

**“REVIEW OF DINCHARYA IN BRAHTRAEE”**

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Article Received on  
25 July 2017,

Revised on 14 August 2017,  
Accepted on 03 Sept. 2017

DOI: 10.20959/wjpr201711-9108

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**ABSTRACT**

In *Ayurveda*, *Dincharya* i.e. routine to be followed daily is described in detail. In ancient era people used to follow it and stay healthy, but in today's fast life people usually ignore their health. Acharya Charaka says setting all over things aside, one should protect one's body because in its absence there becomes complete absence of all the bodily entities. It is also said that "*Sabse badi maya, Nirogi kaya*" that means our health is our most precious wealth, therefore in any situation one should always try to protect his health by every mean. In today's life people are not taking health as their primary issue. One English proverb is famous for health- early to bed and early to rise makes a

man healthy, wealthy and wise. In *Ayurveda* Acharya Vagbhata have described *Dincharya* in detail. He has described certain important procedures in detail which we should not ignore in our daily routine. He has given specific reasons for every daily routine activity in detail, which would help us to improve our health status. But in our fast routine we always ignore these things and as time passes these certain things tend to become a serious health issue and all we do is just take medicines and nothing else. 'Precaution is better than cure' so all we need is to take precautions by doing daily exercise and some healthy activities. If our body stays healthy, our mind will be healthy and full of positive thoughts; this is the only way to live a healthy and good life.

**KEYWORDS:** Dincharya, Bruhatrai.

## INTRODUCTION

As earth, sun, moon etc. have its own cycle and they never discontinue it. Like these planets, life on earth also has its own cycle which we supposed to follow. We have three major seasons in a year or *Shat-Ritu* according to *Ayurveda*. As weather changes outside the body, our body's condition also gets changed. A day of 24 hours has its own cycle. According to *Ayurveda* in a day at different times the *tridosha*(*vata*, *Pitta* & *Kapha*) has their own time to get activated or to act more in our body. These three *dosha* balances our body. They have different times of activation in a day so one should have daily routine as said in *Ayurveda* to balance them and stay healthy and stay away from diseases. In *Ayurveda Acharya Vagbhata* has described *Dincharya* i.e. routine of a day in detail with its merits and demerits in *Sutrasthana* 2<sup>nd</sup> chapter named as *Dincharya Adhyaya*. A daily ritual of self-care is called *Dincharya*. He has also described the *Ritucharya* i.e. routine to be followed in a particular season. *Acharya Charaka* and *Sushruta* have also described *Dincharya* and *Ritucharya* in detail. But now we will focus on the *Dincharya* only. *Acharya Charaka* has described *Dincharya* in *Sutrsthana* 5<sup>th</sup> chapter named as *Matrashitiya Adhyaya*. From an *Ayurvedic* perspective, following these *Dincharya* also aligns you with nature's rhythm each day. Everyday two cycles of change pass through us, each bringing a *Vaata*, *Pitta* or *Kapha* predominance. The approximate times for these cycles are as follows:

First cycle

6am to 10am- *Kapha*.

10am to 2pm- *Pitta*.

2pm to 6pm- *Vaata*.

Second cycle.

6pm to 10pm- *Kapha*.

10pm to 2am- *Pitta*.

2am to 6am- *Vaata*.

Considering the above cycles the ideal schedule has been made by the *Acharya*. For instance, exercising is most optimal in the morning, between 6am and 10am, when the body is in its *Kapha* phase and is naturally physically strongest. Eating a largest meal of the day at lunch time aligns with the *Pitta* time of the day, from 10am until 2pm, when the digestive power is strongest. Between 2pm and 6pm, which is the *Vaat* time of day, the nervous system is most

active, so it is beneficial during this time to do calming, centering activities such as mental work and meditation. The new science of circadian medicine is suggesting that our genes have literally lost their ability to hear the natural circadian cycles of nature. Scientist are only now beginning to understand exactly how important it is for the body to stay in rhythm with nature. In our modern high-tech world, this is becoming a challenge, as more and more folks have what some are calling a “nature deficit disorders”.

## MATERIALS AND METHODS

The present study is a literary study to make people aware about the Dincharaya according to Ayurveda.

References has been collected from all the *Ayurvedic* texts.

## RESULTS

An effort has been made to elaborate all the healthy activities to be followed in a day to day life to remain healthy.

## DISCUSSION

**Waking up-** To start our day we need to wake up from bed. Waking up early in morning is a good habit. The healthy person should get up (from bed) during *Brahma muhurta*, to protect his life. The last three hours of the night (from 3 to 6 a.m.) is called as *Brahma muhurta*, because it is the best time for study and obtain *brahma* or knowledge. If one does not wake up during this time or he wakes up late then toxins formation starts in the body and it will harm his body. Due to this one may feel laziness whole day and won't be able to concentrate at the work.

