

## **IMPORTANCE OF CHARKAANUSAR VARNIT DINCHARYA IN TODAY'S LIFE**

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### **ABSTRACT**

Acharya Charaka has described the importance of *Dincharya* in detail. He has mentioned all activities should be done for a healthy living. Those principals are having same importance in today's life. This is mainly due to the interplay of various lifestyles, genetic and environmental factors which have altered over the years due to modernization. As a result of the growing challenges of modernization, man has responded by readjusting his customary behavior. He has tried successfully to maximize his intellectual and physical capabilities for deriving highest amount of productivity. Man has adapted himself to the fast paced life by modifying his dietary and lifestyle preferences to suit the modern era. This has resulted in a state of discrepancy between the external environment and his internal mechanism causing multitudes of diseases which are popularly referred as 'lifestyle diseases'. There is a close relationship between life style, occupation and endocrinal disease /disorders. Fast foods, lack of exercise, stress, various addictions etc. are some of the factors which contribute greatly to such diseases. These factors generally act by impairing the metabolism of an individual making him prone to series of disorders. This review article tells us that our ancient knowledge can save us from these life style disorders

**Keywords:** *Dincharya*, modernization, discrepancy, metabolism

### **INTRODUCTION**

"*Darma artha kaam mokshanam arogyam mool matam*"<sup>1</sup> it has rightly been said in Ayurveda that health is most important factor for *purusharth chatustaya* in life. Without good health human being cannot achieve anything. So it's necessary to follow a right life style and for this purpose our Acharya Charaka has mentioned *dincharya* in detail. He has

described whole day schedule in a systematic way in sutra *sthana*. If we will follow his rule in today's life too we will hardly get ill and thus the main motto of Ayurveda i.e; *swasthya swasthya rakshanam*<sup>2</sup> is also fulfilled. This paper will reveal the scientific approach of *Dincharya* described in *charaka samhita*. So the main Aims and

## Aim and Objectives

- To show the importance of our ancient science Ayurveda
- To reveal how significant these principals of Ayurveda are in today's life

## DISCUSSION

A number of fatal diseases are coming in notice day by day such as hyperlipidemia coronary artery disease, lungs disease, hormonal imbalance, diabetes, psychosis and many other psychiatric disorders. The main and the root cause of all these diseases is improper life style. Due to modernization we are compel to achieve more in short span of life. In this paper, every concept of *Dincharya* has been discussed. In *Charaka Samhita* *Dincharya* had been discussed throughout yet mainly 5<sup>th</sup> chapter named *Matrasheetiya aadhyaya* is concerned with it.

**Aahar Matra Calculation:** Acharya had started with *aahar matra* calculation and *Charaka* said that every individual should eat food according to his digestive capacity, thus we see how scientifically *Charaka* has described *aahar matra* for every individual. He also has described *trivid kukshi* i.e.; different components of stomach to be filled by different food material depending upon their density or consistency i.e.; solid matter should be filled 1/2 or 1/3 of stomach<sup>3</sup> and some space must be left for *vayu* so that bile juice and air could do their job. We should not fill our stomach with food as we do now a day.

**Braham muhutar jagran:** Acharya has said to wake up early in the morning in *Braham muhurata* which seems to be very scientific as during early morning environment remain

very calm, pollution free and healthy. Fresh air increases supply of oxygen to our body which is very beneficial for health.

**Defecation:** After wake up one should pass urine and faeces facing north and south direction in morning and evening respectively. Here the bipolar theory of physics might be working on brain to decide the direction during defecation by Acharya. After defecation Acharya advised to clean outlets.

**Dantdhavana:** *Dantdhavana* by *katu, tikta, kashaya ras pardhan aushadh/tree sticks* e.g. *Apamarga, arimeda, karaveera*. Oral health is very important for healthy life because a lot of infections of upper respiratory track spread via mouth. It clean the teeth remove harmful coating, removes bad odor and increases life of our healthy teeth. Now a day's harmful chemical composition which is not good for our health is being used by us.<sup>4</sup>

**Jivha nirlekhan:** cleaning tongue by different metal sticks like gold, silver and tree. This procedure scientifically<sup>5</sup>

