

Review Study on Dinacharya and Modifications of Ayurvedic Dinacharya in Paediatrics.

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Received : 10 June 2024

Accepted : 8 July 2024

Abstract

Ayurveda goal is maintain of health, life and cure of disease. To achieve one such health and life maintaining Dinacharya is one of them. Follow certain things are like morning walk, daily routine different karma (procedure) like Snana, Abhyanga, Nasya, Tambula Sevan, Gandusha, Kavala etc. Ayurveda is not only management of various diseases but it's prime moto has prevent health and lifestyle. Many lifestyle and daily diet related texts classified in Ayurveda for prevents health, lifestyle and diseases.

Keywords - Ayurveda, Dinacharya, Health, Lifestyle, Karma etc.

Introduction

Health is important factors for aim and objective of life. In present lifestyle wealth and technologies peoples are living their life only to earn money in pursuit of prosperity to live responsible family life life but they have physical activity, mental activities, dietary schedule etc. Which leads to suffer from lifestyle diseases and mental disorders. Ayurveda is holistic health Science emphasize the importance of health and life for prevents many diseases. Dinacharya is derived from 2 words 'final meaning of day and acharya means activity. By bringing us in tune with nature it regularizes our own biological clock and dedication your health will benefit in several ways.

Material and methods - Samhita, All ayurveda text books, International journals etc.

Daily routine activities in Dinacharya -

1. Bramhamuhurta - 14 th muhurta of night. It is considered as apt time for waking up which 14 th muhurta of ratri various from region to region as time of sunrise is not same throughout in world. Bramha muhurta period is best intermittent time between respiration and photosynthesis in plant. Also it is best time for study time.

2. Malosarga vidhi - evacuation should done when urge is felt it cause by headache, cutting type pain. Evacuation should not done forcefully it caused by anal fissures, prolapse, piles.

3. Danta Dhavana, and Achamana - Acharya Sushrut was mentioned katu, tikta, Madhur rasa for Dantadhavana. After Dantadhavana vidhi powder of Trikatu, Triphala with madhu (honey) should be applied at gum and tooth. After Dantadhavana (teeth cleaning) tongue cleaning should be done. Achamana means after cleaning

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teeth and tongue washing the mouth, eyes face with fresh water or with decoction of Amalaki.

4. Anjana. - 2 types - 1. Souvira anjana 2. Rasa anjana. It maintain the vision of eyes and health of eyes. It prevents many eye diseases and burning sensation in eyes, kandu (itching), klinata (watery eye) etc.

5. Nasya - nasya are 5 types - 1. Navana, 2. Avapeedana, 3. Dhooma, 4. Dhyapana, 5. Pratimarsha.

Nasya procedure prevents degenerative disorder of brain and sense organs. It's prevents hair fall, stiffness of neck, headache, facial paralysis, chronic rhinitis etc.

6. Kavala and Gandusha - Kavala procedure for use Khadira, kshiri vraksha. And it's prevents - kapha diseases like faulty taste, Aruchi (Tastelessness), excessive salivation, Dourgandha (halitosis) etc.

Gandusha - it's prevents cracked lips, loss of voice, halitosis, dryness of mouth etc.

7. Dhumapana - 3 types - 1. Prayogik 2. Snehik. 3. Virechanik. Pravogik dhumapana is use in daily routine and it's prevents head and neck diseases. And also kasa, Shwasa, Hikka, Karna srava (ear discharge), NASA Srava (Nasal Discharge) etc.

8. Abhyanga - abhyanga massage is done on body by using warm herbal oils. It's helps to improve blood circulation, relief from pain, and stiffness, reduce mental stress etc.

9. Vyayama - (daily exercise) - vyayama (exercise) can help maintain the health, weight and many disorders like stroke, diabetes, heart disease and strength to bone, muscles and joints.

10. Udavartana - means body massage, udavartana for use powder (triphala churma). It's improve the complexion, reduce body fat, open skin pores etc.

11. Snana - Hot or cold water used for bathing according to season.

12. Bhojana vidhi - any type of exercise should not be done after bathing, full stomach meal should not be taken at night. Tambul sevan is best after food.

For children tailored dinacharya can help rise healthy habits, promote mental and physical well being and support their growth.

Daily routine for kids in Ayurveda -

Morning routine -

1. Wake up early - wake up around 6 am.
2. Oral hygiene - tongue scraping, brushing teeth maintain oral health by using Babul, Neem, Karpur etc.
3. Hydration - give 1 glass warm water to prevent digestive disorder.
4. Exercise and play - at least 30 minutes of physical activity and exercise like yoga, stretching, surya Namaskar etc.
5. Bathing - a warm bath in morning is refreshing and helps remove skin impurities. Adding essential oils.

Conclusion :

Principles of Dinacharya is relevant in current era because everybody has busy in running according to daily fast lifestyle. Present time even nobody has time for himself also so, it's caused by many epidemic, lifestyle related Factors responsible for non communicable diseases. Dinacharya play a important role prevents various diseases. Which improve the lifestyle and health and mental condition. Dinacharya is need of current era as various diseases are emergency very rapidly communicable and non communicable diseases.

Dinacharya is maintain health, ideal lifestyle. Dinacharya is very helpful in pediatric diseases. Awareness about Dinacharya vidhi mention in

Ayurveda found very less among the individual survey.

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