

Department :- Ayurved Samhita & Siddhant

Topic: Dincharaya

Ayurveda

- ▶ Not merely a Health Science, but a Life Science
- ▶ Two objectives –
 1. To maintain the good health of healthy individuals
 2. To cure the disease of the diseased person

Good Health?

- ▶ Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. (WHO)
- ▶ *"Samadoshah Samagnischa
Samadhatu Malakriyah,
Prasannatmendriyamanah
Swastha ityabhidhiyate."*
(Sushrut)

Health is 4 dimensional

= Physical, Mental, Social & Spiritual


- ▶ *“Shareeramadyam, Khalu dharma sadhanam”*
---Health is the means of all deeds.
- ▶ *“Dharma Artha Kama Mokshanam
Arogyam Mulamuttamam,
Rogatasyapahartarah sreyaaso jeevitasya cha”*
- ▶ *Dinacharya* is basically an ideal daily schedule for us which takes into account the nature’s master cycle and suggests actions to follow.

Utthan (Waking Up)


- ▶ *Bramha Muhurta* or pre dawn (96 minutes before sunrise)
- ▶ Proper digestion of previous dinner
- ▶ *Bramha Chintan* (Praying GOD), *Veda Adhyayana* (Studying)
- ▶ To see or touch auspicious things like ghee, curd, mirror, white mustard, bael fruit, flowers, turmeric, cow, horse, elephant, etc.

Ushah Paana (Taking Water)

- ▶ 1-2 litres of water – Copper utensils
- ▶ Piles, Sprue, Oedema, Hyperacidity, Fever, Abdominal disorders, Obesity, Dysuria, Purpura, Arthritis, Epilepsy, Heart disease, Constipation, TB, Headache, Diseases of the ear, throat, eyes, head, back can be cured
- ▶ Water through nostrils – intelligence & sharp eye sight
- ▶ Rhinitis, Cough, Asthma, Baldness, Wrinkles, Skin diseases can be cured.
- ▶ Cloud-free sky

- ▶ High Blood Pressure - 30 days
 - ▶ Gastritis and hyperacidity - 10 days
 - ▶ Diabetes - 30 days
 - ▶ Constipation - 10 days
 - ▶ Cancer - 180 days
 - ▶ TB - 90 days
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Souch (Defaecation)

- ▶ Face north direction
 - ▶ Shouldn't speak
 - ▶ Shouldn't remain naked
 - ▶ Cover up head
 - ▶ Neither suppress nor initiate the urge
 - ▶ Wash & clean the anal region
 - ▶ Wash the hands and legs properly
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Dantadhavan

(Brushing teeth & Scraping tongue)

- ▶ Twice daily:: Morning & before going to bed (must)
- ▶ Toothbrush – 12 *Angulas*, Tongue cleaner- 10 *Angulas*
- ▶ Astringent (*kashaya*), pungent (*katu*), bitter (*tikta*), Sweet (*madhura*)
- ▶ *Karanja, karavira, ark, malati, kukubha, asana, neem, apamarga, irimeda, vata*, etc.
- ▶ “*Nimbascha tiktake sresthah*
kashaye khadir tatha,
Madhuko madhure sresthah
karanja katuke tatha.”
- ▶ Apply *trivargak* (*triphala+trikatu+trijata*) with honey
- ▶ Tongue cleaner should be made up of gold, silver, copper, brass, zinc, tin, or tree branches.

Benefits of Dantadhavana

- ▶ Removal of vitiated *kapha* & bad odour
- ▶ Freshness in mouth & lightness of body
- ▶ Cure of tongue, throat & teeth related diseases
- ▶ Appetite increase
- ▶ Cheerfulness of mind
- ▶ Contraindications
- ▶ Indigestion, vomiting, dyspnoea, cough, fever, thirst, oral ulcers, cardiac diseases, opthalmic diseases, headache, hiccough, facial paralysis, unconscious person, intoxicated person etc

Anjana (Collyrium)

- ▶ To expel the impurities derived from *kapha*
- ▶ Morning & evening, never at night.
- ▶ Apply in lower eyelid from inner canthus to outer canthus.
- ▶ After applying *anjana*, one should close his eyes and rotate the eyeballs for spreading of *anjana* in the whole eye.
- ▶ Till burning sensation and lacrimation stops and eyes feel comfortable
- ▶ Eyes become clear and bright
- ▶ Improvement of eyesight
- ▶ Cures Eye diseases


Contraindications are.....

