



## AYURVEDA LIFE STYLE (DINACHARYA) TO PREVENT LIFE STYLE DISORDERS

Omprakash Gulhane<sup>1</sup>, Mamta Shirbhate<sup>2</sup> and Sonam Kanzode<sup>3</sup>

<sup>1</sup>Lecturer, Swasthviritta Department, Bhausaheb Mulak Ayurved Mahavidyalaya, Nandanvan, Nagpur.

<sup>2</sup>Reader, Swasthviritta Department, Bhausaheb Mulak Ayurved Mahavidyalaya, Nandanvan, Nagpur.

<sup>3</sup>Lecturer, Kaumarbhritya Department, Bhausaheb Mulak Ayurved Mahavidyalaya, Nandanvan, Nagpur.

**\*Corresponding Author: Omprakash Gulhane**

Lecturer, Swasthviritta Department, Bhausaheb Mulak Ayurved Mahavidyalaya, Nandanvan, Nagpur.

Article Received on 24/01/2019

Article Revised on 14/02/2019

Article Accepted on 06/03/2019

### ABSTRACT

The adaptation of western ways of life style along with increased availability and accessibility of food rich in energy and fat, inclination towards carbonated drinks, chocolate, pizzas coupled with sedentary life mode of life has increased the prevalence of life style disorder. Proper daily routine is very necessary to bring radical change in body and mind. Routine helps to establish balance in ones *doshik* constitution. It also regularizes a person's biological clock, aids digestion, absorption, and assimilation and generates self esteem, discipline, peace, happiness and longevity. Ayurveda has deep insights of daily routine known as *Dinacharya* and *Rutcharya*. This article aims to throw the light on *Dinacharya* concept from available ancient texts.

**KEYWORDS:** Ayurveda, *dinacharya*, lifestyle disorders, health.

### INTRODUCTION

The recent economic trends show a marked improvement in financial condition of the families belonging to the middle and high income strata. Although better purchasing power has brought about improvements in living conditions, it has also affected the health of family members, particularly in children due to changed activity pattern, sedentary life style and faulty choices of food. Developing countries are undergoing nutrition transition due to increased economic development and market globalization leading to rapid changes in life style and food habits. Improper dietary habits combined with decreased physical activity have led to an increase in obesity among affluent children (WHO 2003). Among lifestyle disorders following are most endangering to human beings in present condition.<sup>[1]</sup>

- Obesity
- Cardiovascular diseases
- Diabetes
- Arthritis
- Spinal Problems
- Carcinomas of different body parts
- Dementia, depression and anxiety.

This is a shortened list of the diseases; the whole list is infinite as all the diseases known till date have the input from Lifestyle and diet always.

### Risk factors for life style disorders<sup>[2]</sup>

Life style disorders are the diseases that are caused partly by unhealthy behavior and partly by other factors.

#### A) Controllable

- Diet and body weight.
- Daily levels of physical activity.
- Level of sun exposure.
- Smoking and alcohol abuse.

#### B) Uncontrollable

- Age
- Gender
- Ethnicity
- Heredity

### Ayurveda - concept of *Dinacharya*

Appropriate patterning or ritual control is the foundation of healthy life. *Dinacharya* promotes healthy life organization of the energy channels and the seating of *Prana*, or internal wind. Ayurveda the ancient system of Indian medicine has explained in detailed about the day to day life activity under the *Dinacharya*. *Dinacharya* is nothing but the sequential daily routine activities which should be followed in particular manner.<sup>[3]</sup> There are specific dos and don'ts for every day to day activity. It includes the diet, exercise and sleep etc. The rules for every single work from waking up in the morning till sleeping at night are included in *Dinacharya*. *Dinacharya* includes Brahma Muhurtha utthana, Achamana,

Dantadhavana, Jihwa Nirlekhana, Nasya, Anjana, Abhyanga, Vyayama, Udvartana, Snana, Vastradharana, Sadvritta.<sup>[4]</sup>

#### Dinacharya

The fundamental rules of personal and social hygiene are to be followed regularly to build up the immunity against

most of the ailments in order to enhance the quality of life and increase longevity, is a *task* achievable even in the present lifestyle. And this can be helpful to prevent life style disorders. Dinacharya according to Ayurveda has been explained in table no.1.