**Anjan:** one should apply *sauviranjan* which is beneficial to eyes. It improves and maintains our vision. It cleans our eyes and increases their shine.<sup>6</sup>

**Nasya:** Acharya had mentioned *anu tail* for nasal drops. *Nasya karma* improve nasal mucosal defense mechanism which improve our health and decrease hypersensitivity reactions like allergic rhinitis, sinusitis.<sup>7</sup>

**Gandusa & Kawal** *Nasya* is followed by *Gandusha and Kawal Dharna* which strengthens our mandible, gums and temperomandibular joints, improve speech capacity. It enhances our senses and lightens them. The drugs used for *gandusha* and *kawal* in ancient

text were all herbal in origin but in today's life these drugs has been replaced by harmful chemical composition which is not good for our health.<sup>8</sup>

**Dhoompana:** Acharya described the procedure of *dhoompana* to excrete out the liquified and evoked kapha dosha through mouth. It was advised to inhale smoke through nostrils and mouth but to exhale through mouth only otherwise it will be harmful for vision. Acharya mentioned the herbs which were *kapha-vaat shamak* in *dhoompana*. But now a day's tobacco smoking is becoming a fashion and habit which is very fatal for our lungs and other body parts. It produce many diseases like COPD, Berger's disease, CAD.<sup>9</sup>

**Vyayam** Acharya described the importance of *Vyayam* /exercise that is lightens our body, increases work capacity and improves digestion. In today's life lake of exercise has created a lot of life style disorders in humans like obesity, CAD, Diabetes mellitus, Hyperlipidemia. Proper exercise reduces the risk of all these disorders. Exercise lower the triglycerides and increase the HDL in our body, reduces body fat, lowers the risk of osteoporosis and cancer. Before exercise one should do massage/*abhyanga* with *vaatshamak tailum*. *Abhyanga* improves blood circulation in the body dissolve *kapha dosha* and *vata dosha*. Massage smoothen muscles and strengthens bones. After exercise one should have bath with cold water in *greesham ritu* and hot water in sheet *ritu*. *Abhyanga* delays aging, cures tiredness and *vata* disorders and improves vision, sleep and nourishment. Foot massaging provides the stability and strength to feet, improves the vision and pacifies the *vata*. Head

massage prevents the balding, fall and graying of hair, strengthens hair make them long and strong.<sup>10</sup>

**Bathing:** Bath cleans our body increase life span, improves oja and avoids skin diseases like *kandu*, hyper sweating, removes fatigue and thirst. It also improves blood circulation of the body.<sup>11</sup>

**Udvardana:** It dilates blood vessels and enhances the skin complexion, eliminates *vata* disease and rashes, enhances thighs strength and provides the lightness.

**Food:** Acharya had mentioned *aahar dravya* which should be used in routine i.e; *saindhav*, *amalaki*, *santhi* and *sali chawal*, *aakash ka jal*, milk, honey. Fruits, peanuts, cereals, sprout, puffed rice are considered to be healthy for us. We should use a diet rich in fibers and nutrients like vegetable, fruits. We should avoid high calorie diets like banana, mango junk food, preserved food items. Vegetables and fruits that we use should be fresh, natural in color and taste. In this regard Acharya had mentioned *aahar dravyas* which should not be used continuously i.e.; *sushak mansa*, *sushak shaka*, *bis*, *kilat*, *kurchak*, curd, *urad ki daal* etc.

**Healthy habits:** Acharya had mentioned all the deeds to follow to live a healthy life under the topic *sadvrit*. In *Ayurveda swasth* is whom all *dosha*, *agni*, *dahus*, *malas*, all physiology are in equilibrium. Both physical and mental wellness is required to be healthy. In *Ayurveda* all *vihar* is told in such a way that it maintain balance between physical and mental health.

## CONCLUSION

Ayurvedic principals explained in our ancient text are very helpful in maintaining our health. The highlighting points described by Acharya are as *aahar matra* and healthy *aahar, anjan, dhoompana, nasay karma, dant dhavan, jivha nirlekhana, gandush, kawal dharan, abhayang, karpurna, vaster and aabhushan dharan, paduka dharan dharan, chatrdharan, danddharan*. These all procedures are scientifically very important and helpful in providing a healthy life. In sort we all must adopt ancient *Ayurveda* for healthy living.

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