

## Daily Regimen to keep Doctor away

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### Abstract:

The present era has shown a significant change in the entire thinking about the problems of health and diseases towards its preventive measures. They view that maximum effort should be made to prevent almost all categories of ailments, as it is not humanly possible to treat and cure all the patients.

To keep fit, one must understand the importance of biological clock, the environmental changes every now and then. One who wants to keep fit himself for whole of his lifetime, should also be fit every day. Health depends on how one spends each day. The ideal lifestyle for a day is called *dinacharya* divided into day and night regimen.

Daily regimens that should be followed are – waking up in *brahmimuhurtha*, *usha pana*, *suchi* (mouth wash, tongue scraping, mouth gargle, care of other senses), *vyayama*, *abhyanga*, *avagahana*, *ahara*, *nidra*, *vyavaya* etc. The purpose of these regimens is to maintain hygiene, strengthen the body, promote the health and keep the mind in peace.

During the ancient times, requirements of a person were minimum. In today's hectic and materialistic culture, rarely any person gets the time to think of his own health. Hence many people think that this lifestyle is not possible to follow but this is wrong concept. Every one of us should at least understand the importance of ideal lifestyle and must try our level best to follow as much as possible.

**Key word:** Daily regimen, promoting health, preventing diseases

### Introduction

The present era has shown a significant change in the entire thinking about the problems of health and diseases towards its preventive measures. They view that maximum effort should be made to prevent almost all categories of ailments, as it is not humanly possible to treat and cure all the

patients. To keep fit, one must understand the importance of biological clock, the environmental changes every now and then. One, who wants to keep himself fit for whole of his lifetime, should also be fit every day. Health depends on how one spends each day. In order to follow a balanced and healthy life, *ayurveda* suggests a specific daily routine for each individual.

*Dinacharya* is the Ayurvedic term for daily routine. Following a proper *dinacharya* is one of the best methods to prevent disease, promote good health and prolong life. Unhealthy lifestyle can lead to problems like acidity, indigestion, stress and other lifestyle-related disorders. This approach also helps to manage ailments. The daily routine is based on the individual's basic body constitution.

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Before going into individual daily regimens we should know the importance of following these regimens. It mainly aims at health forever since it follows the preventive measures, avoiding the cause of the disease is the first line of treatment which can be achieved by following these daily regimens, it is better “you don't touch the mud instead

### **Discussion:**

*Prataha uthana* and *malatyaga*: Daily regimen starts with *brahmi muhurtha uthana* i.e. waking up four *gatika kala* (96 minutes) before sunrise. During this time *mahabootas* will be in pure state, nascent pure oxygen is available, atmosphere will be cool, calm and quiet which is best suited for *adhyayana*. This regimen will not be applied for children, pregnant ladies and old age people. Next is evacuation of bowels, for that one

of touching the mud and washing” similarly it is better to prevent the disease by following these daily regimens instead of getting the disease and taking treatment. By following these daily regimens health will be maintained and immunity will be developed. It is also the responsibility of the physician to enhance the strength and maintain health of the patient by advising him to follow the daily regimens that are told in *swasthavritta* aspect of *Ayurveda*.

After a brief note on the importance of *dinacharya* we should know what this *dinacharya* is? *Dinacharya* is nothing but the activities that are done from sunrise to sunset. If person wants to be healthy throughout the life then he should be healthy each day since it is the part of his life. To maintain physical and mental health controlled and guided activities are mentioned and the regimens told in our classics are for *sama prakriti* means persons having all the three *doshas* in equilibrium. So we have to alter the regimens according to our body constitution. Daily regimen can be altered according to the condition of an individual and hence help to achieve and maintain health.

should self observe the *samyak jeerna lakshana* of previous food. One should never do the forceful evacuation or with holding of natural urges since it leads to many disorders. Evacuation of bowels in squatting position is best since it causes relaxation of anal sphincters, the thighs will be pressing the abdomen as a result of which intra abdominal pressure increases and helps in evacuation where as all these things are not seen while using the western toilet. Present trend is to read news papers etc in

toilet which should not be done. The environment of bathroom and toilet will not be healthy, so one shouldn't spend much time in toilet and bathrooms. So one should get up early and then evacuate the *mala* (faeces)

### **Achamana, dantadavana and jihwa nirlekana**

After evacuation of bowels one should do *achamana* which will help in nourishing and cleaning the sense organs, it also makes the mind fresh and helps to be fresh and energetic throughout the day. Bed coffee culture persists. This leads to many oral disorders so the advised daily regimen is *dantadavana* using *Amra*, *Karanja*, *Bhilwa* twigs or the *choorna* containing these drugs will have positive effects like removes tartar, micro organisms, induces freshness and increases palatability, removes bad smell of oral cavity and causes freshness and satisfaction to mind. After *dantadavana* one has to follow *jihwa nirlekana* i.e. tongue scrapping. It increases the salivation (saliva contains Ptylin, lysosome, which acts as bacteriosidal), which in turn increases the stimulation levels of unconditioned reflex in cephalic phase for gastric secretion and increases gastrointestinal secretions. Finally results in increasing appetite, increasing threshold level of the basic taste perception and proper digestion.

