

ROLE OF DINCHARYA-RITUCHARYA FOR PROMOTION OF HEALTHY LIFE STYLE

Dr. Ishwar Dutt Sharma^{*1}, Dr. Pankaj Marolia², Dr. Kusum sharma³ and Dr. Pradeep Dhaked⁴

¹(M.D Scholar), Dept. of Rog Nidan Evum Vikriti Vigyan, M.M.M. Govt. Ayurveda College, Near Radaji Circle, Udaipur (Raj).

²(Professor & H.O.D.), Dept. of Rog Nidan Evum Vikriti Vigyan, M.M.M. Govt. Ayurveda College, Near Radaji Circle, Udaipur (Raj).

³(M.D Scholar), PG Department of Prasuti Tantra and Stree Roga Vigyan, Dr. S. R. Raj. Ayurved University, Karwar, Jodhpur (Raj).

⁴(M.D Scholar), Dept. of Rasashastra & Bhaishajya Kalpana, M.M.M. Govt. Ayurveda College, Near Radaji Circle, Udaipur (Raj.)

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*Corresponding Author

Dr. Ishwar Dutt Sharma

(M.D Scholar), Dept. of Rog Nidan Evum Vikriti Vigyan, M.M.M. Govt. Ayurveda College, Near Radaji Circle, Udaipur (Raj).

ABSTRACT

Ayurveda the science of health always aimed to maintain normal health status of society. The *ayurveda* literature considered imbalances of *Dosha*, *Dhatu* and Mala as a main cause of various diseases. The ancient text described that vitiation of *Dosha*, *Dhatu* and Mala associated with improper *Ahar*, *Vihar* and *Achar*. Therefore it is very important to maintain good conduct (*Pathyapathya* palan) of *Ahar*, *Vihar* and *Achar*. The *Pathyapathya* palan achieved by obeying rules of *ayurveda* related to life style management. The good conduction of daily regimen not only maintains healthy status but also help to avoid medication for the diseases management. There are various diseases which may occur due to the bad conduction of dietary and living

regimen and incidences of such diseases increases day by day due to the excess of sedentary life style. Considering these all aspect present article explore some important aspect of life style management which help to remain away from diseases of current scenario.

KEYWORDS: *Ayurveda*, Life style, *Dincharya*, *Ritucharya*, Sedentary life disorders.

INTRODUCTION

The current scenario of living style creates lot of health issues due to the improper dietary and living regimen. Improper life style induces pathogenesis of diseases such as; *Prameha*, *Medoroga*, *Hridroga*, *Aamvata* and *Vatrakta*, etc. The *Pathy-Palan* (good conduction) of *Dincharya*, *Ritucharya* and *Ratricharya* help to avoid prevalence of such lifestyle disorders. The proper consideration of *Ahara* and *Vihar* not only help to restore normal health status but it also imparts discipline in family and society. Sedentary schedule, faulty dietary habits, use of tobacco, alcohol, late night awakening, day time sleeping, involvement in excessive sexual activities, stress, anger and disobeying elders are some major issues of today's life pattern which not only affecting health of young generation but also creating bad impact on upcoming generation. The pathogenesis of disorders triggered by faulty life style described in Figure 1.

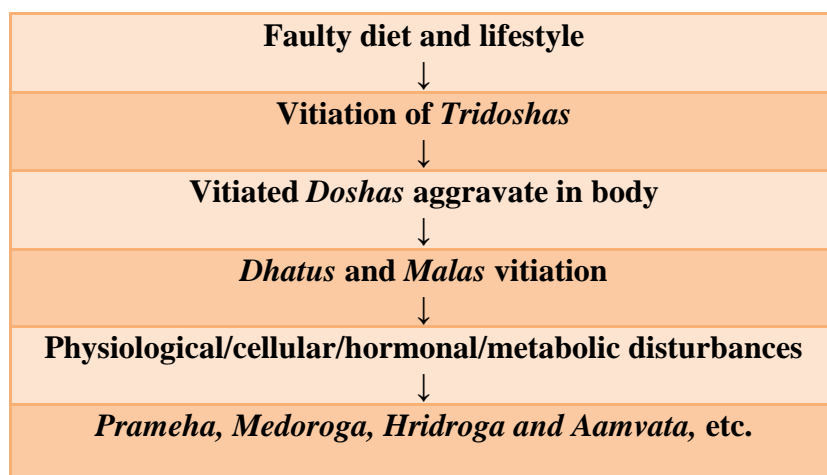


Figure 1: The pathogenesis of disorders triggered by faulty life style.

Ayurveda described various fundamental principles like; *Dinacharya*, *Ritucharya*, *Rasayana* therapy and *Sadvritta* for the prevention of diseases and longevity. These basic concepts of *ayurveda* help to avoid prevalence of life style disorders and maintain good health status.

