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### Review Article

## Ayurveda and modern view on concept of *Dincharya*: A review

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### Abstract

Ayurveda described several concepts related to the overall well-being and health management of human society. *Dincharya* is one such concept of Ayurveda which mentioned ways of healthy living and helps to prevent diseases. As per Ayurveda the good conduction of daily regimen offers enormous health benefits. The concept of *Dincharya* referred to disciplinary daily routine conducts. The rules and conducts of *Dincharya* help to prevent pathogenesis of common diseases and promote general health condition. The concept of *Dincharya* includes various regimens like; waking up in early morning, *Shaucha vidhi*, *Dantapavana*, *Anjana*, *Nasya*, *Gandusha*, *Dhumapana*, *Abhyanga*, *Vyayama*, *Udwartana* and *Snana*, etc.

**Keywords:** Ayurveda, *Dincharya*, Samhita, Daily Routine

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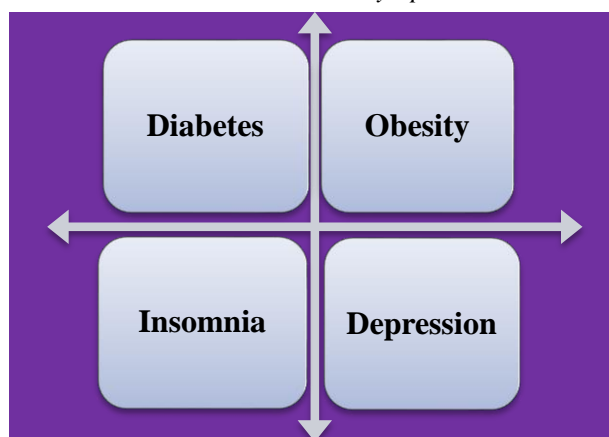
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### 1. Introduction

Ayurveda aimed towards the prevention and treatment of disease, in this connection Ayurveda advocated several ways to maintain balances of *Dosha*, *Agni*, *Dhatu* and *Mala*. The balancing state of these

entities contributed towards the normal health status. The proper conduction of rules of *Ahara & Vihara* offers optimum health status. The disciplinary conduction of *Ahara & Vihara* can be maintained by obeying rules of *Dincharya*. The concept of *Dincharya* helps towards the *Pathya-palan* of rules of *Ahara & Vihara*.



**Figure 1.** Diseases which can be prevented by following Concept of *Dincharya*

The disciplinary conduction of daily and dietary routine comes under the heading of *Dinacharya* which helps to prevent diseases and restore healthy conditions. (1-5) The rule of *Dinacharya* helps to prevent many diseases mainly life style related disorders (Figure 1).

Eating properly, sleeping pattern, exercise, avoidance of late night awakening and avoidance of day sleeping, etc. are major conducts of *Dinacharya*. The *Dinacharya* referred to disciplinary daily and dietary conducts including moral, social and spiritual behavior. The rules of *Dinacharya* not only contributed towards good physical and mental status but also provide moral and natural synchronization. The rules of *Dinacharya* balances normal state of *Doshas*, *Agni* and prevent formation of *Ama*. The disciplinary conducts clears *Srotas* and detoxify body thus prevents pathogenesis related to the *Ama* accumulation. (4-6)

## 2. The conducts of *Dinacharya*

- ✓ *Brahama-muhurat-jagrana*
- ✓ *Vega nissaran*
- ✓ *Mukha Prakshalana*
- ✓ *Netra Prakshalana*
- ✓ *Gandoosh & Kawala*
- ✓ *Nasya*
- ✓ *Dhumpana*
- ✓ *Abhyanga*
- ✓ *Vyayama & Yoga*
- ✓ *Snana*

## Ritucharya

The Ayurveda also mentioned *Ritucharya* under the heading of *Dinacharya* which involves specific conducts as per the seasonal variation. As per rules of *Ritucharya* *Laghu Ahara* is recommended in *Hemant Ritu*, pungent foods should be avoided in *Shishira Ritu*, *Amla Ahara* should not be consumed in *Grishma Ritu*, *Mantha* food should be avoided in *Varsha Ritu* and curd is contradicted in *Sharad Ritu*.

## Sadvritta

*Sadvritta* is also comes under the heading of *Dinacharya* which involves moral behavior including respect to elders, obeying teachers, avoid anger and stress, avoidance of *Asteya* and *Vyapada*, avoidance of alcohol and tobacco, speak truth, daily prayer and one should remain kind and helps others. (6-8) The *Sadvritta* includes following moral conducts:

- ✚ *Vyavaharika sadvritta*
- ✚ *Samajika sadvritta*
- ✚ *Manasika sadvritta*
- ✚ *Dharmika sadvritta*
- ✚ *Sharirika Sadvritta*

## 3. Biological Role of *Dinacharya*:

- Early wake up gives fresh energy and maintain circulation.
- *Vega nissaran* helps to detoxify body.
- *Dantadhavana* prevents foul smell mouth and maintain oral hygiene.

- *Nasya* prevents nasal congestion and maintain respiratory health.
- *Dhumpana* cleans respiratory tract.
- *Abhyanga* maintain body rigidity and nourishes muscles.
- *Vyayama* maintain physical strength and prevent metabolic disorders.
- Practice of worship provides spiritual health and mental peace.
- *Snana* detoxify whole body and provides freshness.
- The consideration of *Bhojan Kala* gives nutritional value of *Ahara*.
- The sleeping habits (*Nidra Kala*) impart mental relaxation and prevent depression.

*Dinacharya* connects with nature, make person conscious, and maintain natural harmony. *Dinacharya* release stress, improves digestion and absorption, gives peaceful mind, happiness and longevity. (8-10)

## *Dinacharya* helps to prevent following diseases:

- ✓ *Medoroga*
- ✓ *Prameha*
- ✓ *Aamvata*
- ✓ *Vatrakta*
- ✓ *Hridroga*, etc.

## 4. Modern Consideration

The modern science also emphasizes rules of daily and dietary conducts; there are two daily cycles; Sun cycle and moon cycle. The body changes its biological activities according to these cycle therefore daily regimen should differ from one cycle to another. The daily and dietary conducts should be followed according to the sun and moon cycle. According to modern science the daily routine should be adopted for healthy well-being these regimens includes daily morning walk, meditation, exercise, bathing, good sleep, avoidance of late night awakening and maintenance of personal hygiene, etc. These conducts provides enormous health benefits and cure metabolic disorders. The avoidance of rules of *Dinacharya* may leads many pathplogical conditions including constipation, lethargy, intoxication, edema, dry eye, oral infections, migraine, nasal congestion, obesity, diabetes, anxiety and stress, etc.

## 5. Conclusion

*Dinacharya* is one of the important aspects of ancient science which suggests some disciplinary conduct for healthy life style and keeps away from diseases. The major rules of *Dinacharya* includes early morning rise, elimination of *Mala* regularly, cleaning mouth, teeth and eye, daily bath, exercise, worship and meditation, etc. These all conducts promote general health and provides longevity, etc. While avoidance of *Dinacharya* rules means awful daily and dietary routine leads health problems including obesity, diabetes, anxiety, hypertension, dyslipidaemia, constipation and insomnia,

etc. The concepts of *Dincharya* help greatly towards the health restoration and prevention of diseases.

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### Conflict of Interest

The author declares that there is no conflict of interest regarding the publication of this article.

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