- ▶ After *vaman & virechana*
- ▶ After taking food
- ▶ Who has urge for stool, urine etc.
- ▶ After taking bath or head getting wet
- ▶ Who is afraid or angry or suffering from grief and sorrow
- ▶ Who is suffering from fever or headache
- ▶ When there is cloudy sky or hot sun rays
- ▶ After taking alcohol and after smoking
- ▶ After constant glancing at bright article

Nasya

- ▶ Nasal cavity is regarded as the door to brain
- ▶ Five types of *nasya*: *marsa*, *pratimarsa*, *avapida*, *pradhamana* & *sirovirechan*, out of which *pratimarsa nasya* can be taken in daily routine
- ▶ 2-3 drops of medicated oil should be instilled in both the nostrils in supine position with the head slightly tilted backwards.
- ▶ In the age group of 8-80 years
- ▶ When there is no cloud in the sky
- ▶ Contraindications: after *vaman*, *virechana*, pregnant women, injury, after taking food and water, who has taken poison or alcohol, who is tired etc.

Benefits of *nasya*

- ▶ Eyes, nose, ears become healthy and more powerful
 - ▶ Prevents hair fall & graying of hair
 - ▶ Promotes hair growth
 - ▶ Diseases like stiffness of neck, spondylosis, facial paralysis, headache, sinusitis, hemicrania, chronic coryza, torticollis, locked jaw, pharyngitis, laryngitis, and diseases of eyes, nose and ears can be cured.
 - ▶ Face becomes brighter and more expressive
 - ▶ Voice becomes soft and stable
 - ▶ Sensory organs become more powerful and clear
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Kavala and Gandusha

- ▶ Keeping any liquid, medicated oil or decoction in mouth
- ▶ When it can be moved in all directions it is known as *kavala* and when it is not movable it is known as *gandusha*.
- ▶ Face should be kept little high
- ▶ Should be kept in mouth till sweating in forehead, secretions coming out from nose and eyes.


Benefits of kavala & gandusha

- ▶ Strengthens the mouth, jaws, chin
- ▶ Strengthens the teeth
- ▶ Extreme nourishment to face
- ▶ Increases appetite
- ▶ Helps in proper identification of tastes
- ▶ Strengthens voice
- ▶ Lightness in mouth
- ▶ Diseases of teeth, gum, oral cavity and pharynx gets cured
- ▶ Best for cracked lip, thirst, dental caries, and morbid sensitivity of teeth.


Dhoomapana (Medicated Smoking)

- ▶ Cigars made up of useful medicinal plants only and immersed in ghee should be used.
- ▶ Firstly, it should be inhaled through mouth and then from two nostrils alternately. In all cases smoke should be exhaled through mouth.
- ▶ After brushing teeth
- ▶ After taking bath
- ▶ After *nasya* karma
- ▶ After taking food
- ▶ After waking up from day sleep
- ▶ After sex
- ▶ After defecation and urination
- ▶ After sneezing and vomiting

Benefits of Dhoomapana

- ▶ Strengthens sense organs
 - ▶ Makes mind stable and peaceful
 - ▶ Prevents hairfall & graying
 - ▶ Voice becomes soft and pleasant
 - ▶ Teeth become strong
 - ▶ Diseases like foul smell, anorexia, locked jaw, cervical spondylosis, hoarseness of voice, goitre, baldness, sneezing, delirium, excessive sleeping, and other diseases of oral cavity can be cured.
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Contraindications of Dhoomapana

- ▶ After *virechana* and *vasti karma*
 - ▶ Patients suffering from *raktapitta*, *visharta*, *timira*, *sankhaka*, *rohini*, *prameha*, *madatyaya*, *trishna*, *murchha*, *bhrama*, *kshaya*, *urahkshata* etc.
 - ▶ After taking alcohol, milk, ghee, honey or curd
 - ▶ When there is indigestion
 - ▶ After sleepless night
 - ▶ Pregnant lady and breast feeding mother
 - ▶ During anger, grief or sorrow
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Abhyanga (Oil Massage)