Table no. 1: Dinacharya according to Ayurveda.<sup>[5]</sup>

| S.No. | Name   | Guidelines   |
|-------|--|--|
| 1.    | <b>Brahma Muhurta utthana</b>                          | -wake up at 14 <sup>th</sup> <i>muhurta</i> of the night i.e. 90 min before sunrise<br>-Before coming out of sleep one should observe that digestion of food taken on previous night should be complete which can be elicited by <i>Jeerna Ahara Lakshanas-Udgara shuddhi, Utsaha, Yathochita Vegot sarga, Laghuta, Kshut, Pipasa.</i> |
| 2.    | <b>Mukha Prakshalana (face wash)</b>                   | Face wash with plain water/lukewarm water.   |
| 3.    | <b>Ushapaan</b>  | Drinking plain water/ <i>Siddhajala</i> (Processed water) with <i>Padmaka, Jeeraka</i> Preferably water stored in copper vessels.  |
| 4.    | <b>Malamutra visargan</b>                              | Before <i>malotsarga</i> , preferably specific yogasanas such as <i>pavanmuktasana, utkatasana</i> can be advised.   |
| 5.    | <b>Dantadhavana, Jihva nirlekhana, Kavala/Gandusha</b> | - <i>Katu, Tikta, Kashay Pradhan Dravyas</i><br>-After brushing, teeth & gums have to be massaged with index & thumb fingers.<br>-Tongue scraping with the suitable instruments.   |
| 6.    | <b>Nasya</b>   | -Instillation of 2 drops in each nostril ( <i>Pratimarsha Nasya</i> ). <i>Anu Tail, Ghrita Manda, Til Tail</i> can be used.  |
| 7.    | <b>Anjana</b>  | <i>Ayurvedic Anjana Dravya</i> can be recommended than chemical based cosmetic Anjana products.  |
| 8.    | <b>Abhyanga:</b>                                       | Application of oil all over the body, followed by application over head. Massage has to be done at least once in a week, if not daily. <i>Til tail, narikela taila</i> etc can be used. Duration of self <i>abhyanga</i> should be 10-15 mins.   |
| 9.    | <b>Vyayama:</b>  | Chankramana /Yoga/ Pranayama/Surya namaskar, Brisk walk for 30 min, Jogging for 20 min. Exercise till perspirations should be done.  |
| 10.   | <b>Mardana:</b>  | Rubbing body with dry Powders of <i>mudga, kulattha</i> , etc. Smooth rubbing of powders all over the body after exercise should be done.  |
| 11.   | <b>Snana(Bathing)</b>                                  | -Bathing has to be taken after 30-45 minute after exercise.<br>-Bathing has to be started with the body followed by washing head.<br>-Generally with lukewarm water; in Cold seasons with moderate warm water; and in hot seasons with cold water/normal water.  |
| 12.   | <b>Pujan/Dhyana:</b>                                   | Prayer/ Meditation/ pranayama to be practiced  |
| 13.   | <b>Breakfast:</b>                                      | -Ideal time to take breakfast before 9AM has been suggested.<br>-Milk (approx 100 ml) has to be taken daily after breakfast<br>-Rest for 15 minute after breakfast   |
| 14.   | <b>Vrutti</b>  | Work as per the individual profession.   |
| 15.   | <b>Ratricharya:</b>                                    | -The night meal has to be taken in the first Prahara of Ratri- before 9 pm or after 48 minutes of sunset and before 144min (3hrs) after sunset.<br>-After having dinner one should relax for one <i>Muhurta</i> before going to sleep.<br>- One <i>Muhurta</i> (48 min) after dinner it advised to go for sleep.                       |

#### IMPORTANCE AND SCIENTIFIC BACKGROUND BEHIND DINACHARYA

**Brahma Muhurta Utthana-** A healthy person should get up approximately two hours before sunrise. 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 hemoglobin forming oxyhemoglobin reaching to the remote tissues and also boosts the immune system as oxygen deficient bodies are highly prone to diseases. It is also the right time for Adhyayana (study) as there is the peace of mind as well as surrounding environment is also

favourable for study and recalling the things. Late rise from bed induces lethargic mood throughout the day causing inactivity.

