EFFECT OF DINACHARYA PALAN ON VARIOUS HEALTH PARAMETERS – A RETROSPECTIVE STUDY.

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ABSTRACT

Ayurveda, the life science is the most ancient medical faculty in the world. Ayurveda has not only advised the treatment for various diseases but also its prime motto has been to prevent someone’s health. Many Dietary and Lifestyle related rules and regulations have been described in the classical texts of Ayurveda for prevention of health. Dinacharya, Ritucharya, Achararasayana, Sadvritta, Akara vidhi vidhana, Ashtauvidh aharvidh visheśa ayatan, Viruddha ahar, Rasayana, Vajikarana etc. are scientific guidelines related to health prevention. Among all, Dinacharya is the first and basic lifestyle regimen to be followed. Dinacharya is mentioned by many Ayurveda Acharyas, but here it was studied from three major classic viz. Charaka Samhita, Sushruta Samhita and Ashtang Samgraha only. Everyone who will is willing healthy life should follow Dinacharya. It comprises advice related to waking up times, vyayam, snana, abhyanga, nasya, dantadhawana, anjana, karnapurana, padabhyanga, bhajan samaya, nidra etc. In the present observational study 100 people were randomly surveyed and questioned to know about their ‘Dinacharya Palan’ (Routine Lifestyle) and Health status with the help of structured questionnaire. Collected data was analyzed by Chi square test of association and we found significant results (P<0.0001). The health score was found higher in the people in whom Dinacharya score was higher.

Keywords – Dinacharya vidhi, Ashtang Samgraha, Charaka Samhita, Sushruta Samhita, Effect on Health.

1. INTRODUCTION

Dinacharya is a specialized structured lifestyle designed by ancient Ayurveda acharyas in order to maintain the health of healthy individual. ‘To maintain heath of healthy individual’ (Swasthya swasthya rakshanam)1 is primary aim of Ayurveda. Rules and regulations to be followed for healthier life are getting more importance in today’s era. Dinacharya is one of the most important lifestyle regimens mentioned in classical texts of Ayurveda. Every minute aspect has been covered under Dinacharya vidhi. That is why Ayurveda is considered as complete science or life science. The word Dinacharya is made of two words – ‘Din’ + ‘Charya’. ‘Din’ (Ahoratra) means Day + Night and ‘Charya’ means rules and regulations to be followed. To follow the rules and regulations related to lifestyle over 24 hours to maintain someone’s health can be called as Dinacharya in short. Almost all Ayurvedic classical texts have enlightened on the concept Dinacharya. Dinacharya vidhi from Brihat-trayee i.e. Charaka Samhita, Sushruta Samhita and Ashtang Samgraha was studied in the present study. In fast life of 21st century the definitions of lifestyles have been changed drastically. This might be due to increasing competition, stress of work, greed of money, tendency to run behind success etc. People are being waking up late and sleeping late at night, times of breakfast-lunch-dinner have been improperly adjusted. Many don’t do exercise and yoga. The procedures like Abhyanga, Mardana, Anjana, Nasya, Karnapurana, Tarpan etc. are either outdated or being followed by diseased people only. Due to improper lifestyle (not following Dinacharya) the incidence of many lifestyle disorders like Diabetes, Ischemic Heart Disease, Hyperlipidemia, Obesity, Hypertension etc. is increasing day by day. To aware the people about health and to teach them Ayurveda rules for maintain health is definitely the need of time. Present study can

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help to aware people Ayurveda and maintenance of health.

2. METHODS

2.1. Dincharya Vidhi

♦ It is advised to wake up on Brahmyamuhurta after confirming that dinner is digested well. According to Indu, Brahmyamuhurta is period of one to two hours before sunrise.

♦ Someone should do pass stool and urine (Mala-Mutra visarjana) after he feels sensation (Vega) to do so.

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♦ Vyayama and Abhyanga (body massage) should performed prior to take bath and prior to take meal (Pratih bhojana). Karnatarpan, Shiroyanga and Padabyanga is also advised. It means meal is advised in the morning and no concept of breakfast is found in Brihat-Trayee.

♦ Snana (bath) should be taken after it for external purification of the body.

