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Dinacharya - Holistic approach towards healthy life

Dr. Padmavati M. Patil,¹ Dr. Anil K. Bagalkoti²

¹Post Graduate Scholar, ²Professor & HOD, Dept. of Swasthavritta, Shree. J.G.C.H.S Ayurvedic Medical College Ghataprabha Tal: Gokak, Dist: Belgavi, Karnataka, INDIA.

ABSTRACT

Ayurveda is not only a medical science but also it's complete science of life. It not only gives importance to cure of various health ailments but also preventive measures. The *Dinacharya* is one among them. The word *Dinacharya* comprises two words. The *Dina* and the *Charya*. The *Dina* means Day / Daily, whereas the *Charya* means Activity / regimens / movements. *Dinacharya* means daily regimen or conduct. *Dinacharya* play an important role to attain *Purusharthas* (*Dharma*, *Artha*, *Kama* and *Moksha*). *Dinacharya* covers all the activities that man can perform spontaneously, deliberately which results both physical and mental fitness. The daily regimen also explains the various duties and is divided into two types viz; day regimen and the night regimen. The present study reveals the daily regimens, their types and methods according to various Ayurvedic texts. *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.

Key words: Ayurveda, *Dinacharya*, *Purusharthas*, *Holistic health*.

INTRODUCTION

Ayurveda is not only a medical science but has spiritual aspect too. This is the only science which specifies about *Moksha* which is ultimate aim of this science. To achieve the *Purusharthas*^[1] one has to follow proper diet that is *Ahara*, *Dinacharya* (daily regimen) i.e. *Vihara* along with preventive and rejuvenating medicines i.e. *Rasayanas* and *Oshadhis*. To keep healthy, one should be aware of the biological clock in the body. As Ayurveda tells

Yatpinde tat Brmhande, Whatever is present in body so also available outside. So whatever changes in the environment also affects the body and disturbs the biological clock. And produces the various unwanted health hazards. So to combat this one should adopt the wholesome daily regimen which is prescribed by our ancient *Acharyas*. In this present review study, the detail knowledge of *Dinacharya* - early morning wake up, praising God, Drinking water, *Malamutravisarjana*, cleaning teeth, bathing etc. has been enumerated.

Address for correspondence:

Dr. Padmavati M. Patil

Post Graduate Scholar,
Dept. of Swasthavritta, Shree. J.G.C.H.S Ayurvedic Medical College
Ghataprabha Tal: Gokak, Dist: Belgavi, Karnataka, INDIA.
E-mail: drpadmajanileshchougule@gmail.com

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AIMS AND OBJECTIVES

Reviewing the information regarding the *Dinacharya* mentioned in different Ayurvedic texts and minutely analysed their application mentioned.

DISCUSSION

The *Dinacharya* comprises;

1. **Bramhe Muhurtha Uttistha** (Waking up early morning) - A healthy person should get up from the bed before one and half hour before sun rise. This is considered as best time for to attain

Brahmajnana and one should perform meditation in this period only. By meditating in this time the hyper activity of the hormones become normal, and the *Sattva* which is quality of the mind gets activated. So there is less chances of *Prajnaparadha*. Early morning waking up also stimulates the Melatonin which is mood elevator and helps the mind to keep in active and alert state.^{[2],[3]}

2. **Prabhate Kara Darshanam** (Looking at our own palm hand) - "Karagrevasate Lakshmihi Kara Madhye Sarasvati Kara Mule Tu Govindaha Prabhate Karadarshanam" When early waking up from the bed one should look at own palm is considered as *Mangalakaraka, Lakshmi Praptikara, Vidyapraktikara, Vignyanapraktikara*.
3. **Acahamana** (*Pada, Mukha, Prakshalana*) - Washing of feet, face hands etc. prevents the recurrent infection, and removes *Alasya*.^[2]
4. **Grita Evam Darpana Darshanam** (Looking one's face into Ghee and mirror) - Looking one's face into *Grita* and mirror helps to come out of mental confliction and prolongs longevity of life i.e. *Ayushyaprada*.
5. **Usha Jalapana** (Drinking of water and snuffing early morning) - Drinking of water and snuffing of water or *Nasajalapana* is considered as *Chakshushya, Medhya, Jaranashaka, Arshogna, Jwaragna, Udara, and Vibandhahara*.
6. **Mala Mootravisarjana** (Urination and defecation) - Also called as *Shauchavidhi*. It prevents the diseases and provides *Kanti, Bala, Pavitra, Ayushya, Alaskhmihara, Vrushya, Chakshushyam* etc.^[2]
7. **Dantadhavana** (Cleaning of teeth and gargling the mouth) - Helps to remove plaques, alleviates *Kapha* and *Pitta*, improves eye sight, cleanses the nose and ears.^[2]
8. **Jivha Nirlekhana** (Tongue scrapping) - Helps to remove *Gandhavairasya, Mala shodhana*, impurities of tongue, bad odours and coating on

the tongue, removes obstruction, improves taste perception.^[2]