**Dantadhavana-** As we say 'cleanliness is next to godliness' in this context cleanliness is also very important factor to maintain good health because personal hygiene is really important. Brushing of teeth should be repeated after every meal. The powder or paste used for brushing up the teeth should be *Katu-Tikta Rasatmaka*. Cleaning of tongue freshens up the mouth and also stimulates the secretions of digestive enzymes.<sup>[6]</sup>

Proper cleaning of nose, ears and washing eyes with warm water held in mouth for moments is advised.

**Abhyanga-** Daily *Abhyanga* to whole body after exercise is indicated for maintaining proper hygiene and functioning of tactile sensation. It should be done with Luke warm oil in a direction away from heart. Excess pressure while massaging is to be avoided. Bath is indicated after half an hour of *Abhyanga*.

**Vyayama/ Exercises-** Regular light exercises help the body to shape up, increase muscle strength, improve appetite and maintains health. It gives the body the ability to withstand exertion, fatigue, and changes in the climate such as fluctuations in temperature. Exercise is most beneficial in winter and spring. It is best when done to the extent of half the exercising capacity. When sweat appears on the forehead and armpits, respiration speeds up and one starts breathing through the mouth, the exercise should be stopped.<sup>[7]</sup>

**Rest and Sleep-** To carry out various tasks with full strength and vitality, one should get enough amount of sleep every day. Before going to bed one should meditate, and critically examine one's own conduct. Usually six to eight hours of sleep give sufficient rest to the body and mind. Sleeping in the day timings should be avoided. It is indicated only in summer season that should be taken for 48 minutes only.

**Sadvritta (Ethical regimen)** is right conduct in order to lead an ideal social harmonious life as guided by the classics it includes *Madhura bhashana*, *Indriya vyavahara*, *Gamana vidhi*, *Dharma acharana*, *Shareera chesta vidhi*, *Achara rasayana* etc. For a healthy and active life, a sound mind in the sound body is very essential. Therefore, to maintain the healthy status of the mind, Ayurveda prescribes a code of social as well as personal conduct, known as "*Sadvritta*". Proper following of *Achar Rasayana* also increases the *Satwa guna* of mind.

**Personal Hygiene-** Laws of personal hygiene according to Ayurveda are enlisted below<sup>[8]</sup>.

1. Regular trimming of nails, beard and hair;
2. Daily cleansing of nostrils, eyes, ears and feet;
3. Use of perfumes and garlands made of fragrant flowers;
4. Putting on clean clothes;
5. Use of umbrella and shoes to protect from heat and dust;
6. Covering the mouth while sneezing, laughing or yawning;
7. Avoid seeing the sun directly;
8. Avoid sleeping under a tree at night, etc.

#### Importance of food

Diet plays a vital role in the maintenance of good health and in the prevention and cure of diseases. In ancient Indian scriptures, food has been compared with the God,

(Annam Brahman) since it is the main factor, which sustains and nourishes life. As per Ayurveda, food affects the mind also by causing either an increase or decrease in the three qualities of mind, i.e., *Satva guna*, *Rajo guna* and *Tamo guna*. The food recipes can be classified as *Satvika*, *Rajasika* or *Tamasika* depending upon the effects.<sup>[9]</sup> Quality, quantity and timing of taking food should be taken into consideration. Ayurveda has nicely described the concept of "Aahar Vidhi Visheshayatana" and "Aahar Vidhi Vidhana". The life style diseases caused by faulty food habits can be controlled with the help of Ayurveda.<sup>[10]</sup>

