

“EXPLORING DINCHARYA: A REVIEW OF DAILY REGIMENS FOR HOLISTIC HEALTH”

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ABSTRACT

Ayurveda is the eternal science of life. The goal of *Ayurveda* is to maintain the health and cure of the diseases. To achieve one such goal of maintaining the health, *Dincharya* is a principal of *Ayurveda*. In ayurvedic text day-today activity are called *dincharya*. *Ayurvedic* Definition of health - the doshas must be in equilibrium, the digestive fire must be in a balanced and motor organs and mind, atma must be also in a pleasant state. Such a person is called a healthy person or *Swasth*. Living an *Ayurvedic* lifestyle by following *Dinacharya*, an *Ayurvedic* daily routine is a simple solution to all the health-related worries and key to promoting a harmonious balance between mind, body and soul. *Dinacharya* is one of the means to follow certain things like morning walk in *Ayurveda* along with these there are other

different procedures include like *Nasya*, *mala tayag*, *vyayam*, *Snana*, *Abhyanga*, *Tambula Sevan*, etc. *Ayurveda* has not only advised the treatment for various diseases but also its prime moto has been to prevent Someone's health. Many Dietary and Lifestyle related rules and regulations have been described in the classical texts of *Ayurveda* for the prevention of health. *Dinacharya* is the first and basic lifestyle regimen to be followed *Dinacharya* is mentioned by many *Ayurveda Acharyas*.

KEYWORDS: *Dincharya*, *Ayurveda*, *Lifestyle*, *Swasth*.

INTRODUCTION

The word *Dinacharya* is derived from two words; '*dina*' meaning day and '*acharya*' meaning activity. *Dinacharya*, according to *Ayurveda*, is a daily routine that promotes self-care through different daily activities.

Dinacharya comprises of waking up in the early morning, praising God, Drinking water early morning after waking up, *Mala Mutravisarjana*, Cleaning of teeth, Tongue scraping, Cleaning of face, Mouth gargling, Application of collyrium, Nasal medication, Medicated smoking, oiling of head, physical exercise, Bath, Proper dressing, Smearing body with perfume, Proper food intake, Chewing of betel leaves, Attending prescribed profession, *Achamana*, *Sandhyavandana*, *Ratribhojana*, and finally Proper sleep. By following daily regimen (*Dinacharya*) one will be able to follow a healthy lifestyle thereby maintaining health.

Health is a state of complete physical, mental, social and spiritual well-being and not merely the absence of difamine.

[illegible]

According to *Aacharya Sushrut* healthy (*Swastha*) is whose humors (*Doshas*), tissues (*Dhatus*), excretory products (*Malas*), and digestive capacity, (*Agni*) are in the state of equilibrium along with mental sensory and spiritual pleasantness and happiness.^[1]

(C.S.1/15)

That is, *Dharma, Artha, Kama, Moksha* have been achieved in all these four *purusharths*, the root of which is health. The meaning is that *Purusharth Chatustaya* is achieved only then. When a man's body is healthy, mind and soul are happy, he moves on the right path.^[2]

MATERIALS AND METHODS

1. Charaka Samhita
2. Sushruta Samhita
3. Ashtanga Hridaya Samhita
4. Internet – Research Article Modern Text Books

Activities under Dinacharya

- ### 1. Brahma Muhurta jagarana

2. Usha pana
3. Malotsarg
4. Danta dhavana
5. Jihvanirlekhana
6. Aachmana
7. Anjana
8. Nasya
9. Kavala evam Gandhusha
10. Dhom pana
11. Tambula sevana
12. Abhyanga
13. Vyayama
14. Snana
15. Udvartana
16. Bhojana vidhi
17. Shayan

1. Brahma Muhurta Jagarana: Wake up early in the morning at *Brahma Muhurta*. *Brahma Muhurta* means 1 to 1.5 hours before sunrise. It is the most satvik and peaceful time of the day. In the early morning, *Sattva Guna* is most prevalent, so it is the best to meditate and also study. The body is well rested after night's sleep and the mind is alert, focused and peaceful. It is most pure time of the day when atmosphere is calm and minimal pollution (noise, water, air) which enhances the concentration of mind. As it is *Vata* predominant time, it's easier to wake up.^[3]

2. Ushapana- 1-2 glasses (640ml) of water kept in copper utensil for whole night should be consumed before sunrise in *Brahma- Muhurat*.^[4] Drinking plenty of water early in the morning reduces the risk of renal calculus, constipation, piles etc.

