

IMPORTANCE OF DINCHARYA IN PRESENT ERA**Dr. Raman Sharma^{*1}, Dr. Pratibha² and Dr. Shikhi³**

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ABSTRACT

Ayurveda is a supreme science of life-style. *Ayurveda* describes various principles for prevention & treatment of diseases and also laid importance in the prevention period. *Dincharya* is one of the principles mentioned in *Ayurveda* in context to prevention. An ideal life-style has been described beautifully in *Ayurveda* for the health maintenance. *Dincharya* is described in context today means routine followed by an individual from sunrise to sunset. If it is disturb and not done according to ideal regimen various non-communicable disease (such as obesity, diabetes etc.) have taken the form of epidemic in present era. In today's scenario, a new word has been appearing very rapidly i.e. "life-style disorders". This word is basically concerned with chronic non-communicable diseases which have been taken the form of epidemic in present era.

KEYWORDS: *Ayurveda*, *Dincharya*, life-style disorders, non-communicable disease.

INTRODUCTION

Ayurveda is an absolute science of life-style. An ideal life-style has been described for the health maintenance. This described life-style terminates all the changes which are occurred due to time. For example defecation at proper time clears the rectum and increases digestive power. If it is not be done according to ideal regimen various diseases are manifested related with this region like constipation, incomplete evacuation of bowels, foul smelling flatus, etc.

In current era very much stress found everywhere which disturbs the life-style. This results in

various types of disorders like obesity, diabetes, CHD, etc. These diseases are result of disturbed and dearranged life-style and can only be corrected by intervention through ideal life-style.

MATERIALS AND METHODS

Various *ayurvedic* and modern texts

- *Charaka Samhita*
- *Sushruta Samhita*
- *Ashtang Samgraha*
- *Ashtang Hridaya*
- *Yogaratanakar*
- Various websites.
- Modern books on preventive and social medicine.

Sequence of *dincharya*

The following sequence must be followed by an individual

1. *Brahmamuhurta-Jagarana*^[1] (Wake-up just before sun-rise)
2. *Usha Jalpana*^[2] (Drink water early in morning)
3. *Malotsarga*^[3] (Defecation and urination)
4. *Achamana & Mukha-Netra Prakshalana*^[4] (Washing of hands & Washing of face and eyes).
5. *Danta-Dhavana*^[5] (Tooth-brushing)
6. *Jihva-Nirlekhana*^[6] (Tongue-cleaning)
7. *Anjana*^[7] (Application of collyrium)
8. *Nasya*^[8] (Oily nasal drops)
9. *Gandusha-Dharana*^[9] (Retaining oil in mouth)
10. *Kavala*^[10] (Medicated gargle)
11. *Tambula Sevana*^[11] (Use of mouth freshener and betel leaves)
12. *Dhumapana*^[12] (Inhalation of medicated smoke)
13. *Abhayanga*^[13] (Body massage with oil)
14. *Vyayama*^[14] (Physical exercise)
15. *Chakramana*^[15] (Walking)
16. *Snana*^[16] (Bathing)
17. *Vastra-Dharana*^[17] (Dressing)

18. *Anulepana*^[18] (Deodorants, perfumes, face-pack, etc)
19. *Paduka-Chhatra-Dandadi Dharana*^[19] (Use of shoes, umbrella, stick, etc)
20. *Jivika prayatan upaya*^[20] (to indulge in occupation)

21. *Madhayacharna*^[21] (Work ship)

It is the ideal regimen of *Dincharya* and rarely followed by individuals at present time due to stress and fast life-style as well as due to some kind of ignorance also. Result is emergence of various diseases and a new term has come in existence i.e. life-style disorders. It is the epidemic of current era.

Pathology and Diseases due to disturbed *dincharya*

➤ **Pathology-** It can be discussed under following points.

1. Gross level

- Most of the procedures involved in *Dincharya* are cleansing and evacuating procedures like defecation, urination, tooth-brushing, etc.
- If waste products, (which are accumulated in a day during various metabolic reactions), are not removed from the body timely, then they starts to vitiate their accumulating anatomical structures.
- As well as retained waste products may get infected and communicate various diseases.

2. Subtle level

- Retained waste product disturbs the whole physiology related with particular system.
- Among those digestive system is very important because low digestive power results in production of *Ama* (intermediate products due to incomplete digestion and metabolism) which blocks the channels of body and paves the way for further pathogenesis.

3. Mental level

- There are various procedures involved in *Dincharya* directly affects the mind of individual like to see the mirror image of himself, *Sandhyopasana*, etc.
- These procedures increase the *Satva* level in mind and thus maintain mental health of individual.

4. *Agantuja* level

- There are various diseases which are not initiated by inside the body

i.e. without the vitiation of *Tridosha*.

- Disturbed *Dincharya* also generate these diseases like sun burn can be resulted if a person is not using umbrella while going outside in sun rays, external injuries of feet may be resulted if good quality of shoes are not being used, etc.

Diseases

Following diseases can be manifested due to disturbed life-style^[22]

- Obesity
- Hypertension and stroke
- Diabetes mellitus
- Coronary heart disease
- Dyslipidaemia
- Cancer
- Various types of arthritis
- Anxiety neurosis and other mental diseases
- Neurological disorders
- Insomnia and other sleep disorders
- Constipation and incomplete evacuation of bowels
- Indigestion, flatus and fullness of abdomen
- Hyperacidity
- Gastric and duodenal ulcer
- Irritable bowel syndrome
- Rheumatic diseases
- Graying of hair
- Wrinkles
- Depletion of energy levels
- Diseases due to unhygienic conditions like-
 - Infections of buccal mucosa, teeth, gingiva, etc.
 - Skin infections
 - Infection of ear and nasal cavity
 - Eye infection
 - UTI and Genital infections

- Infection of scalp
- Increased risk of communicable diseases of faeco-oral route due to improper nail-cutting, unwashed hands, etc.

These diseases are emerging rapidly in current scenario and covering a vast number of populations. People can escape from this situation by simple modifications in their life-style.

DISCUSSION

The rapid modernization has changed the lifestyle and behavioral patterns of people which is responsible for occurrence of lifestyle disorders like cervical and lumbar problems, cancer etc. The management of these lifestyle disorders demands modification in faulty dietary and behavioral habits of person. As *Ayurveda* promotes the – “*Swasthsya Swastha Rakshanam, Aaturasya Vikar Prashmanam Ch*”. So it provides better solution in the form of following proper *Dincharya* regimen, which maintains normal physiological functions of the body and keeps the person healthy forever by slowing down the ageing process.

CONCLUSION

The *Dincharya* regimen if followed properly helps to attain physical, mental and spiritual well being of an individual and disrupts the harmful effects time to time along with prevention of communicable and non-communicable diseases and slow down the ageing effects of an individual life.

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