



Review Article

## DINCHARYA DEMYSTIFIED: APPLYING ANCIENT WISDOM IN DAILY ROUTINES

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### ABSTRACT

*Dincharya*, an ancient Ayurvedic daily regimen, is essential for holistic well-being and encourages physical and mental harmony by addressing the mind, soul, sensory organs, digestion, bodily humours (*Dosha*), tissue (*Dhatu*), and waste (*Mala*). Neglecting it has led to a surge in ailments like hypertension and diabetes. *Dincharya* include waking in *Bhrama-muhutra*, *Dantadhawana*, *Jihva nirlekhan*, *Nasya*, *Kavala*, *Abhyanga*, *Sadvritta* and *Bhojana*. Its core objective is to proactively maintain health and ward off illnesses through a structured routine. Each practice within *Dincharya* holds significance in nurturing different aspects of health. Rising during *Brahma-muhurta* leverages cortisol hormone peak for anti-stress, immunity, and metabolism. *Kavala* reduces plaque and enhances oral health. *Abhyanga* regulates circadian rhythm, promoting better sleep. *Vyayama* improves physical fitness, cognition, and cardiovascular health. *Nasya* boosts immunity and fights respiratory infections. Neglecting *Dincharya* compromises immunity and metabolic function, paving the way for health concerns.

In conclusion, *Dincharya*'s timeless wisdom offers a blueprint for optimal health and disease prevention. Embracing this holistic approach fosters resilience against modern ailments. It serves as a beacon, guiding individuals back to holistic health and vitality in a world often swayed by quick-fix solutions.

### INTRODUCTION

The Ayurvedic system is not merely about treating diseases, it's a lifestyle aimed at maintaining the health of individuals and curing ailments by balancing *Dosha*, *Dhatu*, and *Mala*. Following authentic *Dincharya* rules are crucial for achieving this balance and preventing lifestyle disorders. In recent years, the prevalence of such disorders has escalated significantly due to faulty lifestyles, leading to various communicable and non-communicable diseases like cancer, metabolic disorders, and cardiovascular issues.

While modern medicine has made remarkable progress, complete cures for many diseases remain elusive.

The rise in non-communicable diseases, particularly cardiovascular ailments, over the past few decades underscores this challenge. Moreover, mental stress has become a pervasive issue, contributing to familial and societal tensions and impacting overall well-being. Additionally, an inauthentic lifestyle further disrupts metabolism and weakens immunity from an early age. Thus, emphasizing the relevance of Ayurveda's holistic approach to physical and mental health maintenance is imperative. *Dincharya* encompasses a set of daily rituals and routine designed to promote harmony between the body, mind and spirit. While rooted in ancient wisdom, the applied aspect of *Dincharya* speaks directly to the challenges and opportunities of contemporary living, offering

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practical insights and guidance for individuals seeking to cultivate a holistic approach to well-being in the modern world.

## AIM

To achieve the goal of health maintenance and disease prevention by following *Dincharya* the daily regimen as per Ayurveda.

## MATERIAL AND METHODS

The overall data is collected from the Ayurveda text and related sources to present in a proper manner. Applied aspect of *Dincharya* includes following components-

- *Prataha-utthana* (waking 45min before the sunrise)
- *Shauchavidhi-Mutrasarga* (faeces and urination)
- *Danta-dhavana* (brushing teeth)
- *Jihva-nirlekhna* (clearing the tongue)
- *Anjana* (collyrium)
- *Nasya* (nasal drop)
- *Gandusha* (oil pulling)
- *Dhumapana* (medicated smoke)
- *Vyayama* (physical activity)
- *Snana* (bath)
- *Bhojana* (food related rules)
- *Sadvrutta Palan* (good conduct)

*Dincharya*, often referred to as "daily routine" in Ayurveda, encompasses a set of practices aimed at promoting physical, mental, and emotional well-being. Here are some applied aspects of *Dincharya*:

1. **Prataha-utthana**- Waking up early: Rising with the sun or before it is considered auspicious in Ayurveda. This aligns our biological clock with the natural rhythms of the day, promoting vitality and alertness. But it should be done only if the meal taken previous night is properly digested otherwise it causes metabolic disorders due to *Doshas* imbalance.
2. **Oral Hygiene**: The day typically starts with cleaning the mouth and tongue, often through practices like tongue scraping and oil pulling. This removes toxins accumulated overnight and promotes oral health.

**Dantadhavana**: Brushing of teeth is recommended twice a day i.e., morning and night by *Charak acharya*<sup>[1]</sup>, in the morning and after every meal by *Vagbhatacharya*<sup>[2]</sup>. Astringent, spicy or bitter tasting substances are considered suitable for *Dantadhavana* e.g., *Karanja*, *Nyagrodha*, *Arjuna*.

**Jihva-Nirlekhana**: Tongue cleaning regularly after brushing is mandatory to remove surface impurities responsible for foul breath as per *Charkacharya*, a flexible metal strip or plant material is a useful measure. It corrects foul smell,

does *Kapha* alleviation, increases *Annaruchi*, *Laghuta*.

