

# DINACHARYA: AN ANSWER TO LIFESTYLE DISORDERS.

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## ABSTRACT

*Lifestyle simply means “the way in which person lives.” The daily activities of person since he wakes up to fall asleep are included in this. It includes dietary habit, the nature of his work, exercise, hobbies and lesiure time activities. These activities have great impact on both physical and mental health of person. Lifestyle diseases are defined as diseases linked with the way people live their life. This is commonly caused by alcohol, drugs and smoking abuse as well as lack of physical activity and unhealthy eating. Diseases that impact on our lifestyle is heart disease, stroke, obesity and type II diabetes etc. there are also some psychosomatic disorders like Alzheimer's disease, astma, depression etc. presently there is high increase in of lifestyle diseases like hypertension, diabetes mellitus, dyslipidemia, and overweight/obesity associated with cardiovascular diseases is high on the rise. With rapid economic development and increasing westernization of lifestyle in the past few decades, prevalence of these diseases has reached alarming proportions among Indians in the recent years. As Ayurveda is science of life and described ways of prevention and management of diseases. One who wants to keep fit himself for whole of his life time should also be fit for every day. Health depends on how one spends day. The ideal life style for a day is called as daily regimen (Dinacharya). Daily regimen explains the various duties from one day to the next day.*

**Keywords:** *lifestyle, Ayurveda, Dinacharya, health.*

## INTRODUCTION:

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. [1] Its not only means free from the disease but able to work with satisfaction. Acharya charaka quoted that *Arogya* is the main root to achieve *dharma, artha, kaam* and *moksha*, [2]

धर्मार्थकाममोक्षणामारोग्यं मूलमुत्तमम् | १५ | (cha. Su. 1/15)

*Ayurveda* emphasises mainly over prevention of disease rather than its cure. [3] Change in lifestyle is the best way to prevent disease and achieve health. To achieve the health goal acharyas give detailed description of *rutucharya* and *dinacharya* and *sadvritta*. These concepts are mainly aimed at understanding the rhythms of nature and body and measures of maintainance homeostasis of healty boady.

With rapid economic development and increasing westernization of lifestyle in the past few decades, prevalence of these diseases has reached alarming proportions among Indians in the recent years. Now the time has come that we should convert our sedentary lifestyle to an ideal healthy and disease free lifestyle. [4].

## HEALTHY LIFESTYLE IN AYURVEDIC PERSPECTIVE:

The following principles are advised to maintain ideal life style:

Dinacharya	Sadvritta
Bramha muhurta uttana	Madhura bhashan
Achamana	Indriya vyavahar
Dantadhawana	Gamana vidhi
Jivha nirlekhana	Dharma acharya
Nasya	Shareera cheshta vidhi
Anjana	Achara rasayan
Abhyanga	
Vyayama	
Snana	
Vastra dhawana	

## DISCUSSION:

### Life style disorders

Overweight and obesity are associated with high blood pressure / cholesterol levels and increased risk of developing diabetes (insulin resistance) [5]. Excess body fat accounts for nearly 60% of diabetes and 20 % of cardiovascular disease respectively [6]. Elevated cholesterol alone is responsible for 60% of CVD morbidity globally. Major diseases of the 21st century like diabetes and hypertension affects our body and causes very severe effects over body. They are remaining silent for 5 to 7 years. Thus they are called as ‘silent killers’ [7]. They effect very severely over vital gans like- kidney, eye, heart, brain etc [8]. All these diseases are caused due to unhealthy lifestyle and dietary habits. People who experienced chronic anxiety, long period of sadness and negativity, unremitting tension were found to have double The risk of disease- including asthma, arthritis, headaches, peptic ulcers and heart disease. [9]

Now a days the above mentioned life style disorders are affecting today’s society, as one of the quotation says that “Prevention is better than cure”. We can prevent the diseases by maintaining the life style. For preventing the diseases we should follow the diet, exercise and positive attitude. Ayurveda have an aswer to this as following:

**Brahma muhurta:** it is considered as the ideal time to wake up which is the fourteenth muhurta of ratri (night). [10] The exact time of Brahma muhurta varies from places to places as the time sunrise is not uniform everywhere. It is approximately two muhurats i.e 96 mins before sunrise in that region. The scientific importance of this time is that it is the duration between respiration and photosynthesis. [11]

ब्राह्मे मुहूर्त उत्तिष्ठेत्स्वस्थो रक्षार्थमायुषः। (A.H.SU 2/1) [12]

Westerners regard Benjamin Franklin's quote "Early to bed and early to rise, makes a man healthy, wealthy and wise." Scientists have discovered that certain brain structures and chemicals produce the states of sleeping and waking. Understanding these control mechanisms helps doctors pinpoint what can go wrong and plan effective treatments the classic phase markers for measuring the timing of a mammal's circadian rhythm are: [13]

- Melatonin secretion by the pineal gland
- Core body temperature
- Plasma level of cortisol

**Danta dhawana:**

प्रातर्भुक्त्वा च मृद्वग्रं कषायकटुतिक्तकम्॥२॥

कनीन्यग्रसमस्थौल्यं प्रगुणं द्वादशाङ्गुलम्।

भक्षयेद्दन्तपवनं दन्तमांसान्यबाधयन्॥३॥ (A.H.SU 3/2, 3)

For proper oral hygiene ayurveda emphasised on danta dhawana [14] (brushing), jivha nirlekhana (tongue cleaner) and dhupana (medicated smoking). The typical toothpaste contains calcium phosphate dihydrate, chalk, coloring agent and preservative. Due to all this irritation and allergic reaction may occur at mucosa. Ingestion of excess amount of fluoride may cause dental fluorosis, degeneration of bones and teeth in young childrens.[15] This is logic behind using plant twig having kashaya (pungent), katu (bitter) and tikta (astringent) rasas as they poses minimum mucosal irritation and allergic reaction. It is fact that astringent drugs having analgesic and antiseptic properties.

**Jivha nirlekhana:**

Scraping of tongue is major part in oral hygiene. Ayurveda recommends scraping of the tongue. Brushing stimulates the buds but doesn't clean it. The old minuscule morsel of food lie trapped in crevices between tongue buds, like dirt at the bottom of the carpet between the thick loops of wool, creating toxins, lack of taste, bad taste and mal odor. Ayurveda tells us to scrap the tongue to reduce oedema and stiffness of tongue as well. To scrap the tongue use an instrument made of silver,

gold, iron or strong twig of tree that is soft, smooth, ten fingers long and serves to clean. It also stimulates the perception of taste and increases digestion. Stimulate reflex in cephalic phase for gastric secretions hence appetite also increases. A study to evaluate the effect of tongue scrapping on bad breath shows that it is most hygein procedure to reduce bad breath. [16]

**Nasya:** it is unique way to deliver a drug via transnasal route.

अणुतैलं ततो नस्यन्त... (A.S.SU.3/15) [17]

It is very useful in *urdhwajatrugata vyadhi* (diseases of head and neck). The advantage of transnasal route is that the absorption is rapid via mucosa. This is due to large surface area and porous endothelial membrane, high total blood flow and absence of fast pass mechanism. [18]

Nasya is very useful in many conditions like migrain headache, khalitya- palitya, vyanga, insomnia etc. another advantage of nasya over conventional oral route is the avoidance of low ph, associated chemical degradation and hepatic elimination of drug. [19]

The purpose of using medicated oil for nasya is that the nasal mucosa is ideal site for bioadhesive drug delivery system. This system has the ability to control the rate of drug clearance as well as protect the drug from enzymatic degradation in nasal mucosa. [20]

### **Gandusha and kawala:**

*Kavala and Gandusha* is differentiated based on the dosage and procedure of using the drug. *Kavala* is a procedure in which either medicated fluid or paste of the drugs is filled in the mouth in a dosage such that it can be freely moved within the mouth. It is retained for specific duration and then spit out. In *Gandusha*, mouth is completely filled with medicated fluid such that it cannot be moved within the mouth and retained until there is *netra and nasasrava* (secretions from eyes and nose) and then spit out. Some of the drugs mentioned for this purpose are medicated oil or ghee, milk, honey and Luke warm water.

