

DINACHARYA (DAILY REGIMEN) IN AYURVEDA: A PREVENTIVE HEALTH PERSPECTIVE

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ABSTRACT

Dinacharya, the concept of daily regimen in Ayurveda, emphasizes synchronizing the human biological clock with the natural cycles of day and night. This ancient but systematically structured regimen guides individuals to maintain health, improve immunity, enhance vitality, and prevent disease. The practice involves specific habits like rising at Brahmamuhurta, cleansing activities, oil application, exercise, bath, meditation, diet regulation, and ethical conduct. Dinacharya influences the physiological and psychological domains by maintaining doshic balance (Vata, Pitta, Kapha) and promoting swasthya (health). The present review is based on authentic references from Ayurvedic classics including the Ashtanga Hridaya, Charaka Samhita, and contemporary interpretations to highlight Dinacharya's preventive health applications. By promoting discipline, self-care, and awareness, Dinacharya offers a timeless and holistic tool for modern preventive medicine.

Keyword: - Ayurveda, Dinacharya, Daily Routine, Dosha, Vata, Pitta, Kapha, Health, Lifestyle

1. INTRODUCTION

Ayurveda places strong emphasis on prevention (*Swasthasya Swasthya Rakshanam*) and prescribes a daily routine (*Dinacharya*) for maintaining optimal health. Rooted in ancient wisdom, Dinacharya aligns the individual with nature's cycles to regulate biological rhythms and internal homeostasis [1].

1.1 Importance in Preventive Medicine

Dinacharya practices aim to prevent disease at its root by stabilizing bodily functions. When followed properly, these daily rituals enhance digestion (*Agni*), detoxification (*Ama-pachana*), and immunity (*Vyadhi Kshamatva*) [2].

1.2 Origin in Classical Texts

Dinacharya is elaborated in Ashtanga Hridaya Sutrasthana and Charaka Samhita. Vagbhata states that a healthy person should rise in *Brahmamuhurta* and initiate the day with cleansing, meditation, and health-enhancing habits [3].

2. COMPONENTS OF DINACHARYA

2.1 Brahmamuhurta Jagarana (Waking at Dawn)

The day begins during *Brahmamuhurta* (roughly 1.5 hours before sunrise) for optimal mental and physical health. It is considered ideal for studying, yoga, and meditation [3].

2.2 Malotsarga (Excretion)

Proper and timely elimination of waste prevents *Ama* formation and supports gut health. Classical texts suggest excreting after urge, without strain, in clean surroundings [4].

2.3 Dantadhavana and Jihva Nirlekhan (Oral Hygiene)

Tooth brushing using herbal twigs (like Neem, Khadira) and tongue scraping removes toxins and stimulates salivation. Sour, sweet, or salty twigs and inappropriate sticks are contraindicated [5].

2.4 Achamana and Anjana

Achamana (sipping water ritualistically) purifies senses and mind. Application of collyrium (Anjana), especially Sauvuranjana, maintains ocular health and prevents Kapha accumulation in eyes [6].

2.5 Nasya and Gandusha

Instillation of medicated oils in nostrils (Nasya) and oil pulling (Gandusha) lubricate nasal passages, strengthen voice, prevent ENT disorders, and improve clarity of senses [7].

2.6 Dhumapana and Abhyanga

Herbal smoke inhalation (Dhumapana) removes Kapha-related obstructions in head and neck. Oil massage (Abhyanga) with dosha-specific oils nourishes skin, improves circulation, and delays aging [8].

2.7 Vyayama (Exercise) and Snana (Bath)

Regular exercise maintains metabolic balance and strength, whereas bathing removes fatigue, enhances vigour, and stimulates *Agni*. Hot water is avoided on head to protect eyesight [9].

2.8 Bhojana Vidhi (Dietary Discipline)

Taking meals at appropriate time, in right quantity, with mindfulness, and after offering to deities ensures proper digestion and nutrition. Foods prepared by the diseased, immoral, or unclean are discouraged [10].

2.9 Sadachara (Code of Conduct)

Daily ethical behaviour includes respecting elders, practicing non-violence, truthfulness, humility, and charity. Social and spiritual discipline is key to mental health and interpersonal harmony [11].

3. DISCUSSION

Dinacharya covers all aspects of personal health—physical, mental, social, and spiritual. Its emphasis on cleansing, stimulation, nourishment, and rest addresses modern challenges like stress, insomnia, digestive disorders, and metabolic syndromes. Practices like *Nasya*, *Abhyanga*, and *Vyayama* have been scientifically proven to influence the nervous and endocrine systems [12]. Thus, Dinacharya can be promoted as a cost-effective and self-empowering public health strategy.

4. CONCLUSIONS

Dinacharya provides a comprehensive framework to maintain health and prevent disease by aligning daily life

with nature. Its integration into daily routine fosters longevity, vitality, and well-being. Revival and scientific validation of Dinacharya are needed to adapt its timeless wisdom into modern lifestyle.

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