3) Malotsarg: If there is a movement of feces and urine, it should be discarded in the north direction during the day and in the south direction at night. Excretion should be done by keeping silence, not paying attention to other work. The reason for mentioning this in the daily routine is that due to holding of feces, cramps in the calves, catarrh, headache, etc. The coming of Apanavayu in the upward movement becomes a possibility of having foul odor, anal colic, diarrhea.^[5]

4. Dantadhawana: Twig (12 Angula length & thickness should be tip of one's little finger) of *Arka* (*Calotropis procera*), *Vata* (*Ficus Benghalensis*), *Khadira* (*Acacia catechu*), *Karanja* (*Pongamia pinnata*), *Kakubha* (*Terminalia arjuna*) can be used for teeth brushing.^[6] In old age teeth & gums are very fragile in nature, so one should proper crush or chew the twig from front side and use it carefully without harming. One should also use *Dantashodhana Churna* in the place of twig to avoid any such injuries. *Trikatu*, *Trijata*, *Tejovati*, honey, Saindhav & Tila Taila can be used as a *Dantaprasadana Churna*.^[7] It brings freshness, takes away bad breath (halitosis) and coating on teeth.

5) Jihvanirlekhana: *Jihvanirlekhana* should be done after brushing teeth. *Jihvanirlekhana* has been mentioned in *Charaka*, *Sushruta*, *Ashtanga sangraha*. But it is not mentioned in the *Ashtangahridaya*. Copper or steel tongue should be used. The length of tongue should be 10 fingers. Front part should not be sharp and crooked in shape. *Jihvanirlekhana* should be destroys mouth disease, tongue disease and bad breath.

6) Aachmana: *Aachmana* means mouth wash.^[8] *Aachmana* should be done by after passing urine, after sneezing, after coming home from outside, after shower, after getting up from sleep.

7. Anjana- (Collyrium) One should apply collyrium made of Antimony (*Soviranjana*) every day in old age for protection of eyes.^[9] It gives clear vision, lightness, proper functioning, purity & alleviation of diseases. One should not apply collyrium in condition of fever, ocular conditions like *Timira* (Cataract), pain, swelling etc.

8. Nasya- *Pratimarsha Nasya* with *Anu Taila* is ideal for all Ritus. Practice of *Nasya* prevents diseases of eyes, nose and ear. It prevents greying of hair and hair fall. It cures stiffness of neck, headache, stiffness of jaws, rhinitis etc. In old age sensory organs become weak naturally, by regular practice of *Nasya* they can be strengthened.^[10]

9. Kavala and Gandoosha- (Oil Pulling) Material (Medicated paste/ Kalka) used moves easily in the mouth in *Kavala*. In *Gandoosha* mouth is completely filled with *Gandoosha Dravya* (liquid) and kept without moving inside the mouth.^[11] In old age oil pulling is ideal procedure for maintenance of oral health.

Practice of *Kavala* & *Gandoosha* enhances strength of mandible, resonance of voice, nourishment of face, taste perception. It prevents dryness of throat, cracking of lips, decay of teeth & makes teeth strong.

10) Dhumpan: Dhumpan means inhaling dhum. If this dhum is received through the nostrils, then it is mentioned by the name of Nasapan. Dhumpan is the best way to get rid of highly polluted kapha located in the head. Dhumpan calms the cough in a moment. That's why it is considered appropriate to dhumpan in the outbreak state of vata and kapha (phlegm). According to Acharya Charak, there are 3 types of dhumpana and according to Sushruta, there are 5 types of Dhumpan. dhumpan control ent diseases.

