

TRADITIONAL METHOD VS CURRENT SCENARIO OF DINACHARYA FOR ATTAINING HEALTHY MORNING HABITS

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ABSTRACT

Ayurveda is the science which mentioned various principles for prevention and treatment of diseases. It is the science which laid emphasis on the preventive aspect. *Dinacharya* (daily regimen) is one of the principles mentioned in *Ayurveda* in context to prevention. In today's scenario, the daily routine of each individual has become so busy that have taken the form of epidemic in current era. *Ayurvedic* perceives that positive health depends on a healthy lifestyle of an individual. Among the *Dinacharya*, *brahmamuhurta* which has been mentioned in our *granthas*, has a crucial effect in our life. But in recent era due to technological systems, persons sleep late at night, so the

duration of sleep which is required doesn't fulfil which leads to various lifestyle disorders. Also *Dantadhavana* which is mentioned in *Ayurveda* now a days due to advanced technique person use toothpaste which is made up of various chemicals like fluoride etc and smaller children eat those toothpaste because of which fluorides enters in our body and causes its effect. Similarly, various routine has been changed. As daily regimen procedures have beneficial physiological effects on proper functioning of the body thereby maintaining a state of equilibrium, which in turn helps to attain positive health. Various changes have been done by newer generations which leads to various lifestyle disorder.

KEYWORDS: *Ayurveda*, *Dinacharya*, lifestyle effects, etc.

INTRODUCTION

Ayurveda is the science which laid emphasis on the preventive aspect. *Dinacharya* is one of the principles mentioned in *Ayurveda* in context to prevention. These daily regimen

procedures have beneficial physiological effects on proper functioning of the body thereby maintaining equilibrium state of – *Dosha, Dhatu, Mala, Agni, Indriya, Mana* and *Atma* which in turn helps to attain positive health. *Ayurveda* perceives that positive health depends on a healthy lifestyle of an individual. It is the science which not only deals with the curative aspect of diseases but gives more importance to preventive aspect.^[1] There is a close relationship between lifestyle of an individual and the state of health and disease.^[2]

In today's scenario, the daily routine of each individual has become so busy and hectic, that many of the lifestyle disorders have taken the form of epidemic in current era. Various changes have been done by newer generations which leads to various lifestyle disorder and they hardly reach to old age. Lifestyle disorders the way people live, reflecting the whole range of activities, attitudes of every day from sunrise to sunset.

There are various factors which changes according to modern generations such as *Brahmamuhurta, Ushapana, Dhantadhawan, Anjana, Abhyanga*, etc this are the *karma* which should be done by every individual in the morning for better healthy life; which is also done in these era but the way has been change due to modernized culture.

AIM

To rule out the effect of *Dinacharya* for healthy morning habits.

OBJECTIVES

Primary

- To study about the *Dinacharya* especially morning habits from *Ayurvedic* text.
- To evaluate the improper use of *dinacharya* in todays era.

Secondary

- To study about the side effect of improper use of daily regimen.

MATERIAL AND METHOD

- Authorized *Ayurvedic* classic texts were used as a source material like *Charaka Samhita, Sushruta Samhita, Ashtang Sangraha, Ashtang Hridaya, Bhava Prakash*.
- Websites and various research articles
- Modern books on prevention and social medicine

METHODOLOGY

Various *Dinacharya*; their variations and effect in morning health

a) ***Brahmamuhurta***^[3]: It is advisable to wake up during *Brahma muhurta* (early in the morning i.e. 90 mins before sunrise^[4]). In the early morning *sattva guna* is most prevalent, so it is the best time of the day to meditate. The body is well rested. The mind is alert, focused and peaceful. Nascent oxygen in the atmosphere in the early morning easily and readily mixes up with Haemoglobin to form oxy-Hb which nourishes the remote tissues rapidly.

Exposure to bright light in the early morning causes the release of serotonin (neurotransmitter biochemically derived from tryptophan)^[5] which contributes to feeling of well- being and happiness and keeps the person active and alert.^[6] In the early morning, there is minimal pollution which enhances the concentration.

Today's modern lifestyle results into development of many faulty habits like late night sleeping and waking up late in the morning.

Late night sleeping or chronic sleep loss causes the elevation of cortisol which in turn is responsible for rise in B.P. (secondary hypertension) and is likely to promote the development of insulin resistance, risk factor for obesity and diabetes.^[7]

Advantages: *Vata dosha* and its types.^[8]

Prana vayu – “*Urah kanta charo*” can be correlated with breathing system, “*Hrudaya-Indriya-chitta dharana*”-helps in meditation, *Buddhi Dharana*”:- helps in gaining knowledge, ***Udana Vayu***:- “*Smruti*”- memory power, ***Vyana Vayu***:- Provides movement to our body- thus makes active , ***Samana Vayu***:-“*Anna Pachana karya*”- Helps in proper digestion, ***Apana Vayu***:- “*Mala mutra visarjana*”-Thus prevents **constipation** etc, “*Shukra-Artava-Garbha nishkramana*”- helps to maintain the fertility as well as easy parturition of the baby.

Vata dosha and Guna relation:- Satva Guna

- *Smruti*
- *Gurupujana*
- *Dhairyavana*
- *Suchi*
- *Prasanna*

Effects of late sleeping and also late get upping from bed

Increase of *Raja* and *tama guna* due to suppression of *sattva guna*.

***Tamo Guna* causes**

- Ati nidra (Sleepiness)
- Buddhi nasha (Lack of intelligence power)
- Agyana (Lack of Knowledge)
- Alasya (Lethargy)
- Adharma

***Rajo guna* causes**

- Dukh (Saddness)
- Asamadhana (Unsatisfied)
- Bhiru (Fear)
- Ati-Chanchal (Active movement)
- Ati-Krodha (Angry)

As *brahmamuhurta kala* is for *vayu* especially *apana vayu*, so constipation occurs, infertility rate increases for get upping early in the morning.

