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Importance of Dincharya

Megha Yadav

Abstract: ***A person's ability to withstand the demands of daily living requires both mental stability and a reserve of physical strength and endurance. Only healthy individual of sound body and mind can endure social and cultural pressures. Being healthy not only entails being free from illness but also having the capacity to work with contentment and self-control. The best foundation for attaining Dharma (pious deeds), Artha (wealth), Kama (desire), and Moksha (salvation) is good health. In current society, changing one's lifestyle is thought to be the most effective strategy for preventing illness and premature death. In Western culture, it is deemed early or premature death when a person passes away before the age of 65. Early death is caused by a variety of circumstances.***

I. INTRODUCTION

Ayurveda places a strong emphasis on maintaining a healthy individual's health and treating a sick person's illness. In *Ayurveda,* certain practices are referred to as *dinacharya* in order to preserve health. One can maintain their health by leading a healthy lifestyle by adherence to the daily regimen (*Dinacharya).*

Health is more than just the absence of disease; it is a state of total physical, mental, social, and spiritual well- being. (Source: WHO). Ayurveda states that a person is considered healthy (*Swastha)* if their humors (*Doshas),* tissues (*Dhatus),* excretory products (*Malas),* and digestive capacity (*Agni)* are in balance, and if they also experience mental, sensory, and spiritual pleasure and contentment.In order to protect his life in *Brahma muhurta,* a healthy individual should awaken after taking into account his digestive status or indigestion. Urine and feces should only be expelled when the desire strikes, and one should face north during the day and south at night. After touching excrement, tears, fat, hair, and nails that have been detached from the body, after taking a bath, before and after eating, after waking up from sleep, and after sneezing, one should perform *achamana* (clean). The *dantha dawana* (brush) sticks for teeth cleansing should then be chewed. It is recommended that *Arka, Khadira, Karaveera, Arimeda,* and *Apamarga* sticks be used for teeth brushing. They ought to be bitter and astringent. Applying the eye-beneficial collyrium Sauviram on a daily basis makes the eyes more attractive and sharp enough to see even the smallest objects. After that, the *gandusha* should beheld while the *anutaila* is dropped into the nostril. The second step is to use smoke, which is to inhale it. Exercise, also known as *Vyayama,* is defined as activities that cause the body to get fatigued. Exercise produces a feeling of lightness in the body, increased capacity for labor, increased fire intensity, and decreased body fat. Body massage reduces *kapha,* dissolves fat, provides the limbs rigidity, and improves the skin's attractiveness. Taking a bath increases vigor, longevity, and digestive fire. Additionally, it eliminates lassitude, sweat, weariness, itching, dirtiness, thirst, and more.

II. DISCUSSION

Disorders of lifestyle Obesity and overweight are linked to elevated blood pressure, cholesterol, and the chance of developing insulin-resistant diabetes. Nearly 60% of diabetes and 20% of cardiovascular disease are caused by excess body fat, respectively. Only elevated cholesterol is to blame for 60% of CVD morbidity worldwide.

Diabetes and hypertension are two major diseases of the twenty-first century that have a highly negative impact on our bodies. They have been silent for five to seven years. They are therefore referred to as "silent killers." They have a very negative impact on important organs like the kidney, heart, brain, and eyes. Diseases including high blood pressure, excessive blood sugar, and high cholesterol often have no symptoms. Unhealthy eating and lifestyle choices are the root cause of all of these illnesses. The chance of developing conditions like asthma, arthritis, headaches, peptic ulcers, and heart disease was shown to be doubled for those who suffered from chronic anxiety, prolonged periods of melancholy and negativity, and constant stress.As one quote states, "Prevention is better than cure," the aforementioned lifestyle problems are currently harming society. By preserving our lifestyle, we can avoid the diseases. We should adhere to the aforementioned healthy diet, exercise, optimistic outlook, and yoga in order to prevent the diseases. Thus, these result in a healthy way of living. Awakening in *Brahm muhurtha*, or "two hours before the sunrise," is a sign of *Brahma*, which is wisdom acquired by reading. This time frame is perfect for learning new things.

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Additionally, the environment is heavily polluted these days. Additionally, it will be pollution-free and clean in the morning. Additionally, the environment is heavily polluted these days. Additionally, it will be pollution-free and clean in the morning. The morning rays of the rising sun are extremely healthy, in addition to the clear air, pleasant ambiance, and lack of noise. The sun is the health god. The sun is the source of health. Therefore, it is best to rise early before the sun rises.

