

Conceptual Review Study of Dinacharya Upakrama As Swasthavritta Measure W.S.R. to Bruhatrayee

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Abstract

Ayurveda is a science of life. The word Ayurveda derived from two words “Ayu and Veda”. Ayu means life and veda means knowledge. So we can say Ayurveda is an ocean of knowledge about life. The main objectives of Ayurveda are prevention and cure the disease. Ayurveda emphasis importance to maintain the health of healthy person and curing the disease of ill. 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. It's application is very important to prevent occurrence of infectious diseases. In today's era of modernisation, people have become more susceptible to infectious diseases due to negligence towards person hygiene as it occurs due to enormous stress, busy & faulty lifestyle, sedentary work. So present study is an attempt to study conceptually Dinacharya as a Swasthavritta measure described in Bruhatrayee.

Keywords: Ayurveda, lifestyle, dinacharya, Bruhatrayee.

Introduction:

Charya means Acharan/ Kriya/ Activity. Whatever the activities are done by man from waking up in the morning till sunset is called Dīnacharya. Activities done from sunset till sleeping, is called as Ratricharya. But in practice Dincharya and Ratricharya both are combinedly considered as Dinachayra. Infectious diseases cause 31% of all deaths in Asia and this trend is

especially notable in developing countries where acute respiratory and intestinal infections are the primary causes of morbidity and mortality among young children.

Personal hygiene is an important global public health issue since long. Hygiene refers to practices associated with ensuring good health and cleanliness. Personal hygiene is the practice of maintaining cleanliness of one's own body. Good hygiene care as well as practices in terms of personal hygiene contributes to a large extent on factors relating a healthful living and prevention of hazards from diseases. These health risk factors are directly related to some daily activities implicated

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with worthy operational actions and obligatory responsibilities, such as washing hands before meals and after defecation with soap, brushing teeth, taking bath with soap regularly etc. This has been beautifully stated by all Acharyas in classical Ayurvedic texts. So present study entitled – “Conceptual Review Study of Dinacharya Upakrama As Swasthavritta Measure W.S.R. To Bruhatrayee” has been undertaken to get comprehensive knowledge about Dinacharya quoted in Bruhatrayee.

Aims

To study in detail Dinacharya elaborated in Bruhatrayee.

Objective:

1. To take various references related to Dinacharya in various Ayurvedic Samhitas.

2. To understand various measures of Dinacharya mentioned in Bruhatrayee.

Material and Methods:

1. Compilation of different reference form texts, dictionary and Samhita related to topic.
2. Explore and elaborate the concept of Lifestyle disorders by referring books, papers, samhita etc.
3. Exploring measures of Dinacharya.

Review of Literature:

Dinacharya:

Arunadatta in his commentary gives the definition of Dinacharya as the regimens done daily. He further elaborates that these regimens are performed to prolong life span. All Acharyas of Bruhatrayee have mentioned Dinacharya in their samhitas. It is described in sequence as follows-

Acharya Charaka	Acharya Sushruta	Acharya Vagbhata
Anjana	Dantapavana, Dantashodhana	Bramhamuhurta Uttishta
Dhumrapana	Jivhanirlekhana	Shouchavidhi
Anutaila	Mukhaprakshalana	Dantadhawan, Dantadhavana contraindication
Dantadhawan	Netraprakshalana	Anjana
Jivhanirlekhana	Netranjana and Contraindication	Nasya
Tambulsevana	Tambulsevana and Contraindication	Gandusha
Telagandush	Shirapratipurana	Dhooma Tambul sevana and its contraindications
Shirasnehadharana	Keshaprasadhana	Telabhyanga and its contraindications
Karnapurana	Karnapoorana	Exercise, its contraindications, its quantity
Telabhyanga	Telabhyanga	Dehamardana, Udvartana
Padabhyanga	Sarvangataila parisheka	Snana, Ushnambu, Sheetambu, contraindications of snana
Udvartana	Snehavagaha	hita mita bhojana
Snana	Abhyanga contraindication	sadvrutta kathana

Dharana of clean cloths	Exercise	Ratnadharana, mahoushadhi dharana
Gandhamalyadharana	Dehamardana	Aatapapatra dharana
ratnadharana	Ativyayama contraindication	Padatranadharana
Hastapadaprakshalana	Udvardana	
	Udgharshana	
	Utsadana	
	Snana, its contraindication	
	Anulepana, Pushpa, Ratna, Vastra dharana	
	Mukhalepa, Anjana	
	Devata Atithipujana, Ahara	
	padaprakshalana, Padabhyanga	
	Padatranadharana	
	Kesha, nakha, Lomakartana	

Some of measures of Dinacharya mentioned in Bruhatrayee is as follows-

1. A waking early in the morning:

One desirous of long healthy life should get up in brahma muhurta. One should analyse about the digestion of the food taken previous night and get up in the early morning. Arunadatta commenting on bramhma muhurta mentions. Usually during this time environment is clean without much of pollutants. Along with the clean air, pleasant atmosphere, absence of noise, the morning rays of the rising sun is very beneficial.¹

