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### Review Article

## A REVIEW ON IMPORTANCE AND PRACTICAL APPLICATION OF *DINACHARYA* AS PROMOTIVE AND PREVENTIVE MEASURE IN TODAY'S LIFESTYLE

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### ABSTRACT

**Introduction:** *Dinacharya* (daily Ayurvedic regimens) which help to support a life of optimal wellness through routine, detoxification and nourishment. Now a day, a sedentary life style, faulty dietary habits, lack of exercise are the main cause for metabolic imbalances which leads group of life style diseases like Hypertension, Diabetes mellitus, obesity etc. and making them one of the leading causes of death. **Material and Methods:** Data and information pertaining to *Dinacharya* were searched from various classical text books, journals, web-based search engines source were referred for research data and presented in systemic manner. **Result:** Ayurvedic texts explains various fundamental principles aimed at preventing occurrences of diseases and to promote a healthy life, for these prevention aspects such as various daily regime such as *Brahma Muhurta Jagarana, Dantadhavana, Anjana, Nasya, Gandusha kavala, Dhumapana, Abhyanga, Vyayam, Udvardana, Snana, Sadvritta*, etc. are mentioned and the best ways to eliminate the problems like mental illness and lifestyle disorder. Ayurveda being a holistic health science emphasises on the importance of healthy & secured lifestyle by preventing lifestyle disorders. **Conclusion:** *Dinacharya* play an important role in improving the quality of life and maintenance of good health.

**Keywords:** *Dinacharya*, daily regime, lifestyle disorder, promotive, preventive

## 1. INTRODUCTION

Ayurveda emphasizes on the preservation of health and prevention of diseases as its primary objective<sup>1</sup>. Daily regimen (*dinacharya*), seasonal regimen (*ritucharya*), dietetic rules (*ahara vidhi*), and code of conduct (*sadvritta*) are prescribed for healthy and long life. The classically prescribed daily routine or regimen is followed with due consideration of one's body constitution (*deha prakriti*), strength (*bala*), age (*vaya*), season (*ritu*), and any existing disease condition (*vyadhi*)<sup>1</sup>.

Acharya Sushrut defined healthy person as the three *doshas* (*vata*, *pitta*, *kapha*), *Agni* (digestive power), the seven *dhatu*s (tissues), *malas* (waste products) and their activities are normal, and in the state of equilibrium along with soul, sense organs and mind are pleasantness & happiness are called *Svastha* (healthy person) . This equilibrium is dependent on various factors like diet, daily activities from morning to night, sleep pattern etc<sup>2</sup>.

In today's hectic and materialistic life, rarely people get time to think of their own health and fitness. Hence many people think that entire *Dinacharya* (daily regimens) are impossible to follow. In modern era of civilization, due to growing use of technologies and increasing competition, changing lifestyle has become a leading cause for manifestation of many diseases like PCOD, obesity, diabetes, CHD, etc. Lifestyle diseases can be defined as diseases linked with one's lifestyle. These diseases are non-communicable diseases. They are caused by lack of physical activity, unhealthy eating, alcohol, substance use disorders and smoking tobacco, which can lead to heart disease, stroke, obesity, type 2 diabetes and lung cancer. The lifestyle can be modified by simple interventions through procedures of *Dinacharya*. Hence, review study on importance and practical application of *Dinacharya* as preventive and promotive measure in today's lifestyle is the main aim of this article.

## 2. MATERIALS AND METHODS

Data and information pertaining to *Dinacharya* were searched from various classical text books, journals, web-based search engines source were referred for research data and presented in systemic manner.

## 3. RESULT

### *Dinacharya*

*Arunadatta* in his commentary gives the definition as the regimens done daily and further elaborates that these regimens are performed to prolong life span. Daily regimens begins with getting up from the bed till one goes to bed in the night.

