IDEAL WAY TO PREVENT DISEASE: DINCHARYA

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ABSTRACT
Many Noncommunicable Diseases (NCDs) are due to lifestyle disorders. According to global health observatory (GHO) data published by the World Health Organization, of a total 56.4 million global deaths in 2015, 39.5 million (70%) were due to NCDs. Ayurveda is not only a health science or system of medicine but is a science of life as a whole. Ayurveda is relatively a wider discipline with greater applicability to the problems of health and disease. It is a fundamental as well as an applied science designed to preserved health and to cure ill health. In Ayurveda, before mentioning treatment of diseases, great emphasis is placed on Ahara and Vihara through Dincharya, Ratricharya, Ritucharya, Sadvritta Palana, and Anna Sevana Vidhi. Lifestyle intervention is an essential component in treatment of chronic disease that can be effective as medication but without risks and unwanted side effects. Principle of Dincharya is basically related with harmonization of human body with environment and this practice basically balances the Doshas which ultimately results in good health. It has been proved that in case of non-communicable disease, simple lifestyle measures are more effective in preventing or delaying the onset of the disease.

KEYWORDS: Ayurveda, Non Communicable disease, Dincharya, Life Style.

INTRODUCTION
To maintain the positive health in the healthy individuals and treating the diseased persons are the two main objectives of Ayurveda. Health not only means freedom from the disease, but the ability to work with the satisfaction and self control. Health is the best root factor in achieving Dharma, Artha (wealth), Kama (desire) and Moksha (salvation). The ideal life style for a day is called regimen (Dincharya). WHO states the top 10 lifestyle disease in the world affecting health are Alzheimer’s Disease, Arteriosclerosis, cancer, Chronic liver disease/Cirrhosis, Chronic Obstructive Pulmonary Disease (COPD), Diabetes, Heart Disease, Nephritis/CRF, Stroke, Obesity. Lifestyle intervention is an essential component in treatment of chronic disease that can be effective as medication but without risks and unwanted side effects.

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 Hridya, Bhav Prakash, Svasthavritta samuchchya and available commentaries on it. Apart this relevant modern medical science books and websites are also been used for this.

1. Brahmmuhurte Jagarana
The healthy person, in order to protect his life, should get up from his sleep in the Brahma muhurta, after considering the condition of digestion of food (of the previous night) whether properly done or not.

2. Dantadhavana-(Cleaning of the Teeth)
Keeping in view the condition of this body, the individual should after passing the urine and faeces, attend to ablutions, and thereafter he should clean his teeth with twig of arka, nyagrodha, khadira, karanja, kakubha, and the like.
Prohibition of Dantadhavana
The following individuals should not use tooth brush; those suffering from indigestion, vomiting, dyspnoea, cough, fever, facial paralysis, morbid thirst, ulcerations of mouth, disease of the heart, eyes, head, and cars.

3. Anjana
It is good to apply sauviranjana to the eyes; hence, it should be applied daily.

Subsequently, the individual should make use of nasal drops (navana), mouth gargles (ganduse), inhalation of Smoke(dhuma), and chewing of betel leaves (tambula).

Prohibition of Tambula Sevana
To those suffering from wounds, bleeding disease, dryness and redness of the eyes, poisoning, unconsciousness, intoxication and also from tuberculosis, betel-chewing (Tambula) is harmful.

4. Abhyanga (Oil Massage)
The oil massage and bath are that it wards off the old age symptoms, exertion and aggravation of vata, provides nourishment to the body, equips one with a long life, good sleep, good and healthy skin. It could be administered especially to the head, ear and feet.

5. Vyayam (Exercise)
Features like lightness of the body, ability to do hard work, keen digestion, depletion of the excessive fat, stable and distinct physique are obtained from physical exercise.

Prohibition of Vyayam
Those suffering from disease of vata and pitta, the children, the aged and those having indigestion should avoid physical exercise.

6. Udvartana (Massage)
When the body is given a massage with soft, fragrant powders(Udvartana) it actuates kapha, liquefies the fat in the body. Moreover, the stability, compactness, strength of the body parts and excellence of the skin is also achieved by massage.

7. Snana (Bath)
Improvement of appetite, sexual vigour, span of life, enthusiasm and strength are the advantages of bath (Snana). Moreover the bathing eliminates itching, dirt, exhaustion, sweat, stupor, thirst, burning sensation and sin as well.

8. Sadrvitta (Good Conducts)
Only after the previous meal is digested the person should take eatable, the meal should be suitable to him and be in a limited quantity. The urges of the body should not be initiated by force. One should not be engaged in other works when the urges are being felt. If a difficult disease is manifesting, one should first treat it and then one should take care about anything.

9. Prohibition of Paschima (Proper Seat)
When the body is in an uncomfortable state, a state of exhaustion, sweat, stupor, and thirst, then one should take care about anything. Happiness of all the living beings depends upon the activities of human beings, such happiness is based on righteousness, right moral conduct (Dharma). Therefore a policy of righteousness must be followed by every individual.

Relation of Dincharya & Disease
The basis of health is none but a proper combination or yoga of the season(kala), object of sense(artha) and activities (karmas). An inadequate, poor (hina), inappropriate (Mithya) and excessive (atiyoga) of these factors produces disease.

DISCUSSION
The ultimate aim is to safeguard Arogya which has been considered the basis of achieving the four primary instincts of life namely- Dharma, Artha, Kama, Moks. Principle of Dincharya is basically related with harmonization of human body with environment and this practice basically balances the Doshas which ultimately results in good health.

CONCLUSION
Dincharya has been described in the context of the day and it destroys the harmful effects of time at primary level as well as it slow down the irreversible changes. Thus Ayurveda puts forward a comprehensive science of positive health which includes measures conductive to the physical, mental, spirituals and social health. In relevant to the welfare of the society as a whole. Such measures need propagation in todays society using mass media procedures of health education.

REFERENCES