2. Malotsarga/ sharirachintanivartan:

The healthy person should get up during Brahma muhurta to protect his life. After considering the position of digestion or indigestion food taken in previous night, the person should next to eliminating the Mala and Mutra.²

3.Brushing of teeth

One should brush in morning and night after intake of food with twigs of Arka, Vata, Khaira, Karanja and Arjuna. Thickness should be of little finger, length should be of twelve angula. One end is made like brush by chewing and the teeth should be brushed without injuring the gums.³

The selection of twigs for tooth brush should be done on the basis of season and dosha, rasa and virya after getting up. Nimba (neem) is best among bitter ones. Khadira (accasia) is the best among astringent drugs, madhuka is the best among sweet drugs and karanja is the best among the pungent dugs.⁴

Ideal nature of drugs:

Twig should be divide of branches and knots, it should be grown in good land and every day new twig should be used for tooth brushing.⁵

4. Tongue cleaning

Tongue cleaning should be done with the help of instrument which is smooth, soft, 10 angula in length, made of silver, gold or iron.⁶

Benefits:

It removes bad taste, odour of mouth, cures oedema, stiffness of tongue and gives taste. Gargling with oil strengthens the teeth.

5.Gargling

Mouth is completely filled with gandusha dravya and kept without movement in gargling or gandusha.⁷

Different liquids used for gargling:

1. Snigdha gandush – Unctuous substance having sweet, sour and salt taste are used to alleviate vata.
2. Prasadana/samana Gandush – sweet and bitter taste and cold quality drugs are used to pacify pitta.
3. Shodhana – Drugs having hot and dry quality are used to expel kapha.
4. Ropana - Bitter, sweet and astringent taste having healing property are used to heal the wounds.

For Gandush unctuous substances like snheha, milk, honey, water, alcohol, meat soup, wine, rice gruel and decoctions are used in hot or cold conditions.

Daily regimen:

Every day Gandush is ideally done with oil or meat soup.⁸

Benefits of gargling (Gandush):

Practice of Gandush enhances strength of mandible, resonance of voice, nourishment of face, taste sensation and give good taste. It prevents dryness of throat, cracking of lips, decay of teeth and makes the teeth strong. Person does not experience pain, tingling sensation after eating sour food or hard food.⁹

6. Mouth wash

The material used moves easily in the mouth in kavala.¹⁰

7. Tambula Sevana

After anjana the person should make use of Navana, Gandush, Dhumapan and Tambula.¹¹

Person who desire good taste, cleanliness and pleasant smell of mouth, should keep in his mouth the tender leaves of Tambula (betal leaves) along with Jati, lavanga, karpura, kankola, and katuka mixed with Areca nut. It is very good for heart.

Contraindication for Tambula Sevana:

It is contraindicated in the person who is suffering from the disease of Raktapitta, wounds,

dryness and redness of eyes, poisoning effects, unconsciousness, intoxication and even from consumption.¹¹

8. Collyrium

For the maintenance of positive health, the most important measure like application of collyrium should be done daily.¹²

Variety:

1. According to Charaka – Sauviranjana, rasanjana
2. According to Sushruta – prasadana
Lekhana
Ropana
3. Depending on action – Mrudu - Ropana
Snehana
Prasadana
- Tikshna – Lekhana

Time of application:

One should apply collyrium made of antimony every day for protecting the eyes. Collyrium made of (Berberis aristata DC) is applied once infive or eight days at night time for lacrimation of eyes.¹³

9. Nasal drops

Nose is the entry way for the head and medicine used in the form of nasal instillation, cures the diseases of the head through this route only.¹⁴

Definition:

Medicine or medicated fat is administered through nostril, this is known as Nasya.¹⁵

Benefits of nasal drops:

Practice of Nasya at proper time as said in the text prevents diseases of eyes, nose and ears. There will be no white or gray hair, no hair fall, instead they grow well. It cures stiffness of neck, headache, facial paralysis, stiffness of jaws, rhinitis, half sided headache and tremors are nourished by nasya and become sweet, deep and loud, clearness in sense organs and strength get

enhanced. He will not be afflicted with diseases of head and neck easily even in old age he will be strong and will not be afflicted with diseases of head.¹⁶

Features of proper Nasya:

Lightness of head, proper sleep and awakening, cure of diseases and clean all organs and pleasant mind are the features of proper nasal instillation.¹⁷

10. Medicated Smoking

Definition:

Inhalation of smoke and exhalation is known as Dhumapana.¹⁸

Method:

First take smoke through nostril and then through mouth, both the times smoke should be taken out through the mouth. If it is taken out through nostrils, then it is harmful for the vision. One should sit in a comfortable posture with a pleasant mind, smear the end of Dhuma varti with ghee or oil, ignite it and place it in Dhumanetra, which is the instrument used for smoking.¹⁹

