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DINACHARYA PALAN ON VARIOUS HEALTH PARAMETERS

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ABSTRACT

Ayurveda, the life science is the most ancient medical faculty in the world. Ayurveda has not only advised the treatment for various diseases but also its prime moto has been to prevent someone's health , Dincharya (daily regimen) is one of the principles mentioned in Ayurveda in context to prevention. In today's scenario, the daily routine of each individual has become so busy and hectic, that many of the non-communicable diseases (lifestyle disorders) have taken the form of epidemic in current era. Ideal health means positive and perfect health and not merely an absence of disease. The criteria of ideal health are sound physical health and the best mood of sense, mind and soul. Health is a dynamic and constantly changing state. Health is the best root factor in achieving. Dharma (attain pious acts), Artha (wealth), Kama (desire) and Moksha (salvation). Ayurveda offers several measures related to restoration of health which includes Dincharya, Ritucharya, Achara Rasayana and Sadvrata.

Keywords: Dincharya, Ritucharya, Sadvrata

INTRODUCTION

Dincharya is a specialized structured lifestyle designed by ancient Ayurveda acharyas in order to maintain the health of healthy individual. 'To maintain health of healthy individual' (Swasthasya swasthya rakshanam) is primary aim of Ayurveda. Rules and regulations to be followed for healthier life are getting mere importance in today's era. Dincharya is one of the most important lifestyle regimens mentioned in classical texts of Ayurveda. Every minute aspect has been covered under Dincharya vidhi. That is why Ayurveda is considered as complete science or life science. Ayurveda is the ancient science of life. It is the science which not only deals with the curative aspect of diseases but gives more importance to preventive aspect "Prevention is better than cure". There is a close relationship between lifestyle of an individual and the state of health and disease. Lifestyle refers to someone's way of living or we can say the dietary (Ahara) and behavioural (Vihara) choices of an individual. That he/she usually practices in daily routine of life. Since the time immemorial healthy and happy life of hundred years is a cherished wish of human beings. In the world of ever changing and modern civilization, this wish has been a nightmare and this is mainly because of us human beings living in a stressful and polluted environmental and changing our life style, behaviours and mechanical life pattern every now and then. The health of an individual is dependent on both hereditary and environmental factors. Health is a condition in which all the physical and mental mechanism of an individual

functions normally. It is not merely an absence of disease.[1] Ayurveda recognized this condition as the state of equilibrium of three doshas and sapta dhatu function "(dosha samya rogta)" feeling of ease "(such sanghayam arogyam)". Further it has been said that, the individual who has the normal function of Dosha, Dhatu, Mala and Agni, along with pleased senses, mind and soul is called as swastha (healthy individual).[2] Health includes one's reserve of physical strength and stamina as well as mental steadiness to meet the requirements of daily life. Only healthy individual of sound body and mind can endure social and cultural pressures.

Daily dosha cycles according to Ayurveda

First cycle (sunrise-sunset)

6 am to 10 am - *Kapha*

10 am to 2 pm - *Pitta*

2 pm to 6 pm - *Vata*

Second cycle: (sunset- sunrise)

6 pm to 10 pm - *Kapha*

10 pm to 2 am - *Pitta*

2 am to 6 am - *Vata*

Based on the above dosha cycles is a list of an ideal daily schedule that needs to be inculcated into our daily routine.

Morning wake up time (In Brahma Muhurta)

A healthy person should get up at Brahma Muhurta - two hours before sunrise. It is believed that the vata element is dominant during this time. Being the best time of the day, tuning our body into the frequency of the vibes existent at that time refreshes and energizes us.

Detox

Drinking around two glass of warm water early in the morning helps in the detoxification process. It empties the colon and bladder and ensures healthy functioning. This will help in mitigating any chronic conditions of the digestive system that may arise.

Maintaining hygiene

Triphala or rose water can be used to clean the eyes. Our oral hygiene should consist of gargling the mouth with water, brushing the teeth and cleaning the tongue to activate the taste buds. Oil pulling or rinsing your mouth with coconut oil or sesame oil is recommended for healthy teeth and gums.

