

Importance of Dinacharya

¹Vd.Salgare U.V. ²Vd.Nalge P.S. ³Vd Jagtap P.S.

¹²³M.D. Sharir-Rachana Associate Professor Sharir Rachana Dept. G.S. Gune Ayurved College, Ahmednagar

Abstract: Follow the rules of Dinacharya and be healthy without medicine.

Stay away from medicine as far as possible by following the rules of Dinacharya.

Methods and Findings:

Methods : Its a questions and answer method to some volentiers and listening their answers. There were two groups for this questions and answers. Group A following rules of dinacharya and Group B not following rules of dinacharya and compair the difference.

Conclusion:

There is more healthiness,positivity in all ways.Happiness observed in the followers of dinacharya and vice versa.

Abbreviations:

1) CH.SM (Charak Samhita)

2) SU.SM (Sushrut Samhita)

3) AS.SAN (Astang Sanghrraha)

Key Words: Dinacharya, Swastha ,Swaasthya

I. Introduction:

Now a days human daily routine of behaviour is maximally different from the nature's cycle

“स्वास्थ्यस्य स्वास्थ्य रक्षणमं आतूरस्य व्याधी परिमोक्षः !

The aim of ayurveda is to maintain the normal health first, if disease occurs then give proper treatment.

Aim & Objects:

“ आयुषः वेद इति आयुर्वेद ! ”

Ayurved is a science of life, it gives informations to maintain normal health,information about disease and its treatment. As life is a circular cycle, according to biological clocks, there is morning, afternoon, evening and night, same way human being must follow the particular biological clock of his life, and must correlate the work with the cycle . Eg.If it is morning the first work should be to wakeup at Bramhe Muhurta told by ayurved.

“ब्राम्हये मुहुर्त उतिष्ठेज्जीणाजीर्ण निरूपयन ! रक्षाथमायूषः स्वस्थये जातवेगः सामुत्सृजेत !

A healthy person should wake up at bramhe muhurta in the morning after filling that the dinner he has taken at night is digested. This muhurta is considered as one and half hour before sun rise. According to ayurveda it is vataj kal. Next work should be done during the whole day is clearly mentioned in ayurveda to maintain the life cycle.Obviously these rules maintain the health and called dincharya. One should follow rules according to dincharya.

Now a days we see no discipline is maintained by the people.Due to their job patern or some other reasons.People are earning better, but unable to maintain health and self satisfaction.Only way to become satisfied and healthy dincharya should be followed. There is in CH.SM

नगरी नगरस्येव रथी यथा !

स्वशरीरस्य मेधावी कृत्येषवहितो भवत !! च.सू.१०३

As to maintain the city nagarsevak take care, to drive theRath(car etc) driver takes care. In the same way one should take care of his body and mind by the simplest method by following dincharya.

“युत्युपायन्नीषेवेत ये स्यूधमाविरोधिनः!

शममध्यन चैव सुखमेव समश्रुते !! च.सू.६/१०४

i.e. application of techniques according to dharma. The rules of ayurveda achieve the happiness and healthiness in the human.

Rules of Dinacharya :

1) Wakeup at Brahmi Muhurta i.e. one and half hour before sunrise.

2)जातवेग °É°ÉÖi°ÉÐVÉäiÉÄ !

After waking up malanissaran(i.e.stool,urine)should be done in the naturalway.

3) सृष्टवा धातुन्मलानश्रुवसाकेशनखखांस्युतान !

Next step is to cleaning process of face, teeth, tongue etc.For each rule there is detailed explanation. Shlok No. 9 to 23 acharya told cleaning process in details, abhyanga, mardan,udvartan,exercise, prayer to god, abhabvidbi,nasya,gandosh,dress up, meal i.e. bhojan vidhi,sleep etc.

When these dincharya rules are followed by person , the result is

“समधिकशतजीवी निवृतः पुण्यकर्मा !

व्रजतिसुगतिनिम्नो देहभेदेपि तुष्टीम् !

i.e. person live long life, polite , going on good street ie. Sanmarga(सन्मार्ग), self satisfaction and he gets good type of deathalso.

Materials & Methods.

I)Study Design:

We assessed both the groups by observing below table in 30 volunteers of G.S.Gune Ayurved College. About 20 volunteers belongs to Group B and only 10 belongs to A Group.

After words we have observed following points in both groups and comparative study is as follows

II) Observing Table

S. No	Assessment Point	Group 'A' following Dincharya	Group 'B' following Dincharya	Not
1	Wake up at Bramhe muhurta	YES	NO	
2	Vega nissaran	Regularly Once in a day	Irregular, 2-3 times in a day	
3	Cleaning of Mouth, tongue, snan vidhi	Regularly	Irregular	
4	Deopooja	Yes, for self satisfaction	Don't have faith	
5	Breakfast, Lunch, Dinner	Time to time according to ayurved	Not particular time	
6	6Job / Business	Regularly with satisfaction	Not stable	
7	Night schedule	Regular time at night	No regular timing.	
8	Investigations or Disease	Generally no complaints	Always having somecomplaints.	