To wake up during *brahma muhurta* one need to sleep early at the night, so his sleep will be completed, his body gets the full rest and get charged for the next day. The human body needs sleep (rest) & if it can't get at night, it'll try for it in morning and that will disturb the whole day routine. All of us must have observed that older people were too energetic & enthusiastic for any work, but today's people are so lazy to do anything. It is just they don't have a proper routine form.

**Dantadhavana** (cleaning of teeth)- contemplating on the condition of his body, the person should next, attend to ablutions (after eliminating the urine and faeces). Then after, he should clean his teeth with twigs of *arka*, *nyagrodh*, *khadira*, *karanja*, *kakubha* etc. which are

astringent, pungent and bitter in taste. The twigs should be of the size of the tip of the little finger in thickness and twelve *angulas* (finger's breadth) in length and straight, its top made like a soft brush (by chewing), teeth should be cleaned without hurting the gums.

*Acharya Charaka* advised to brush the teeth twice a day.

Merits	Contraindications
Removes the dirt coated on teeth and tongue	Persons suffering from indigestion, vomiting, dyspnea, cough, fever, thirst
Prevents foul smelling and give Fresh breath	Facial paralysis
Prevents gum diseases	Ulcerations of the mouth
Remove stains	Diseases of the heart, eyes, head and ears
Reduce the chance of heart attack	
Prevent diabetes	

Forbidding the tooth brush does not mean that these persons should not clean their teeth at all. They should make use of soft powder of other drugs instead of twigs.

The dirt which is collected at root of the tongue and which creates obstruction in respiration produces foul smell, hence one should scrape the tongue. Tongue scrapers should be made up of gold, silver, copper, tin and brass and should be blunt and curved.

*Acharya Charaka* says, one desiring clarity, relish and fragrance should keep in mouth the fruits of *jati*, *katuka*, *puga* and *lavanga*; auspicious leaves of betel, exudate of camphor and fruits of smaller cardamom. Use of oil gargle provides strength in jaws and voice, development of face, maximum taste, relish in food, makes teeth firm rooted and so strong that they become able to chew even the hardest food items. The person practicing this does not suffer from dryness of throat, lip-cracking, dental caries, toothache, sensitive teeth etc.

*Anjana* (collyrium to the eyes) - *Sauviranjana* is good for eyes, hence it should be used daily as eyesalve. *Sauviranjana* is the one of the antimony sulphide, available as shining black pebbles in the river bed of Sauvire country (modern Afganistha and Beluchisthana). A kind of collyrium (*kajal*) was being prepared from this one along with some other plant products and use in ancient time both as medicine and a cosmetic.

The eye is full of *Tejas* and has risk of troubles especially from *shlesman* (*kapha*); hence *rasanjana* should be used once a week, to drain *kapha* out. *Rasanjana* is prepared from the decoction of *daruharidra* (*Berberis aristata*). It is an irritant and so used to produce more lacerimation.

A sharp collyrium should not be applied to the eyes at day time because the vision already weak due to evacuation is further depressed in the sun. Hence it is desirable certainly that the evacuative collyrium should be applied at night.

Afterwards, the person should make use of *Navana* (nasal drops), *Gandusha* (mouth gargels), *Dhooma* (inhalation of medicated smoke) and *Tambula* (chewing of betel leaves).

**Tambula sevana** (betel chewing) – *Tambul* is an ancient custom in our country. *Vagbhata in ashtanga sangraha* prescribes two betel leaves, one small sized arecanut, little quantities of slacked lime and extract of *khadira* (known as *kattha*) as the ideal combination. Fragrant substances like cordamum, cloves etc. are also mentioned in other texts, but none of the ancient texts mention tobacco, and such other intoxicating substances to be mixed with betel. Chewing of betel leaves, arecanut, lime and other fragrant substances has definite medicinal properties and so beneficial for health, chewing of tobacco along with betel leaves is injurious to health and is the chief cause for cancer of the lips, tongue and throat.

Merits	Contraindications
<ul style="list-style-type: none"> <li>- Helps to remove <i>kapha</i></li> <li>- Provide lightness</li> <li>- Helps to get rid of foul smell in oral cavity and provide fresh breath</li> <li>- Helps in digestion</li> </ul>	<ul style="list-style-type: none"> <li>- Harmful to those suffering from wounds</li> <li>- Bleeding diseases</li> <li>- Dryness and redness of eyes</li> <li>- Poisoning, unconsciousness, intoxication and even from consumption.</li> </ul>

**Abhyanga (oil massage)**- *Abhyanga* is the head and body massage with medicated oil, massaging them mildly and then taking bath with warm water. It is very beneficial not only for the healthy but also for people suffering from disorders of the nervous system etc. it should be done specially to the head, ears and feet.