Surya Namaskar, yoga and breathing exercises like pranayama will boost energy levels that will see you through the day. Other alternatives are a brisk walk, a swim, or skipping.

After exercising, a warm water shower or bath is recommended to wash away the sweat and grime. Don light, comfortable clothes which feel good to the body.

Pray & meditate

Praying and worshipping is our time with God. It is also important to meditate for around 20 minutes to observe and balance our *prana*. This state is very important in *dinacharya* as this will bring in immense peace and contentment from within and set the tone for the day.

Breakfast:

Breakfast should be nutritious and wholesome. Eat a small amount, but make it big enough to get you through to lunch without needing a snack. Quantity may vary based on body type.

Lunch:

Lunch is to be taken between 12 and 1 pm. The dominance of the *pitta dosha* makes it the ideal time to have the largest meal of the day. *Pitta* is responsible for digestion and it is advisable to stick to this time. Ayurveda recommends that lunch should consist of wholesome food with all the six tastes - *madhura* (sweet), *amla* (acidic), *lavana* (salty), *katuka* (pungent), *tikta* (bitter) and *kashaya* (astringent). It is better to have a stroll after lunch to help digest the food.

Avoid a nap after lunch:

Anything more than a short nap should be avoided because it may trigger the accumulation of vitiated *kapha* which is not a healthy sign. A short nap, preferably on the left side, will keep you fresh and alert. Work or study can go on till supper.

Time for self after sunset:

Sundown is a special time of balance between day and night. This is the time for evening prayers and meditations in many cultures around the world.

Dinner time:

It should be taken around 6 - 7 pm. It should be lighter than lunch. Dinner should be at least 2- 3 hours before bedtime as it gives the body ample time to digest the food. Sleeping just after dinner with a heavy stomach may lead to a number of digestive problems. Always take some time to walk for about ten minutes after dinner. Time till bedtime can be spent with family and dear ones. Reading and relaxing can also be indulged in during this leisure time.

Bedtime:

The best time to hit the bed is between 9 and 10 pm so that we can get 6 to 7

hours of sleep. It is advisable to massage the soles of our feet and head with oil before going to bed. This will calm the body systems and regulate well being. Drinking Triphala before sleep will help in digestion, avoid constipation and keep the eyes healthy.

For the first few days, there may be some resistance from the body to accept this routine. However, if we make it a habit there is so much to gain as it's going to bring in peace, joy, and longevity.

Conclusion

Ayurveda, as the science and art of integrated and meaningful life, is as much concerned with the maintenance and promotion of health as with curing the illness that have arisen. Health in this context is an independent and positive idea. Acharya Charak lays down; "One must always manage to maintain health (swasthya), so that the disturbance (vikara) that have not arisen may not arise. According to Acharya Sushruta, man is said to be "swastha" whose "Dosas, Agnis, Dhatus and malas are in the state of equilibrium along with mental, sensory and spiritual pleasantness and happiness. Daily habits of the people makes their lifestyle. The rapid modernization has changed the lifestyle and behavioural patterns of people which is responsible for occurrence of lifestyle disorders like cervical and lumbar problems, cancer, and appendicitis on a large scale in population. The incidence of these lifestyle diseases in the past decades, has reached alarming proportions with increasing westernization of lifestyle. The management of these lifestyle disorders demands modification in faulty dietary and behavioural habits of

person. According to the science of ayurveda, stress should be laid upon health promotion rather than management of disease. Ayurveda provides better solution in the form of following proper Dincharya regimen described individuals by maintaining normal physiological functions of the body and keeps the person healthy forever by slowing down the irreversible changes occurring in the body with the advancement of time(age). Dincharya word is composed of two words "Din" denotes a day and "Charya" means duties, action to be carried. In context of medical science Dincharya can be expressed as the health generated by daily activities. It means "Dincharya" or "Daily Rituals" or "regimens" are all those activities we should do (or we do) from the time of awakening in the morning till we go to the bed at night. In a modern busy life, incorporation of "Dincharya" in day to day activities can help you to be more active and focused in work and life and prevent diseases. But it is important to incorporate it in a way it makes sense in our corporate lifestyle.

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