

EFFECT OF DINCHARYA ON HEALTH AND LONGEVITY

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Corresponding Author*Dr. Durga Prasad Regar**MD Scholar, PG Department
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Udaipur.**ABSTRACT**

Lifestyle change, more than any other factor, is considered to be the best way of preventing the disease and early death in our society. When people in western society die before the age of 65, it is considered to be early or premature death. Many factors contribute to early death. The major causes of early death have changed from infectious diseases to chronic lifestyle-related conditions. The most important is unhealthy lifestyles that contribute to more than half of all early deaths. One who wants to keep fit himself for whole of his life time should also be fit for every day. A daily routine is absolutely necessary to bring radical change in body, mind, and consciousness. *Ayurveda* in daily life is based on *Dinacharya*, *Din: day*,

Acharya: behavior. *Dinacharya* is the “law of nature” and the key component to living a long life with vitality and complete mind/body health. This routine is based on the sun and moon’s energetic effect on digestion, mental focus, creativity and the potential for spiritual awareness and growth. In order to keep your *doshas* (biological energies of the body and mind) balanced, and your *agni* (digestion and metabolism) in proper order, each individual is prescribed a daily routine aligned with nature’s cycles. When followed correctly, it will enable you to make the most of your life by strengthening immunity and purifying the body of wastes. A *dinacharya* sets timeframes each day when we should sleep, wake, conduct self-care, eat, work, and do our spiritual practices like yoga and meditation. This article is made to understand the importance of *Dincharya* and its utility in present era. In modern era we all are facing a lots of diseases like Hypertension, Cardiovascular diseases, D.M., Insomnia, anxiety and depression etc. this all are due to de arranged life style regimen.

KEYWORDS: *Tridoshas*, Circadian rhythm, *Dincharya*, *Ritucharya*.

INTRODUCTION

The science of ayurveda has 2 objectives-“swasthasya swaasthyarakshnam aaturasya vikaara prashamnam ch”^[1] -i.e. to maintain the positive health in the individuals who are healthy and to treat the persons who are suffering from disease. it is the science which not only deals with the curative aspect of diseases but gives more importance to preventive aspect “Prevention is better than cure”

Ayurveda is a science of life, it gives information's to maintain normal health ,information about disease and its treatment. *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. *Dincharya* (daily regimen) is one of the principles mentioned in *Ayurveda* in context to prevention. In today's scenario, the daily routine of each individual has become so busy and hectic, that many of the non-communicable diseases (lifestyle disorders) have taken the form of epidemic in current era. *Ayurveda* perceives that positive health depends on a healthy lifestyle of an individual.

The W.H.O. (1948) accepted definition of health - Health is a state of complete physical, mental and social well-being and not merely an absence of disease or infirmity.^[2]

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.

Various Dincharya Modalities and Their Beneficial Effects on Body

Ayurveda describes some daily regimen modalities for maintenance of positive health required for achievement of a long, healthy active life, achieving satisfactory enjoyment of life and attainment of self realization.

1.) Brahmamuhurta jagrana^[3]: It is advisable to wake up during Brahma muhurta (early in the morning i.e. Brahma Muhurta (Time of Brahma) is a period (Muhurta) one and half hour before the sun rises or more precisely 1 hours 36 minute before sun rises i.e. 96 minutes = 2 muhurta or 4 ghatrika and muhurta lasting for 48 minutes.).^[4]

- Oxygen in the atmosphere in the early morning easily and readily mixes up with hemoglobin to form oxy-hemoglobin which nourishes the remote tissue rapidly.
- Exposure to bright light in early morning causes the release of serotonin (neurotransmitter biochemically derived from tryptophan)^[5] which contributes to feelings of well-being and happiness and keeps the person active and alert.^[6]
- In the early morning, there is minimal pollution (noise, air) which enhances the concentration.
- Late night sleeping or chronic sleep loss causes the elevation of cortisol which in turn is responsible for rise in B.P (secondary hypertension) and is likely to promote the development of insulin resistance, a risk factor for obesity and diabetes.

(2) Ushna jalpana 1-2 glasses of water kept for whole night should be taken before sunrise.

- Not drinking enough water in a day is also a triggering factor for renal stones, hemorrhoids and constipation.

(3) Shauchvidhi - Every person should eliminate the natural urges (faeces and urine) daily.

- Defecation at proper time clears the rectum, increases digestive power, and prevents various manifestations like constipation, foul smelling flatus.

(4) Achaman / Mukha –netra prakshalana (Washing of face and eyes):-To prevent eye diseases.

