disorders are increasing & threatening new challenges. Health promotion is the only way to face these challenges. Ayurveda emphasizes on of maintenance of health as well as prevention of disease. Dincharya is one of the main tool for maintenance and promotion of health. Thus implementation of dincharya has great effect in the prevention of diseases especially Lifestyle disorders.

## REFERENCES

1. World Health Organization. Global status report on non communicable diseases. Geneva: WHO; 2010; 2. Available from: [http://www.who.int/nmh/publications/ncd\\_report\\_full\\_en.pdf](http://www.who.int/nmh/publications/ncd_report_full_en.pdf).
2. B.Ramrao. Astanga sanraha of Vagbhata; 1st edition. Varanasi (India) (Chaukmbha vishnubharata) edition, 2006; 1: Sutrastahan 3/2: 31.
3. B.Ramrao. Astanga sanraha of Vagbhata; 1st edition. Varanasi (India) (Chaukmbha vishnubharata) edition, 2006; 1: Sutrastahan 3/3-5: 35.
4. Dr P. V. Tiwari, Caraka Samhita, Purvardha, Chaukhambha Vishvabharati, Varanasi, Sutrasthana, Cha.5/72: 109-110.
5. Dr P. V. Tiwari, Caraka Samhita, Purvardha, Chaukhambha Vishvabharati, Varanasi, edition, 2018; 1<sup>th</sup>: Sutrasthana, Cha.5/74-75: 109- 110.
6. Prof. Dr Subhash Ranade, A Text Book of Swasthavrtta, cha. 2: 18.
7. R. K. Sharma, Caraka Samhita, Chowkhamba Sanskrit series office, Varanasi, thedition, 2010; 6: Siddhi Sthana, Cha. 9/116-117: 364.
8. Dr P. V. Tiwari, Caraka Samhita, Purvardha, Chaukhambha Vishvabharati, Varanasi, vol.1th edition, 2018; Sutrasthana, Cha.5/20-24: 101.
9. Dr P. V. Tiwari, Caraka Samhita, Purvardha, Chaukhambha Vishvabharati, Varanasi, vol.1th edition, 2018; Sutrasthana, Cha.5/85-86: 111.

10. Bagde A. B. et.al., Preventive aspect of Vyayama (Physical Exercise), International journal of Ayurveda and alternative medicine, 2015; 3(1): 6-10.
11. B.Ramrao. Astanga sanraha of Vagbhata; 1st edition. Varanasi (India) (Chaukmbha vishnubharata) edition, 2006; 1: Sutrastahan 3/66 p.44.