DINACHARYA

The some suggested daily regimens as per *ayurveda* are as follows:

1. ***Brahama-muhurat-jagrana:*** Waking up before sun-rise
2. ***Vega nissaran:*** Elimination of Mala & Mutra in morning
3. ***Mukha & Netra Prakshalana:*** Washing of face and eyes
4. ***Gandoosh & Kawala:*** Tooth brushing and Gargle
5. ***Anjana:*** Use of collyrium

6. *Nasya*: Nasal administration of medicaments
7. *Dhumpana*: Inhalation of medicated smoke
8. *Snana*: Bathing before going to work and before meal daily
9. *Bhojan*: Meal as per Kala in manner.
10. *Nidra*: Sleeping timely at night and avoid day time sleep.

RITUCHARYA

The suggested regimen as per various season are comes under *Ritucharya* which are as follows:

Hemant Ritu

Laghu and Ruksha foods contradicted in *Hemant Ritu*.

Shishira Ritu

Pungent and bitter foods contradicted in *Shishira Ritu*.

Grishma Ritu

Amla, Katu and Ushana foods contradicted in *Grishma Ritu*.

Varsha Ritu

Mantha and open water source avoids in *Varsha Ritu*. Street food and unhygienic food also avoided.

Sharad Ritu

Curd, meat of aquatic and marshy animals contradicted in *Sharad Ritu*.

General Dietary Recommendation to avoid life style Disorders

Ushnamashniyat

One should consume warm food.

Matravatashniyat

Diet should be consumed according to Agni and Bala.

Naativilambitam-ashniyat Naatidrutam-ashniyat

Avoid eating too slowly and too fast.

Veeryavirudhhamashniyat

Consume foods should not be antagonistic in Virya..

Jeerneashniyat

One should consume meal after digestion of previous meal.

Snighdhamashniyat

Fats in some quantity.

SADVRITTA

Sadvritta means conduction of ethical regimen which helps to maintain normal health status of body. *Sadvritta* involve consideration of ethical, social, mental, moral and physical values. The *Sadvritta* induces positive effects on mind and body. It enhances *Satvik Guna* and imparts good values in family.

***Sadvritta* involve following considerations**

- ❖ One should not lose self-control.
- ❖ Respect elders, forefathers, teachers, women and colleagues.
- ❖ Always speak truth and avoid evil thoughts.
- ❖ Control of anger, grief, jealousy and greed.
- ❖ Avoid indulgence in *Himsa*, *Asteya*, *Anyathakma* and *Vyapada*.
- ❖ One should follow disciplinary life and dietary habits.
- ❖ Excessive sexual intercourse and non-ethical sexual relationship should be avoided.
- ❖ Start day with prayer and *Yoga*.
- ❖ Consumption of alcohol and smoke must be avoided.
- ❖ Be humble, kind and should helps others.

VYAYAMA (EXERCISE) AS TOOL OF HEALTHY LIFE

Daily exercise boost physical strength, increases luster, stimulates digestion, prevents ailments, imparts firmness, reduces fatigue and boosts immunity. Daily exercise make person resistant to life style disorders like; diabetes mellitus, hypertensive and obesity. Walking, jogging, cycling, *Yoga*, gardening, swimming and playing games are some exercise suggested to maintain good physical and mental status. *Ayurveda* and modern science both strongly recommended exercise early morning daily as a tool of healthy living.

AYURVEDA LIFE STYLE FOR SOME SPECIFIC DISEASES***Prameha***

- In *Prameha* *Langhan*, *Dipandravya*, *Yava*, *Shali*, *Laja*, *Puransura*, *Gokshura*, *Jambu*, *Trikatu*, *Ashwavahana* and *Bhramana* *vyayama* recommended.
- *Dhumapana*, *Divaswapna*, *Masha*, *Maithuna*, *Dadhisevana* and *Navanna sevana* contradicted in *Prameha*.

Hridroga

- *Swedana*, *Jangalamamsa*, *Mudgayusha*, *Draksha*, *Tambulabhakshana*, *Takra* and *Madhu* recommended in *Hridroga*.
- *Trushna*, *Ashruvegasandharana*, *aavikshira*, *Rakta*— *mokshana*, *Madhookpushpa* and *Ghrita* contradicted in *Hridroga*.

Medorog

- *Puranshali*, *Kodrava*, *Chinta*, *Ratrijagarana*, *Langhana*, *Madhu*, *Ushnajala*, *Shigru* and *Yoga* recommended for *Medorog*.
- *Shitalajala*, *Masha*, *Snehaabhyanga*, *Divaswapna*, *Madhurabhajana*, *Bhojanapaschatjalapana* and *Ghrita* contradicted in *Medorog*.

CONCLUSION

The current scenario of unhealthy living is responsible for the high prevalence of life style related disorders. *Ayurveda* offers holistic and logical approaches for the management of good health like; concept of *Dincharya*, *Ritucharya*, *Ratricharya* and *Sadvritta*. These nonpharmacological approaches of *ayurveda* help to restore normal health status and keep away from disease conditions. *Ayurveda* emphasizes that balanced dietary pattern and disciplinary daily regimen help to remain away from medicines. The good conduction of daily regimen (*Dincharya*) enhances physical as well as mental health. Similarly consideration of seasonal diversity (*Ritucharya*) is very essential to remain free from disease conditions. The diet as per *Tridosha*, *Prakriti* and *Satmya* play important role in curing of diseases. *Sadvritta* not only offers health benefits but it also imparts social, moral and spiritual values.

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