♦ Dantadhawana (brushing the teeth) is to be done using bark of trees (Katu/Tikta/Kashaya rasa). Certain Ayurvedic Dantamanjana or Ayurvedic pastes may be used. Karaja, Karaveera, Madar, Malati, Arjun, Vata etc. are said to be best for Dantadhawana. Madhur rasa dravyas can be also used.

♦ Jivhanirlekhan (cleaning the tongue) is advised after Dantadhawana (brushing the teeth).

♦ One should worship the god and should render the obeisance towards elders in home.

♦ Application of Ajana to eyes is the next procedure. Sauviranjana (daily) or Rasanjana (once a week) is to be used. Sushruta didn’t mentioned Rasanjana.

♦ Nasya, Gandusha / Kawala and Dhumpa are advised after Anjana karma. Nasya should be taken in Varsha, Sharad and Vasant when sky is clear and without clouds.

♦ Someone should eat Tambul after it. Tambula sevan should be done in the morning, after bath and after meal. Someone may chew Sugandhi dravyas like Lavanga, Ilayachi, Kankol, Poogaphala along with Tambula.

♦ Bhojan (Annapan) should be as per Annapanvidhi mentioned in chapter 10. Ahara (Bhojan) should be taken after digestion of first Ahara. Meals should be taken round about 10 am in the morning and prior to 7 pm in the evening. Evening meal should be Laghu, Hitakar and Alpa in Maret. Meanwhile light diet should be taken if feels hungry.

♦ One should work whole a day for earning and livelihood after it.

♦ One should be sleep in clean and holy place after worship of God. Ideal time of sleep can be said prior 10 pm.

2.2. Study design

Present study was Observational Study (Cross-sectional Study). It was carried out in people residing in periphery of PMT’s Sant Ekanath Ayurveda Rugnalaya and College. Peoples were selected randomly and were undergone through ‘Specially designed structured Questionnaire’. Total 100 people were surveyed. Scores of ‘Dinchatra’ and ‘Scores of Health’ were noted. Further Dincharya score and Health score were analyzed statistically.

2.3. Objectives

♦ To study Dincharya vidhi concept in detail from Brihat-trayee.

♦ To observe the individuals and to know about their lifestyle (Dinchatra).

♦ To examine certain health parameters in the individuals.

♦ To observe association between Dincharya score and Health score.

2.4. Inclusion Criteria

♦ Age between 40 to 60 years, both sexes.

♦ Either healthy or diseased individuals.

♦ Patients willing to participate in the study.

2.5. Exclusion Criteria

♦ Age below 40 and above 60 years.

♦ Individuals suffering from congenital disorders, physical disability, chronic systemic disorders.

♦ Patients not willing to participate in the study.
2.6. Assessment Criteria

Patients were assessed on the basis of certain health parameters. Assessment criteria were as follows –

- Ahara shakti
- Jarana shakti
- Vyayam shakti (Bala)
- Mala pravartana
- Prasanna Indriyatva
- Nidra
- Vikrutti

2.7. Questionnaire

Two questionnaires have been designed. One for collecting data related to Dincharya Palan and other for assessing the health parameters. Option number of the answer denotes the score.