11) Tambula: Tambula (betel-chewing) is unsuitable (harmful) to those suffering from wounds, bleeding diseases, dryness and redness of the eyes, poisoning, unconsciousness, intoxication and even from consumption.^[12]

12) Abhyanga: Abhyanga (oil-massage) should be resorted to daily, it wards off old age, exertion and (aggravation of) vāta bestows good vision, nourishment to the body, long life, good sleep, good and strong (healthy) skin. It should be done specially to the head, ears and feet. It should be avoided by persons suffering from aggravation of kapha, who have (just) undergone purificatory therapies (like emesis, purgations etc.) and who are from indigestion.^[13]

13. Vyayama: (Exercise) Exercise is best among strength promoters. Regular physical activity like Suksham Vyayama, Yogasana and Pranayama can prevent many of the health problems that seem to come with age. • Cankramana (walking) increases life span, strength, Agni and perceptive power of sense organs.^[14] Brisk walking for 10-15 minutes a day is beneficial for older adults. • Muscle strengthening activities like Suksham Vyayama and Yogasanas on 2 or more days a week. Yogasanas like, a) Parvatasana (Mountain pose) b) Trikonasana (Triangle pose) c) Katichakrasana (standing spinal twist) d) Bhadrasana (cobblers pose) e) Marjariasana (cat stretch pose) f) Bhujangasana (Cobra pose) g) Shalabhasana (locust pose) h) Pawanmuktasana (wind relieving pose) • Chair Yoga for senior citizens- Neck roll, seated forward bend, seated spinal twist etc., helps alleviate tension and fatigue, increases flexibility, improves sense of balance, increases overall muscle strength. • Pranayama (Breathing exercise) and Dhyana (meditation) help to gain a steady mind, strong will power, enhances perception, beneficial to treat stress. Anulom-Vilom (15-20minutes),

Bhastrika (3-5minutes), Bhramari (10-15 rounds), Kapalbhata (5-10minutes) can be performed in old age to prevent many diseases.

14. Snana: (Bath) Taking bath enhances virility, longevity, strength, compactness & Oja, at the same time cures tiredness, sweat and impurities of the body.^[15] Hot water bath excluding head is beneficial in old age as it enhances strength and destroys Vata Dosha.^[16] Taking head bath with hot water is injurious for eyes & cold water is good for eyes. But taking head bath with very cold water during winter season leads to aggravation of Kapha & Vata Dosha. Likewise taking bath with very hot water during summer season leads to aggravation of Pitta & Rakta.

15) Udvartana: Udvartana (massaging the body with soft, fragrant powder) mitigates kapha, liquifies the fat, produces stability (compactness, strength) of the body parts and excellence of the skin.

16) Bhojan vidhi: In the middle of the first hour of the night, food should be consumed in lesser quantity than during the day. Slow digestive food should be avoided at night. Eating should be done following the Aahar vidhividhan.

17) Shayan: The early night and the early morning are for the practice of Vedas study, so the middle six hours are considered suitable for sleeping. The sleeping place should be clean and pure. The length and width of the bed should be in sufficient place. bed should be straight. The bed should be knee length and soft.

DISCUSSION

In Ayurveda, disease prevention is stressed more. Dinacharya has been discussed in terms of a daily schedule. Because of the contemporary fast-paced way of life, which has everyone in a rush, the Dinacharya's principles are more important than ever. People's daily routines determine their way of life. The emergence of lifestyle disorders is caused by the rapid modernization which has altered human behaviour and lifestyle. As a result of this era's demands, the current trend cannot be reversed, but Dinacharya's actions can modify lifestyles by straightforward interventions. The fundamental idea behind Dinacharya is the balancing of the Doshas, which eventually leads to good health. This practise fundamentally relates to how the human body interacts with the environment. Dinacharya maintains the body's physiological processes at their natural levels and keeps the individual healthy. Include

"Dincharya" in your daily routine if you want to live a more active, focused life and avoid ailments in today's hectic world.

CONCLUSION

According to Ayurveda there is no magical remedy for healthy living. The Dincharya makes one to lead a healthy and disciplined life. In addition it purifies the body and mind. Therefore, these strategies indicated by Ayurveda with respect to health care of people in all phases of life especially ageing population should be strictly followed by spirit. All these strategies can contribute in a big way for healthy and happy old age. The Dincharya regime if followed properly helps to attain physical, mental and spiritual well-being of an individual.

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