### **Anjana, nasya, gandusha, kavala and dhumapana**

*Anjana* i.e. applying collyrium should be practiced daily since it helps in cleaning the eyes, improves the visual acuity, prevents various eye disorders. *Souviranjana*

(composed of sulphurate of antimony) can be used daily but *rasanjana* (made from an extract of *Daru haridra* (*Berberis aristata*) cooked with goat's milk) should be used once in five or eight days.<sup>[1]</sup>

*Nasya* i.e. instilling few drops of medicated liquid into nostrils should be practiced daily which helps in nourishing the olfactory nerve, improves voice and the joints of the nose are strengthened, prevents premature graying of hair and hairfall, nourishes the organs that are situated in head and neck region.

Holding the medicated liquid in oral cavity is *gandusha* where as gargling the medicated paste is *kavala*. It should be done till there is secretion from nose, eyes, oral cavity. It maintains the hygiene, health, freshness of the oral cavity, prevents bad odor and oral cavity disorders, increases the threshold of taste perception and strengthens the different parts of the oral cavity.

*Dhumapana* or inhalation of medicated smoke are prepared by a specific method and don't contain tobacco or any addicting drugs. They are prepared from herbal leaves like *Agaru*, *Ela* (cardmum), *Aswatha* (*Ficus religiosa*), *Nyagrodha* (*Ficus Benegalensis*), *Sarjasasa* etc. which are alleviators of *kapha* and *Vata*. Ghee, wax are used to prepare unctuous smoking materials. It can be done after sleep, brushing, bath, meals. Medicated smoking can relieve the diseases of the throat, mouth, head, nose, and clavicular region. Excess smoking can cause deafness, blindness, dumbness, internal hemorrhage and vertigo. Medicated smoking is contraindicated for those suffering from bleeding, poison, anxiety, fatigue, *pitta*

diseases, giddiness, thirst emaciation, injury, and for pregnant women.

### **Abhyanga, vyayama and snana**

*Abhyanga* means oil massage on the body. This process is very important in the daily routine. The massage produces strength in the body and improves performance in muscular activities, it delays the aging process, relieves fatigue, relieves *Vata*, improves vision, produces corpulence, sound sleep and softness and strength in the skin. Everyone should massage warm oil on the body for at least ten to fifteen minutes. Head, face, shoulder, neck, back, flanks, chest, hands, and legs, hips are to be massaged properly. If there is insufficient time to complete a full-body massage, at least the head, ears, and soles of feet should never be missed.<sup>[2]</sup>

In present era people are having sedentary life style which leads to obesity HTN, CVD, DM etc. Practicing *vyayama* (exercise, different *asanas*) daily is very essential. Physical exercise should be done after oil massage so that the oil applied on the body gets absorbed through the pores of the skin and enters into the tissue level. Physical exercise should be done half of ones capacity. It produces lightness in the body, strength for work, increased gastric fire, and reduced fat. All parts become well developed and in good form. There are different kinds of physical exercise described in *Vedic* and ancient Indian books. Many of these are suitable to a particular type of person or a particular type of condition, but some are generally suitable for everyone.

After oil massage and proper physical exercise one should have bath. Due to whole body bath itching, tiredness, sweating, drowsy, thirst, burning vanish. And increase appetite, strength. Warm bathing is beneficial except head. For head cold water is beneficial. Hot water head bath will adversely effect the normalcy of vision and hair.

Religious act, *vastra dharana*, *anulepana*, *mala* and *ratnabharana dharana*

Religious or virtuous acts are described to enable us to follow the laws of nature. If we violate natural laws, we experience the consequence and fall sick. If we follow them we are always healthy. Everyone should structure his morning and evening time to allow at least 20 to 40 minutes for self-realization, to obtain the knowledge of the unified field, which is the home of all the laws of nature. This is the key real health and all happiness.

