

REVIEW AND MODIFICATION OF *DINCHARYA* IN PEDIATRICSDr. Kalpesh Dattani^{1*} and Dr. Joyal Patel²

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ABSTRACT

Ayurveda is the science of life which emphasize on restoration of health of individual than on treatment of the diseases. *Ayurveda* offers several measures related to restoration of health which includes *Dincharya*, *Ritucharya*, *Achara Rasayana* and *Sadvrata*. The *Dincharya*, which literary means daily routine is considered as best preventive measure in *Ayurveda*. The *Dincharya* includes all aspects of regimen and diet, to stay healthy and happy. A particular lifestyle of person is a collective product of his/her physical capacity coordinated with psychological functioning displayed in the form of habits, behaviors, dietary and living pattern based on his own training sought from childhood and also gained from his immediate companions including parents, siblings etc. One has to follow or ask to follow the *Dincharya* from his/her childhood to remain healthy but daily routine

of new born, toddler, preschool child, school going child and adolescence is quite different and always changing as per the age and time. Principle of *Dincharya* is basically related with time management. Kala (time) is one among the nine *karana dravyas* and affects the every individual in this universe and it also refers to age of an individual. *Ayurvedic* texts consist of the *Dincharya* for an average adult but we can find little and scattered references regarding *Dincharya* in pediatrics. This research paper is dedicated for *Dincharya* modification, sleep pattern, diet plan etc. and its implementation for children.

KEYWORDS: *Dincharya* modification, pediatric daily regimen, healthy habits for baby.

INTRODUCTION

Ayurveda, ancient science of life, is not merely a system of medicine, but it concentrates on all aspects of life. It includes social, environmental, biological and physiological perspective of health. Its basic purpose is maintenance of health (prevention of diseases) and alleviation of diseases.^[1] While defining the health, Acharya Sushruta mentioned about a state of homeostasis in which *Dosha*, *Agni*, *Dhatu* and *Mala* are in equilibrium along with a happy and relaxed mind & content soul.^[2] This equilibrium of *Dosha*, *Dhatu*, *Mala* and *Agni* is dependent on various factors like diet, daily activities from morning to night, sleep pattern and many such factors directly or indirectly.

Ayurveda uniquely perceived an intimate relationship between life style of an individual to its health and disease. In Ayurveda, a module for daily activities (*Dinacharya*) and activities to be done according to changing seasons (*Rutucharya*) has been described.^[3] Daily activities to be done to maintain health after arising in the morning after a night's sleep is called as *Dinacharya*. If we are following proper *Dinacharya*, then *chaya*, *prakopa* and *prashama* (*stages of vitiation*) of *Doshas* will happen to attain equilibrium between them in response to seasonal changes. Acharya Charaka advises to perform measures which are good for health and one should take care of his body by neglecting all other things because if body is not healthy then nothing in the world is important.^[4] Different Ayurvedic texts like Charaka Samhita, Sushruta Samhita, Ashanga Hridaya, Bhava Prakasha, Kshemakutuhalam, Yogaratnakara etc have described daily regimen which mainly deals with adult.

A particular lifestyle of person is a collective product of his/her physical capacity coordinated with psychological functioning displayed in the form of habits, behaviors, dietary and living pattern based on his own training sought from childhood and also gained from his immediate companions including parents, siblings etc. Here proper *Dinacharya* is equally important for children to maintain the health and proper growth & development of individual child.

DINCHARYA AS PER AYURVEDA

Different regimens and daily activities described in different ayurvedic classical texts^[5, 6, 7, 8, 9] are as follows.

