

## Role of Dinacharya and Ratricharya Regimen towards Promotion of Positive Health

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**ABSTRACT** :Swasthavritta is the branch of Ayurveda, which mentioned various principles for prevention of diseases than treatment. The word swasthavritta is compounded by two words 'swastha' and 'vritta'. Swastha means absence of disease and vritta means routine or activity. So it deals with Ayurvedic life style and promotion of the health. Which emphasizes on proper Dinacharya (daily regimen), Ratricharya (night regimen) as well as Ritucharya (seasonal regimen) and Sadvritta. In today's scenario, people are working continuously day and night, the daily routine of each individual has become so busy and hectic, that many of the communicable (Flu, COVID-19 etc) and non-communicable diseases (lifestyle disorders). Which have been taken the form of epidemic in current era. According to WHO sedentary lifestyle, unhealthy dietary habits and exposure to pollution are the triggering factors for most of the diseases. The daily regimens if followed regularly describe in Dinacharya and Ratricharya terminates or slows down all the changes occurring of the diseases, thereby keeping the person healthy and disease free. which in turn helps to attain positive health.

**Key words** – Swasthavritta, Dinacharya, Ratricharya, Ritucharya, Sadvritta

### I. INTRODUCTION –

According to Ayurveda the main aim of life to attain Dharma (Pious act), Artha (Wealth), Karma (Desire) and Moksha (Salvation) by health. Disease or ill health is the main obstacle in the way to achieve this goal [1]. Charaka emphasizes on the importance of maintenance of health of healthy person and curing the disease of the ill [2]. Again Chakrapani commenting on Swasthavritta, mentions the condition free from the disease is Swastha (Healthy) and the regimens followed to keep oneself healthy [3]. The measures related to lifestyle, which helps in disease prevention, health

maintenance and health promotion are described under Dinacharya and Ratricharya. So it helps to attain the first goal of maintenance of health of healthy person. It gives more importance to preventive aspect i.e. 'prevention is better than cure'. There is a closer relationship between lifestyle of an individual and the state of health and disease [4].

The WHO (1948) definition of health – "Health is a state of complete physical, mental and social wellbeing and not merely an absence of disease or infirmity" [5]. In a broad sense, the state of positive health implies the notion of "perfect functioning" of the body and mind. According to Acharya Sushruta, man is said to be Swastha whose, the three doshas (vata, pitta, kapha), Agni (digestive power), the seven dhatus (tissues), malas (waste products) and their activities are in the state of equilibrium along with mental, sensory and spiritual pleasantness and happiness, is called 'Swastha' (healthy person) [6]. Thus, Acharya Sushruta, while defining a healthy person includes both physical and mental dimensions of health. With the advent of time the disease pattern has been changed globally due to change in environment, urbanization, living in a society which is far from natural environment, mutation of micro-organisms etc. In recent times leading cause of death is communicable, non-communicable and lifestyle diseases. Swasthavritta has mentioned some strategies to maintain positive health, like Dinacharya (daily regimen), Ratricharya (night regimen) as well as Ritucharya (seasonal regimen), Sadvritta and Astanga Yoga. These strategies if followed regularly have beneficial physiological effects on our health.

### II. MATERIALS AND METHODS

Various ayurvedic classic texts have been used for this study like Charakasamhita, Sushrutasamhita, Ashtanga Samgraha,

Ashtanghridaya, Bhava prakasha Swasthavrittasa muchchya, available commentaries on it. Apart this relevant modern medical science books and websites are also been used for this.

### DINCHARYA MODALITIES AND THEIR BENEFICIAL EFFECTS

- 1. Brahmamuhurtajagrana**– One desirous of long healthy life should get up in brahmamuhurata and analyze about the digestion of food taken previous night and get up in the early morning<sup>[7]</sup>. Usually during this time environment is clean without much of pollutants. Along with the clean air, pleasant atmosphere, absence of noise, the morning rays of the rising sun is very beneficial. In the early morning, Nascent oxygen in the atmosphere will easily and readily mixes up with hemoglobinto form oxy-hemoglobin which nourishes the remote tissues rapidly<sup>[8]</sup>. And exposure to bright light in early morning causes the release of serotonin hormone keeps the person active and alert<sup>[9]</sup>.
- 2. Ushnajalpana** – Eight Prasrita(640 ml) of water kept for whole night should be taken before sunrise<sup>[10]</sup>. Not drinking enough water in a day is also a triggering factor for renal stones, haemorrhoids and constipation<sup>[11]</sup>.
- 3. Dantadhavana**-It is directed to clean the teeth in the morning and night after intake of food with twigs of Arka, Vata, Khadira, Karanja and Arjuna<sup>[12]</sup>.It stimulates taste perception and increases the salivation.Saliva contains salivary amylasewhich plays a role in breaking down food particlesentrapped within dental crevices, thus protecting teeth from bacterial decay, Saliva contains lysozyme and secretory IgA which act as antimicrobial agents<sup>[13]</sup>.
- 4. Anjana** – Eye is most important among all the sense organs. So to protect it should apply collyrium every day. In today's,polluted atmosphere, excessive use of mobile and computer results in dry. Here if Anjana dravyas are applied, it causes irritation to eyelids and conjunctiva and enhances thecirculation<sup>[14]</sup>.
- 5. Nasya**– Nose is the entry way for the head & medicine used in the from of nasal instillation, cures the diseases of the head through this route only, this is known as nasya<sup>[15]</sup>. It has Sticky in nature therefore avoids the entry of dust particles and macro-organism into thenasal tract. Practice of NasyaDravys prevents diseases of eye, nose & ears. There will not be afflicted with disease of head<sup>[16]</sup>.

