

## PREVENTION OF LIFESTYLE DISORDERS WITH THE PRINCIPLE OF DINCHARYA

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### ABSTRACT

Lifestyle means a pattern of individual practices and personal behavioural choices that are related to elevate or reduce health risks. The lifestyle disorders known internationally as non-communicable diseases (NCD's) or chronic diseases of lifestyle. The incidence of lifestyle diseases like hypertension, diabetes mellitus, dyslipidaemia, and overweight/obesity associated with cardiovascular diseases are high on the rise. With rapid economic development and increasing westernization of lifestyle in the past few decades, prevalence of these diseases has reached alarming proportions among Indians in the recent years. As *Ayurveda* is recognized as foremost life science and describes ways to prevent and manage lifestyle disorders, the world is being attracted towards its potential. In the prevention of lifestyle disorders, *Dincharya* (daily regimen) plays a very important role. There are various changes which have been occurred by the impact of time and later on results in manifestation of various diseases. If these changes are terminated by different activities described under the head of *dincharya*, diseases are definitely prevented. This is the basic principle behind *dincharya* and other *charya* described according to various time fractions. The present approaches are in planning for program of positive health and prevent CNCDs by following principle of *dincharya*.

**KEYWORDS:** Lifestyle, Lifestyle disorders, Chronic non-communicable diseases, *dincharya*

### INTRODUCTION

The first WHO<sup>1</sup> Global status report on life style disorders 2010 confirms that 36.1 million people died from lifestyle disorders in 2008. W.H.O. predicts that non-communicable disease will cause over three quarter of all deaths in 2030. *Ayurveda* uniquely perceives an intimate relationship between life style of an individual to health and disease. The knowledge of *Dincharya*<sup>2</sup> (daily regimen) can be of great help in not only preventing

but also controlling NCD's. These modalities are being encouraged as an integral part of NCD's prevention and management as they lead to balanced lifestyle and healthy living as a crucial pillar in combating in NCD's.

*Kala* or time is the basic factor in the causation and manifestation of Universe. Therefore it affects all the creations and play very important role in causation of diseases. Basically it is responsible for the changes in

all creations and human is not exception. These changes when occurred in full extent the diseases are manifested. To cope up this problem various type of activities has been described according to time fractions known as *charya*. Among those *dincharya* is described in context to day means sunrise to sunset.

In current era very much stress found everywhere which disturbs the life-style. This results in various types of disorders like obesity, diabetes, CHD, etc. These diseases are result of disturbed and deranged life-style and can only be corrected by intervention through ideal life-style.

### **MATERIALS AND METHODS**

Various *Ayurvedic* classic texts have been used for this study as source materials. Main *Ayurvedic* books used are *Charak Samhita*, *Susruta Samhita*, *Astanga Samgrah*, *Astanga Hridaya*, *Bhava Prakash*, *Swasthavritta samuchchya* and available commentaries on it. Apart this relevant modern medical science books and websites are also been used for this.

### **Pathogenesis of NCDs in relevance of disturbed daily regimen & sedentary life style-**

Modern life style is a major cause of many NCDs especially life style disorders and also a triggering factor for diseases like cancer, IBS, appendicitis, renal stones etc. In the morning late awakening and at night late sleeping has become common. Both of these habits have many adverse consequences on health. These faulty habits cause loss of concentration, mood disturbance, headache and stress. Late night sleeping causes the release of hormone cortisol which is responsible for rise in blood pressure and

reduction in cell regeneration activity. One bad habit results into many other bad habits. Late night sleeping causes late wake up in morning which again causes skipping breakfast and results more dependency on junk & fast food. These habits increase the risk of obesity, diabetes mellitus, hypertension, cardio vascular diseases etc. Lack of exercise and *Yoga* also result into NCDs. Drinking not enough water in a day is also a triggering factor for renal stones and constipation. Continuous sedentary jobs cause cervical and lumbar problems. Excessive work on computer results in dry eye or computer vision syndrome.

### **Dincharya and its applicability in current scenario:**

An ideal *dincharya* has been described in *Ayurveda* like<sup>3,4,5,6,7</sup> -

1. *Brahmamuhurta-jagarana* (Wake-up just before sun-rise)
2. *Darpanenamukhasayavalokana* (To see the mirror image of himself)
3. *Malotsarga* (Defecation and urination)
4. *Achamana* (Washing of hands)
5. *Danta-dhavana* (Tooth-brushing)
6. *Jihva-nirlekhana* (Tongue-cleaning)
7. *Snehagandusha-dharana* (Retaining oil in mouth)
8. *Mukha-netraprakshalana* (Washing of face and eyes)
9. *Sugandhitadravyadharana* and *tambulasevana* (Use of mouth freshener and betel leaves)
10. *Anjana* (Application of collyrium)
11. *Nasya* (Oily nasal drops)
12. *Dhumapana* (Inhalation of medicated smoke)
13. *Vyayama* (Physical exercise)

14. *Kshaura-karma* (Regular cutting of hair, nail, etc)

15. *Abhayanga* (Body massage with oil)

16. *Sharir-parimarjana* (Body cleansing)

17. *Snana* (Bathing)

18. *Vastra-dharana* (Dressing)

19. *Anulepana* (Deodorants, perfumes, face-pack, etc)

20. *Gandhamala-dharana* (Garlanding)

It is the ideal regimen of *dincharya* and rarely followed by individuals at present time due to stress and fast life-style as well as due to some kind of ignorance also. Result is emergence of various diseases and a new term has come in existence i.e. life-style disorders. It is the epidemic of current era.