3. **Suchi vidhi elimination**: Helping the body eliminate waste products is crucial for maintaining health. Establishing regular bowel movements through practices like drinking warm water and eating fibrous foods is emphasized. Waking up early in the morning will trigger the natural urge of defecation in the early hours of the days due to dominant *Vata dosha* (*Apana Vayu*).
4. **Kavala and Gandusa**: These practices are helpful in preventing diseases of the mouth, teeth, and gums. As per *Charakacharya*, *Gandusha* imparts strength to jaws and voice promotes excellent face flabbiness, gustatory sensation and good taste. Prevents throat dryness, lips scratching, prevents most dental problems, and roots them firmly with strength to chew the hardest eatables<sup>[3]</sup>. Research studies evaluate that oil pulling resulted in a statistically significant decrease in plaque, gingival scores and number of bacteria in the mouth<sup>[4]</sup>.
5. **Nasya**: *Acharyas* explore the utility of authentic regular use of *Nasya* as unimpaired sight, smell and hearing, prevention of hair fall and premature Hair greying, torticollis, head-ache, facial paralysis, lock-jaw, rhinitis, hemicrania and tremors. It strengthens blood vessels, joints, ligaments and tendons of cranium, makes face cheerful, voice melodious, firm and strengthens all the senses.<sup>[5]</sup>
6. **Abyanga**: Delay in aging, relieves exertion, pacifies excess *Vata* symptoms, enhances vision, nurture tissues, prolongs aging, gains healthy and deep sleep and best skin tone and assures complexion. It also prevents many neurological diseases, nourishes the entire body, the joints and muscles can move freely, increases peripheral circulation, and gets rid of metabolic wastes<sup>[6]</sup>.
7. **Snana**: Improves digestion, causes aphrodisiac effects, protects life, increases zeal and vigour, eradicates itching, helps removes dirt, exhaustion, sweat, stupor/tiredness, excessive thirst, burning sensation and sins.
8. **Bhojana**: The rules related to *Ahara-Bhojana* (food consumption) are widely described in *Ayurveda* focusing mainly on the rules related to quantity (*Ahara Matra*) concept of *Ashana* (intervals in food)<sup>[7]</sup>, *Anupana* (specific liquids to be consumed with specific food)), concept of *ViruddhaAhara* (incompatibility of food items if consumed together, *Anna Visha* (the concept of food contamination),<sup>[8]</sup> *Aharavidhivisheshayatana* and *Aharavidhividhana* (rules of food consumption).<sup>[9]</sup>
9. **Sadvritta**: Along with physical upgradation, *Ayurveda* propose *Sadvritta* for upkeep of mind

through balance in *Mano Dosha Raja/Tama* with preferable rise of *Satva Guna* in *Mana* (mind).: According to Ayurveda, a few diseases are classified as *Dosha-Karmaja*. i.e., caused by *Dosha* imbalance as well as bad conduct/sin of this life or previous life.

- 10. Quality Sleep:** Prioritizing adequate and restful sleep is essential for overall health and vitality. Creating a conducive sleep environment and following a consistent bedtime routine can help improve sleep quality.

Applying these aspects of *Dincharya* consistently can promote holistic well-being and support a healthy lifestyle.

In a modern context, the principles of *Dincharya* can still be highly beneficial for promoting well-being amidst the demands of contemporary life. Here are some applied aspects of *Dincharya* adapted for modern lifestyles.

- 1. Morning Routine:** Waking up early can still be valuable for starting the day on a positive note. However, it's also important to acknowledge individual schedule responsibilities. Establishing a morning routine that includes mindfulness practices, such as meditation or a few minutes of quiet reflection, can set a positive tone for the day.
- 2. Technology Usage:** In today's digital age, it's common for people to reach for their smart phones immediately upon waking. Implementing a "no-screen" policy for the first hour of the day can help reduce stress and promote mental clarity. Instead, focus on self-care activities like stretching, journaling, or enjoying a nutritious breakfast without distractions.
- 3. Exercise and Movement:** Incorporating physical activity into daily life is crucial for overall health. This could involve going to the gym, practicing yoga, taking a brisk walk during lunch break, or using standing desks to reduce sedentary behaviour.
- 4. Nutrition:** With busy schedules, it's tempting to opt for convenience foods that are often high in processed sugars and unhealthy fats. Planning meals ahead of time, meal prepping on weekends, and choosing nutrient-dense options can support a balanced diet even amidst a hectic lifestyle.
- 5. Stress Management:** Modern life can be fast-paced and stressful. Integrating stress management techniques such as mindfulness meditation, deep breathing exercises, or even short breaks for relaxation throughout the day can help reduce stress levels and improve overall well-being.
- 6. Work-Life Balance:** Striking a balance between work and personal life is essential for preventing burnout and maintaining mental health. Setting

boundaries, prioritizing self-care, and scheduling leisure activities can help create a more fulfilling and balanced lifestyle.

- 7. Sleep Hygiene:** Quality sleep is vital for physical and mental health. Establishing a bedtime routine that includes winding down activities like reading or taking a warm bath, as well as creating a comfortable sleep environment free from electronic devices, can promote better sleep hygiene.
- 8. Mindful Technology Use:** While technology plays a significant role in modern life, excessive screen time can have negative effects on health and well-being. Implementing technology breaks, setting boundaries around device usage, and practicing digital detoxes can help mitigate these effects.
- 9.** By adapting the principles of *Dincharya* to suit modern lifestyles, individuals can cultivate habits that promote holistic well-being, resilience, and vitality in the face of contemporary challenges.

## CONCLUSION

In today's fast-paced world, many people overlook the traditional rules for maintaining their health, both in terms of what they eat and how they live. This lack of attention to health is leading to numerous health problems for society. While modern medicine can help with some of these lifestyle-related issues, it often only provides temporary relief and can be expensive and complex. That's why there's a growing focus on making changes to how people live their lives.

Ayurveda, an ancient system of medicine, offers promising solutions for preventing and treating many lifestyle-related diseases. By following specific guidelines for daily routines, known as *Dincharya*, Ayurveda can help individuals avoid common mistakes that contribute to health problems. This includes paying close attention to symptoms and seeking treatment promptly even for minor issues. By sticking to these principles, individuals can potentially prevent many lifestyle-related diseases from developing into more serious conditions.

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