A. Achamana

Which translates to "to wash," is performed after sneezing, weeping, cleaning up excrement, and traveling. It will aid in both the full evacuation of the bowel and the digesting of food. *Danta dhavana: Arka, Vata, Khadira, Karanja,* and *Arjuna* twigs should be used for brushing in the morning. Brushing should be done vertically, from bottom to top. In doing so, it adds freshness, eliminates bad breath, removes tooth covering, and stimulates appetite. However, in the present era, pastes will be made with chemicals

B. Gandusha and Kavala

They provide the mandible with strength, the mouth with clarity, and the sensory organs with lightness and clarity. and imparts wonderful taste as well. These things are made with chemicals these days, thus one should stay away from them.

C. Anjana

It purifies the eyes, causing them to glow in a clear sky like the moon.

D. Dhumapana

The act of inhaling smoke via the nose and subsequently through the mouth is known as smoking. Benefits include liquefaction of the *Kapha* and lightness of the head, throat, and chest. Smoking is entirely different and more popular in the present period since people inhale smoke via their mouths and exhale it through their noses. Additionally, that cigarette includes nicotine and other dangerous substances that can damage the lungs. Therefore, smoking while doing these things will shorten life expectancy rather than lengthen it.

E. Nasya

The headis regarded as the body's most vital organ. Thus, the nose serves as the head's entrance. It produces advantages including mental clarity, cures illnesses, lightness of the head, healthy sleep, and awakening. Nasal insufflations are used nowadays. They are therefore healthy because they are made from plants.

F. Vyayama:

Regular exercise nourishes the body, promotes a healthy complexion, balances body parts, increases *agni,* prevents obesity and indolence, makes body parts lighter, and delays the onset of age. It lowers body fat and lowers heart disease risk. and increases HDL and decreases LDL. It aids in blood sugar regulation, lowers the risk of osteoporosis and cancer, boosts energy, lowers stress, improves sleep, and increases self-esteem and working mode. These days, people are aware of the benefits of exercise in extending their lives.

G. Abhyanga

Receiving a good massage helps to improve vision, complexion, nourishment, life, and sleep while also delaying the aging process and curing fatigue and vata diseases. Additionally, practicing *padabhyanga* calms the *vata,* strengthens and stabilizes the feet, and enhances vision. *Shiroabyanga* strengthens the hair roots, makes the hair long and black, and stops balding, graying, and hair loss. Additionally, it softens the skin, feeds the sensory organs.

H. Udvartana

This improves the skin's complexion by dilation of the blood vessels. improves thigh strength, alleviates rashes and *vata* disorders, and gives lightness.

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I. Samavahana

A light massage stimulates circulation, avoids*Kapha*, increases virility, affection, and sleep. People will be aware of the advantages of massage therapy. People are hence eager to visit the massage parlors. They will undoubtedly lengthen the person's lifespan.

J. Snana

Taking bath is auspicious, enhances virility, longevity, strength, compactness andojus, at the same time it cures tiredness, sweat and impurities of the body. It takes away the sleep, burning sensation, sweat, thirst and unpleasantness due to sweat.

K. Ahar

Madhura rasa should be the first step in *Ahara*, followed by *amla, lavana, tikta, katu,* and *Kashayaa.* For example, this one ought to follow *Ahara* chronologically. *Anupana* should also be taken as *jala*. Due to the fact that this *Ahara rasa* bestows *bala, varna, pushti, dhatuposhana, indriya prasadata*, and other qualities.

III. HEALTHY FOOD ITEMS

Nutritious foods Fruits, toasted grains, peanuts, lentils, and other cereals. Butter milk (mattha), puffed rice, chhole ghanji, and sprouted grains are regarded as nutritious foods. We must alter our eating habits in order to Eat a diet high in colorful fruits and vegetables; refrain from consuming more high-calorie fruits (bananas, mangoes, jackfruit, etc.) and remember that whole fruit is preferable to fruit juice due to its fiber content. Green vegetables can lower blood sugar and fat levels. Alcohol is a calorie-dense beverage, so cut back or eliminate your consumption. and drink enough water three to three and a half liters every day. Instead of frying, prepare food by boiling, roasting, steaming or baking.

A. Tambula

Take *Tambula* (betel leaves and nut) after eating to improve oral hygiene, digestion, and *Indriyas* functions. Currently, 80% of diseases are psychosomatic, and every emotion has a chemical secretion in the body, such as anger, hostility, frustration, violence, depression, etc. Our environment (home, school, work, media, cultural, religious, social, political, etc.), experience (point of reference for our actual experience), education (formal and informal), etc., are factors that determine our attitude.

