



DINCHARYA: Keeping Fit for A Better Tomorrow.

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ABSTRACT

The rapid modernization has changed the lifestyle and behavioral patterns of people which is responsible for occurrence of lifestyle disorders like diabetes, obesity & hypertension etc. 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 behavioral habits of person.

Keywords: DINCHARYA

1. Introduction

Dinchyarya, also known as daily routine, is a fundamental concept in Ayurveda, the traditional Indian system of medicine. The word "dinchyarya" is derived from the Sanskrit language, where "din" means day and "charya" means regimen or routine. Dinchyarya refers to a set of daily habits that are believed to promote physical and mental well-being by aligning with the natural rhythms of the body and the environment. The importance of dinchyarya in Ayurveda can be traced back to the ancient Ayurvedic texts such as Charaka Samhita and Sushruta Samhita.

These texts emphasize the importance of a balanced and disciplined lifestyle to maintain health and prevent diseases. According to Ayurveda, every individual has a unique constitution, or prakriti, which determines their physical and mental characteristics. A personalized dinchyarya is recommended based on one's prakriti, age, occupation, and other factors. ⁽¹⁾

MATERIAL AND METHODS

This review article is based on various Ayurvedic texts such as Ashtang hridaya, Charak samhita. We also searched and referred various websites to collect the relevant information regarding this topic.

The following are some of the key elements of a typical dhinchyarya:

- 1. Wake up early**
- 2. Elimination**
- 3. Nasya**
- 4. Oral hygiene**
- 5. Oil pulling**
- 6. Bathing**
- 7. Exercise**
- 8. Diet**
- 9. Sleep**

WAKE UP EARLY:

- Ayurveda recommends waking up before sunrise, preferably during the "brahma muhurta" (around 4-5 am), which is considered an auspicious time for spiritual and physical practices. Waking up early helps to synchronize the body with the natural cycles

of the day and promotes mental clarity and energy.

- Nascent oxygen in the atmosphere in the early morning easily and readily mixes up with hemoglobin to form oxy-hemoglobin which nourishes the remote tissues rapidly. Secretion of serotonin (neurotransmitter) keeps the person active and alert. In the early

morning, there is minimal pollution (noise, water, air) which enhances the concentration. Late night sleeping or chronic sleep loss causes the elevation of cortisol which in turn is responsible for rise in B.P and is likely to promote the development of insulin resistance, a risk factor for obesity and diabetes.

ELIMINATION:

- After waking up, eliminating waste products from the body, such as urine and feces, is considered essential for maintaining good health. Drinking warm water or herbal teas can help stimulate bowel movements and improve digestion.

- Defecation at proper time clears the rectum, increases digestive power. Proper elimination also helps to remove the kapha that naturally accumulates overnight.

Defecation once or twice daily is the best. If you wait until later in the morning or during the day you are slowly poisoning yourself due to accumulation of toxins and wastes and creating an opportunity for chronic conditions to arise.

NASYA:

Nasya treatment refers to an Ayurvedic therapy that includes instillation of herbal oils, juices or powders through the nasal route. It works specifically on disorders of ear, nose and throat.

Nasya is one among the five Panchakarma therapies. It is especially desirable for diseases of parts above the base of the neck; nasal passage being the gateway of the head.

ORAL HYGIENE:

Cleaning the teeth, tongue, and gums with a tongue scraper and herbal toothpaste is an important part of *dincharya*. It helps to remove toxins from the mouth, prevent bad breath, and promote dental health.

- Neem, Khair, Keekar in the form of *Datun* is used by many morning walkers as it prevents tooth decay, gum inflammation and bad breath.

- Twigs of neem are still used in many parts of India as '*datun*' to cleanse teeth and gums. It has a bitter taste so it is easier to use it in the form of paste.

ANJANA:

- In today's time, excessive work on computer results in dry eyes or computer vision syndrome.

- Ayurvedic herbal collyrium *Anjana* is a paste applied to the inner part of eyelids. It is also an effective remedy for many eye disorders and also prevents many disorders related to eye. It is used in the form of tablet, juice, powder, and many other forms.

- When *Anjana dravyas* are applied; it causes irritation to eyelids and conjunctiva and enhances the circulation.

- Makes eye beautiful, resistance against wind and sunlight.

OIL PULLING:

Swishing a tablespoon of oil (usually sesame or coconut) in the mouth for a few minutes and then spitting it out is believed to promote oral health, detoxify the body, and improve digestion.

- Oil pulling is referred to in Ayurvedic texts as *kavala* or *gundusha*, and it claims such health benefits as improving oral flora, preventing tooth decay, alleviating bad breath, and strengthening the tissue of teeth and gums.²

- In addition to brushing your teeth, flossing, and scraping your tongue, oil pulling with sesame oil, coconut oil, or one of our specially formulated Daily Swish oils is a safe and effective bonus to a healthy oral hygiene routine.

