

**IMPORTANCE OF DINCHARYA ACORDING TO AYURVEDA- A
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ABSTRACT

The tradition of Dinacharya (daily routine) is one of the single most powerful Ayurvedic tools for improving overall health and well-being. Even if you are brand new to Ayurveda, it won't be long before you hear something about the importance of doing a number of things—like eating, sleeping, and working at roughly the same times each day. 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. Health depends on how one spends day. The ideal life style for a day is called as daily regimen (Dinacharya). Daily regimen explains the various duties from one day to the next day.

KEYWORDS: Dinacharya, Health, Ayurveda, Unhealthy, Chronic, Ideal.

INTRODUCTION

"प्रयोजनं चास्य स्वस्थस्य स्वास्थ्यरक्षणमातुरस्य विकार प्रशमनं च ।"

The aim of ayurveda is to maintain the normal health first, if disease occurs then give proper treatment. Ayurved is a science of life, it gives informations to maintain normal health, information about disease and its treatment. As life is a circular cycle, according to biological clocks, there is morning, afternoon, evening and night, same way human being must follow the particular biological clock of his life, and must correlate the work with the cycle. Eg. If it is morning the first work should be to wake up at Bramh Muhurta told by ayurved. A healthy person should wake up at bramh muhurta in the morning after filling that the dinner he has

taken at night is digested. This muhurta is considered as one and half hour before sun rise. According to ayurveda it is vataj kal. Next work should be done during the whole day is clearly mentioned in ayurveda to maintain the life cycle. Obviously these rules maintain the health and called dincharya. One should follow rules according to dincharya. Now a days we see no discipline is maintained by the people. Due to their job pattern or some other reasons. People are earning better, but unable to maintain health and self satisfaction. Only way to become satisfied and healthy dincharya should be followed.

Rules of Dinacharya^[1]

- 1) Wakeup at Brahmi Muhurta i.e. one and half hour before sunrise.
- 2) After waking up malanissaran(i.e. stool, urine) should be done in the natural way.
- 3) Next step is to cleaning process of face, teeth, tongue etc.

Waking up in Brahmi muhurtha i.e. “two hours before the sunrise”, Brahma is knowledge, which is gained by reading. It is the time which is ideal for gaining of the knowledge. And also now a day, there is a lot of pollution in the environment. And in the morning hours it will be clean without pollution. Along with the clean air, the pleasant atmosphere, absence of noise, the morning rays of the rising sun is very beneficial to the health. Sun is the god of health. Health is got from the sun. So, one should get up early in the morning before sunrise. Achamana means to wash, which will be done after cleaning the excreta, tears, sneezing, and after travelling. It will be helpful for the digestion of food, and also evacuation of the bowel completely. Danta dhavana: One should brush in the morning with twigs of Arka, Vata, Khadira, Karanja, and Arjuna. One should brush in vertical direction from bottom to top. So by doing this it brings freshness, takes away the bad odor, coating on the teeth and creates desires for the food. But in modern age by using chemicals the pastes are going to be prepared. So those are not useful for the modern era to have a long life.

Jihva nirlekhana: It should be done with the help of gold, silver, or iron. It will benefit in bad odor of mouth, cure edema, and gives taste. Now a day those metals are very costly so at least we can use at least steel items.

Gandusha and Kavala: It gives strength to mandible, clarity of mouth, lightness and clarity of sense organs. And also gives good taste. In modern era such items are prepared with chemicals, so one should avoid those chemical items.

Anjana: It cleans the eyes, which makes them shine like the bright moon in clear sky.

Dhumapana: 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.

Nasya: Head is considered as the most important part of the body. So nose is the entry way for the head. It causes benefits like lightness of the head, proper sleep, and awakening, cure of diseases, clarity of organs, and pleasant mind. In modern days nasal insufflations are there. So they are prepared from plant origin they are good for health.

Vyayama: 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. It helps for the controlling the blood sugar, reduces the risk of osteoporosis and cancer, helps for giving energy, reducing the stress, improves the sleep, to enhance mode of work and the self-esteem. In modern days about exercise they are having knowledge so that will improve individual life span. Abhyanga: 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. By doing Shiroabhyanga it prevents the balding, graying, hair fall, strengthens the hair root, and makes the hair long and black. And it also nourishes the sense organs, softens the skin.

Udvardhana: By doing this blood vessels become dilated and complexion in the skin is enhanced. Cures rashes, vata diseases, enhances the strength of thighs, and provides the lightness.

Samavahana: Gentle massage enhances the affection, sleep, virility, avoids the Kapha and also improves the circulation. By massage therapy the people will have an idea about the benefits. So the people are interested to go towards the massage centers. They will definitely increase the life span of the individual.

Snana: 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.

Aahara: One should start Ahara with Madhura rasa then amla, lavana, tikta, katu, Kashayaa. Like this one should take Ahara in a chronological order. And one should take anupana as jala. Because this Ahara rasa gives strength, bala, varna, pushti, dhatu poshana, indriya prasadata etc.

Healthy food items: Fruits, roasted cereals like gram, peanuts, pulses etc. Sprouted cereals, Puffed rice, Chhole Ghanji, butter milk (mattha) are considered as healthy food items. It is needed to change our style of food as: Consume a diet rich in vegetables and fruits (all colored), avoid eating more high calorie fruits (mango, banana, jack fruit etc), whole fruit is better than fruit juice because it contains fiber. Vegetables which are green, reduces fat and blood sugar level. Stop or minimize alcohol intake, because alcohol is hollow calorie drink. And have sufficient water such as 3 to 3.5 lit/day. Prepare food by boiling, roasting, steaming, baking and avoid frying.

Tambula: After taking the food one should take Tambula (betel leaves and nut) because it will give oral hygiene, digestion of food gives good smell. And improve functions of Indriyas. Mental health and social health now a day we are seeing the 80% Of diseases are psychosomatic. For every emotion there is chemical secretion in the body like anger, hostility, frustration, violence, depression, etc. Factors which decide our attitude are environment: (home, school, work, media, cultural, religious, social, political etc.) Experience: (reference point of our actual experience). Education: (formal and informal), etc.^[2]

DISCUSSION AND CONCLUSION

Dinacharya is very useful and effective to maintain the health. All healthy life related criteria's depends on healthy dinacharya. Persons who follow dinacharya having better health. Follow the rules of Dinacharya and be healthy without medicine. Stay away from medicine as far as possible by following the rules of Dinacharya.

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