

## DINCHARYA IN CURRENT SCENARIO

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### ABSTRACT :

*Ayurveda* is designed for the maintenance of *dhatusamya* or health. Emphasis is basically given on the prevention rather than treatment. *Kala* is responsible for the changes in all creations and human is no exception. These changes when occurred in full extent the diseases are manifested. To cope up this problem various type of activities has been described according to time fractions known as *charya*. Among those *dincharya* is described in context today means sunrise to sunset. *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 deranged life-style and can only be corrected by intervention through ideal life-style

**Key words:** *Dincharya*, Life style Diseases

**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. While defining the health, *Sushruta* mentions about a state of homeostasis in which *Dosha*, *Agni*, *Dhatu* and *Mala* are in equilibrium along with a happy and relaxed mind & content soul. This equilibrium of *Dosha*, *Dhatu*, *Mala* and *Agni* is dependent on various factors like diet, daily activities from morning to night, sleep pattern and so on.

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. 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* of *Doshas* will happen to attain equilibrium between them in response to seasonal changes. *Charaka* advises to perform actions 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.

Different *Ayurvedic* texts like *Charaka Samhita*, *Sushruta Samhita*, *Ashanga Hridaya*, *Bhava Prakasha*, *Kshemakutuhalam*, *Yogaratanakara* etc have described daily regimen to be fol-

lowed to prevent diseases and maintain health. Lifestyle changes which are inevitable due to hectic schedule and modern cultural changes are basic causes of imbalance of *Doshas* which lead to various

kinds of diseases. Hence it is of utmost importance to study about Daily regimen procedures explained in Ayurveda and accommodate them in our daily life.

### DINACHARYA KRAMA ACCORDING TO DIFFERENT TEXTS:

<i>Charaka</i>	<i>Sushruta</i>	<i>Ashtanga Hridaya</i>	<i>Ashtanga Sangraha</i>
<i>Anjana</i>	<i>Dantapavana</i>	<i>Brahme muhurte uttishthet</i>	<i>Brahme muhurte uttishthet</i>
<i>Dhumapana</i>	<i>Mukhaprakshalana</i>	<i>Shauchavidhi</i>	<i>Shauchavidhi</i>
<i>Nasya</i>	<i>Netraprakshalana</i>	<i>Dantadhavana</i>	<i>Achamana</i>
<i>Anutaila</i>	<i>Anjana</i>	<i>Anjana</i>	<i>Danta dhavana</i>
<i>Dantadhawana</i>	<i>Tambula Bhakshana</i>	<i>Nasya</i>	<i>Jivha Nirlekhana</i>
<i>Jivha Nirlekhana</i>	<i>Shirah Pratipurana</i>	<i>Gandusha</i>	<i>Akshi Sinchana</i>
<i>Tambulabhakshana</i>	<i>Keshprasadhana</i>	<i>Dhumapana</i>	<i>Mangala Pujanam</i>
<i>Taila Gandusha</i>	<i>Karnapurana</i>	<i>Tambulasevana</i>	<i>Anjana</i>
<i>Shirahsneha Dharana</i>	<i>Tailabhyanga</i>	<i>Tailabhyanga</i>	<i>Nasya</i>
<i>Karnapurna</i>	<i>Sarvanga parisheka</i>	<i>Vyayama</i>	<i>Gandusha</i>
<i>Tailabhyanga</i>	<i>Snehavagahana</i>	<i>Dehamardana</i>	<i>Dhumapana</i>
<i>Padabhyanga</i>	<i>Abhyanga</i>	<i>Udvartana</i>	<i>Gandha, Malyadi Dharana</i>
<i>Udvartana</i>	<i>Vyayama</i>	<i>Snana</i>	<i>Vastra Dharana</i>
<i>Snana</i>	<i>Deha mardana</i>	<i>Hita Mita Bhojana</i>	<i>Tambula Sevana</i>
<i>Vastra Dharna</i>	<i>Udvartana, Udgharshana, Utsadana</i>	<i>Ratna, Siddhamantra Dharana</i>	<i>Dhanoparjana</i>
<i>Gandhamalya Dharana</i>	<i>Snana Anulepana, Pushpa Dharana</i>	<i>Mahaushadhi Dharana</i>	<i>Nishkramana</i>
<i>Ratna Dharana</i>	<i>Vastradharana</i>	<i>Aatapatra Dharana</i>	<i>Keshadi Kartana</i>
<i>Hasta Pada Shuchita</i>	<i>Ratnadharana</i>	<i>Paadatrana Dharana</i>	<i>Keshadi Prasadhana</i>
<i>Kesha Shmashru Kartana</i>	<i>Mukhalepa</i>	<i>Kesha, Shmashru, Nakha Kartana</i>	<i>Abhyanga Murdhni Taila</i>
<i>Padatrana Dhrana</i>	<i>Anjana</i>	<i>Padaprakshalana</i>	<i>Padabhyanga</i>
<i>Chhatra Dharana</i>	<i>Devata pujan</i>	<i>Shrotradimalasamhara</i>	<i>Vyayama</i>
<i>Danda Dharana</i>	<i>Ahara</i>	<i>Snana</i>	<i>Udvartana</i>