Merits	Contraindications
<ul style="list-style-type: none"> <li>- Wards of old age, exertion, aggravation of <i>vata</i></li> <li>- bestows good vision</li> <li>- nourishment to the body</li> <li>- firm body</li> <li>- long life</li> <li>- smooth skin</li> <li>- improves ability to tolerate of exertions and exercise</li> </ul>	<ul style="list-style-type: none"> <li>- person is suffering from aggravation of <i>kapha</i></li> <li>- who have under gone <i>panchkarma</i> procedures like <i>vaman</i>, <i>virechana</i> etc.</li> <li>- who are suffering from indigestion</li> </ul>

*Acharya Charaka* says, One who smears his head with oily substance daily does not suffer from headache, alopecia, pre-mature greying of hair, nor do his hairs fall early in age. By

applying oil on head regularly, strength of skull-parts increases particularly, hair become firm-rooted, long and black; sense organs become cheerful and the face with pleasant glow along with sound sleep and happiness. By saturating the ears with oil daily, ear diseases due to *vaat*, stiffness of neck and jaws, deafness do not occur. By massaging the oil in feet, coarseness, stiffness, roughness, fatigue and numbness of feet are alleviated in no time. Delicacy, strength and firmness in feet, clarity of vision are attained and *vaat* is pacified. By massaging the feet by with oil, there is no occurrence of sciatica, cracking of sole and constriction of blood vessels and ligaments. Rubbing warm oil over the body alleviates foul smell, heaviness, drowsiness, itching, dirt, anorexia and sweat.

**Vyayama (exercise)** - Exercise is physical activity that is planned, structured and repetitive for the purpose of conditioning any part of the body or bodily movement which is meant for producing firmness and strength. Exercise is used to improve health, maintain fitness and is important as a means of physical rehabilitation.

Merits	Contraindications
<ul style="list-style-type: none"> <li>- Lightness in body</li> <li>- Improves capacity to do hard work</li> <li>- Stimulation of <i>agni</i>(digestion and metabolism)</li> <li>- Depletion of excess fat</li> <li>- Stable and distinct physique</li> <li>- Firmness</li> <li>- Tolerance of difficulties</li> <li>- Diminution of impurity</li> </ul>	<ul style="list-style-type: none"> <li>- Persons suffering from diseases of <i>vaat, pitta</i></li> <li>- Children, aged</li> <li>- People having indigestion</li> </ul>

Persons who are strong and who indulge in fatty foods daily; in cold seasons and spring season should do exercise to half of their strength or capacity only; while others who are not so strong and in other seasons should do it mildly. Half the capacity of the person is understood by appearance of perspiration on his forehead, nose, axilla, joints of the limbs and feeling of dryness in the mouth.

After doing exercise all the parts of the body should be massaged comfortably.

Thirst, emaciation, severe dyspnea (difficult or excess breathing), bleeding diseases, exhaustion, feeling of debility even without any work, cough, fever and vomiting are caused by excess of exercise. Those who indulge daily in too much of physical exercise, keeping

awake at nights, walking long distances, too much of laughing, speaking more and such other strenuous activities perish, just as a lion, after vanquishing an elephant.

**Udvardana (massage)** - *Udvardana* is massaging the body with soft, fragrant medicated powder. It helps to mitigate *kapha*, liquefies the fat, produce stability, compactness and strength of the body parts and excellence of the skin.

**Snana (bath)** - It should be done every day. It is beneficial for personal hygiene and our health. Bathing is purifying, aphrodisiac, life-promoting, destroyer of fatigue, sweat and dirt, resuscitative and a good promoter of *Ojas*.

Merits	Contraindication
<ul style="list-style-type: none"> <li>- Improves appetite</li> <li>- Life span</li> <li>- Valour/enthusiasm and strength</li> <li>- Removes itching, dirt, exhaustion, sweat, stupor, thirst, burning sensation and sin</li> </ul>	<ul style="list-style-type: none"> <li>- For those suffering from paralysis</li> <li>- Diseases of eyes, mouth and ears</li> <li>- Diarrhoea</li> <li>- Flatulence</li> <li>- <i>Pinasa</i> (discharge of foul smelling liquid from the nose)</li> <li>- Indigestion and after having food</li> </ul>

Pouring warm water over the body bestows strength, but the same over the head, makes for loss of strength of hair and eyes. Bath removes all the toxins in our body and makes it active.