2.7.1. Questionnaire for Dincharya Palan

Q. 1. Do you wake up from sleep before 6 am?  
0: Never, 1: Sometimes, 2: Often, 3: Always

Q. 2. Do you do Exercise or Yoga daily?  
0: Never, 1: Sometimes, 2: Often, 3: Always

Q. 3. Do you take body massage daily (either at hospital or at home)  
0: Never, 1: Sometimes, 2: Often, 3: Always

Q. 4. Do you do Padabhyanga / Karnapurana / Shiroabhyanga / Anjana etc.?  
0: Never, 1: Sometimes, 2: Often, 3: Always

Q. 5. Do you do Nasya / Gandusha / Kawala?  
0: Never, 1: Sometimes, 2: Often, 3: Always

Q. 6. Do you use warm water to pour on head?  
3: Never, 2: Sometimes, 1: Often, 0: Always

Q. 7. Do you bath with cold water daily?  
3: Never, 2: Sometimes, 1: Often, 0: Always

Q. 8. Do you use Ayurvedic / Herbal preparations for Dantadhawan?  
0: Never, 1: Sometimes, 2: Often, 3: Always

Q. 9. Do you perform Jivhanirlekhana after Dandhawan?  
0: Never, 1: Sometimes, 2: Often, 3: Always

Q. 10. Do you consume Tambul daily?  
0: Never, 1: Sometimes, 2: Often, 3: Always

Q. 11. Do you worship god daily?  
0: Never, 1: Sometimes, 2: Often, 3: Always

Q. 12. Are times of your meal regular?  
0: Never, 1: Sometimes, 2: Often, 3: Always

Q. 13. Do you sleep before 10 am and for about 6 to 8 hours?  
0: Never, 1: Sometimes, 2: Often, 3: Always

2.7.2. Questionnaire for Health parameters

Q.1. Ahara shakti (Do you feel hungry at regular time daily? Ahara matra?)  
3: Hunger at regular interval and samyaka ahara matra, 2: Hunger at regular interval most of times and madhyama ahara matra, 1: Hunger at irregular interval and vishama ahara matra, 0: Hunger is disturbed often and alpa ahara matra.

Q.2. Jarana shakti (What is your digestion status?)  
3: Ok, no feel of fullness of abdomen after meal, 2: Sometimes feeling of fullness of abdomen after meal, 1: Frequent feel of fullness of abdomen after meal and sometimes don’t feel hungry at time of next meal, 0: Often feel of fullness of abdomen after meal and next meal is disturbed due to indigestion.

Q.3. Vyayama shakti / Bala (Can you perform daily work without tiredness? Is there dyspnea on exertion?)  
3: Can perform routine daily work without tiredness, no dyspnea on exertion, 2: Sometimes feel tiredness after daily routine work, sometimes mild dyspnea on exertion, 1: Frequent feel tiredness after daily routine work, always mild dyspnea on exertion, 0: Often feel tiredness after daily routine work, can’t bear exertion due to dyspnea.

Q.4. Mala pravartana (Does Mala pravartana is regular? Mala swarup?)  
3: Regular mala pravrtti, Prakruta mala, 2: Sometimes mala pravartan is irregular, Prakruta mala but sometimes Apakva 1: Frequently mala pravartan is irregular, Drava / Durgandhi / Sashleshma /Constipation, 0: Often mala pravartan is irregular, Drava / Durgandhi/Sashleshma/Constipation.

Q.5. Prasanna Indriyatva (Do you feel mentally fresh whole a day?)  
3: Feel fresh whole a day, 2: Sometimes mental fatigue after daily work, 1: Frequently mental fatigue whole a day but not daily, 0: Not at all mental freshness, fatigue whole a day.
**Q.6. Nidra (Does your sleep is sound? Duration of sleep?)**

3: Regular-sound sleep, duration round about 8 hours, feel fresh in the morning, 2: Regular-sound sleep, duration round about 8 hours, but sometimes sleep is disturbed, feel fresh in the morning, 1: Frequently disturbed sleep, duration is 5 to 8 hours, sometimes don’t feel fresh in the morning, 0: Sleep is disturbed often and irregular duration, not feel fresh in the morning.

**Q.7. Vikruti Parikshana (Have you any health problem? History of any disease?)**

3: No health complaints, no history of past illness, 2: Suffer from seasonal diseases like cough-cold-fever but covers early, history of past illness but controlled and no need to take medicines, 1: Suffer from seasonal diseases like cough-cold-fever but covers early, history of past illness but controlled with medicines, 0: Always having health complaints, history of past illness but uncontrolled even if on medications.