1. *Brahmamuhurta-jagarana* (Wake-up just before sun-rise)
2. *Darpanena mukhasayavalokana* (To see the mirror image of himself)
3. *Malotsarga* (Defecation and urination)
4. *Achamana* (Washing of hands)

5. *Danta-dhavana* (Tooth-brushing)
6. *Jihva-nirlekhana* (Tongue-cleaning)
7. *Sneha gandusha-dharana* (Retaining oil in mouth)
8. *Mukha-netra prakshalana* (Washing of face and eyes)
9. *Sugandhita dravya dharana and Tambula Sevana* (Use of mouth freshener and betel leaves)
10. *Anjana* (Application of collyrium)
11. *Nasya* (Oily nasal drops)
12. *Dhumapana* (Inhalation of medicated smoke)
13. *Vyayama* (Physical exercise)
14. *Kshaura-karma* (Regular cutting of hair, nail, etc)
15. *Abhayanga* (Body massage with oil)
16. *Sharir-parimarjana* (Body cleansing)
17. *Snana* (Bathing)
18. *Vastra-dharana* (Dressing)
19. *Anulepana* (Deodorants, perfumes, face-pack, etc)
20. *Gandhamala-dharana* (Garlanding)
21. *Ratna and Abhushana Dharana* (Use of precious stones and metals in the form of jewellery)
22. *Sandhyopasana* (Worship and prayer with *surya-namaskar*)
23. *Paduka-chhatra-dandadi dharana* (Use of shoes, umbrella, stick, etc)
24. *Jivikoparjana upaya* (To indulge in occupation)

Modification of *Dincharya*

Age Group	Daily Regimen	Required modification in Pediatrics
Newborn & Infancy (up to 1 year)	<ul style="list-style-type: none"> • Wake up • Malotsarga • Snana • Prashan (Feeding) • Play time • Nap / Sleep 	<ul style="list-style-type: none"> • Wake up by his own • Malotsarga (as per maturation of digestion) • Abhyanga (Neonatal massage) • Snana (One should follow the New born bath technique) • Swarna Prashan^[10] • From 6 to 9 months of age Phala Prashana is advice^[11]
Toddler (1-3 years)	<ul style="list-style-type: none"> • Wake up • Toilet Training • Brushing • Tongue scraping • Bath 	<ul style="list-style-type: none"> • wake up scheduled should be fixed • Darpanena mukhasayavalokana (after 9 months baby identify himself in mirror image) • Malotsarga (toilet training should be given after 18-24 months of age)

	<ul style="list-style-type: none"> • Breakfast • Play time • Nap / sleep 	<ul style="list-style-type: none"> • Danta Dhavana (brushing the teeth without toothpaste) • Jihva Nirlekhana (A finger toothbrush, which is soft and can slide over the end of finger, is ideal for this age group for tongue cleaning) • Achamana, Mukha Netra Prakshalana, Sarira parimarjana and Snana should performed by parents/care taker. • Abhyanga • Vastra dharana (Soft and comfortable clothes are advice)
Preschool (3-6 years)	<ul style="list-style-type: none"> • Same as Toddler • Play time is replaced by preschool or Nursery 	<ul style="list-style-type: none"> • After chudakarma Samskara^[12] (3-5 years) Kshaura karma on regular interval is performed with utmost care. • Child is ask to learn Sandhyopasana and its importance in life should be taught by parents/guru • In current education system Vidhyabhyas should be started in this age group.
School Going (6-10 years)	<ul style="list-style-type: none"> • Wake up • Ready for school • Breakfast / Just Milk • School schedule • Lunch • Day sleep • Play time / skill development • Dinner • Sleep 	<ul style="list-style-type: none"> • Sneha Gandusha Dharana and Marsha Nasya^[13] shold be done after 7 years of age • Vastra dharana, Sugandha Dravya dharana, Gandamala dharana, ratna abhushana dharana, Anulepana should be started in this age group • Except Vastra dharana all other regimens are depends upon child's liking otherwise these can be avoided.
Childhood (10-16 years)	Same as School going child	<ul style="list-style-type: none"> • Child is encouraged to do Physical exercise (Vyayama) and play outdoor games.
Adolescence (16-20 years)		<ul style="list-style-type: none"> • As per Ayurvedic classical references Dhumapana is indicated after the age of 18 years but it should be performed under medical supervision for treatment purpose only. • When adolescence child became independent and doing Jivikoparjana upaya at that time Paduka-Chhatra-dandadi dharana is advised, to protect him otherwise these can also be avoided.

