

Review on holistic Approach of *Dincharya* in *Ayurveda* to increase immunity.

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Abstract:

Ayurveda is not only tradition it is scientific and holistic way to live life. daily routine is absolutely necessary to bring radical changes in the body, mind and consciousness .Routine helps to establish balance in ones constitutional . It also regularizes a persons biological clock, digestion , absorption, and assimilation and generates self esteem ,discipline, peace and happiness and longevity . Our daily activity have a profound effect on our health . A routine practice daily is stronger medicine than an occasional medicine .*Dincharya* established healthful habits through attunement of the body to the natural cycles of the day.

In today's scenario, the daily routine of each individual has become so busy and hectic, that many of the non-communicable diseases (lifestyle disorders) have taken the form of epidemic in current era. *Ayurveda* perceives that positive health depends on a healthy lifestyle of an individual. According to W.H.O.-sedentary lifestyle, unhealthy dietary habits and exposure to

pollution are the triggering factors for most of the lifestyle disorders which will cause over three quarter of all deaths in 2030. Acc. to *Ayurveda* texts, Kala (time) is one of the causative factors (i.e. *trividha hetu*) in the initiation of diseases. The daily regimens if followed regularly terminates all the changes which can occur due to time at primary level as well as it slows down the irreversible changes occurring with the passage of time (age), thereby keeping the person healthy and disease free.

Keywords: *Dincharya*, holistic Approach, *Dincharya*, immunity

Introduction:

A daily routine is necessary to bring radical changes in the body, mind and consciousness. Routine helps to establish balance in ones constitutional. It also regularizes a person's biological clock, digestion, absorption, and assimilation and generates self-esteem, discipline, peace, happiness, and longevity. Our daily activity has a profound effect on our health. A routine practice daily is stronger medicine than an occasional medicine. *Dincharya* established

healthful habits through attunement of the body to the natural cycles of the day. The three *doshas* *vata*, *pitta*, *kapha*, each have their own periods of time with a twenty –four hour day in which their energies predominant and by establishing a routine that goes with the flow of these elemental energies, we are able to more easily support the body's natural rhythms and healing potential. The health is only tool for accomplishment of *purusharth chatustya*, Health is considered as prime factor over the four aims and objectives of life.

Aim : To adapt good life style which will help to increase immunity and to fight with pathogens.

Objective : To increase our immunity and keep yourself healthy during infected era.

Method & Material : Review of all samhita and Ayurvedic literature on Regimen

Discussion : In order to maintain health ,a vast description of Daily regimen (Dincharya), seasonal Regimen (Ritucharya),code of conduct (sadruttia) and Behavioural medicines (Achar Rasayan) are mentioned in Ayurveda . Lifestyle denotes the people live, reflecting the whole range of activities attitude of everyday from sunrise to sunset . These simple rules , especially Daily Regimen, if properly followed help in maintaining a good health.

Wake up on brahamha muhurta :

In Ayurveda brahammuhurta has been mentioned ideal for wake up and starting of a new day. Brahamha means knowledge , this time is favorable for reading as calm and environment helps for easy grasping of any knowledge as well as satva guna dominant . In this time lower air pollution one should

practice yoga, pranamayam , and meditation in brahammuhurta . According to ayurveda just wake up at brahammurtha. According to Ayurveda just wake up at brahammuhurta is enough to keep one healthy .

Sauchakarma

Relieving yourself from natural urge or perform excretory functions early in the morning prolong life . Feeling urge of excretion assoon as we come out of bed in morning is a sign of good digestion and good sleep . One should not engage himself in any work while suffering from urge. Neither should take extra efforts to expel it out .

In Indian style Sauchalayas is always better than western style toilet. One should not read anything or eat anything in toilet. There should be dimlight in toilet always .

Dantdhavan:

Used tikta, katu or kashay ras for dantdhavan .That will help to make teeth strong increase salivation and helpful in increase appetite. In general germs don't grow in bitter taste so that it will help to prevent krumidant . Further antimicrobial and healing property also present in the herbal twinge which are used for dantadhavan.