Benefits of smoking:

Smoking cures heaviness of head, headache, rhinitis, half sided headache, pain in the eyes, ear, cough, hiccough, dyspnoea, obstruction of throat, weakness of teeth, discharge from ear, nose and eyes, bad odour from nose and mouth, tooth ache, anorexia, lock jaw, stiffness of neck, itching, infection, paleness, excessive salivation, change in voice, tonsillitis, uvulitis, baldness, graying of hair, hair fall, sneezing, drowsiness, loss of consciousness and excessive sleep. It strengthens hair, skull bones, sense organs and voice. It prevents strong vata kapha disorders occurring above the shoulders.²⁰

11. Exercise

Definition:

The action which produces tiredness in the body is Vyayama.²¹

The physical action, which enhances the strength of the body, when performed in the required amount is called as Vyayama or exercise.²²

Exercise is the best among strength promoters.²³

Features of proper exercise:

Sweating, increased respiration rate, lightness in the body and increased heart beat are the features of proper exercise.

12. Kshaura-karma

Cutting of hair, nails and body hair, enhance pleasure, lightness, luck and enthusiasm.

13. Massage

Vayu resides in skin and is abode of touch sense. Abhyanga is good for skin and one should do it every day.²⁴

Benefits of massage:

Daily practice of Abhyanga delays ageing, cures tiredness and vata disorder, improve vision, complexion, nourishment, life, sleep, good lusturous skin and strength. This should be done specially to head, ears and feet.

Contraindications for massage:

Person suffering from kapha disorders, after purification measures and indigestion are unfit for Abhyanga. Abhyanga is contraindicated in samavastha of dosha, beginning condition of fever, indigestion, after purgation (virechana), emensis (vamana), enema (Niruha basti) and diseases caused by over nourishment (santarpana).²⁵

14. Udvartana

Udvartana is a process which helps to decrease kapha and fat (medas), makes the body strong and gives excellent, clear and good complexion to the skin.²⁶

Benefits:

Udgharshan cures itching, rashes, vata diseases, enhances strength of thighs and provides lightness.

It dilates the blood vessels, enhances bhrajaka pitta, cures itching and rashes.

15.Snana:

Taking bath is auspicious, enhances virility, longevity, strength, compactness and ojas, at the same time cures tiredness, sweat and impurities of the body.

Benefits:

Bath takes away sleep, burning sensation, tiredness, sweat, itching, thirst and impurities. It is good for heart and purifying all organs, cures drowsiness, gives satisfaction, enhances virility, agni and clears the blood.²⁷

16.Wearing cloth (Vastradharan)

Wearing clean cloth enhances beauty, success, longevity, pleasantness of mind, recognition in the society and destroys poverty.

17.Anulepana:

Application of anulepana/anointment gives luck, complexion and beautiful look. It enhances ojas and strength and removes sweat, bad smell, discolouration and tiredness.²⁸

Contra indication for Anulepan:

Conditions where bath is contraindicated, there anulepana/anointments should also be avoided.

18.Wearing Garlands (Gandhmala dharana)

Application of fragrant drugs like chandana, keshara, kasturi etc wearing of garlands, produce virility, fragrance, longevity, beauty, nourishment, strength, pleasantness of mind and destroys poverty.²⁹

19. Wearing the gems and ornaments

Wearing of flowers, beautiful cloth and gems increase the ojas, luck, beautiful look and love. Wearing of gems and ornaments adds to the prosperity, auspicious, longevity, grace and

beauty. It is pleasing to the mind and also conducive to Ojas.³⁰

20.Washing of feet:-

Washing of feet cleans the foot, cures diseases of feet and tiredness. It is good for eyes, enhances virility, kills the (bacteria) raksasa and enhances pleasantness.

21.Wearing of foot wear:-

Wearing foot wear is good for eyes, skin and destroys diseases of foot. It enhances strength, courage and virility.³¹

Discussion and Conclusion:

- Ayurveda provides better solution in the form of following proper Dinacharya regimen described in ayurvedic samhitas/texts which promotes positive health of individuals by maintaining normal physiological functions of the body and minimizes the negative irreversible changes occurring in the body with the advancement of time (age).
- Ayurveda offers several measures related to restoration of health which includes Dinacharya, Ritucharya, Achara Rasayana and Sadvruta. The Dinacharya, which literary means daily routine is considered as best preventive measure in Ayurveda
- In Bruhatrayee and many other Ayurvedic samhitas concept of dinacharya is explained in detail with various upkramas by different Acharyas.
- Modern concept of Personal hygiene is important for daily regimen for adult and school going children.
- According to literary study Ayurveda describes some Upakramas in Dinacharya related to the modern concept of personal hygiene like Achamana, Dantadhavan, Jivha Nirlekhan, Mukh-Netra Prakshalan, Kshuara Karma, Sharir

Parimarjan, Snan, Vastra Dharan, Paduka Dharan etc.

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