III) Eligibility Criteria:

The persons willing to follow dincharya between the age group 20 to 40 years.

Exclusive Criteria:

- Children
- Old persons
- Having congenital Anamalties.
- Having some diseases.
- Those who are unfit in the criteria's of Bhishk - Chatushpad i.e. vaidya, medicines, paricharak and rugna.

To see the effect of dincharya by some pathological majors.

Variables and definations :

To see the effect of dincharya by some pathological majors.

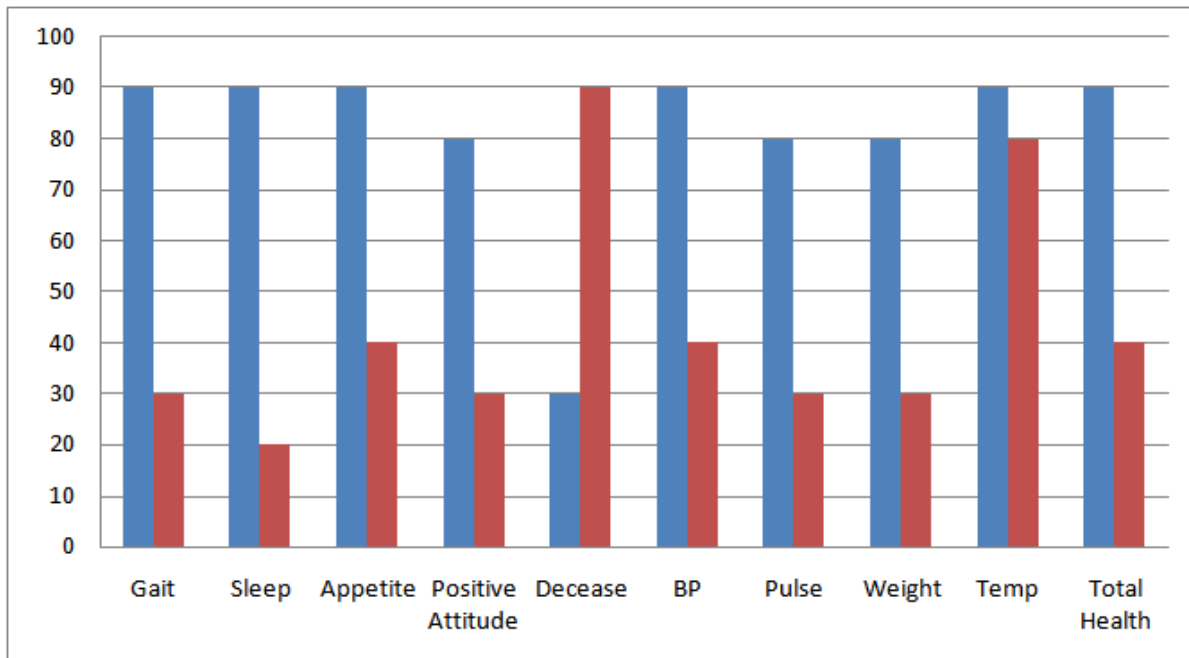
- B.P.
- Temperature
- Weight
- Pulse.

Assessment criteria:

Assessment done on the basis of information collected from both the groupsA & B.

After words we have observed following points in both groups and comparative study is as follows.

Sr No.	Results	Point Observed Group 'A' following Dincharya	Point Observed Group B Not following Dincharya
1	Gait	Good 90 %	Good 20-30 %
2	Sleep	Sound Sleep Regular 90 %	Sound Sleep Regular 20 %
3	Appetite	Good 90 %	Good 30-40 %
4	Attitude	positive Positive 80 %	positive Positive 20-30 %
5	Disease	20 - 30 %	80 - 90 %
6	BP	90 %	30 - 40 %
7	Pulse	Normal 80 %	20- 30 %
8	Weight maintain	maintain 80 %	maintain 30 %
9	Temperature(Body)	Normal 90 %	Normal 80 %
10	Total Health	Good 90 %	Good 40 %



Group A ■ Group B ■

II. Discussion and Conclusion

Dincharya is very useful and effective to maintain the health. All healthy life related criteria's depends on healthy dincharya. Persons who follow dinacharya having better health.

Acknowledgement:

Many thanks to everyone who directly or indirectly helped to complete this research paper.

Bibliography

- [1]. Ashtang Sangraha
- [2]. Charak Samhita (Matra Shitiya Adhaya)