Benefits of proper practice of *Gandusha* are –

- *Vyadhiapachaya* (disease subsides)
- *Tushti* (feeling of freshness)
- *Vaishadya* (cleansing effect)
- *Vaktralaghuta*(lightness of mouth)
- *Indriyaprasada* (improved perception by the sense organs)

*Kavala* as a treatment modality for *Puthyasya* (foul smelling oral cavity). Hence *Kavala* can give better results in halitosis.

**Dhumapana:** it is the procedure to take smoke through the nostril and then through the mouth. It gives stength and promot health. It gives benefits like lightness of the chest, throat, head, and liquefaction of the *Kapha*. It has stimulant effect on respiratory center of brain. *Dhumpana* is also

indicated in many respiratory diseases like kasa, tamaka shwasa and rajayakshma. It helps in clearance of passage of nasopharynx and oropharynx.

### **Vyayama:**

Regular exercise is very necessary to keep ourself healthy. It nourishes the body, gives good complexion, proportionate the body parts, enhances *Agni*, avoids laziness and obesity, provides lightness of the body parts, and also avoids early aging. It lowers the body fats, reduces the risk of heart disease. And lowers LDL and raises HDL. It helps for the controlling the blood sugar, reduces the risk of osteoporosis and cancer [21]. *Ayurveda* advised *ardhashakti vyayama* ie half of ones capacity. One can observe higher rate of cardiovascular events and higher deaths in individuals with low physical activities. [22]

### **Abhyanga:**

Massage with medicated oil is very beneficial in delay aging, cures tiredness and *vata* disorders, and improves vision, complexion, nourishment, life, sleep. And by doing *padaabhyanga*, it provides strength and stability to feet, improves the vision and pacifies the *vata*.

It also nourishes hair roots and softens injured and over used muscles. [23]

### **Tambulasevana:**

रुचिवैशद्यसौगन्ध्यमिच्छन्वक्त्रेणधारयेत् । जातीलवङ्गकपूरकङ्कोलकटुकैःसह ।  
ताम्बूलीनांकिंसलयंहृद्यंपूगफलान्वितम् । रक्तपित्तक्षतक्षीणरूक्षोत्कुपितचक्षुषाम् ।  
विषमूर्च्छामदार्तानामपथ्यंशोषिणांचतत् । पथ्यंसुप्तोत्थितेभुक्तेस्नातेवान्तेचमानवे ।  
द्विपत्रमेकं पूगं च सचूर्णखदिरं च तत् ॥ २० ॥ ... (A.H.SU 3/20)

Tambul sevan is *mukhavaishyadakar*. It has medical uses also. The essential oil in leaves poses antibacterial, antiprotozoal and antifungal activities. Hence beneficial in killing or inhibiting dreadful bacteria causing typhoid, cholera and tuberculosis. [24] It also lowers the blood sugar level.

### **Snana:**

Taking bath is auspicious, enhances virility, longevity, strength, compactness and *ojus*, at the same time it cures tiredness, sweat and impurities of the body. It takes away the sleep, burning sensation, sweat, thirst and unpleasantness due to sweat.

### **Ahara sevana:**

A balanced diet is key factor in maintaing good health. *Ayurveda* explained balanced diet in two major catogaries ie *ashta ahara vidhi vishesha ayatana* and *dwadash ashana pravicharana*. In general food should be pleasant, pure and warm. There is also an influence of psychological factors during consumption of food. It is well appreciated nowadays, as dieticians advised not to consume

food in front of TV or while doing other activities, pay attention to what you are eating, chew it well and enjoy its taste and smell. [25]

**Mental and social health:** Nowadays stress is one of the major causes of diseases. So one should det rid off *kaam, krodha, irsha, lobha* etc.

## CONCLUSION

the ancient concepts of healthy living described in ayurveda are very beneficial in preventing diseases. They are unique, evidence based and useful in maintaining proper physical, mental and social and spiritual wellbeing. So we can say “*Health management is free and enjoyable; but disease management is very costly and painful.*”

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