Usha pana: 1-2 glasses of water kept for whole night should be taken before sunrise. Not drinking enough water in a day is also a triggering factor for renal stone, haemorrhoids and constipation.

Dantadhavana: Which should be done twice a day. The instrument used for *dantadhawan* is the bark of *arka*, *nyagrodha*, *khadir*, *karanja*, *arjuna* etc which is *kashaya*, *katu*, *tikta rasatmaka*.^[9] But nowadays due to modernise culture instead of bark people use toothpaste which is made up of various chemicals which is harmful. As small children while doing brush they eat the paste which results into various diseases. The chemical constituents present in toothpaste is **Sodium lauryl Sulphate**-it interferes with the functioning of taste buds, it causes skin irritation, mouth ulcers. SLS has been registered as insecticide and is used in detergents. It get deposits in heart, liver, lungs and brain. Then Silica and cellulose, even though are helpful in removing tartar and make teeth whiter in appearance should be avoided if you are already suffering from gum diseases and tooth decay as they alter the acidic balance of the mouth, gums, tongue.

Next harmful content is fluoride: Recent studies state that it is harmful as well as poisonous. These toothpaste contain enough fluoride to kill a small child within 2 to 4 hour, if ingested. As our mouth is highly absorbent, so the chemical lurking in the toothpaste get fast tract into our blood stream specially children, who swallow a large amount of the paste that they put in their mouth. If fluoride is so poisonous regularly brushing with a fluoridated toothpaste can definitely harm you in the long run.

Artificial colours like Titanium dioxide.

Preservatives like Sodium benzoate, methyl paraben, ethyl paraben, etc are the harmful substances present in toothpaste.

Artificial Sweeteners – Sodium Saccharine all are harmful.

Abhyanga:-A person should do oil massage daily. It has been considered as a *bhaya snehana*. The body is compared with the tree. If the root of the tree is given water regularly, then it lives for a long time. Similarly our body needs *abhyanga* daily to live a healthy life. Massage enhances the overall blood circulation and transport the potency of drug to desired part. Massage triggers the acupressure point which induces the release of endo-phins which shows analgesic effect.^[10]

Uses: Headache, greying of hairs, get a sound sleep, insomnia, soothing effect on the nervous system which is governed by *vata dosha*.

But nowadays for massage people went to spa. As spa person doesn't know the anatomical and physiological principles behind doing these. Also they doesn't use *Ayurvedic* medicated oil for massaging. It results into un-usefulness of doing it and also cost is higher.

Anjana:- In today's time excessive work on computer results in dry eye or computer vision syndrome. When *Anjana dravyas* are applied, it causes irritation to eyelids and conjunctiva and enhances the circulation. Many researchers predict that high frequency emerging the cell phones increases the stress level and may also cause vision problems.

Sauviranjana is mentioned as collyrium is excellent for protecting eyes. As eyes are associated with *tejo mahabhuta*, continuous use of it provokes *kapha* and *rasanjana* should be applied once a week to alleviate the vitiated *kapha*.^[11]

Effect of *Dinacharya* and morning habits

Sr.No.	<i>Dinacharya</i>	Benefits	Current method	Harmful effects
1.	<i>Abhyanga</i>	<i>Jara-Shrama-Vataha, Drishtiprasadana, Ayupushti, prakrut-nidra</i> etc.	<i>Spa</i> etc	<ul style="list-style-type: none"> ➤ Due to improper Knowledge of anatomical-physiology. ➤ Pressure points will not be able do, ➤ Expensive ➤ Can't do on daily basis, ➤ Oil used is not medicated
2.	<i>Anjana</i>	<i>Kapha srava, Prakruta pitta</i>	Kajol; cosmetic purpose	Contains—lead sulphide, aluminium, antimony, carbon, iron, zinc compounds, camphor
3.	<i>Usha pana</i>	<i>Prakrut–Agni, Mala-mutra visarjana,</i> removes toxic from body	Cold water, Increased quantity	<i>Agnimandya, Malabaddhata, Ajirna</i> etc.

DISCUSSION

Daily habits of the people makes their lifestyle. The rapid modernization has changed the lifestyle and behavioural patterns of people which is responsible for occurrence of lifestyle disorders like cervical and lumbar problems, cancer, diabetes mellitus, hypertension etc. on a large scale in population.

The incidence of these lifestyle diseases in the past decades has reached alarming proportions with increasing westernization of lifestyle. The management of these lifestyle disorders demands modification in faulty dietary and behavioural habits of person.

CONCLUSION

With the advancement of time, lot of changes has taken place inevitably in the social and religious customs and behaviour and also in the mode of lifestyle of people. The *dinacharya* a regimen if followed properly helps to attain physical, mental and spiritual well-being of an individual.

Concept of the lifestyle is nothing but, prevention is better than cure. By adopting *dinacharya* which is given in *Ayurveda* one can maintain the health and we can avoid the diseases and its complication, which is need to day's stannous lifestyle. Not only that we can help in conservation and preservation of environmental hazards, thereby help to balances the ecosystem and lifestyle.

KEY MESSAGE^[12]

Prevention is better than cure... Care should be at early stage, at the higher level it would be very difficult to take a move. Similarly, for instance if a tree has to be cut, it should be at the start of its growth later on it is difficult to cut a tree. In the same way, everyone has to follow *dinacharya* on a regular basis if not will leads to hazardous effect.

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