The sequence of daily activities is as follows:

- *Brahma Muhurta Jagarana* (waking up early morning)
- *Ushapana* (intake of liquid)

- *Shaucha vidhi* (passing urge of urination and defecation)
- *Dantadhavana* (brushing teeth)
- *Anjana* (application of collyrium in the eye)
- *Nasya* (nasal instillation of oil)
- *Gandusha* (oil pulling in the mouth)
- *Dhumapana* (inhalation of herbal smoke)
- *Tambula Sevana* (chewing of oral fresheners with betel leaf)
- *Abhyanga* (oil application and body massage)
- *Vyayama* (exercise)
- *Udwartana* (massage with powdered drugs)
- *Snana* (bath)
- *Sadvritta* (Professional activities by observing good social conduct can be started after this morning routine)

These procedures are aimed specifically at preserving health of sense organs. It makes the person more productive and improves the quality of life.

#### ❖ ***Brahma Muhurta Jagarana* (wake up in early morning)**

- ✓ The first step of setting a daily routine is fixing a proper time to wake up in the morning. It helps to maintain the natural circadian rhythm. The recommended time to wake up is about 45 minutes to 1 hour before sunrise, known as "*brahma muhurta*". It is the best time to start the daily activities and has many positive benefits on physical and mental health. 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<sup>1</sup>.
- ✓ Usually during this time environment is clean without much of pollutants. The clean air, pleasant atmosphere, absence noise, the morning rays of the rising sun is very beneficial. It was reported that in the study assessing the relationship between physical activity and daily lifestyle habits it was observed that early waking time has significant positive correlations with children's physical activity level<sup>3</sup>.

#### ❖ ***Ushapana* (intake of liquid)**

- ✓ *Usha* means *Brahma muhurta*, *arunodaya kal* and *pratyushkal*. *Pan* means consumption or intake of liquid or fluid. It prevents *Vali*, *Palita*, *Pinas*, *Swarabhanga*, *Kasa Sotha*. It acts as *Rasayana* (Rejuvenation) & nourishes the eye by enhancing the vision power (*Drusti Prasadana*). It prevents lifestyle disorder in present scenario like *arsha* (haemorrhoid) *sotha* (Oedema), *grahani* (spru), *Jwara* (Pyrexia), *Udara* (g.i disturbances), *Kustha Meda* (Obesity, Hypercholestremia), (Urinary disorders), *Raktapitta* (Bleeding disorders), disorders of ear, throat, head, *Kshyataja Vikara*<sup>4</sup>.

❖ ***Shaucha vidhi (passing urge of urination and defecation)***

- ✓ On waking up, the first activity should be micturition and defecation because this process cleans the metabolic wastes (*mala*) accumulated in body during night. The urge to defecate in the morning is indicator of good digestive health and gut motility. The time, frequency, and duration of defecation are assessed clinically for examination of quality of digestion (*agni*) and gut pattern (*koshtha*). Frequent and long-time suppression of urge of defecation and urination can cause serious disorders.

❖ ***Achamana (Sipping of water)***

- ✓ *Achamana* after cleaning the excreta of *dhatus*, tears, etc. should be done while facing towards north or eastern direction. Through *achamana*, moist of oral cavity occurs which prevents the abrasion by *Dantadhavan*<sup>5</sup>.

❖ ***Dantadhavana (brushing teeth)***

- ✓ Oral cavity is an important body orifice for the entry of food and water. Oral hygiene is important in gustatory sensation, initial digestion stages, and proper food passage to the stomach. It is also crucial in its social aspect in the context of verbal communication. *Dantadhavana* improves the taste perception and provides the sense of purity and cleanness. Chewing sticks contains volatile oils, tannic acid, sulphur and sterols which attribute to anti-septic, astringent and bactericidal properties that reduce plaque formation, provides anti-carious effects, eliminates bad odour, improves the sense of taste, and cures many systemic diseases. Now a days, various herbal tooth powders and pastes are available in market. Neem extract is widely used in studies of antiplaque activities of Ayurvedic tooth powders and commercial herbal toothpastes<sup>6</sup>.

❖ ***Jihva-nirlekhana (tongue leaning)***

- ✓ It removes bad taste, odour of mouth, cures oedema, stiffness of tongue and gives taste. This practice eliminates bad breath causing bacteria, and prepares the digestive system by stimulating the taste buds. Traditionally, tongue cleaners are made from copper which provides a naturally, powerful antibacterial action. The tongue scraping and tongue brushing play an important role in controlling bacterial load and plaque level<sup>7</sup>.