<i>Dharmika Vritti</i>	<i>Padaprasnalana, Padabhyanga, Padatradharana</i>	<i>Suvesha, Ushnisha Dharana</i>	<i>Snana Vastradharana</i>
	<i>Kesha, Nakha, Kartana</i>	<i>Chaityadi Chhayatyaga</i>	<i>Bhojana Vidhi</i>
	<i>Ushnisha, Danda Dharana</i>		<i>Madhyanha Charya</i>
	<i>Asyasukha</i>		
	<i>Chankramana</i>		
	<i>BalavyajanaSevana</i>		
	<i>Samvahana</i>		

#### DINCHARYA AND ITS APPLICABILITY IN CURRENT SCENARIO:

An ideal *dincharya* has been described in *Ayurveda* by most of the *Acharyas* but the *dincharya* described by *Vagbhata* is the ideal serial but 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. lifestyle disorders or non-communicable diseases. It is the epidemic of current era.

#### Diseases due to disturbed *dincharya*:

Following diseases can be manifested due to disturbed life-style-

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

14. Gastric and duodenal ulcer
15. Irritable bowel syndrome
16. Rheumatic diseases
17. Accidents and injuries
18. Early manifestations of aging like graying of hair, wrinkles, depletion of energy levels, etc.

19. Diseases due to unhygienic conditions like

- a. Infections of buccal mucosa, teeth, gingiva, etc.
- b. Skin infections
- c. Infection of ear and nasal cavity
- d. Eye infection
- e. UTI

- f. Genital infections
- g. Infection of scalp
- h. 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 large number of populations. People can escape from this situation by simple modifications in their lifestyle.

#### Pathology due to disturbed *dincharya*:

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* (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 is 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.

**DISCUSSION:** *Kala* is an important cause in the manifestation of Universe. So, it has also been included in *trividha hetu* for the causation of diseases. One important fact is also noticeable in the context of time that it is responsible for the changes in all the creations. These changes are reversible at primary stage but later on converted into irreversible. Various measures have been described to neutralize these changes due to time named as *dincharya*, *ratricharya*, *ritucharya*, etc. These measures not only destroy the harmful effects due to that particular time frac-

tion but also slow down the process of irreversible changes. *Dincharya* has been described in the context of day.

Principle of *dincharya* is more relevant in current era because everybody is in rush and running according to fast life-style of present time. Even nobody has time for himself also. So, result is emergence of epidemic due to life-style disorders both communicable and non-communicable. Although modern medical science has been very much developed with latest technologies and antibiotics, etc. and prevalence of communicable diseases has also been reduced very much. Still some communicable diseases are great challenge for medical science like tuberculosis. Even some diseases are only preventable like AIDS, hepatitis B, etc. On the other hand non-communicable diseases are emerging very rapidly both in developed and developing countries. The prevalence of non-communicable diseases has been increased in recent some years in India also due to blindly following of western culture. Two important reasons for emergence of non-communicable diseases are accepted; one is increasing life expectancy and second is rapid changes in life-style and behavioral patterns of people. Life-style changes and stress factor are the major share of adult non-communicable diseases. This trend of present time cannot be changed as it is demand of this era but life-style can be modified by simple interventions through procedures of *dincharya*. *Dincharya* prevents both types of diseases mentioned above. In the case of communicable diseases it not only prevents the communication of diseases but also strengthen the immunity of the individual. On the other hand in the case of non communicable diseases it maintains the *agni* (digestive power) and thus metabolism. This results

in removal of toxins from the channels and proper nutrition of all the cells and tissues. This fact not only maintains homeostasis of each cell but also slow down the decaying and degenerative changes carried out in every cell due to time. All these positive things can be achieved by very low expense. There is only need of time management according to individual's own current life-style. Even modern medical science also recommends this fact that people should go close to their traditional lifestyle patterns. Healthy habits should be included in life-style even in busy schedule also, if a person want to be healthy forever. Few examples are-

1. Early go to bed and early wake-up.
2. Daily physical exercise.
3. Daily oil massage including scalp, ear and feet as well as bathing.
4. Daily use of oily nasal drops.
5. Maintenance of body hygiene.
6. Daily prayer and meditation.
7. Take nutritious and balanced diet.
8. Proper dressing.
9. Use of gems and jewellery.
10. Use deodorants and perfumes.
11. Wear good quality of shoes and sandals.
12. Select the job with moral and ethics.

These points are looking very small and worthless but play very important role in the maintenance of health and thus prevention of communicable and non-communicable diseases.

**CONCLUSION:** Whole paper can be concluded as time is an important and unavoidable factor accepted in causation of diseases. It is responsible for the various changes which results in manifestation of diseases. Harmful effects of time can be neutralized by following the specially designed activities known as *charya* according to various time fractions these are

*dincharya*, *ratricharya* and *rutucharya*. *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. *Dincharya* is the need of current era as various diseases are emerging very rapidly both communicable and non-communicable. Even some are only preventable.

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