Kawal (oil pulling)

Filling the mouth with some fluid and retaining for some time is called as Gandush. It is a simple rejuvenation and preventive therapy, when done routinely, enhances the senses, maintains clarity, brings about a feeling of freshness, and invigorates the mind. These oral cleansing techniques can also benefit bad breath, dry face, dull senses, exhaustion, anorexia, loss of taste, impaired vision, sore throat etc.

One can use different kashay ex. triphala kashay or different oil ex. sesame oil for kashay. It is helpful in varicose vein treatment. It enhances health of every organ in the body which has the capacity to expand (ayas). Ex. Heart, lungs.

Anjana (application of collyrium)

Daily application of Anjana improves eye health, prevents eye diseases and cures several eye diseases. It removes dirt from the eye, subsides burning sensation, itching and pain of the eye. It improves tolerance to eye wind. Netra is predominant in tej mahabhut hence it is important to prevent it from kaph dosha.

Nasya

Pratimarsha Nasya is a type of Nasyakarma which is indicated for daily practice and is helpful in prevention of diseases of the head, neck, oral cavity and also respiratory disorders. Pratimarsha Nasya has many advantages such as having almost no contra-indications, done in a very low dose (2 drops), can be done on multiple occasions in a day and that it can be self-administered.

Time for administration of Pratimarsha Nasya is indicated to be administered after leaving bed in morning; after brushing; before going outside; after walking, exercise or sexual intercourse; after urination, defecation or passing of flatus; after administration of procedures like Anjana, Kavala, Shiroabhyanga etc.; after meals; after sneezing; after day sleep; in the evening and after vomiting.

Methods of administration:-

Lie down in supine position with head and neck low position; instil 2 drops of sesame oil (Tila Taila) in each nostril. Pinch the nose once and after releasing, suck the oil up. Spit the oil when it reaches the throat. In sitting or standing posture, dip the distal part of your little finger (up to distal skin crease) in Tila Taila and insert into one nostril while the other is closed (pinched), insufflate the oil up while the little finger is in the nostril. Repeat the same for the other nostril. Spit the oil when it reaches the throat. This simple procedure of Pratimarsha Nasya keeps the sensory faculties healthy, prevents nasal respiratory allergies, improves eye health, delays greying of hairs, prevents deafness and strengthens the denture, neck and temporo-mandibular joints, face muscles, relieve fatigue and alleviates Vata Dosha.

In today's era of increasing atmospheric pollution, one of the most important Kala (time of administration) of Pratimarsha Nasya is "before going outside" which helps to prevent the effect of dust & fumes on the respiratory tract.

Dhumapan

It is indicated for the conservation of health as a part of the daily regimen. It is also advisable in diseased conditions and symptoms mentioned as Heaviness of head, Headache, Migraine, Falling of hair, Undue greying of hair, Locking of the jaw, Paleness of face, Excessive salivation, Affected voice, Cough, Hiccup, Sensation of stiffness/ blockage /irritation in throat, Swelling in throat, Weakness of teeth, Pain of teeth, Excess watering of the mouth, Discharge from morbid ear, nose, eye, Foul smell from nose and mouth, Earache, Pain in eyes, Infective conditions caused by worms, Sneezing, Excessive sleepiness,

etc. It helps in controlling the symptoms and aggravation of existing disease and in preventing the diseases mainly of provoked kapha and vata

Abhyanga (Massage)

Abhyanga is one of the steps mentioned in Dinacharya and is an ancient Indian Ayurvedic approach adopted for healing, relaxation and treating various types of diseases. Ayurveda always recommend that Abhyanga (oil massage) should be performed daily. If not possible, then at least apply oil to head, ears and feet. Abhyanga delays aging, reduces stress since it is evident to reducing physiological dealings of strain, including hormonal (cortisol, epinephrine and nor-epinephrine) as well as physical (heart rate and blood pressure) variables.