As per *ruthu* different quality of *vastra* should be worn which will be explained in the table 1.

**Table 1**

<b>Rutu</b>	<b>Type of vastra</b>
Cold season	Woolen clothes
Hot season	Cotton clothes
Rainy season	White color clothes

As per *ruthu* different quality of *vastra* to be worn.

The frequency of sexual intercourse as per season

Anointment of fragrant drugs is called as *anulepana* which gives strength to skin, muscles and nerves, keeps the mind calm and peaceful. Wearing flowers which are fragrant (*maladharana*) will be auspicious, more potent than *anulepana* in antiseptic property; vital organs will be stimulated and keeps the mind cool, calm and pleasant. According to *nakshatra*, *graha*, *rashi* different *ratnas* are to be worn. The waves of different planet comes to earth and will have good/ bad effect to person. If *ratnas* are worn then it will absorb good waves and gives to the body and will be reflecting back the bad waves.

Usneesa, chatra, danda, paduka – dharana

Usneeshadharana refers to wearing turbans which protects the head which is considered as *uttamanga*. Chatradharana will protect us from sunrays in summer season and from rain in rainy season and totally protects the

whole body. Dandadharana will be helpful for self protection, increases the self-confidence, strength and stability of the mind. Padukadharana will protect the feet prevents cracks, increases the sexual urge, strength, eyesight.<sup>[3]</sup>

Ahara, nidra, brahmacharya<sup>[4]</sup>

*Ahara, nidra, brahmacharya* is considered as the three *upasthamba*. The prime importance is given for the *ahara* since the *shareera* originates develops and get destroyed because of the *anna* and the type of *ahara* taken by the individual is responsible for health and disease state. So, the method, time, frequency, quantity and quality of food intake is to be given prime importance. Before taking meals we have to observe ourself that the previous intaken food has been digested or not, if there is *samyak jeerna lakshana* then one should take bath then do *hastha pada prakshalana* followed by *jala sparsha* to netradi and take the food by following certain rules and regulations as mentioned in table 2:

**Table 2**

At proper time	Vivikta ( Ekanta)
Healthy	Washing hands & feet
Clean	First offered to pitru , devata , atithi,
Unctuous, hot	balaka, Pashu etc
Should concentrate over food	Should not blame/ scold others
Should have all six tastes	Should not speak, laugh etc.
Not too slow / fast	More of liquid portion

### Rules and regulations for food intake

Meals should be taken in the first 3 hours of night; food is taken in lesser quantity than afternoon. After food, should do gargling then *dantadavana* followed by *tambulasevana* and *dhumapana* then walk for about 100 steps later sleep on the left lateral position since the greater curvature is

on the left side so by sleeping in left lateral position it will stimulate the cells of the mucosa of greater curvature so that will help in proper digestion.

Nidra should be done in proper time and for a proper duration. Nidra is responsible for the health and the disease state. The beneficial and harmful effects of nidra are listed below in table 3.

**Table 3**

Beneficial effects	Harmful effects
Sukha	Dukha
Pusti	Karshya
Bala	Dourbalya
Purushatwa	Klaibyata
Gnayan	Agyana
Jeevita	Mrityu

### The beneficial and harmful effects of nidra

Maintaining the celibacy is also important for health maintenance. Shukra dathu which is considered as the parama dhatu should be conserved. After entering into grahastha

ashrama one should follow vaivahika brahmacharya and should involve in sexual intercourse with partner only for getting the progeny. The frequency of sexual intercourse as per season is mentioned in table 4.

**Table 4**

Rhutu	Sexual intercourse frequency
Hemanta, Sishira(cold season)	Bala & Iccha anusara
Vasanta, Sharad(spring, autumn)	Once in three days
Varsha, Grishma(rainy, summer)	Once in 15 days

### Conclusion:

If one wants to be healthy throughout his life then he should follow the daily regimens

and the seasonal regimens told in our classics, if not he will never be healthy. For achieving purusharthas namely dharma, artha, kaama, moksha health forms the root

or base. If person is suffering from disease then it destroys both honor and life.

During the ancient times, requirements of a person were minimum. In today's hectic and materialistic culture, rarely any person gets the time to think of his own health. Hence many people think that this lifestyle is not possible to follow but this is wrong concept. Every one of us should at least understand

the importance of ideal lifestyle and must try our level best to follow as much as possible. One should always remember that health management is free and enjoyable whereas disease management is very costly and painful. So, one should always try to maintain his health by following these daily regimens and lead life with complete physical, mental, spiritual and social well being.

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