BATHING:

- Bathing with warm water and herbal soap or powder is recommended to cleanse the body, improve circulation, and promote relaxation. Applying oil or herbal paste on the body before bathing can help nourish the skin and improve immunity.

- Daily bath improves enthusiasm, strength, appetite and removes sweat and other impurities from the body. Promotes virility and longevity, eliminates fatigue, sweat and dirt. Increases body strength. Bath stimulates digestive fire, increases span of life *Ojus* and strength. It also removes itching, dirtiness, fatigue, sweat, Lassitude, thirst etc.

ABHYANGA (Oil Massage):

- *Abhyanga* (oil massage) which is one among the *Dinacharya* is also a part of pre therapeutic procedures of Panchakarma. It is an Ayurvedic holistic, synchronized massaging of the body towards the movement of arterial blood, basically in the opposite direction of hair growth.

- This massage is used for healing and detoxifying the body, mind and spirit. Abhyanga is to be considered in Snehana therapy. As it nourishes the senses of mind and gives the strength. But if done in any region like localised in head, neck, legs etc then it is termed as Shiroabhyanga, Padabhyanga etc.
- Full body massage gives strength to whole body but localised massage gives strength to that particular part of the body. Abhyanga nourishes; pacifies the doshas; relieves fatigue; provides stamina, pleasure and perfect sleep; enhances the complexion and the lustre of the skin; promotes longevity and nourishes all parts of the body.

EXERCISE:

Practicing yoga, meditation, or other physical exercises for at least 30 minutes a day is recommended to improve strength, flexibility, and overall well-being. Ayurveda also recommends exercising in the morning or early evening, when the body's energy levels are higher.

DIET:

Following a balanced and nutritious diet, based on one's prakriti and seasonal changes, is a crucial part of dhinchyarya. Ayurveda recommends consuming fresh, whole foods, avoiding processed and packaged foods, and eating mindfully.

SLEEP:

- Getting adequate sleep (usually 7-8 hours a day) and going to bed early (before 10 pm) are considered essential for physical and mental rejuvenation. Ayurveda also recommends creating a conducive sleep environment, such as dimming the lights, avoiding electronic devices, and practicing relaxation techniques before bedtime
- Seven types of nidra have been mentioned in Ayurveda .Proper sleep is one of the Three Pillars of Life in Ayurveda. Sleep is an essential time for healing the body from daily stress. As our minds rest during sleep the body is able to focus on digesting,metabolizing and regenerating.

DISCUSSION

Waking up at a decent (early) hour is essential for optimal health. The human body and brain have evolved to follow a circadian rhythm that helps to regulate sleep and wake patterns that are set by our natural environment, this natural circadian rhythm also corresponds with the body's natural cortisol levels, a hormone well known for its role in our metabolism, immune system, stress response and energy levels. In a balanced state, cortisol levels start to rise 2-3 hours after the onset of sleep and continue to rise into the early morning helping to wake us. Cortisol levels in the body then peak around 8:30 am or 9:00 am and continue to gradually decline as the day continues. Therefore, following the body's natural circadian rhythm and cortisol levels is a simple way to maximize energy levels, productivity and overall health. Brushing is important to prevent cavities, to remove plaque, brushing also stimulates the gums, which helps to keep them healthy and prevent gum disease. The collyrium nourishes the eyes and eyelashes. The Nasya (nasal drops) cleanses Sinuses, soothes the nasal passage and clears the sinuses to promote breathing, heals Migraines and Headaches. Highly effective in treating chronic headaches and migraines, Expels Mucus buildup, Improves Voice, Releases Toxins, Improves health. Oil pulling helps with overall health by clearing toxins from the body. Ayurveda believe that oil pulling can clear the sinuses, reduce headaches, and reduce inflammation in the body. Exercise helps to control body weight, reduce the risk of heart diseases by strengthening the heart and improving the circulation, Helps the body to manage blood sugar and insulin levels, Strengthen the bones and muscles. The body massage reduces stress, reduces pain and muscle soreness and tension, improves circulation, energy and alertness, lowers heart rate and blood pressure, Improves immune function. Bathing can relieve muscle pain, can make the heart healthy, burn calories, relieve cold and flu symptoms..

CONCLUSION

As we see in the both Ayurveda and modern literature that how a daily regimen reduces disease risks and give a person healthy life. By following Dincharya (daily regimen) one will be able to follow a healthy lifestyle thereby maintaining health. A daily routine is absolutely necessary to bring radical change in body, mind, and consciousness. Routine helps to establish balance in one's constitution. It also regularizes a person's biological clock, aids digestion, absorption and assimilation and generates self-esteem, discipline, peace, happiness, and longevity.

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