DISCUSSION

Brahmamuhurta-jagarana (Wake-up just before sun-rise)

Newborn need to eat frequently and will wake round the clock to feed, so a fixed bedtime/wakeup time is obsolete at this age. After 3 years of age (may extend up to 5 years) wake up schedule of a child should fix but without any trouble. Table ^[14] shows the sleep pattern of the children below 5 years.

Age	Total Sleep	Average Wake Up Time
Newborn	15-18 hours	Varies
1-4 Months	14-15 hours	Varies
4-8 Months	14-15 hours	Average wake time is 2-3 hours
8-10 Months	12-15 hours	Average awake time is about 3 hours
10-15 Months	12-14 hours	Average awake time is 3-4 hours
15 Months-3 Years	12-14 hours	Average awake time is about 5 hours
3-5 Years	11-13 hours	Average awake time is about 12 hours

Malotsarga (Defecation and urination)

Some children develop the necessary physical and cognitive skills as early as 18 to 24 months, and others are not ready until they are 3 or 4. ^[15] (Boys are often ready slightly later than girls.).

Danta-dhavana (Tooth-brushing)

You can introduce a soft children's toothbrush from 12 months (earlier if tolerated by the infant) and just use water. We recommend starting using toothpaste from 18 months and brush child's teeth at least twice a day (morning and before bed) to remove plaque.

Jihva-nirlekhana (Tongue-cleaning)

The protocols and methods of cleaning a baby's tongue vary significantly according to the age of babies. ^[16]

Baby Younger than 1 Year Old

Take a small manageable piece of gauze piece and wrap it around the finger. Moisten the gauze in warm water. Baby tongue cleaners can also be used instead of a gauze, which are specially designed finger cloth. After cleaning the tongue, rotate the finger around and massage cheeks sides, gums and teeth gently.

Toddlers between 1 to 5 Years Old

A finger toothbrush, which is soft and can slide over the end of finger, is ideal for this age group for tongue cleaning. As the child reaches 2 years of age, a little dollop of toothpaste can be given to child, but remind him not to swallow it.

Abhayanga (Body massage with oil)

Neonatal massage is indicated from the first of his life. Neonatal massage also includes shiro-abhyanga and pada-abhyanga.

Snana (Bathing)

One should follow the New born bath technique up to 2 years of age. After 5 years of age child is allowed to bath by his own. Achamana, Mukha Netra Prakshalana, Sareera Parimarjana are not advisable for Paratantra bala.

Bhojana Vidhi

Swarna Prashana - Now a day's Swarna prashana is used for Immunization but it should be taken for 6 months (daily).

Phala Prashana - Between 6 month to 9 month of age Phala prashana should be follow to maintain the health of the child. ^[17]

Nasya (Oily nasal drops)

Nasya karma is a therapeutic measure where the medicated oil, kwatha, svarasa,urna etc are administered through nose to eliminate the vitiated Dosha situated in sira for the treatment of Urdhvajatrugata vikaras Types of Nasya are mainly classified according to its mode of action Shodhana, Samana etc. Marsha nasya ^[18] cannot be given below 7 years and after 80 years of age.

Anjana (Application of collyrium)

Anjana karma in pediatrics is in practice and it's advisable for infant to adolescence.

Raksha Karma (protecting measures)

Daily activity like Vastra dharana, Sugandha Dravya dharana, Gandamala dharana, ratna abhushana dharana, Anulepana etc is modified in Raksha Karma to protect the health of the child.

Vyayama (Physical exercise)

Here vyayama can be modified in to outdoor games and skill developing activity of child.

CONCLUSION

In this study I tried to modify *Dincharya* for children based on different age group. I suggest to follow Modified *Dincharya* which include Ayurvedic daily regimen like Anjana, Nasya, Abhyanga, Sneha Gandusha, Bhojan Vidhi (Phala and/or Swarna Prashan), Vyayama, Raksha Karma, Sandhyopasana and adopted some modern technique like brushing, tongue cleaning, use of modern toilet, Neonatal bath technique etc.

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