Importance of Dinacharya

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Abstract: Follow the rules of Dinacharya and be healthy without medicine. Stay away from medicine as far as possible by following the rules of Dinacharya.

Methods and Findings:
Methods: Its a questions and answer method to some volentiers and listening their answers. There were two groups for this questions and answers. Group A following rules of dinacharya and Group B not following rules of dinacharya and compair the difference.

Conclusion: There is more healthiness, positivity in all ways. Happiness observed in the followers of dinacharya and vice versa.

Abbrevations:
1) CH.SM (Charak Samhita)
2) SU.SM (Sushrut Samhita)
3) AS.SAN (Astang Sanghraha)

Key Words: Dinacharya, Swastha, Swaasthya

I. Introduction:
Now a days human daily routine of behaviour is maximally different from the nature’s cycle.
स्वास्थस्य स्वास्थ रक्षणम आतुरु राः व्याधी परिमोकः।
The aim of ayurveda is to maintain the normal health first, if disease occurs then give proper treatment.

Aim & Objects:
आयु वेद इति आयुवेद:।
Ayurved is a science of life, it gives informations to maintain normal health, information about disease and its treatment. As life is a circular cycle, according to biological clocks, there is morning, afternoon, evening and night, same way human being must follow the particular biological clock of his life, and must correlate the work with the cycle. Eg. If it is morning the first work should be to wake up at Bramhe Muhurta told by ayurved. ।

ब्राम्हये मुहुते उत्तेजणीजीण सनिरूप्यनं। स्वामयायु: स्वस्थये जातवेस सामुत्सृजेत॥
A healthy person should wake up at bramhe muhurta in the morning after filling that the dinner he has taken at night is digested. This muhurta is considered as one and half hour before sun rise. According to ayurveda it is vataj kal. Next work should be done during the whole day is clearly mentioned in ayurveda to maintain the life cycle. Obviously these rules maintain the health and called dincharya. One should follow rules according to dincharya.

Now a days we see no discipline is maintained by the people. Due to their job pattern or some other reasons. People are earning better, but unable to maintain health and self satisfaction. Only way to become satisfied and healthy dincharya should be followed. There is in CH.SM

नगरी नगरस्येव रथी यथा।
स्वस्थोऽर्थे मेधावी कृत्येषवहहतो भवत॥ च.सू.१०३
As to maintain the city nagarsevak take care, to drive the רathed (car etc) driver takes care. In the same way one should take care of his body and mind by the simplest method by following dincharya.

यूनावाणीजीणे वे स्यूदमाविशिष्टः।
शम्मध्यने चेव सुखमेव समुलुकूते॥ च.सू.६०४
i.e. application of techniques according to dharma. The rules of ayurveda achieve the happiness and healthiness in the human.

Rules of Dinacharya:
1) Wakeup at Brahmi Muhurta i.e. one and half hour before sunrise.
2) After waking up malanissaran (i.e. stool, urine) should be done in the natural way.

3) The next step is to clean the process of face, teeth, tongue etc. For each rule there is detailed explanation. Shlok No. 9 to 23 acharya told cleaning process in details, abhyanga, mardan, udvartan, exercise, prayer to god, abhabvidhi, nasya, gandosh, dress up, meal i.e. bhojan vidhi, sleep etc.

When these dincharya rules are followed by person, the result is

i.e. person live long life, polite, going on good street i.e. Sanmarga, self satisfaction and he gets good type of death also.

Materials & Methods.

I) Study Design:

We assessed both the groups by observing below table in 30 volunteers of G.S. Gune Ayurved College. About 20 volunteers belongs to Group B and only 10 belongs to A Group.

After words we have observed following points in both groups and comparative study is as follows.

II) Observing Table

<table>
<thead>
<tr>
<th>S. No</th>
<th>Assessment Point</th>
<th>Group ‘A’ following Dincharya</th>
<th>Group ‘B’ following Dincharya</th>
<th>Not</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Wake up at Bramhe mohurta</td>
<td>YES</td>
<td>NO</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Vega nissaran</td>
<td>Regularly Once in a day</td>
<td>Irregular, 2-3 times in a day</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Cleaning of Mouth, tongue, san vidhi</td>
<td>Regularly</td>
<td>Irregular</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Deopooja</td>
<td>Yes, for self satisfaction</td>
<td>Don’t have faith</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Breakfast, Lunch, Dinner</td>
<td>Time to time according to ayurved</td>
<td>Not particular time</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Job / Business</td>
<td>Regularly with satisfaction</td>
<td>Not stable</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Night schedule</td>
<td>Regular time at night</td>
<td>No regular timing</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>Investigations or Disease</td>
<td>Generally no complaints</td>
<td>Always having some complaints</td>
<td></td>
</tr>
</tbody>
</table>

III) Eligibility Criteria:

The persons willing to follow dincharya between the age group 20 to 40 years.

Exclusive Criteria:

i) Children
ii) Old persons
iii) Having congenital Anamalies.
iv) Having some diseases.
v) Those who are unfit in the criteria’s of Bhishk - Chatushpad i.e. vaidya, medicines, paricharak and rugna.

To see the effect of dincharya by some pathological majors.

Variables and definations:

To see the effect of dincharya by some pathological majors.

i) B.P.
ii) Temperature
iii) Weight
iv) Pulse.

Assessment criteria:

Assessment done on the basis of information collected from both the groups A & B.

After words we have observed following points in both groups and comparative study is as follows.
<table>
<thead>
<tr>
<th>Sr No.</th>
<th>Results</th>
<th>Point Observed Group 'A' following Dincharya</th>
<th>Point Observed Group B Not following Dincharya</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Gait</td>
<td>Good 90 %</td>
<td>Good 20-30 %</td>
</tr>
<tr>
<td>2</td>
<td>Sleep</td>
<td>Sound Sleep Regular 90 %</td>
<td>Sound Sleep Regular 20 %</td>
</tr>
<tr>
<td>3</td>
<td>Appetite</td>
<td>Good 90 %</td>
<td>Good 30-40 %</td>
</tr>
<tr>
<td>4</td>
<td>Attitude</td>
<td>positive Positive 80 %</td>
<td>positive Positive 20-30 %</td>
</tr>
<tr>
<td>5</td>
<td>Disease</td>
<td>20 - 30 %</td>
<td>80 - 90 %</td>
</tr>
<tr>
<td>6</td>
<td>BP</td>
<td>90 %</td>
<td>30 - 40 %</td>
</tr>
<tr>
<td>7</td>
<td>Pulse</td>
<td>Normal 80 %</td>
<td>20 - 30 %</td>
</tr>
<tr>
<td>8</td>
<td>Weight maintain</td>
<td>maintain 80 %</td>
<td>maintain 30 %</td>
</tr>
<tr>
<td>9</td>
<td>Temperature(Body)</td>
<td>Normal 90 %</td>
<td>Normal 80 %</td>
</tr>
<tr>
<td>10</td>
<td>Total Health</td>
<td>Good 90 %</td>
<td>Good 40 %</td>
</tr>
</tbody>
</table>

II. Discussion and Conclusion

Dincharya is very useful and effective to maintain the health. All healthy life related criteria's depends on healthy dincharya. Persons who follow dinacharya having better health.

Acknowledgement:

Many thanks to everyone who directly or indirectly helped to complete this research paper.

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