

DINCHARYA: ANSWER TO THE LIFE STYLE DISORDERS

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Vidnyan.

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ABSTRACT

Life style disorders are linked with the way people live their life. These diseases are outcome of our unhealthy choices. When I was studying these life style disorders I observed that unhealthy choices are occur during daily routine which is explained as Dincharya in Ayurveda. Now a days people lack in self discipline so divergence occur in Dincharya due to Pradnyaparadh. Dincharya is a concept that looks at the cycles of nature and bases daily activities around these cycles. Normal circadian rhythms are very important in day to day life to maintain biological clock.

प्रतिदिनं कर्तव्या चर्या दिनचर्या ।।

अ.सं.3/1 इंदुटिका

Ayurveda suggest to begin daily habits with awareness, early rising (Pratahrutthan), avoid suppression of urges (Malotsarg), and eliminates waste as per urge, keep teeth cleaned (Dantadhavan), tongue scrapping (JivhaNirlekhana), Administration of drug in nasal cavity (Nasya), Kavala, Gandusha, Anjana, regular bathing (Snana), regular massage (Abhyang), Exercise (Vyayam). Unawareness in this Dincharya create life style disorders like constipation, Indigestion, acidity, skin diseases, Bodyache etc. Dincharya helps to establish balance in one's constitution, it also regularises a person's biological clock, aids digestion, absorption, assimilation and generates self esteem, discipline, peace, happiness, and longevity. There fore, one has to stay aware about this daily regimen for day to day promotion of health, boost immunity and prevention from life style disorders.

KEYWORDS – Dincharya, Life style disorders.

INTRODUCTION

Life style disorders are ailments that are primarily based on the day to day habits of people.

Habit that detract people from activity and push them towards a sedentary routine can cause a number of health issues that can lead to chronic diseases that can have near life threatening consequences.

Ayurveda, the age old science of life, has always emphasized to maintain the health and prevent the diseases by following proper diet and lifestyle regimen rather than treatment and cure of the disease. For this purpose Dincharya have mentioned in the classics of Ayurveda. Dincharya helps to create balance during the changes in Doshas (Humors), which occurs naturally throught the cycles of the day; so prevention of life style disorders occurs.

World is rapidly urbanizing with significant changes in our living standards, lifestyes, social behaviour and health.

Urbanisation is important but health is also important. In urbanused busy life also, we can maintain health by following Dincharya.

Now we shall study the dincharya (Daily regimen) as said by acharya

Dincharya: It includes

- 1) Brahma Muhurta Utthana
- 2) Dantadhavana
- 3) Jivha Nirlekhana
- 4) Nasya
- 5) Kawala, Gandusha
- 6) Dhumpana
- 7) Anjana
- 8) Abhyanga
- 9) Vyayametc

1. Brahma muhurta utthana

Ayurveda states that Brahma muhurta is the time when Vata dosha is dominant. Vata Dosha is helpful in promoting body movements both internal and external and thus helps in easy evacuation of bowel, Brahma muhurta is the best time to arise.

Healthy person should get up sleep in Brahma muhurta in order to protect his life, after having analysed whether the food being digested properly or not. Period of Brahma Muhurta is an intermittent duration between respiration and photosynthesis in plant kingdom. There

will be abundance of nascent oxygen which easily mixes with haemoglobin forming oxyhemoglobin reaching to the remote tissues and also boosts the immune system as oxygen deficient bodies are highly prone to disease.

Disadvantage of getting up late

After 6 am, Kapha domination is seen .So people who get up in Kapha kala tend to be dominated by Tamo guna through body. Bowel movement tend to be sluggish under the influence of Kapha. Primarily acute problems like Foetid smell in mouth, constipation, indigestion, arises because of getting late in day, but its recurrence can cause chronic life style disorders like Diabetes, Hypertension, GI tract Disease etc.

2. Dantadhavana

Ayurveda emphasizes the importance of oral hygiene for which Dantdhavana, JivhaNirlekhana are explained. Brushing of teeth is explained as Dantdhavana. Ideal material for Dantdhavan—The roots, steam of Vata, Arka, Khadira, Karanja, Karavira, Irimeda, Apamarga, Malati, Kakumbha or such trees of astringent, bitter and pungent taste.

Now a days toothpaste are used which contains flavours, colouring and preservative agents may give rise to allergic reaction. This is logic behind indicating twigs of plants possessing Katu(Pungent), Tikta (Bitter), Kashaya(Astringent) rasas for the purpose of Dantdhavana as it possess minimum risk of allergic reaction.

Now a days because of busy life and laziness people don't do Dantdhacana properly so in old age dental caries occurs.

3. Jivha Nirlekhana

After cleaning of teeth, the tongue is to be scraped gently with a metal scraper without causing injury to it. It removes the accumulated Mala and bad odour so diseases of tongue, teeth, gums and mouth do not occur. Many of the microbes that contribute to bad breath live on the tongue, tongue scraping is effective in eliminating that microbes it also results in an increased threshold level of the basic taste perception, increased appetite and also proper digestion.

The plaques that accumulate on our tongue through the night are also one result of the Aam in our digestive system that cause multiple troubles if not eliminated that's why JivhaNirlekhana is important.

According to ayurveda the benefits of cleaning the teeth are numerous .for, one by brushing you remove the debris accumulated on the teeth, palate, tongue and in the mouth cavity in genera. Taste is enhanced and foul breath, sliminess and Kaphadosha are eliminated.

