

Dincharya — Ancient Wisdom, Modern Application (Integrating Ayurvedic Daily Routine into Contemporary Lifestyle for Holistic Health)

Dr. Avinash Bais¹, Dr. Gaurav Devangan², Dr. Astha Sanadhya³

1. BAMS,MD, CMO & Consultant, Dr. Abhimanyu's Ayurveda Multispeciality Hospital , Raipur,CG

2. BAMS,Consultant, Dr. Abhimanyu's Ayurveda Multispeciality Hospital , Raipur,CG

3. BAMS,Consulatant, Dr. Abhimanyu's Ayurveda Multispeciality Hospital , Raipur,CG

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ABSTRACT

Dincharya (daily regimen) is one of the foundational concepts of Ayurveda, emphasizing the alignment of human activity with the natural circadian rhythm. Rooted in classical Ayurvedic texts such as Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya, Dincharya prescribes structured daily practices to maintain balance in doshas, optimize digestion, enhance immunity, and promote mental well-being. With advancements in chronobiology and preventive medicine, modern science increasingly validates the importance of such rhythmic lifestyle patterns. This article explores the philosophical foundations, classical guidelines, and practical applications of Dincharya in the modern world, with comparative insights from current biomedical research.

Key Words: Dincharya, daily routine in Ayurveda, Swasthavritta, Dr. Avinash Bais, Dr. Abhimanyu's Ayurveda Multispeciality Hospital , Raipur,CG

I. INTRODUCTION

Ayurveda, the ancient science of life, emphasizes prevention over cure. Dincharya is described as the first pillar of Swasthavritta (personal hygiene and health conduct), aiming to synchronize human physiology with the cycles of nature (Kala). In Charaka Samhita Sutrashtana 5/23, Acharya Charaka states:

- "Tasya shite ritu satmyam aayusyaṁ vidhivad dinacharyā",
- meaning — adopting a proper daily routine according to the season enhances longevity.

Modern lifestyles, characterized by irregular sleep, erratic meals, and screen overuse, disrupt circadian rhythms, leading to metabolic disorders, insomnia, and psychological stress.

Integrating Dincharya offers a sustainable, evidence-based approach to wellness.

Classical Framework of Dincharya

According to Ashtanga Hridaya (Sutrasthana 2), Dincharya is divided into sequential practices:

1. Brahma Muhurta Jagrana (Waking in the Pre-dawn Hours)

Classical Reference : " Brahme muhūrte uttiṣṭhet svāsthyo rak śārtham āyusaḥ" — (AH Su. 2/1) — wake up during Brahma Muhurta (~96 minutes before sunrise).

Modern Correlation: Corresponds with the pre-sunrise cortisol peak, supporting alertness, metabolism, and mental clarity. Early rising is also linked to reduced depression risk and improved cardiovascular health.

Example: Setting an alarm 5:00 AM, engaging in 10 min meditation, and light stretching.

2. Ushapana (Drinking Water in the Morning)

Classical Reference: Drinking water stored overnight in a copper vessel enhances digestion and detoxification (AH Su. 2/2-3).

Modern Correlation: Morning hydration supports kidney function, bowel movement, and metabolic activation. Copper's antimicrobial property is validated by modern microbiology.

3. Dantadhavana & Jihva Nirlekhana (Oral and Tongue Cleaning)

Classical Reference: "Dantān dhārayet kashāyāmlalavaṇātikatu- madhurakathinābhiḥ" — use herbal twigs of Neem, Khadira, or Karanja for cleaning teeth (AH Su. 2/4-5).

Modern Correlation: Herbal antibacterial agents reduce plaque, prevent gingivitis, and balance oral microbiota. Tongue scraping reduces

volatile sulfur compounds, improving oral hygiene and digestion.

4. Anjana, Nasya, and Kavala (Eye, Nose, and Mouth Care)

Anjana: Application of collyrium (e.g., Sauviranjana) to remove Kapha from eyes (AH Su. 2/13).

Nasya: Instilling medicated oil/ghee in nostrils to protect sensory organs. Modern studies show nasal drug delivery improves brain bioavailability of certain compounds.

Kavala/Gandusha: Oil pulling with sesame or coconut oil reduces *Streptococcus mutans* and strengthens oral mucosa.

5. Abhyanga (Oil Massage)

Classical Reference: "Abhyangam acharet nityam" — daily oil massage delays aging, reduces fatigue, and nourishes the body (AH Su. 2/8).

Modern Correlation: Enhances lymphatic circulation, reduces cortisol, improves skin barrier function.

Example: 10–15 min self-massage with sesame oil before bath.

6. Vyayama (Exercise)

Classical Reference: "Ardhashakti vyayamah" — exercise up to half of one's capacity (AH Su. 2/10).

