

ROLE OF DINACHARYA IN DE-ADDICTION OF ALCOHOL, SMOKING AND TOBACCO

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ABSTRACT

Ayurveda is the science of life, which deals with the various disorders and its treatment modalities which helps to prevent from diseases.^[1]

Ayurveda has mentioned different treatment modalities for prevention of diseases like *Dinacharya*, *Ritucharya*, *Ratricharya*, Proper *Aahara* & *Vihara*, Avoid *Vegadharana*, etc.^[2] From all this principles *Dinacharya* is one of the important aspects for maintaining health and regulating the daily activities of individuals.^[3] *Ayurveda* helps to maintain proper health by regulating the *Dinacharyadi* concepts mentioned in *Samhitas*. This *Upakrama* helps individuals for avoiding the bad habits or Various addictions. This addictions includes Alcohol, Tobacco chewing and Smoking. Those addictions leads to development

of various disorders which are hazards for health of an individuals. Here in this article attempt for de-addiction of alcohol, smoking, tobacco by the implementation of *Dinacharya*.

KEYWORDS: *Dinacharya*, De-addiction, Alcohol, Tobacco, etc.

INTRODUCTION

Acharyas have explained and mentioned *Dinacharya* concept. According to *Ayurveda*, there are various rules which are helps to maintain the health. In today's era, due to the sedentary lifestyle, person's are more prone towards various addictions. In which consumption of alcohol, Tobacco chewing and smoking are the most common addictions. This all are leads to hazardous effects on the health and reduces the lifespan of the persons.

Acharya Sushruta has mentioned the definition of Health as it is balance between *Dosha*, *Dhatu*, *Mala*, *Agni* and also joyfulness of *Aatma*, *Mana*, *Indriya*.^[4] The widely accepted

definition of health is that given by the World Health Organization [1948] is - Health is a state of complete physical, mental and social well-being and not merely an absence of disease or infirmity.” In recent years, this statement has been amplified to include the ability to lead a ‘socially and economically productive life’.^[5]

Satva, *Aatma* and *Sharira* these three are the real *Aadhara Stambha* of *Ayurveda*^[6] *Satva* is the *Guna* of *Mana*. Which gives positive energy; whereas ‘*Tama*’ and ‘*Raja*’ are both doshas of *Mana*.^[7] They both vitiate the functions of *Mana*. Vitiating of *Mana* leads to various *Manasika* disorders.

This *Raja* and *Tama* *Dosha* leads to *Dosha* vitiation causes *Dushti* of *Mana* & develops various disorders. As described in *Ayurveda*, this *Manasa Doshas* leads to development of *Tamasika Pravrutti* formation of various formations of *Bhavas*. When *Tama* and *Raja Bhavas* are increased in the body it leads to formation of various addictions like Smoking, Tobacco chewing and Alcohol consumption. This all can be changed by the help of implementation of *Dinacharya*.

AIM AND OBJECTIVES

- To elaborate & discuss about addiction.
- To elaborate *Dinacharya*.

MATERIAL AND METHODS

The material for this article is taken from all – Samhita’s, website, books, etc.

Dinacharya helps for maintaining health of an individual in every condition body and mind. Lifestyle in the ancient times was a little bit different than that of today. During ancient time, requirements of a person were minimum and most of the people had ample wealth. People were less occupied, and there was minimum stress and strain.

Society in general was following some specific measures, mentioned in daily regimen like regular oil massage to the body, *yoga*, meditational practices, bathing, herbal smoking etc. In today’s hectic and materialistic culture, rarely any person gets the time to think of his own health or fitness. Hence many people think that this lifestyle is not possible to follow. But this is totally wrong concept. Every one of us, should at least understand the importance and benefits of ideal lifestyle.^[8]

Implementation of *Dinacharya* includes *Brahme Muhurte Uttishte* i.e. early wakeup during morning gives rise to *Aayushya* and health. It's up to *Snana* etc. which helps to maintain proper health and regulating the health by following the steps including in *Dinacharya*.