IV. CONCLUSION

There are ten healthy lifestyle choices that have been linked to a lower risk of disease:

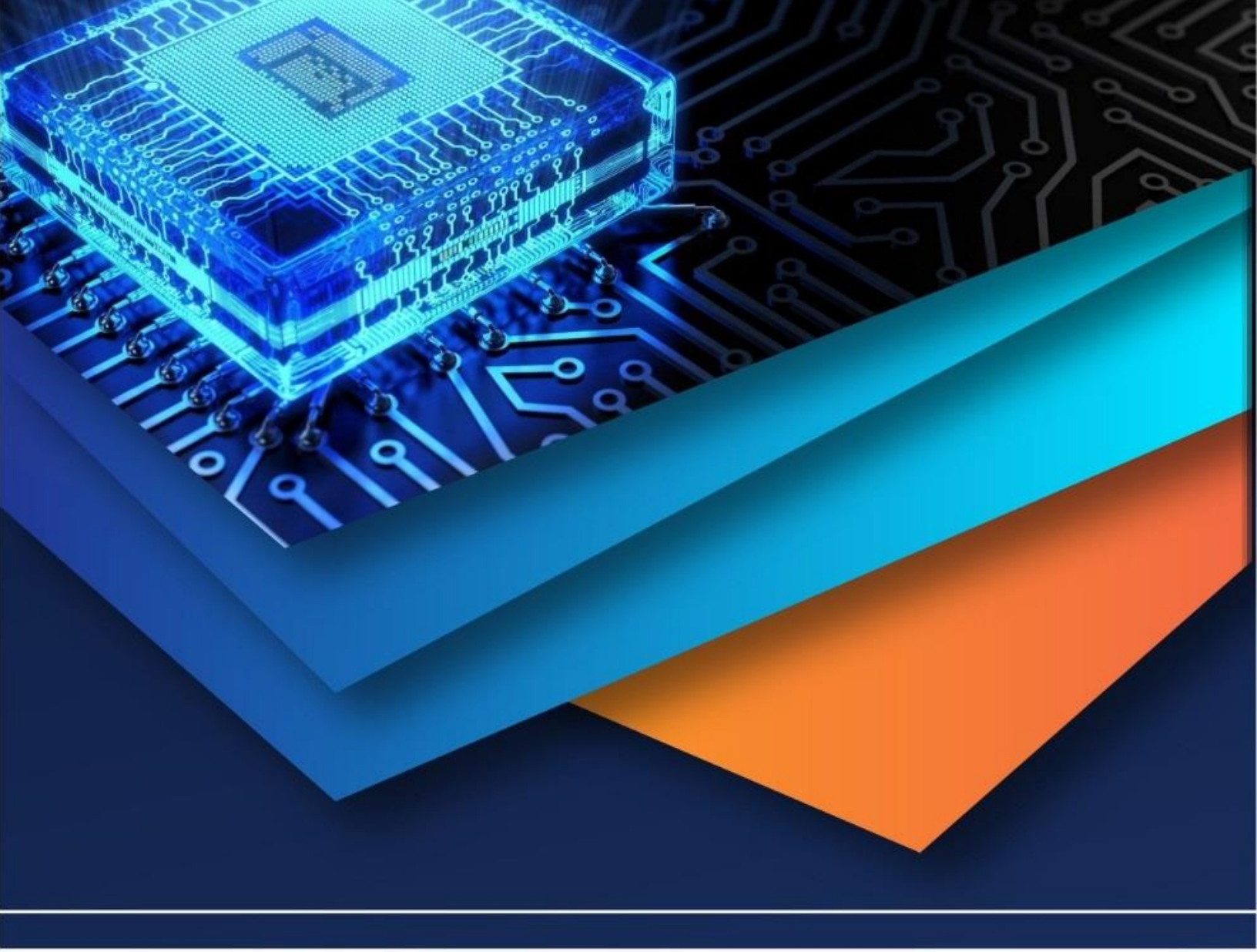
1) Better health
2) Consistent exercise
3) Healthy eating
4) Stress management
5) Steering clear of harmful behavior
6) Engaging in safe sexual behavior
7) Developing sound safety practices
8) Acquiring first aid knowledge
9) Developing sound personal health practice
10) Environmental protection.

Healthy lifestyles can lead to a better sense of wellness, which is essential for optimum health, just as poor lifestyles are the main causes of illnesses in the current world. The public health service acknowledges the significance of "Years of healthy life" as well as what it refers to as "Measures of well-being." Physical, mental, spiritual, and social functioning are all linked to this well-being or wellness. Thus, "Disease management is extremely expensive and painful, but health management is free and enjoyable.

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