**Bhojana(meal)**- Our body is made up of digestion of food whatever we eat so it is necessary to eat healthy food for healthy body. There are some rules for eating food. Food should not be partaken either before the usual time or after the lapse of usual time; neither in inadequate quantity nor in excess quantity. The person who eats before the usual time through stout becomes a victim of many diseases or even of death; he who eats after the lapse of the usual time, his digestive power getting affected by *vaata*, the food gets digested with difficulty and the person does not desire to partake the second meal. Food taken at the proper time bestows satisfaction, accustomed food do not give troubles to the body, light foods get digested quickly, unctuous and warm foods bestows strength to the body and digestive fire, food taken quickly get digested properly, food with more of liquids does not aggravate the Doshas, food of proper quantity get digested comfortably and bestows normalcy of the Dhatus(Tissue). The person drinking more quantity of water, consuming foods improperly(more, less or untimely), suppressing the urge of the food and improper sleep. The food of such person even though consumed at the proper time, though accustomed and easily digestible, does not undergo digestion properly.

To stay healthy and energetic food is very important. Our body have grown up of food whatever we eat. So we must take care of food we eat. Food should not be taken partaken either before the usual time or after the lapse of the usual time; neither in inadequate quantity nor in excess. The person who eats before the usual time through stout becomes a victim of many diseases or even death; he who eats after the lapse of usual time, his digestive power getting affected by vaata, the food gets digested with difficulty and the person does not desire to partake the second meal.

In Ayurveda, some other small things are there to follow daily. The sense organs should neither be troubled/strained very much nor should they be fondled very much. One should not blow his nose except for forcing out the dirty excretion. One should cut his hair, nails and mustaches and not allow them grow long; keep his feet and orifices (ear, nose, eyes, urethra and anus) of waste materials clean; take bath daily, put on scents and good dress which is not superfluous but is pleasant to look at. One should not sneeze, laugh or yawn without covering his mouth. One should stop the activities of the body, of speech and of the mind before getting exhausted; should not keep his knees above for long period. One should not gaze at the sun for long time, not carry heavy weight on his head, not see continuously objects which are minute, shining, dirty and unpleasant. The person should avoid the direct or hard breeze, sunlight, dust, snow or dew; should not sneeze, belch, cough, sleep, dine in improper postures.

Wearing clean clothes enhances charm, fame, lifespan; removes inauspiciousness, produces pleasure, auspiciousness and eligibility for a congregation. Use of fragrance and garlands is aphrodisiac, produces good smell, longevity, charm, nourishment and strength, pleasing manners and destroys inauspiciousness. Wearing of stones and ornaments promotes, wealth, auspiciousness, longevity, prosperity; destroys calamity, produces happiness, charms and *Ojas*. Cleaning of feet and excretory orifices frequently promotes intelligence, purity, longevity and destroys inauspiciousness and dirt. Cutting hair, beard, moustaches, nail etc. and hair dressing is nutritive, aphrodisiac, life-promoter and provides cleanliness and beautification. Use of comfortable wears is beneficial for eye-sight and tactile sense organ, is destroyer of calamity to feet and promotes strength, ease in display of energy and libido. Use of umbrella alleviates natural calamities, provides strength, protection, covering and wellbeing and guards against the sun, wind, dust and rains. *Acharya Charaka* says, as a civic is cautious in the duties of the city and a charioteer in those of the chariot, a wise person



should be cautious in duties relating to his own body. One should take up those means of livelihood which are not contradictory to dharma (social and religious ethics). Likewise, he should pursue life of peace and study. Thus he enjoys happiness.

## CONCLUSION

- If a person follow the Dincharya described in Ayurveda, then it will boost the immunity, so directly or indirectly it help us to achieve our ultimate goal which is to live a healthy life.
- Small day to day activities described in Dincharya are important to remain healthy and to enhance the lifespan.
- Dincharya helps us to generate a positive energy, to maintain digestive power. It is life promoter, enhances charm, promote intelligence, purity and longevity.

## ACKNOWLEDGEMENT

I would like to acknowledge

Deepnarayan V. Shukla (H.O.D.& Professor), Shelke Dinbandhu (Associate professor), Vd. Dhnyaneshwar S. Meshram(Lecturer), Vd. Kishorkumar P. Madavi(Lecturer), Vd Puja Gawande(MD 3<sup>rd</sup> year), Vd Varsha Dongare(MD 3<sup>rd</sup> year), Vd Amruta Bilgi(MD 3<sup>rd</sup> year), Vd Akshada C. Patil(MD 2<sup>nd</sup> year), Vd Yusuf S. Kotawala(MD 2<sup>nd</sup> year), Rachna Sharir Department, R.A. Podar Medical (Ayu) College, Worli.

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