GI tract hygiene is totally depend on oral hygiene .with the help of Dantdhavana and Jivhanirlekhana GI tract hygiene is maintained and peristalsis is stimulated.

Because of improper Jivhanirlekhan, Dantdhavana and getting late, life style disorders like irritable bowel syndrome, colitis, colon polyp, anal fissure, fistula these GI tract diseases occurs in future.

Nasya

“*Nasa hi shiraso dwaram* “. For urdhwajatrugata vikara nasya is prime treatment modality. Nasa is said to be the route of Shiras.

It is unique method of delivering drug via transnasalroute. It promotes strength and prevents diseases of Urdhwajatrugataangas. Transnasal drug delivery may be the route of choice for diseases such as migraine headache.

Nasya spread through the nasal route and it balances Dosha's in the region above Shoulder.

Although various Nasya are described by the Acharya, Pratimarsha type of Nasya can be applied daily. It can be done in all season.

In urbanised cities pollution is increased day by day. Because of this pollution respiratory tract health is disturbed. But there is no option for urbanisation.

So we can maintain the health of respiratory tract by following this Nasya Procedure.

Now a days people don't do Nasya regularly so in future they suffer from life style disorders like migraine headache, Endocrinal problems like hyper and hypo thyroidism, DNS etc.

Anjana

Eyes are repository of Tejas, but have the risk of troubles especially from Kapha. Hence to avoid Kapha Vikruti Anjana should be used.

In Today's fast paced life especially for the people indulge more with computers or bright

light should used Anjana regularly.

Regular Anjana therapy can protect the peoples from chronic life style disorders of eyes like cataract, glaucoma, vision problem, squint etc.

Kawala, Gandusha

In Kawala, Gandusha the mouth is filled with enough liquid, retained for some time and then released.

It enhances the sensory and motor functions of tongue, stimulate blood flow, relieve tension and improve overall appearance of the face.

Dhumpana

It promotes strength and prevents diseases of Urdhvajatrugataangas. It has a stimulant effect on the respiratory centre in brain stem.

Disinfective action on the nasal mucosa and nasopharynx.

Maintains the patency of nasopharynx and oropharynx as it clears excess secretions.

Abhyanga

Abhyanga is a form of ayurvedic medicine that involves massage of the body with Dosha Specific warm herb infused oil.

The Abhyanga is a part of the Dincharya specified to maintain good health and well being.

Abhyanga mitigates Vata, Strengthens the bone, improve the strength of muscle and tendons.

Abhyanga induces good sleep. Body becomes smooth and delays ageing process.

It will increase blood circulation locally providing better transportation of oxygen and nutrients in body. It increases nerve stimulation depending on the area on which it is done. Relaxes and softens injured and overused muscles. other benefits include nourishment to hair roots and eyes, tones up muscles, increases skin complexion.

Daily Abhyang can helps to prevent life style disorders like insomnia, neurological disorders like tremors, convulsion, hypertension, Bodyache, Depression etc.

Vyayam

Half of one's capacity (Ardhshakti) is considered as beneficial in ayurveda as it increases the digestive power, makes body light and able to withstand exhaustion.

It helps in maintaining a healthy state of body and mind, and aids in maintaining ideal body weight, lypolysis of accumulated excess adipose tissue, metabolise carbohydrate, increases oxygen supply to all tissues, Increases BMR (Basal metabolic rate).

Benefits of vyayam

1. Laghuta (Lightness)
2. Karmashakti (Capable of doing work)
3. Diptagni (Increases appetite)
4. Medkshaya (Reduces obesity)

Ayurveda Suggest that a daily routine of proper physical activity or Vyayam affects not only our body, but has a positive influence on our mind, emotions, senses, and spirit.

Vyayam is very powerful anga of Dincharya; if you don't do other therapies but you do Vyayam every day then you can overcome various life style disorders like Obesity and obesity related disorders like type 2 Diabetes and cardiac diseases like CVD, breast cancer, colon cancer, dementia, depression etc

AIM

Conceptual study of Dincharya; which is answer to the life style disorders.

OBJECTIVES

1. To study Dincharya
2. To Study life style disorders
3. To study role of Dincharya in prevention of life style disorders

MATERIAL

1. Literature review from Samhitas
2. Literature review from modern text
3. Journal and website

METHODS

Conceptual study

DISCUSSION AND CONCLUSION

With the increase in environmental pollution, professional work load, proliferating stress, unhealthy lifestyle choices and general dietary indiscipline, the incidence of lifestyle diseases like hypertension, diabetes, obesity and cardiovascular diseases has increased manifold over the last two decades.

Other commonly occurring lifestyle diseases include depression, joint pain, fatigue, arthritis, metabolic disorders, early degenerative changes, early aging, respiratory diseases and gynaecological disorders. Nearly all of them can be traced back to improper ingestion and nutrition, lack of calmness and focus, constant feeling of agitation, listlessness or jitteriness, sedentary or workaholic professional life, or inadequacy of physical exercise and leisure time.

For the problem of all these life style disorders there is a answer that is nothing but the Dinacharya.

Dinacharya is a principle in Ayurveda. It refers to a daily routine that's meant to maintain physical and mental health. According to Ayurveda, establishing a healthy and consistent dinacharya allows the body to be in tune with the cycles of nature, promoting optimal wellness.

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