9. **Istha Devata Smarana** (Praising God or Thanks giving to Almighty God) - A person should give thanks to almighty God is considered as *Mangalakara*. And which one of the main factor which helps to liquefies our ego. And when ego gets liquefies it's easy to attain *Moksha*.^[2]
10. **Mukha Netra Prakshalana** (Cleaning the face and eyes with *Bhillvodaka kashaya* or *Lodhra kashaya* or *Amalaki Kashya* or *Sheetodaka*) - Helps to relieve the diseases like *Neelika, Mukhashosha, Pitika, Vyanga, Raktapitta*. Washing with milk provides *Snigdghata* in *Mukha*, and also *Mukhadoshahara*. Eye wash with *Sheetodaka* helps to purify the eyes and prevents the eye diseases.^[4]
11. **Gandusha and Kavala** (Mouth gargling and withholding medicated oil and water in the mouth) - *Taila Gandusha* leads to strengthening of jaw, voice, healthy face, improves taste and increases appetite, prevents dryness of mouth and throat, prevents cracking of lips, makes teeth strong. *Sheetambu Gandusha* acts as *Kapaha Trishna Malahara*, and *Mukha Shuddhikara*. *Sukhoshnaudaka Gandusha* helps to removes *Aruchi, Asyavairasya, Mala* and *Kapha Praseka*.^[2]
12. **Anjana** (Application of collyrium) - Application of collyrium acts as *Netradoshahara, Kandu, Malaghna, Drushthikleda Rujapaha*, Makes eyes attractive and gives resistance to sun light and blowing wind.^{[2],[3],[4]}
13. **Pratimarsha Nasya** (Nasal Medication) - The nasal medication is advised since birth to till death and is advised in diseases of *Urdhwa Jatrugata Vikaras* (The diseases related to shoulders, eyes, nose, ears, hair disorders, head).
14. **Dhoomapana** (Medicated smoking) - Smoking with medicated herbs leads to *Vata-kaphahara*, gives strength to throat, improves voice, diseases of hair like *Khalityapalitya*.^{[2],[4]}

- 15. Abhyanga** (Anointing the body with medicated oil) - Anointing the body with medicated oil prevents *Jara*, promotes strength, prolongs life, fatigue, skin becomes beautiful and alleviates *Vata* disorders. Also prevents scalp disorders, ear diseases and prevents cracking of the feet.^{[2],[3]}
- 16. Udvartana and Utsadana** - The *Udvartana* is done with different medicated powders like *Vacha*, *Lodhra*, *Triphala* etc. and the *Utsadana* with small pieces of *Isthka* or any rough small rocks or wooden pieces. By rubbing with these the excessive oil, dirt and dead skin will be removed. By this applicator the skin become supple.^{[2],[3]}
- 17. Vyayama** (Physical exercise) - Exercise makes the body stout, strong,. Promotes virility, longevity, improves digestion, complexion, makes the body firm and compact.^{[2],[3]}
- 18. Snana** (Bath) - Taking bath with medicated water helps to purify the body, promotes virility and longevity, eliminates fatigue, sweat and dirt. Increases body strength and digestion. *Snana* can be taken either by *Ushnajala* or *Sheetajala*. *Sheetajalasnana* is *Deepana*, *Vrishya* and *Ayushyaprada*, *Sthirikara*, and *Twagprasadakara*. Where as *Ushnajala Snana* is *Balakara*, *Hridya*, *Chakshushyam*.
- 19. Vastra Dharana** (Proper Dressing) - Proper dressing leads to *Kamya*- increases libido, Gives fame, *Ayushyakara*- prolongs longevity, eradicates poverty i.e. *Alakshmi*.^[2]
- 20. Gandha Mala Anulepana** (Smearing the body with perfumes or sandal wood paste) - Smearing the body with sandalwood paste removes sweat, dirt. Improves complexion, and removes fatigue.^[2]
- 21. Bhojanam** (Proper intake of food) - Ayurveda elaborately explains about the food intake,. The food should be taken two times in a day and it should be, warm and *Snigdha*, and should be consumed in proper place without talking. It helps to improve complexion, promotes life, happiness, strength promoting, *Medhya*, increases *Ojas*, *Balakaraka*.
- 22. Tamboola Sevana** (Chewing of betal leaves with areca nut)-Chewing of betal leaves with *khadira*, areca nut after food intake, after bath, meals, and after *vamana* karma helps to pacifies all the *tridoshas*, cleanses mouth, removes bad odour of the mouth, increases libido, and is *mukhakanti* and *saundaryavardhaka*, also acts as *hridya*, and *gala rogahara*.^{[2],[3]}
- 23. Vritti Dharma** (Actively participating and attending the profession) - One should actively participate resume his/her duties like *krishi*, *pashupalana*, *vaniya*, *rajopaseva*etc helps to attain ones goal, *dharma*, and gives happiness and satisfaction to the life.^[2]
- 24. Sandhyavandana or Sandhyopasana** (Praying) - Praying helps to purify the mind, and helps to prolong the life.^{[2],[3]}
- 25. Ratri Bhojana** (Night food intake) - One should eat proper food at night light and less in quantity provides proper nourishment and which easily gets digested.^{[2],[3]}
- 26. Nidra** (Proper sleep at night) - Proper sleep at night leads to happiness, nourishment, strength, virility, and vitality. Brings *dhatu*samyam, balances the *doshas*, promotes good vision, complexion, and improves digestive power.^{[2],[3]}

CONCLUSION

The above discussion reveals that the *Dinacharya* - early morning wake up, praising God, drinking water, *Mala Mutra Visarjana*, cleaning teeth, bathing etc. has been enumerated. And one should adopt the wholesome daily regimen which is prescribed by our ancient *Acharyas* to lead healthy, wealthy and prosperous life.

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