#### Application of *Dinacharya* in Today's Scenario

In present scenario it has become really important for each one of us to maintain a good health. With so much of pollution in the environment, food adulteration, untimely working hours and unhealthy lifestyle it has become mandatory for everyone to look after his /her own health. That's why the *Dinacharya* is to be followed in accordance with the present context. Waking up in the morning is always good for health. Six to eight hours sleep is a must. Drinking a glass of Luke-warm water helps to flush out all toxins accumulated overnight in the body. Parents should pay attention at the sleeping time of their children and should teach them to sleep by 10 pm and wake up at 6am at least. A regular self-massage with herbal oil is necessary for every person. If daily massage for a school going child is not possible, it should be done at least on the weekends. It's very beneficial for making them strong. Massage makes the skin supple, enhances blood circulation, encourages quicker removal of the wastes and relaxes the body. *Padabhyanga (sole massage)* is good for eyes of children. Along with food, hygiene, sleep exercise and meditation is also very important. Regular light exercises help the body to shape up, increase muscle strength, improve appetite and maintain health. Yoga, swimming, walking and even laughing is excellent options. Your dressing is also important so always wear clean, airy and light clothes of natural fibers like cotton, wool, linens, or silk. Similarly breakfast, lunch and dinner should be done on time to maintain the regularity.

#### CONCLUSION

Maintenance of health is the prime principal of Ayurveda. Everyone should follow the Ayurveda *Dinacharya* in possible favorable way so that the body as well as mind will be healthy. It is just the guideline by Ancient Acharyas to lead a healthy life and be away from lifestyle disorders.

#### REFERENCES

1. file:///E:/lifestyle disorders/childhood obesity lifestyle and home remedies-Diseases and Conditions-Mayo clinic. Retrieved on dated-12/02/2019
2. <http://ayurvedic diet solutions.com/file:///E:/lifestyle disorders/.Ayurvedic solutions for lifestyle disorders .htm>

3. Acharya Y T, (5<sup>th</sup> Ed). Charaka Samhita of Agnivesha. Sutra Sthana; Arthe dasa mahamuleeya Adhyaya; Chapter 30, Verse 26, Varanasi: Choukhambha Prakashana, 2007; 187.
4. Vaidya H P editor, Astanga Hridayam, Sutrasthana; Dinacharya adhyaya; Chapter 2, Verse 1, Varanasi: Chowkhamba krishnadas academy, India, 2006; 24-27.
5. Vaidya H P editor, Astanga Hridayam, Sutrasthana; Dinacharya adhyaya; Chapter 2, Verse 1, Varanasi: Chowkhamba krishnadas academy, India, 2006; 24.
6. Eric C. Reynolds. Contents of toothpaste - safety implications: Australian prescriber, 1994; 17: 49-51, [cited 2011 November 12]. Article available at [www.australianprescriber.com/magazine/17/2/49/51/](http://www.australianprescriber.com/magazine/17/2/49/51/)
7. Pate RR, Pratt MP, Blair SN, et al. Physical activity and public health: A recommendation from the Centers for Disease Control and Prevention and the American College of Sports Medicine. JAMA, 1995; 273: 402–407.
8. Vaidya H P editor, Astanga Hridayam, Sutrasthana; Dinacharya adhyaya; Chapter 2, Verse 1, Varanasi: Chowkhamba krishnadas academy, India, 2006; 24.
9. Gopalan, C, Ramasastri, B.V. and Balasubramanian, S.C. Nutritive Value of Indian Foods. National Institute of Nutrition (ICMR), Hyderabad, India, 1984; 108.
10. Acharya Y T, (5<sup>th</sup> Ed). Charaka Samhita of Agnivesha. Sutra Sthana; Matrashiteeya Adhyaya; Chapter 5, Verse 81, 82, Varanasi: Choukhambha Prakashana, 2007; 42.