❖ ***Mukha Netra Prakshalana (Face & Eye wash)***

- ✓ *Mukha Prakshalana* keeps freshness of face after doing some strenuous works. It prevents *Nilika* (Bluish discoloured patches). *Mukha sosa* (dryness of face), *pidika* (Pimple/acne), *vyanga* (Hyperpigmentation), *Raktapitta* (epistaxis)<sup>8</sup>. *Netra prakshalan* purifies the eyes and prevents *Akshiroga*. Washing eyes with decoction of *Symplocos racemosa (lodhra)*, or *Emblica officinalis (amalaki)* or with cold water helps in maintaining the constant clear vision.

❖ ***Sneha gandusha-dharana (Oil pulling in mouth)***

- ✓ Practices of *Gandusha* enhances strength of mandibles, resonances of voice, nourishment of face, taste sensation & gives good taste. It prevent dryness of throat, cracking of lips, decay of teeth & makes the

teeth strong. Mouth wash with water in healthy individual and medicated decoction of *Ficus benghalensis* (*nyagrodha*), *Ficus racemosa* (*udumbara*), *Ficus religiosa* (*ashwatha*), *Ficus lecor* (*plaksha*), and *Thespesia populnea* (*parisha*), decoction of *Symplocos racemosa* (*lodhra*) or *Embilica officinalis* (*amalaki*) are also recommended as *Gandusha* in specific oral conditions. Oil pulling is observed to bring improvement in oral hygiene when practiced correctly and regularly<sup>9</sup>.

❖ **Tambula Sevana (betel leaves and nut)**

- ✓ *Tambula* (betel leaves and nut) provides oral hygiene, digestion of food. It pacifies all the three *doshas*, causes cheerfulness, cleanses the mouth, removes all foetid odour. It takes out debris of teeth, cleanness of tongue, prevents the excessive salivation, cleanness of voice, and imparts the strength of hearts etc<sup>10</sup>.

❖ **Anjana (application of collyrium)**

- ✓ The vision perception is predominantly done by *teja mahabhuta* constituent. Hence the eyes are always susceptible to disorders of *kapha dosha*. Daily application of collyrium is recommended for promoting clear vision. Application of solid extract of *Berberis aristata* (*rasanjana*) is advised in an interval of 5- 8 days during night time for lacrimation and cleansing purpose. Strong collyrium should not be applied to the eyes during daytime. The collyrium meant for cleansing purpose shall be done only at night.
- ✓ Vision problem is the common among the lifestyle disorder in younger generation due to watching computer, television, mobile and doing works through computer. This procedure has preventive and curative effect in eye disorders. The combination of extract of *Berberis aristata* (*rasanjana*) and honey was found to be very effective in relieving all clinical features like mucopurulent discharge, foreign body sensation, redness, burning sensation, conjunctival congestion, and papillary hypertrophy in patients of mucopurulent conjunctivitis (*netra abhishyanda*)<sup>11</sup>.

❖ **Nasya (nasal instillation of oil)**

- ✓ Nasal cavity is directly connected with with the sensorineural structures of brain. The medicated oil applied through nasal cavity reaches to "*Shringataka marma*" (cavernous sinus), which is the seat of all the centres of vision, hearing, smell, and taste. The most important oil preparation recommended for nasal instillation is "*anu taila*." Improved sense of smell, clears sinuses, vibrant voice, strengthens muscles and joints of face and neck also improves circulation, helps relieve stiff neck, prevents diseases like facial palsy, baldness, early gray hair and headaches. Recently, the Ministry of AYUSH, Government of India, included oil pulling therapy and nasal application therapies in self-care and immunity boosting preventive protocol for management of SARS-Covid-19 pandemic<sup>12</sup>.