Vyayam (Exercise)

One should do exercise after the application of oil on body . it will help to pacify vata dosh which will increase due to exercise . exercise always should perform up to the half strength of the body .excess inc of heart rate can reduce your life span. A tortoise breathes very slowly, approximately four breath per min and lives for up to 150 years. hence one should take rest if he feel inc. heart rate while exercise . Individuals practice daily vyayama causes physical development, lustre, compactness of body parts, stimulation of digestive power, nonexistence of idleness, firmness, lightness, cleanliness, tolerance to fatigue, cold, heat and provide optimum immunity. The enemies of a man habituated to regular physical exercise, dare not to molest him through fear. Senile decay never approaches and the muscles of

a person become firm and steady. Excess exercise can cause *trushna, shram,raktapitta*, fever, giddiness,

Udvarthana

Urdhawa means upward and varthnam means to move something upward. Udvarthana means rubbing of the body. It is a cleaning procedure. It cleans impurities of skin by using drugs of fragrance. Udvarthana, massaging the body with soft, fragrant powders, mitigates Kapha, liquefies the fat, and produces stability of the body parts and excellence of the skin. Doing Udhvarthanam as a part of Dincharya destroys Sharira dourgandhya (body odour), Gurutva (heaviness), Tandra (drowsiness), Kandu (itching), Arochaka (anorexia) and Sweda (sweating).

Snana (Bath)

Regular bathing as a part of Dinacharya clears all the dirt of the skin caused by the environment. Daily bathing not only keep us fresh and smelling good but also serves to keep us fit and healthy. One should not take hot water on head as it can harm eyes , hairs and can take warm water from shoulder. bathing after taking food should avoided.

Kashay Sevan

Now a days taking a tea in morning is very common but its not good for health so here we can used some herbs to make healthy kashay that will inc your digestion and health . used *tulasi* leaves , ginger , jaggery and water boil it and make kashay .

Ahar Sevan

When you feel hunger ,previous food is digested one should take food. In general morning food should in between 11 am

to 1 pm . night food should be before sunset. It will help us to increase your immunity . Try to fix your time for food that can be helpful in treating disease .there are some disease like cancer in which person can't feel hunger. If we fix our biological clock for food one can digest food on that time . In case of indigestion try to give rest to your stomach by doing *langhana*.

Advritta (Code of right conducts)

Palan

Sadvritta give the detail knowledge about “what to do, what should not to do and also “How to live life” to live” sadvritta (Code of right conducts) mentioned in Ayurveda are unique. These regimens of right conduct and behavior will not only help individuals to obtain and maintain their health but also help to build a most civilized society and nation, worthy of emulation. By appropriate utilization of Sadvritta, we can prevent various types of physical and psychological disorders and can achieve long and healthy life in terms of physical, psychological and social aspect. In the end we can conclude that Sadvritta is essential tool in modern era to prevent and eradicate the root cause of various diseases.

Ayurveda details about the ethical conduct.

- Always speak the truth.
- Do not get addicted to anything or sensory pleasure
- Never harm anyone
- Let's control our passion
- Meditate every day for revitalizing your mind
- Observe cleanliness in all things.
- Be patient and observe self-control.

- Devote yourself to service the god, to elders and be respectable to everyone.
- Avoid irregularity in daily activities.
- Consume foods of Satvic nature (Fresh cooked foods, light and easily digestible, purest quality of mind) quality. Do not take overdose of spicy, non-vegetarian food or consume alcohol.

Unethical conduct according to Auyurvedic Satvritta includes

- Himhsa (causing injury, torture etc.)
- Asteya (stealing, robbing, burglary, injuring a person to steal, etc)
- Anyathakma (unlawful sex activity)
- Paiushunya (abusive or harsh speech)
- Anartavacana / Parusha-anyatam (scolding, speaking lie),
- Sathbhinnalapam (speech causing dissension, separation, breaking of company)
- Vyapada (quarrel, intention of harming),
- Abhidya (jealousy, not tolerating good of others)
- Viparyaya (finding fault, misunderstanding, faithlessness etc. with scriptures, elders etc.
- These ten sins pertaining to the body, speech and mind should be avoided.

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