Modern Correlation: Matches WHO recommendations for moderate-intensity exercise. Over-exertion causes oxidative stress; moderate levels improve insulin sensitivity and cardiovascular fitness.

7. Snana (Bathing)

Classical Reference: Cleanses body, improves appetite, and promotes vigor (AH Su. 2/15).

Modern Correlation: Warm baths relax muscles and improve circulation; cold showers boost alertness and immunity.

8. Bhojana Vidhi (Mindful Eating Practices)

Eat at regular intervals when previous meal is digested (Ch. Su. 5/8).

Seasonal and locally grown foods balance doshas and gut microbiome diversity.

9. Ratri Charya (Night Routine)

Classical Reference: Avoid excessive stimulation, eat light, and sleep early to align with melatonin secretion (AH Su. 7).

Modern Correlation: Sleep hygiene practices prevent metabolic syndrome and enhance cognitive performance.

Modern Science and Dincharya — A Convergence

Dincharya Practice	Modern Scientific Evidence
Brahma Muhurta wake-up	Aligns with cortisol awakening response; improves circadian rhythm
Ushapana in copper vessel	Supports hydration; copper has oligodynamic bactericidal action
Abhyanga	Stimulates parasympathetic nervous system; improves skin health
Vyayama	Improves cardiovascular endurance and insulin sensitivity
Oil pulling	Reduces pathogenic oral bacteria; improves oral health markers
Mindful eating	Supports gut microbiota diversity; prevents overeating
Early bedtime	Aligns with melatonin peak; improves sleep quality

Practical Modern-Day Application

➤ **Corporate Professionals:** Micro-Dincharya — 5 min breathing before meetings, regular hydration, and stretching breaks.

➤ **Students:** Digital curfew an hour before bed to prevent blue-light-induced melatonin suppression.

➤ **Elderly:** Gentle yoga and Abhyanga to improve joint mobility and reduce Vata disorders.

Dincharya in Ancient Texts and Modern Lifestyle — A Practical Comparative Guide

Dincharya Step	Classical Reference	Traditional Purpose	Modern-Day Lifestyle Hack	Scientific Correlation
Brahma Muhurta Jagrana (Waking before sunrise)	AH Su . 2/1 – "Brahme muhurte uttiṣṭhet svāsthya rakṣārtham āyusaḥ"	Aligns with natural rhythms; enhances sattva guna	Wake up between 5:00–5:30 AM; spend first 10–15 min in meditation or gratitude journaling	Matches cortisol awakening response; improves mental clarity and mood
Ushapana (Morning water intake)	AH Su. 2/2–3	Flushes toxins, stimulates digestion	Drink 300–500 ml lukewarm water (preferably from copper vessel) before brushing	Morning hydration improves metabolism, bowel movement; copper has antimicrobial action
Dantadhavana & Jihva Nirlekhana (Teeth and tongue cleaning)	AH Su. 2/4–5	Removes oral impurities, stimulates digestion	Use herbal toothpaste; tongue scraper daily	Reduces bacterial load, improves oral pH, enhances taste perception
Anjana, Nasya, Kavala	AH Su. 2/13–14	Protects eyes, clears sinuses, strengthens oral cavity	Use sterile saline nasal spray in polluted environments; oil pulling with coconut oil	Oil pulling reduces Streptococcus mutans; nasal care improves upper respiratory immunity
Abhyanga (Oil massage)	AH Su. 2/8–9	Delays aging, improves circulation, calms Vata	10–15 min warm sesame oil self-massage before shower (2–3×/week for busy schedules)	Stimulates parasympathetic system; reduces cortisol and improves skin barrier
Vyayama (Exercise)	AH Su. 2/10–11	Improves strength, digestion, and immunity	20–30 min yoga, brisk walking, or bodyweight training	Moderate exercise improves insulin sensitivity, cardiovascular health
Snana (Bath)	AH Su. 2/15	Refreshes mind, enhances energy	Alternate warm and cool water shower for circulation	Hydrotherapy principles validated in stress reduction and immunity
Bhojana Vidhi (Mindful eating)	Ch. Su. 5/8–9	Supports Agni (digestive fire)	Eat without screens, chew thoroughly, follow fixed meal times	Mindful eating regulates appetite hormones and improves digestion
Ratri Charya (Night routine)	AH Su. 7	Promotes restful sleep and recovery	Blue-light cut-off 1 hr before bed, light dinner, calming herbal tea	Aligns with melatonin rhythm; improves sleep quality and cognitive repair

II. CONCLUSION

Dincharya offers a time-tested, holistic blueprint for health maintenance. By blending

classical Ayurvedic wisdom with contemporary biomedical insights, individuals can enhance resilience, immunity, and mental clarity. The

modern validation of ancient practices through chronobiology, preventive medicine, and neuroscience underscores Ayurveda's enduring relevance.

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