Consumption of alcohol, smoking and tobacco chewing are addicted due to the *Lobha, Irshya* i.e. *Dharaniya Vegas*.^[9] The best part in *Dinacharya* is *Sadavritta Palana* i.e. implementation of code of good conduct for mental health and good behaviour.^[10]

Dinacharya helps to regulate the health by maintain the rules mentioned in *Dinacharya* like *Brahme Muhurte Uttishte*, *Swamukha Darshana*, etc up to *Snana*, etc. It helps to improve immunity against all diseases also helps to improve *Sharira Bala*, *Manasa Bala*, *Ojasa*, *Dhatu Sarata* etc.

Bala Vruddhikara Bhava which helps to maintain proper health and immunity from Childhood to old age. By following rules and principles like *Dinacharya* which is daily regimen helps to set a proper daily regimen, proper rules for living life, *Ritucharya* also helps to provide proper *Aahara*, *Vihara*, etc.

Acharya Charaka mentioned the concept of '*Aachara Rasayana*' which includes Psychological and Spiritual health, also it is a behavioral conduct which teaches do's and don't with preferred lifestyle.^[11] Daily massage, scrubs to evaluate the vitiation of *Doshas* etc are useful for the maintenance of health.

Table Showing - *Dinacharya* implementation

| Sr. No. | <i>Dinakrama</i> | Description |
|---------|--------------------------------|--|
| 1 | <i>Brahme Muhurte Uttishte</i> | Waking up on the Auspicious time is best for getting knowledge, best time for secretion and release of hormone specially cortisol helps to relieve stress & boosts immunity. |
| 2 | <i>Swamukha Darshana</i> | It helps to provide long and healthy life. |
| 3 | <i>Dantadhawama</i> | Increases immunity to the mouth and its parts also helps to increase salivation process. |
| 4 | <i>Jivha Nirlekhana</i> | Helps to remove <i>Jivha Mala</i> and its <i>Doshagnata</i> . |
| 5 | <i>Anjana</i> | Acts as <i>Netra Shodhaka</i> and increases circulation for eyes. |
| 6 | <i>Tambulasevana</i> | Improves taste buds, cleans mouth. |
| 7 | <i>Nasya</i> | Helps to remove vitiated <i>Doshas</i> from the <i>Shira</i> and <i>Nasa Sthana</i> . |
| 8 | <i>Sneha Gandusha</i> | Strengthens the muscles of mouth. |

| | | |
|----|--------------------|---|
| | <i>Dharana</i> | |
| 9 | <i>Dhumapana</i> | Helps to remove <i>Doshas</i> from <i>Urdhwajatrugata</i> region. |
| 10 | <i>Abhyanga</i> | Increases blood circulation, removes impurities from body. |
| 11 | <i>Vyayama</i> | Improves body circulation, gives strength. |
| 12 | <i>Udavartana</i> | <i>Twaka Prasadaka, Vata Shamaka</i> |
| 13 | <i>Chankramana</i> | Beneficial for <i>Ayu, Medha, Indriya</i> , etc. |
| 14 | <i>Snana</i> | Removes impurities from the body. |

This all *Upakramas* are helps to remove toxins from the bodies and regulates the habits from daily life which de addicts the various addictions like Tobacco chewing, Smoking and Alcohol drinking.

DISCUSSION

Now a day's addictions for Alcohol, smoking, tobacco chewing are increasing day by day. It causes various *Dosha dushti* or vitiation in the body with the vitiation of *Manasa Doshas*. Here in this article, for prevention of addictions implementations of *Dinacharya* advised for the maintenance of health, helps to improving immunity in the body. Daily practice of *Dinacharya* helps to decreases *Dosha* vitiation in the body also helps to de addicts the addictions of tobacco chewing, alcohol and smoking.

CONCLUSION

Now a day's various addictions are subjected towards every person due to some Stress, *Chinta*, Sedentary lifestyle, etc *Manasa Doshas* are increases which results into formation of various *Manasa Doshas*, various diseases which results into addicts various addictions like Tobacco chewing, Smoking, Alcohol consumption etc. For all this addictions to de-addict *Ayurveda* has advised *Dinacharya* etc *Krama* for maintenance for proper health, helps to regulate the daily life activities which keep away addictions.

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