**a) Time to wake up**

It is advisable to wake up during *Brahma muhurta* (early in the morning between 4.00 a.m. to 5.30 a.m.). This is the best time for study and to practice *Yoga*.

**b) Cleansing of teeth and tongue**

Cleansing of teeth and mouth should be practiced twice a day in the morning and before going to bed. Tongue should be cleaned by a long flexible strip of metal or plant material. It stimulates digestion.

**c) Drinking Water**

1-2 glasses of water kept for whole night should be taken before sunrise. It prevents ageing and diseases in body.

**d) Bowels**

One should attend the nature's calls. Elimination of urine and feces cleanse the body and cheers up the mind.

**e) Eye Care**

Eyes should be washed with fresh water to prevent eye diseases and promote vision.

**f) *Nasya***

It is of great importance to use *Pratimarsha Nasaya* daily to prevent graying of hair, falling of hair, blemishes and *Urdhvajatrugata Vyadhi*.

**g) *Abhyanga* (Oil Massage)**

It is highly beneficial to massage whole body including scalp with oil every day to prevent dryness of body and stiffness of joints. Oil massage ensures softness and unctuousness of skin, free movement of joints and muscles; renders nourishment, improves peripheral circulation and eliminates metabolic wastes.

**h) Exercise and *Chankramana***

Regular exercise builds up stamina and resistance against disease, clears the channels of body (*Srotas*) and increases the blood circulation and efficiency of vital organs, promotes appetite and digestion and prevents obesity. *Chankramana* is a variety of exercise which does not cause any kind of trouble to the body. It increases life span, strength, intelligence and perceptive power of organs.

**Bath**

Daily bath improves enthusiasm, strength, appetite, span of life and removes sweat and other impurities from the body.

**j) *Mangala Kritya***

One should worship.

**k) *Aahar* (Diet)**

Only after the digestion of previous meal one should take next meal. It should be compatible to him/her. Diet should be according to season and age. It should be balanced both in quality and quantity. One should take plenty of roughage in form of fruits and vegetables.

Thus observance of rules and regulations of *Dinacharya* leads to disease free and stress free lifestyle and promotion of health resulting into prevention of life style disorders i.e. NCD's.

#### **Diseases due to disturbed *dinacharya*-**

Following diseases can be manifested due to disturbed life-style<sup>8</sup>-

1. Obesity
2. Hypertension and stroke
3. Diabetes mellitus
4. Coronary heart disease
5. Dyslipidaemia
6. Cancer
7. Various types of arthritis
8. Anxiety neurosis and other mental diseases
9. Neurological disorders
10. Insomnia and other sleep disorders
11. Constipation and incomplete evacuation of bowels
12. Indigestion, flatus and fullness of abdomen
13. Hyperacidity
14. Gastric and duodenal ulcer
15. Irritable bowel syndrome
16. Rheumatic diseases
17. Early manifestations of aging like graying of hair, wrinkles, depletion of energy levels, etc.
18. Accidents and injuries
19. Diseases due to unhygienic conditions like-
  - a. Infections of buccal mucosa, teeth, gingiva, etc.
  - b. Skin infections
  - c. Infection of ear and nasal cavity
  - d. Eye infection
  - e. UTI
  - f. Genital infections

g. Infection of scalp

h. Increased risk of communicable diseases of faeco-oral route due to improper nail-cutting, unwashed hands, etc.

These diseases are emerging rapidly in current scenario and covering a vast number of populations. People can escape from this situation by simple modifications in their life-style.

#### **DISCUSSION**

Principle of *dinacharya* is more relevant in current era because everybody is in rush and running according to fast life-style of present time. Even nobody has time for himself also. So, result is emergence of epidemic due to life-style disorders both communicable and non-communicable. Although modern medical science has been very much developed with latest technologies and antibiotics, etc. and prevalence of communicable diseases has also been reduced very much. On the other hand non-communicable diseases are emerging very rapidly both in developed and developing countries. Cardiovascular diseases and cancer are at present the leading causes of death in developed countries e.g. Europe and North America accounting for 70-75 percent of total deaths<sup>9</sup>. The prevalence of non-communicable diseases has been increased in recent some years in India also due to blindly following of western culture. Two important reasons for emergence of non-communicable diseases are accepted; one is increasing life expectancy and second is rapid changes in life-style and behavioural patterns of people. Life-style changes and stress factor are included among the six key sets of risk factors responsible for the major

share of adult non-communicable diseases<sup>10</sup> this trend of present time cannot be changed as it is demand of this era but life-style can be modified by simple interventions through procedures of *dinacharya*. *Dinacharya* prevents both types of diseases mentioned above. In the case of communicable diseases it not only prevents the communication of diseases but also strengthen the immunity of the individual. On the other hand in the case of non-communicable diseases it maintains the *agni* (digestive power) and thus metabolism. This results in removal of toxins from the channels and proper nutrition of all the cells and tissues. This fact not only maintains homeostasis of each cell but also slow down the decaying and degenerative changes carried out in every cell due to time. All these positive things can be achieved by very low expense. There is only need of time management according to individual's own current life-style. Even modern medical science also recommends this fact that people should go close to their traditional life-style patterns. Healthy habits should be included in life-style even in busy schedule also, if a person want to be healthy forever.

### **CONCLUSION**

Average life of man is increasing due to good control of communicable diseases but non-communicable diseases are increasing & threatening new challenges. Health promotion is the only way to face these challenges. *Ayurveda* emphasizes on of maintenance of health as well as prevention of disease. *Dinacharya* is one of the main tool for maintenance and promotion of health. Thus implementation of *dinacharya*

has great effect in the prevention of diseases especially NCD's.

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