- 6. Gandusha and Kavala dharana**- Mouth is completely filled with gandushadravya and kept without movement in gargling and the material used move easily in mouth is called kaval<sup>[17]</sup>.The sukhoshna(lukewarm) gandusha and kavaladravyas are used which improves the circulationof oral cavity. These are poses the massaging effect over the oral mucosa and even strengthensthe muscles of cheek, face and jaw bones<sup>[18]</sup>.
- 7. Dhumpana**-dhumpanadravyas are lightened with fire, it releases the smoke then inhalation and exhalation of smoke is known as Dhumapana<sup>[19]</sup>. Disinfective action of the dhumpanadravyas like haridra, guggulu and vachacleanses the respiratory tract, oral cavity and pharynx.
- 8. Tambulabhakshana** – Consuming of betel leaves are maintain hygiene of oral cavity and stimulates taste buds,Increases salivation etc.
- 9. Abhyanga** – Here the oil applied to nourishes of the skin is called abhyanga (Massage).Massage enhances the overall blood circulation and transport the potency of drugs to desired part. Daily practice of massage delays ageing, cures tiredness, improve vision good for skin and improve strength. It enhances the nerve stimulation<sup>[20]</sup>.
- 10. Vyayama**– The physical action, which enhances the strength of the body, when performed in the required amount is called as vyayama (exercise). It is the best among strength promoters<sup>[21]</sup>. Physical Exercise increases the carbohydrate metabolism (Glycolysis) and causes lipolysis ofaccumulated adipose tissue (Gluconeogenesis) thereby causing abolishment of extra fat.It increases O<sub>2</sub> supply to remote tissues<sup>[22]</sup>.
- 11. Udvartana** – These is a process which helps to decrease kaphadosha and medas (fat), make the body strong& gives excellent, clear and good complexion to the skin<sup>[23]</sup>. Rubbing helps in absorption of effusion, relief of blood stasis and carrying away waste products and deep massage enhances the circulation in superficial veins and lymphatics.
- 12. Snana(Bath)**- After doing massage, if takes bath, person will be cured of bad odour, heaviness of body, drowsiness, itching, impurities and unpleasantness due to sweat<sup>[24]</sup>. Cold water bath cures bleeding disorder and hot water bath excluding head enhances strength and destroys kapha&vatadosha.

**13. Other protective measures** – Wearing of flowers, beautiful cloth, garlands, foot wear, holding stick & umbrella etc.<sup>[25]</sup>. these all measures main aim is to prevents transmission of contagious and communicable diseases.

### **RATRICHARYA AND THEIR BENEFICIAL EFFECTS –**

The regimen that is followed since evening to night is include under Ratricharya, which should be adopted for maintenance of health & prevention of disease.

- In evening, take of food, sexual intercourse, sleep, reading and walking these five action are contraindication. Because take of food produces diseases, sexual act leads to deformity in the foetus, sleep produces poverty, reading leads to loss of life span and long walk leads to fear<sup>[26]</sup>.
- Meal should be consumed in the first prahara (around 6:00 to 8:00 pm) of night, food is taken in lesser quantity then afternoon & avoid the food that is difficult to digest. After taking light food, person should go to sleep with pleasant mind, after prayers to god in his own bed<sup>[27]</sup>.
- Triphala, mixed with honey & ghee should be used at night to strengthen the vision. Also good for body & help to maintain health and cure the diseases should be used daily<sup>[28]</sup>.

### **III. DISCUSSION**

The measures mentioned in Dinachariya and Ratrichariya are enable to pacify the increased Dosh and bound it within normal limit. Therefore, all these measure helps to prevent disease in pre-pathogenic states and promotes positive health of the individuals by maintaining normal physiological functions of the body and keeps the person healthy forever. As practicing of Brahmamuhurtajagrana, Ushnajaipana, Dantadhavana, Anjanakarmain the morning or Dhumapana (Smoking) just after intake of food is indicated as there are increase of Kapha Dosh in morning as well as just after intake of food and Anjana (Collyrium) and Dhumapan both pacify Kapha Dosh. All these processes are performed as routine before onset of pathogenesis which is consider as primordial prevention according to the modern science.

### **IV. CONCLUSION**

Acharya of Ayurveda were well aware regarding the importance of prevention disease and

maintain health. hence these measures are mentioned in earlier chapter of Charaka, Astangsamgraha, Astanghrdaya and bhavprakash Samhita. Hygienic practices like Achamana, Dantadhavana, Snana, regular cutting of nail, covering of face during sneezing, washing of hand and anal region after defecation, wearing of shoe etc., were in daily lives which were helpful to prevent communicable diseases. Beside these wake up in Brahmamuhurta, regular body massage, exercise along with proper diet etc. are helpful to prevent non-communicable diseases. So Dinachariya and Ratricharya regimen mentioned in Ayurveda followed properly in today's life to prevention of diseases, maintenance of health and promotion of positive health.

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