

A STUDY ON THE EFFECT OF *DINACHARYA* (AYURVEDIC LIFE STYLE) FOR HEALTHY LIVING IN MODERN AGE

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ABSTRACT

Health includes one's reserve of physical strength and stamina as well as mental steadiness to meet the requirements of the daily life. Only healthy individual of sound body and mind can endure social and cultural pressures. Health not only means freedom from the disease, but the ability to work with the satisfaction and self control. Health is the best root factor in achieving *Dharma* (attain pious acts), *Artha* (wealth), *Kama* (desire) and *Moksha* (salvation). Lifestyle change, more than any other factor, is considered to be the best way of preventing the disease and early death in our society. When people in western society die before the age of 65, it is considered to be early or premature death. Many factors contribute to early death. The major causes of early death have changed from infectious diseases to chronic lifestyle-related conditions. The most important is unhealthy lifestyles that contribute to more than half of all early deaths. 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: Health, Daily regimen, Life style disorder, Food items

INTRODUCTION

Ayurveda emphasizes importance to maintenance of health of a healthy person and curing the disease of an ill.¹ To maintain the health some activities are mentioned in *Ayurveda* under the term *dinacharya*. By following daily regimen (*Dinacharya*) one will be able to follow a healthy lifestyle thereby maintaining health.

Health is a state of complete *physical, mental, social and spiritual* well being and not merely the absence of disease. (Acc. to WHO).² According to *Ayurveda* man is said to be healthy (*Swastha*) whose humors (*Doshas*), tissues (*Dhatus*), excretory products (*Malas*), and digestive capacity (*Agni*)

are in the state of equilibrium along with mental sensory and spiritual pleasantness and happiness.³

Fundamental texts of *Ayurveda* opine that diseases affect both in *mana* and *shareera* which shows the importance given to both physical and mental health in *Ayurveda*.⁴

A person in good health should wake up, for protecting his life in *Brahma muhurta*, after considering the position of digestion or indigestion⁵. One should excrete the urine and faeces only after getting the urge, facing the north during daytime and should south during night⁶. One should do *achamana* (clean) after the following acts-

touching excreta, tears, fat, hair, and nails separated from the body, after taking bath, before and after taking the food and getting up from the sleep and after sneezing⁷. After this one should chew the *dantha dawana* (Brush) sticks meant for cleaning the teeth. Sticks used for brushing teeth should be of *Arka, Khadira, Karaveera, Arimeda, Apamarga*. They should be astringent, bitter⁸. One should daily apply the collyrium called *Sauviram*, which is beneficial to the eyes; by this eyes become beautiful, sharp to see even minute objects⁹. Then *Anutaila* is to be dropped into the nose & next *gandusha* should be held¹⁰. One should next undertake use of smoke i.e, inhalation of smoke¹¹.

Actions which produce weariness to the body are called exercise or *Vyayama*. By exercise, feeling of lightness of the body, ability to do work, intensity of fire, reduction of fat is produced¹².

Massage of the body subsides, *Kapha*, dissolves the fat produces firmness to the limbs and gives good appearance to the skin¹³.

Bath stimulates digestive fire, increases span of life *Ojus* and strength. It also removes itching, dirtiness, fatigue, sweat, lassitude, thirst¹⁴ etc.

One should take the food, according to the rules laid down with a pleasant mind, after offering to fire- God, after giving charity to poor food should be prepared all and not for self alone¹⁵.

DISCUSSION

Life style disorders

Overweight and obesity are associated with high blood pressure / cholesterol levels and increased risk of developing diabetes (insulin resistance)¹⁶. Excess body fat accounts for nearly 60% of diabetes and 20 % of cardiovascular disease respec-

tively¹⁷. Elevated cholesterol alone is responsible for 60% of CVD morbidity globally¹⁸.

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'¹⁹. They effect very severely over vital organs like- kidney, eye, heart, brain etc²⁰. There can be no symptoms for diseases like -high cholesterol, high blood sugar, and high blood pressure. 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.²¹

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 above mentioned healthy diet, exercise, positive attitude and yoga. So these lead to the healthy life style.

Waking up in *Brahmi muhurtha* i.e. 'two hours before the sunrise', Brahma is knowledge, which is gained by reading. It is the time which is ideal for gaining of the knowledge. And also now a day, there is a lot of pollution in the environment. And in the morning hours it will be clean without pollution. Along with the clean air, the pleasant atmosphere, absence of noise, the morning rays of the rising sun is very beneficial to the health. Sun is the god of health. Health is got from the sun. So, one should get up early in the morning before sunrise.

Achamana means to wash, which will be done after cleaning the excreta, tears, sneezing, and after travelling. It will be helpful for the digestion of food, and also evacuation of the bowel completely.