(5) Dantadhavana (Tooth brushing)^[7]:- It is directed to clean the teeth in the morning and after taking meals.^[8]

- It stimulates taste perception and increases the salivation.
- Saliva contains salivary amylase(ptyalin) which plays a role in breaking down food particles entrapped within dental crevices, thus protecting teeth from bacterial decay.^[9]
- Saliva contains lysozyme and secretory IgA which act as antimicrobial agents.^[9]
- In ayurvedic texts, it is mentioned to clean the teeth by chewing twigs of certain medicinal plants which makes the gums stronger and is also a good exercise of facial muscles.

(6) Jihva –nirlekhana (tongue cleaning):- Tongue should be cleaned by a long flexible strip of metal or plant material.

- According to acupressure theory, tongue has many more acupressure points which initiate the proper functioning of vital organs like liver, kidney, bladder, stomach, intestine.

(7) Anjana (application of collyrium in eyes):- In today's time, excessive work on computer results in dry eye or computer vision syndrome.

- When Anjana dravyas are applied, it causes irritation to eyelids and conjunctiva and enhances the circulation.
- Many researchers predict that high frequency emerging from cell phones increases the stress level and may also cause vision problems.

(8) Nasya (oily nasal drops):- Sticky nature of the nasya dravyas (anu taila, katu taila) avoids the entry of dust particles into the nasal tract.

- The olfactory nerve endings are seen on cribriform plate of ethmoid bone^[10], Nasya dravyas triggers the nerve endings and sends the message to the CNS and initiates the normal physiological functions of the body.

(9) Sneha gandusha dharana (Retaining oil in mouth):-

- The sukhoshna (lukewarm) gandusha and kavala dravyas are used which improves the circulation of oral cavity.
- Gargling procedure of kavala poses the massaging effect over the oral mucosa and even strengthens the muscles of cheek, face and jaw bones.

(10) Dhumpana (medicated fume inhalation):- Smoking is the procedure to take smoke through the nostril and then through the mouth. It gives benefits like lightness of the chest, throat, head, and liquefaction of the Kapha.

- In modern era smoking is completely different and fashionable because they are taking the smoke through the mouth and leaving out through the nostril. And that cigarette contains nicotine like harmful things which will affect the lungs. So by smoking with these things instead of increasing the life span they will decrease the life span.^[11]

(12) Abhyanga (oil massage):- By taking proper massage it delays aging, cures tiredness and vata disorders, and improves vision, complexion, nourishment, life, sleep. And by doing padaabhyanga, it provides strength and stability to feet, improves the vision and pacifies the vata.

- Massage triggers the acupressure point which induces the release of endorphins which shows analgesic effect.^[12]

(13) Vyayama (Physical Exercise):- by doing regularly exercise nourishes the body, gives good complexion, proportionate the body parts, enhances agni, avoids laziness and obesity, provides lightness of the body parts, and also avoids early aging.

- It lowers the body fats, reduces the risk of heart disease. And lowers LDL and raises HDL.
- Physical Exercise increases the carbohydrate metabolism (Glycolysis) and causes lipolysis of accumulated adipose tissue (Gluconeogenesis) thereby causing abolishment of extra fat.
- It increases O₂ supply to remote tissues.
- The perspiration takes out the accumulated toxins from the body.

(14) Snana(Bath):- Taking bath is auspicious, enhances virility, longevity, strength, compactness and ojus, at the same time it cures tiredness, sweat and impurities of the body. It takes away the sleep, burning sensation, sweat, thirst and unpleasantness due to sweat.

(15) Nidra (sleep) - At night, early to bed is important for two reasons. The first is obvious – in order to gain a sufficient amount of sleep, an early riser needs to retire early.

In addition, sleep gained early in the night is more refreshing because kapha is the dominant dosha till about 10p.m. and hence if one retires before this hour one's sleep will be more rested and relaxed since it is dominated by kapha's qualities of heaviness and tranquility. After 10, until 6a.m., it is pitta and vata that dominates due to which sleep commenced during these periods is more difficult, stressed and less refreshing. Thus Ayurveda says that sleep gained after sunrise will not be as refreshing as sleep gained before midnight.

DISCUSSION

Daily habits of the people makes their lifestyle. The rapid modernization has changed the lifestyle and behavioral patterns of people which is responsible for occurrence of lifestyle disorders like cervical and lumbar problems, cancer, and appendicitis 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 behavioral 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 Ayurvedic 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

This is thus, the lifestyle advocated by Ayurveda in general. Based on place, climate, individual constitution and other factors, this can be adapted; the prime consideration should always be to adopt a lifestyle which minimizes stress and disease and helps one to lead a high quality life.

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