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Dinacharya and Nityaupayogi Dravya; A Review

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Abstract:

Education and awareness in peoples regarding one's health is been increasing day by day. East as well as western countries had started to follow the Ayurveda prescribed lifestyle for maintain sound physical as well as mental health. Ayurveda had described this set of lifestyle under the heads of Dinacharya and Hrutucharya. Brief study of Dinacharya and activities described in it has been done in present article and some useful, easily available Dravya which can be used for this activities are been discussed in details.

Keywords: *Dinacharya, Hrutucharya, Dravya*

Introduction:

Changed pace of life had huge impact on lifestyle of human beings. It has adversely affected the physical and moreover the mental health of peoples. Faulty food habits and use of artificially prepared products in day to day life has hampered the quality of life. Emphasis is given on awareness regarding one's health aspect is been practiced and taught right from school level and its importance is increasing day by day. The day to day activated which are to be performed for maintaining health is termed as *Dinacharya* in Ayurveda. The routine is set according to ones nature of work and also his/ her *Prakruti* plays and important role in it. Various drugs which are very beneficial for practicing this activities are also been studied. This are easily available, palatable and cost effective. Here we will brief *Dinacharya* and its activities which can be practiced in present times and also the *Dravya* which can be used for it are been elaborated.

Dinacharya –

Ayurveda classics had mentioned this in an elaborate manner. The activities included in this set which are stated in these texts are as follows,

<i>Karma</i>	Activity to be done	Contemporary activities
<i>Utthan - Brahma Muhurta</i>	Waking up early (96 minutes before sunrise)	One can wake up near to sunrise or at regular morning time till 7am.
<i>Souch</i>	Defecation	By drinking warm water one has to defecate naturally
<i>Dantadhavana</i>	Brushing the teeth and cleaning the tongue	Can use medicated paste or use drug sticks
<i>Anjana</i>	Collyrium	Can be once a week
<i>Nasya</i>	Application of <i>Sneha</i> within both nostrils	Can Apply <i>Sneha</i> in nostrils with little finger
<i>Kavala and Gandusha</i>	Oil pulling and holding it in mouth	Can practice it while bathing
<i>Dhoompan</i>	Medicated smoking	Can be practiced once in a week
<i>Abhyanga</i>	Body oil massage	Can be practiced once in a week or can apply oil to Soles, head and ears at the time of bed
<i>Murdha taila</i>	Application of oil to head	Practiced after taking bath and at time of bed
<i>Vyayama</i>	Exercise	Moderate exercise is advocated in early hours
<i>Ubtana</i>	Skin applications	Can be practiced during bathing. Application of soaps for cleansing purpose can be replaced with this Karma
<i>Snana</i>	Bathing	Extracts of <i>Neem</i> and other skin friendly

		<i>Dravya</i> can be used on daily basis
<i>Vastra- Ratna dharana</i>	Clothing	Use of cotton clothing
<i>Ahara</i>	Dietary regime	Wholesome and freshly prepared food can be taken
<i>Ratricharya</i>	Night regime	Can take warm milk and ghee at the time of bed for better sleep and overall rejuvenation

Each activity is set with a defined purpose to improve the health of that specific *Indriya* and to maintain overall sound health.

According to change in era, the activities to be performed can be tittered according to one's routine. Here the principles of Ayurveda are followed while doing this to get the maximum benefit for maintaining health. The contemporary activities are been described along with given steps of activities in above mentioned table.

Dravya which can be used at each step of *Dinacharya* can be briefed as follows;

<i>Karma</i>	<i>Dravya used</i>
<i>Utthan - Brahma Muhurta</i>	Here <i>Usha Pana</i> is practiced with normal water
<i>Souch</i>	For maintaining hygiene the drugs like <i>Neem</i> leaf powder, <i>Chandana</i> can be used
<i>Dantadhavana</i>	<i>Tikta, Katu</i> and <i>Kashaya Ras</i> Sticks can be used i.e. <i>Neem, Arka, Khadira</i>
<i>Anjana</i>	Collirum made up by burning <i>Triphala</i> can be used
<i>Nasya</i>	Medicated <i>Sneha</i> or Ghee, coconut oil can be used
<i>Kavala and Gandusha</i>	Medicated <i>Sneha</i> or Ghee, coconut oil, warm water can be used
<i>Dhoompan</i>	<i>Shirovirechana Dravya</i> along with <i>Guggulu, Ral</i> can be used

<i>Abhyanga</i>	Medicated <i>Sneha</i> or Ghee, coconut oil, sesame oil, mustard oil etc. can be used
<i>Murdha taila</i>	Medicated <i>Sneha</i> or Ghee, coconut oil
<i>Vyayama</i>	-
<i>Ubtana</i>	<i>Kushta, Chandana, Sariva, Multani mud, Neem, Triphala, Vacha, Raksha</i> etc. combination powdered <i>Dravya</i> can be used
<i>Snana</i>	<i>Neem</i> Sauna
<i>Vastra- Ratna dharana</i>	-
<i>Ahara</i>	<i>Shak, Shimbi, Darva Dravya</i> can be used according to <i>Prakruti</i> and <i>Rutu</i>
<i>Ratricharya</i>	-

We can include some *Dravya* in our daily routine for maintaining optimum health. This *Dravya* are said to possess *Rasayana* quality can in turn tends to nourish the *Oja*. The ultimate nectar of all body tissues – *Oja* can be kept at optimum levels and in return we can get sound mind and body effects. Some of *Dravyas* can be listed as follows;

<i>Dravya</i>	Latin name	Used as
<i>Yashtimadhu</i>	Glycerrhiza glabra	Powder can be used along with other drugs or with milk
<i>Amla</i>	Emblic myrobalans	Can be used in any form; fruit, powder, juice and other formulations like <i>Moravla</i>
<i>Haritaki</i>	Terminalia chebula	Can be used in Raw form or in form of powder
<i>Adraka</i>	Zinziber officinale	Used in raw form along with salt before food
Ghee	Clarified butter	Can be used in number of activities mentioned in <i>Dinacharya</i>
Coconut oil	Cocos nucifera	Can be used for <i>Nasya, Murdhataila, Abhyanga</i>

Inference:

One can adopt the above given *Dinacharya* regime or can titer it can customize it according to ones need and *Prakruti*. Also the *Dravya* can be added to the daily routine, which when used regularly gives the *Rasayana* effect and prevents body form untoward ups and downs of *Dosha*. Thus can conclude on the note of useful *Dravya* and *Dinacharya* to be followed for maintaining sound mind and body.

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