



Dincharya and Its Effects on Physiology of Human Body

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Abstract:

The Sanskrit word Dincharya which literary means daily routine. Appropriate patterning or ritual conduct is the foundation of healthy life. Dincharya promotes healthy organization of the energy channels and the seating of the Prana. According to Ayurveda one should follow dincharya in order to lead a healthy and disease free life. Dincharya or the daily routine is an imperative part of healthcare to fill each day with essential Self-care practices, eat at proper times and create a regular sleep schedule. Our focus, clarity and emotions become stabilized and our hormones balanced. Our energy reaches greater levels and our self-worth and wellbeing begin to shine. Healthy person should have the equilibrium state of the three humors of the body, seven tissues, three waste products and the power of digestion along with pleasant mind, soul and sense organs. With all of the positive effects that come from a healthy daily routine, it is no wonder that this is one of the first protocols to re-establish homeostasis and health in the system. A Dincharya or daily routine should be utilized by every individual, no matter their body-type, age, gender or level of health. Although we all have unique needs, it is well known that every-body will be benefitted from creating a consistent and healthy routine in their life. Ayurveda gives more emphasis on prevention of diseases than treatment. Therefore it is not only limited to management and treatment of diseases. Other principles are also described in context to prevention and dincharya is one of those.

KEYWORDS: Health, Dincharya, lifestyle, Daily regimen, prevention, lifestyle disorders.

INTRODUCTION:

To maintain the positive health in the healthy individuals and treating the diseased persons are the two main objectives of Ayurveda. Keeping this view Acharya Vagbhata emphasized the importance of preventive aspect and allocated separate chapters like Dincharya. Today's a new word has been emerged very rapidly i.e. "life-style disorders".

The term life style is rather a diffuse concept often used to denote the way people live, reflecting a whole range of social values, attitudes and activities. It is composed of cultural and behavior patterns and lifelong personal habits. Lifestyles are learnt through process of socialization. Lifestyles are learned through social interaction with parents, peer groups, friends, siblings and through school and mass media

Health includes one's reserve of physical strength and stamina as well as mental steadiness to meet the requirements of the daily life. Only healthy individual of

sound body and mind can endure social and cultural pressures. Health not only means freedom from the disease, but the ability to work with the satisfaction and self control. Health is the best root factor in achieving Dharma (attain pious acts), Artha (wealth), Kama (desire) and Moksha (salvation). Lifestyle change, more than any other factor, is considered to be the best way of preventing the disease. The most important is unhealthy lifestyles that contribute to more than half of all disorders. One who wants to keep fit himself for whole of his life time should also be fit for every day. Health depends on how one spends day. The ideal life style for a day is called as daily regimen (Dincharya). Daily regimen explains the various duties from one day to the next day.

Many current day health problems especially in the developed countries (e.g. coronary heart disease, obesity lung cancer drug addiction) are associated with lifestyle changes. In developing countries such as India where traditional life styles still persists risk of illness and death are connected with lack of sanitation, poor nutrition, personal hygiene, elementary human habits, customs and



cultural patterns . It may be noted that not all lifestyles factor are harmful.

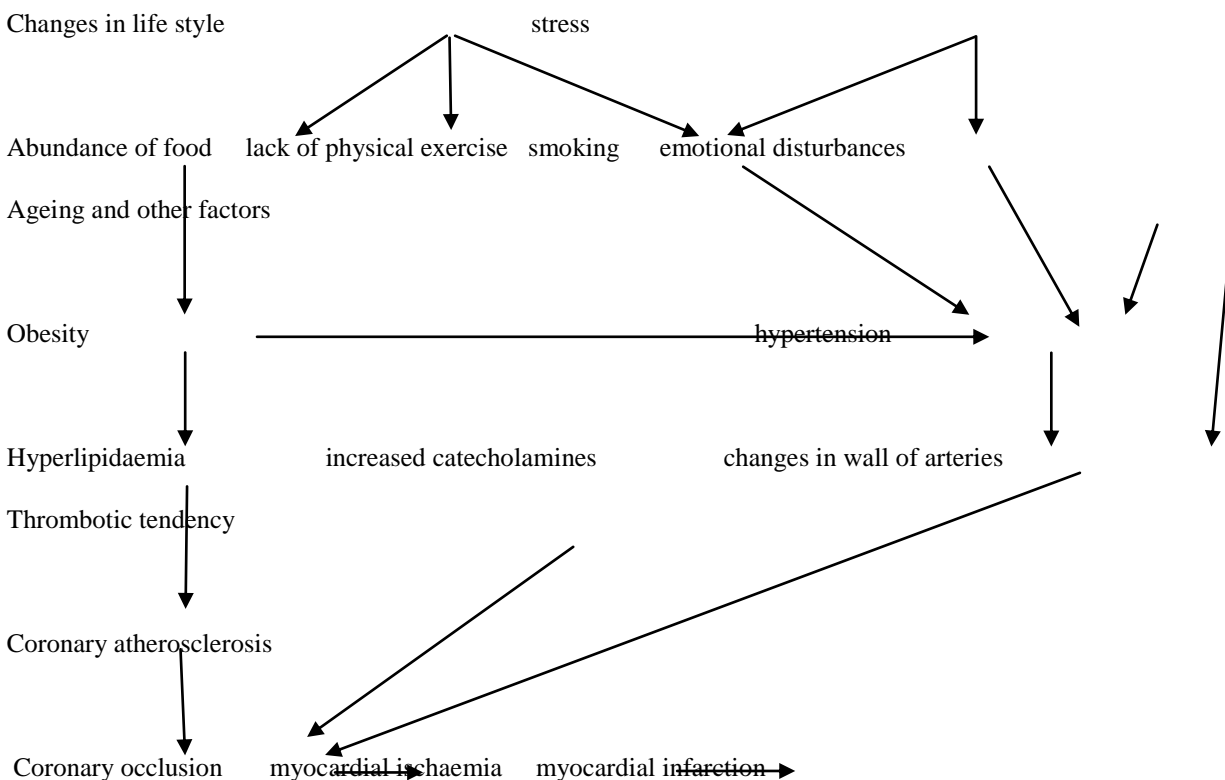
MATERIALS AND METHODS:

Various Ayurvedic classic texts have been used for this study as source materials. Main Ayurvedic books used are

Charak Samhita, Susruta Samhita, Astanga Samgrah, Astanga Hridaya, Bhav Prakash, Swasthavritta samuchchya and available commentaries on it. Apart this relevant modern medical science books and websites are also been used for this.

CHANGES IN LIFESTYLE DISORDER:

Changes in life style



REGIMENS UNDER DINCHARYA:

1. Brahmamuhurta-jagarana (Wake-up just before sunrise) It is suitable time to study and obtain knowledge.
2. Sauch vidhi: Healthy person should eliminate the natural urges like faeces and urine etc facing north in the morning hours and south in the night.
3. Danta-dhavana (Tooth-brushing): having the tastes of pungent, bitter and astringent twigs are good for brushing.
4. Jihva-nirlekhana (Tongue-cleaning)
5. Sneha gandusha-dharana (Retaining oil in mouth)

6. Mukha-netra prakshalana (Washing of face and eyes)
7. Sugandhita dravya dharana and tambula sevana (Use of mouth freshener and betel leaves)
8. Anjana (Application of collyrium)
9. Nasya (Oily nasal drops)
10. Dhumapana (Inhalation of medicated smoke)
11. Vyayama (Physical exercise)
12. Kshaura-karma (Regular cutting of hair, nail, etc)
13. Abhayanga (Body massage with oil)



14. Sharir-parimarjana (Body cleansing)
15. Snana (Bathing)
16. Vastra-dharana (Dressing)
17. Anulepana (Deodorants, perfumes, face-pack, etc)
18. Gandhamala-dharana (Garlanding)
19. Ratna and abhushana dharana (Use of precious stones and metals in the form of jewellery)
20. Sandhyopasana (Worship and prayer with Suryanamaskar)
21. Paduka-chhatra-dandadi dharana (Use of shoes, umbrella, stick, etc)
22. Jivikoparjana upaya (To indulge in occupation) 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.

DISEASES DUE TO DISTURBED DINCHARYA:

1. Obesity
2. Hypertension and stroke
3. Diabetes mellitus
4. Coronary heart disease
5. Dyslipidaemia
6. Cancer
7. Various types of arthritis
8. Anxiety neurosis and other mental diseases
9. Neurological disorders
10. Insomnia and other sleep disorders
11. Constipation and incomplete evacuation of bowels
12. Indigestion, flatus and fullness of abdomen.

DISCUSSION:

Ayurveda gives more emphasis on prevention of diseases than treatment. Therefore it is not only limited to management and treatment of diseases. Other principles are also described in context to prevention and dincharya is one of those. Principle of dincharya is basically related with time management. Actually there are nine karana dravya (responsible factors) behind the creation and manifestation of Universe and these are Panchamahabhuta (space, air, fire, water & earth), Manas (mind), Atma (soul), Kala (time) and Disha (directions). So, time is very important factor and affects every creation of Universe. It is one of the causative factors (i.e. Trividha hetu) in the initiation of diseases.

There are various changes which have been occurred by the impact of time and later on results in manifestation of various diseases. If these changes are terminated by different

activities described under the head of dincharya, diseases are definitely prevented. This is the basic principle behind dincharya and other charya described according to various time fractions. Today's a new word has been emerged 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 current era.

CONCLUSION:

Unhealthy life styles are the principle causes of modern day illnesses, healthy life style can result in an improved feeling of wellness that is critical to optimal health. Wellness is associated with social, mental, spiritual and physical functioning. So health management is free and enjoyable but disease, management is very costly and painful. Time is an important and unavoidable factor accepted on causation of diseases. Dincharya has been described in the context of day and it destroys the harmful effects of time at primary level as well as it slow down the irreversible changes.

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