- ▶ *Vatanashak* (pacifies the vitiated *vata dosha*)
- ▶ If it is not possible on whole body, then should be done at least on head, ears and legs.
- ▶ Makes the bones and muscles strong
- ▶ Induces sound sleep
- ▶ Induces calmness in mind
- ▶ Increases enthusiasm and work efficiency
- ▶ Destroys tiredness of body & sensory faculties
- ▶ Nourishes the skin, tone up body, increases lustre and clears wrinkles, roughness of skin
- ▶ Anti-aging
- ▶ Increases tolerance to physical activity
- ▶ Relieves pain


Murdha taila (Applying oil over head)

- ▶ Prevents hairfall and graying
 - ▶ Beneficial for brain
 - ▶ keeps the mind cool
 - ▶ Induces sound sleep
 - ▶ Face becomes beautiful and shinning
 - ▶ Strengthens hair and increases thickness
 - ▶ When one's head is always anointed with oil, then he never suffers from headache
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VYAYAMA (physical exercise)

- ▶ Physical exercise that is favourable to mind and increases strength and firmness of body is known as *Vyayama* in *Ayurveda*.
- ▶ Should be continued till half of strength is exhausted. (half of the energy seems to be utilized when air from thorax region reaches mouth).
- ▶ Excessive *Vyayama* is detrimental to health and can cause fever, dyspnoea, rhinitis, cough, emaciation, vertigo, tiredness, thirst, anorexia, vomiting and haemorrhagic disorders.

Benefits of *Vyayama*.....

- ▶ Feeling of lightness in body
 - ▶ Increases strength and makes the body parts firm and strong.
 - ▶ Increases patience and ability to tolerate stress and strain.
 - ▶ Increases the work efficiency.
 - ▶ Increases the appetite.
 - ▶ Removes laziness.
 - ▶ Pacifies the vitiated *doshas*.
 - ▶ Reduces obesity.
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Contraindications of *Vyayama* are

- ▶ Children, old persons, persons of *vata* constitution
- ▶ During anger, fear, grief and sorrow
- ▶ During hunger and thirst
- ▶ Persons indulging in excessive sexual act
- ▶ Heavy weight workers
- ▶ Who is emaciated due to excessive walking
- ▶ Persons whose skin is rough, and has high pitched voice
- ▶ Who are suffering from *jwara*, *raktapitta*, *swasa*, *bhrama*, *rajayakshma*, etc.

Ubatan (Skin applications)

- ▶ Rubbing medicated powder or paste on skin is known as *ubatan*, which ensures a proper peripheral circulation.
- ▶ *Kaphahara* (Alleviates *kapha dosha*)
- ▶ *Bhrajak pitta* is activated
- ▶ Enhances skin glow, removes wrinkles
- ▶ Skin becomes clean, beautiful and attractive
- ▶ Dissolves fat
- ▶ Provides strength to body parts
- ▶ Diseases of skin, itching, discoloration get cured
- ▶ Face, eyes become relaxed
- ▶ Ensures calmness in mind


Snana (Bath)

- ▶ Hot water bath in lower portion of body is beneficial; it is, however, harmful for the eyes and hair if it is poured on head.
- ▶ In winter season, warm water should be used and in summer cool water should be used.
- ▶ First wash hands and feet before taking bath.
- ▶ Always wash the head while taking bath.
- ▶ Don't take bath being naked.
- ▶ After taking bath, sponge with a towel.
- ▶ Always wear fresh clothes after taking bath.
- ▶ After taking bath, don't touch oil or fatty substances.
- ▶ Don't go for bath after taking food.


Benefits of bath

- ▶ Mitigates sleep, tiredness, yawning, sweating, itching, thirst
- ▶ Alleviates burning sensation, giddiness and sins
- ▶ Removes body impurities
- ▶ Sense organs get purified and activated
- ▶ Creates freshness in mind and body
- ▶ Increases appetite
- ▶ Purifies the blood
- ▶ Increases *sapta dhatu* and *ojo*
- ▶ It is aphrodisiac
- ▶ It increases longevity
- ▶ Enhances energy and body strength

Bastradharan (Clothing)

- ▶ Dress should be comfortable, clean and fresh
 - ▶ Beneficial for skin and should have a descent look
 - ▶ Makes up the personality
 - ▶ Makes the person feel honourable
 - ▶ Promotes fame, longevity and happiness
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Ratna–Abhushana Dharan(Gems & Ornaments)