❖ **Dhumapana (inhalation of herbal smoke)**

- ✓ Inhalation of medicated smoke is advised to pacify the aggravation of *vata* and *kapha*. Eight specific times of administration of medicated smoke are prescribed for daily use. This procedure is helpful in

preventing and treating diseases of the head, nose and eye. Therefore, applying *Dhumapana*, leads to sense of lightness & pleasure of sense, voice and mind. It enhances the strength of hair and eliminates excessive *kapha dosha*.

❖ **Abhyanga (oil application and body massage)**

✓ Daily application of oil on body and massaging is recommended for promoting the skin health. It energizes the body, promotes youthful appearance, and good physique. It is good for nourishment of body and improves quality of sleep. Prevents premature aging, fatigue, joint diseases and circulation, improves vision, provides compact body, and induces normal sleep, increases complexion and luster of the skin.

❖ **Vyayama (exercise)**

✓ The well-co-ordinated and balanced movements are included in exercise (*vyayama*). Regular exercise renders body light and efficient in activities, improves digestive power and wanes obesity. It reduces the fat which prevents the IHD, DM, HTN and mainly the lifestyle disorder Moderate and regular exercise can prevent many life style disorders.

❖ **Udvardana (massage with powdered drugs)**

✓ Massaging and rubbing the body using herbal powder is termed as powder massage (*udvardana*). It is generally done in a direction opposite to that of body hair. It is indicated in *kapha* dominant conditions and obese individuals. It helps to reduce fat, provides firmness to body parts and cleanses the skin. *Udvardana* effectively mobilizes the stored fat by liquefying it, making it easily available for disposal from the system. The therapeutic efficacy of this procedure has been proven in conditions like obesity, dyslipidaemia<sup>13</sup>.

❖ **Snana (bath)**

✓ Daily bath is advised for preservation of overall health. It not only removes toxins from skin, but also relaxes and rejuvenates mind. It is the foremost measure to reduce fatigue. Some studies have shown that people who had a habit of bathing in hot water have good subjective health status, sufficient sleep and rest, low levels of stress, and high subjective happiness. It imparts the psychological benefits of bathing too.

❖ **Aahara (diet)**

✓ The food shall be taken only when the person is hungry and after complete digestion of previous meals. It should be taken at a frequency of twice a day. Frequent eating is not recommended. Specific dietetic rules and eating habits (*ahara vidhi*) are described for preservation of health.

❖ **Sadvritta (code of conduct)**

✓ Ideal code of conduct in social life and professional life (*sadvritta*) is recommended for preventing exogenous disorders.

❖ **Nidra (sleep)**

- ✓ Sleep (*nidra*) is recommended in proper quantity and at proper time. The quantity of sleep for an individual depends upon his basic physiological needs and other conditions such as age, body constitution, occupation etc. Appropriate sleep leads to happiness, nourishment, strength, fertility, knowledge and longevity.

#### 4. DISCUSSION

Daily regimen includes various procedures to be followed for preservation of health of various body parts. The time of waking up, taking meals, professional activities, and sleep shall be regular to maintain equilibrium inside body. All the procedures and observation of code of conduct is beneficial for preservation of mental health and spiritual health, too. The procedures impart cosmetic, anti-ageing and longevity benefits. Appropriate observation of daily regimen can prevent variety of lifestyle disorders and reduce global burden of disease significantly.

Dinacharya promotes positive health for individuals by maintaining normal physiological functions of the body and keeps the person healthy. In a modern busy life, incorporation of “*Dinacharya*” in day to day activities can help you to be more active and focused in work and life and prevent diseases. *Dinacharya* are the best ways to eliminate the problems like mental illness, digestive problems, and lifestyle disorder<sup>14</sup>.

#### 5. CONCLUSION

Dinacharya plays a vital role in prevention of various disorders which are resultant of improper lifestyle and bad conduct. Dinacharya is need of current era as various diseases are emerging very rapidly both communicable and non-communicable diseases. The Dinacharya procedure is the most important and primary prevention for the causation of diseases.

#### CONSENT

It is not applicable.

#### ETHICAL APPROVAL

It is not applicable.

#### COMPETING INTEREST

Authors have declared that no competing interest exist.

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