### 3. RESULTS

Out of 100 peoples surveyed 45 people were between age 40 to 50 years and 55 people were between age 51 to 60 yrs. (Figure No. 1). 32 were females and 68 were males (Figure No. 2). These numbers of age and sex were totally by chance as people were surveyed randomly irrespective of age, sex, occupation, economy, education etc. As per Dincharya Palan score (Table No. 1), none patients were found in the grade Excellent Dincharya Palan, 37 patients were found in the grade Good Dincharya Palan, 54 patients were found in the grade Average Dincharya palan and 9 patients were found in the grade Poor Dincharya Palan. Considering Health status score (Table No. 2), 7 patients were found in the grade Excellent Health status, 56 patients were found in the grade Good Health status, 35 patients were found in the grade Average Health status and 2 patients were found in the grade Poor Health status. It was found that, number of patients with higher Health status score were more where Dincharya palan score was higher and number of patients with lower Health status score were more where Dincharya palan score was lower. Details about Dincharya score vs. Health score are mentioned in the form of contingency table in Table No. 3. It means among the surveyed people who were following Dincharya were having better Health status than other. Statistical analysis was done by Chi square test at 5% level of significance to check association between Dincharya Palan score and Health Status score. Chi square test has shown highly significant association between abovesaid two variables ($X^2$ - 26.438; $P$ - <0.0001; DF – 1; Table No. 3) Hence it is concluded that Dincharya Palan increases the Health status.

### 4. DISCUSSION

100 peoples of age 40 to 60 yrs. were surveyed, the main concepts behind selecting this age group were to observe the lifestyle approximately more than 20 years and commonly most of people suffers health issues past the age 40. People didn’t ask to follow Dincharya Vidhi. They are asked few questions to know their routine lifestyle and current health status. At the end of survey people were told about their good habits and were advised to change their improper habits. Dincharya Palan was found statistically significant to maintain health. (Table No.3). Few logical reasoning about Dincharya and Health are discussed below.

Very first advice to follow is to wake up very early in the morning i.e. on Brahmyamuhurta. Early morning time is Vata Kala and its natural time to pass Urine-Stool. Its prime advice to maintain health. Vyayama increases agni-bala-kanti and reduces meda-gaurava etc. It makes the body strong. Abhyanga in beneficial for healthy body-skin and to reduce Vataprakopa and Klesha. Karnatarpan in helpful to reduce Karna-hanu-manya shula and to increase hearing process. Shirobyanga is good for healthy hairs and scalps. It reduces stress and nourishes all sense organs. Padabyanga is vrishya, padaroghar, chakshushya and makes feet soft. Snana is vrishya, dipana, ayushya, urjakar, shramahara, nidrarahara, kandu-mala-shlehma-vyadhihara. Snana vidhi is to be done with warm water, but warm water should not be used to pour over head. Luke warm water may be used over the head region. Dantdhawan is daurgandy-mala-vairasyahara. Jvahanirlekan helps to remove Mukhvaivasya, Mukhadaurgandhya and to achieve Mukharuchi. Manas (mind) is also Adhhishthana of Vyadhies as Shari-ra (body). Calm and fresh mind is an integral part to maintain someone’s health. Worship of God in the morning or evening or both the times increases the piece of mind and releases the stress. Stress is major cause for many diseases now a day. Hence worship is good to keep someone’s health. Anjana, Shlesmahara and chakshushya. Nasya, Gandusha / Kawala are significant for maintaining health of Urdhwaajatru. Tambula is mukharuchikar, dur-
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gandhihara and mukhaprasannattakar. Matravata, Vidhi purvak and Samyak kal bhojan helps to digest the food, to keep Agni normal, in turn helps to avoid diseases and to maintain health. Regular sleep for about 6 to 8 hours is the major key of health. Ratri jagarana (night vigilance) is cause of vitiation of Vata and Pitta which may lead to different diseases.

Limitations

Only routine lifestyle of people was observed and checked on the basis of classical Dincharya. People were not educated about Dincharya prior the study. There is further is scope for interventional study. E.g. To educate the people about Dincharya. To ask them to follow ideal Dincharya. To analyze the health score before and after study.

4. CONCLUSION

- Dincharya narrated in Brihat-Trayee is ideal lifestyle to maintain health.
- Awareness about Dincharya vidhi mentioned in Ayurveda was found very less among the individuals surveyed.
- Health status score was found higher in the people in whom Dincharya Palana score was higher.
- Dincharya palan significantly increases the Health status.

6. REFERENCES

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7. TABLES AND FIGURES

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<th>Dincharya Score</th>
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Table No 1 Dincharya Palan

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Table No 2 Health Status

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Table No 3 Dincharya (score) vs. Health (score) – Chi square test O
Figure No 1 Age wise distributions

Figure No 2 Gender wise distributions
Dincharya score vs. Health score

Figure No 3 Dincharya (score) vs. Health (score)

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