- ▶ Bestows purity, good fortune and satisfaction
 - ▶ Planetary ill effects are mollified
 - ▶ Pacifies bad dream, sin, misfortune
 - ▶ Provides nourishment
 - ▶ Mind becomes cheerful & body becomes beautiful
 - ▶ Wealth is attained
 - ▶ Promotes life, and provides energy and enthusiasm
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Gems as per planets

- | | | |
|-------------------------------|---|------------------------|
| ▶ <i>Manikya</i> (Ruby) | - | <i>Surya</i> (Sun) |
| ▶ <i>Mukta</i> (Pearl) | - | <i>Chandra</i> (Moon) |
| ▶ <i>Praval</i> (Coral) | - | <i>Mangal</i> (Mars) |
| ▶ <i>Panna</i> (Emerald) | - | <i>Budha</i> (Mercury) |
| ▶ <i>Pushparaga</i> (Topaz) | - | <i>Guru</i> (Jupiter) |
| ▶ <i>Vajra</i> (Diamond) | - | <i>Sukra</i> (Venus) |
| ▶ <i>Neelam</i> (Sapphire) | - | <i>Shani</i> (Saturn) |
| ▶ <i>Gomed</i> (Zircon) | - | <i>Rahu</i> |
| ▶ <i>Vaidurya</i> (Cat's eye) | - | <i>Ketu</i> |

Ahara (Dietary Regimen)

- ▶ Balanced diet is essential for good health.
- ▶ Combination of food articles, their quantity, method of preparation, their emotional effect, adjuncts and additions, consideration of climate, place of living, time of taking food should be as per *Ayurvedic* classics.
- ▶ Nutritious, easily digestible and *sattvika ahara*
- ▶ Over eating, irregular diet habit, eating again before complete digestion of previous food should be avoided.
- ▶ Half of the stomach should be filled with solid food, 1/4th with liquids & rest 1/4th should be left empty for air to ensure a easy digestion.
- ▶ Contain all the six *rasas* (tastes)

Rules governing intake of food

- ▶ Take warm food – delicious, ↑ appetite
- ▶ Take unctuous food - delicious, ↑ appetite
- ▶ Take food in proper quantity – promotes longevity
- ▶ Take food only when previous meal is digested
- ▶ Take food having no contradictory potencies
- ▶ Proper place equipped with all accessories
- ▶ Don't take food too hurriedly
- ▶ Don't take food very slowly
- ▶ Don't talk or laugh during taking food
- ▶ Should take food with full concentration without watching TV, listening music etc.
- ▶ Pay regard to self and think of own well being

What to take & What not to take?

- ▶ Dried flesh, dry vegetables, tubers of lotus, tough and hard food particles, food that is difficult to digest should be avoided.
- ▶ Beef, pork shouldn't be taken.
- ▶ Paneer, butter milk, curd, fish, black gram, *yavaka* shouldn't be taken daily.
- ▶ Take rice, roti, *mung dal*, *saindhav lavan*, *Amalaki*, *yava*, *Dudh* (milk), ghee, *jangal mamsa*, honey, *antarikshya jal* (purified water) daily.
- ▶ Don't take food prepared by enemies, prostitutes, unhappy people, sinful, evil or cruel minded people
- ▶ Have some rest after taking food.
- ▶ Don't indulge in any activity just after taking food.

Ratricharya (Night regimen)

- ▶ Avoid food, sex, sleep, study, serious thought in the evening.
- ▶ Take light, easily digestible, favorable food in night (sometime after sunset).
- ▶ Don't take full meal at night.
- ▶ Walk for 100 steps before going to bed.
- ▶ Pray God before going to bed.
- ▶ Massage the soles of your feet with oil before going to bed to induce a sound sleep.
- ▶ Sleep in a comfortable, wide, smooth bed that should be high up to the knee level.
- ▶ Head should be towards east or south direction.
- ▶ Feet shouldn't be towards God or teacher.
- ▶ Go to bed within first *prahara* of night i.e. within 3 hours after sunset (before 10 pm).

Conclusion

- ▶ *Nagari Nagarasyeva*

Rathasyeva Rathi Yatha

Sva Shareerasya Medhavi

Krityeshvavahito bhavet.

- ▶ A wise being protects his health just like the king looks after his kingdom and the charioteer takes care of his chariot.

THANK YOU