Danta dhavana: One should brush in the morning with twigs of *Arka*, *Vata*, *Khadira*, *Karanja*, and *Arjuna*. One should brush in vertical direction from bottom to top. So by doing this it brings freshness, takes away the bad odor, coating on the teeth and creates desires for the food. But in modern age by using chemicals the pastes are going to be prepared. So those are not useful for the modern era to have a long life.

Jihva nirlekhana: It should be done with the help of gold, silver, or iron. It will benefit in bad odor of mouth, cure edema, and gives taste. Now a day those metals are very costly so at least we can use at least steel items.

Gandusha and Kavala: It gives strength to mandible, clarity of mouth, lightness and clarity of sense organs. And also gives good taste. In modern era such items are prepared with chemicals, so one should avoid those chemical items.

Anjana: It cleans the eyes, which makes them shine like the bright moon in clear sky.

Dhumapana: Smoking is the procedure to take smoke through the nostril and then through the mouth. It gives benefits like lightness of the chest, throat, head, and liquefaction of the *Kapha*. In modern era smoking is completely different and fashionable because they are taking the smoke through the mouth and leaving out through the nostril. And that cigarette contains nicotine like harmful things which will affect the lungs. So by smoking with these things instead of increasing the life span they will decrease the life span.

Nasya: Head is considered as the most important part of the body. So nose is the entry way for the head. It causes benefits like lightness of the head, proper sleep, and awakening, cure of diseases, clarity of organs, and pleasant mind. In modern days nasal insufflations are there. So they are prepared from plant origin they are good for health.

Vyayama: by doing regularly exercise 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, helps for giving energy, reducing the stress, improves the sleep, to enhance mode of work and the self-esteem. In modern days about exercise they are having knowledge so that will improve individual life span.

Abhyanga: By taking proper massage it delays 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*.

By doing *Shiroabhyanga* it prevents the balding, graying, hair fall, strengthens the hair root, and makes the hair long and black. And it also nourishes the sense organs, softens the skin,

Udvartana: By doing this blood vessels become dilated and complexion in the skin is enhanced. Cures rashes, *vata* diseases, enhances the strength of thighs, and provides the lightness.

Samavahana; Gentle massage enhances the affection, sleep, virility, avoids the *Kapha* and also improves the circulation.

By massage therapy the people will have an idea about the benefits. So the people are interested to go towards the massage centers. They will definitely increase the life span of the individual.

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.

Aahara: One should start *Ahara* with *Madhura rasa* then *amla*, *lavana*, *tikta*, *katu*, *Kashayaa*. Like this one should take *Ahara* in a chronological order. And one should take *anupana* as *jala*. Because this *Ahara rasa* gives strength, *bala*, *varna*, *pushti*, *dhatu poshana*, *indriya prasadata* etc.

Healthy food items

Fruits, roasted cereals like gram, peanuts, pulses etc. Sprouted cereals, Puffed rice, *Chhole Ghanji*, butter milk (*mattha*) are considered as healthy food items.

It is needed to change our style of food as: Consume a diet rich in vegetables and fruits (all colored), avoid eating more high calorie fruits (mango, banana, jack fruit etc), whole fruit is better than fruit juice because it contains fiber. Vegetables which are green, reduces fat and blood sugar level. Stop or minimize alcohol intake, because alcohol is hollow calorie drink. And have sufficient water such as 3 to 3.5 lit/day. Prepare food by boiling, roasting, steaming, baking and avoid frying.

Tambula: After taking the food one should take *Tambula* (betel leaves and nut) because it will gives oral hygiene, digestion of food,

gives good smell. And improve functions of Indriyas.

Mental health and social health

Now a day we are seeing the 80% Of diseases are psychosomatic. For every emotion there is chemical secretion in the body like anger, hostility, frustration, violence, depression, etc. Factors which decide our attitude are environment: (home, school, work, media, cultural, religious, social, political etc.) Experience: (reference point of our actual experience). Education: (formal and informal), etc.

CONCLUSION

Ten healthy lifestyles have been identified that are associated with reduced disease risk: a) Increased wellness b) Regular physical activity c) Eating well d) Managing stress e) Avoiding destructive habits f) Practicing safe sex g) Adopting good safety habits h) Learning first aid i) Adopting good personal health habits j) Protecting the environment. Just as unhealthy lifestyles are the principal causes of modern-day illnesses, healthy lifestyles can result in an improved feeling of wellness that is critical to optimal health. In recognizing the importance of “Years of healthy life,” the public health service also recognizes what it calls “Measures of well-being.” This well-being or wellness is associated with social, mental, spiritual, and physical functioning. So “*Health management is free and enjoyable; But disease management is very costly and painful.*”

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