



W
E
L
C
O
M
E



ROLE OF DINCHARYA AND RITUCHARYA IN HEALTH AND HYGIENE

PRESENTER: : Dr.Garima Srivastava

Introduction



DINACHARYA - Right from waking up in the morning till sleeping at night.

RITUCHARYA - Ritucharya consists of lifestyle and ayurvedic diet routine to cope with the bodily and mental impacts caused by seasonal changes as recommended by Ayurveda .

Health -The World Health Organization (WHO) defines health as 'a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity'.

Hygiene – It is the practice of keeping yourself and your surroundings clean, especially in order to prevent illness or the spread of diseases.

Purpose



Aim : To determine importance of modalities of dinacharya in relation to lifestyle disorders.

To helps us live according to the changes in season and make internal adjustments so that our doshas are in a state of balance.

Objectives:

- Prevention of occurrence of disease.
- Promotion of ideal health in the individuals.

PREVALENCE



- According to reports 60% death worldwide-13 million by non communicable disorders.
- Prevalence of life style disease in India is about 37.03%,hypertension is the most common disease followed by diabetes.
- Every year 5.8 million of death are due to heart diseases , stroke ,cancer and COPD.

DINACHARYA MODALITIES

Pratarutthana –

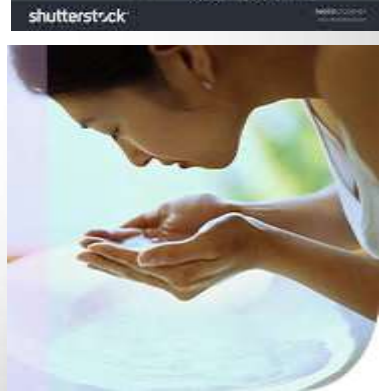
- Brahma muhurtha -last yama of night. Nascent oxygen in the atmosphere readily mixes up with hemoglobin to form oxy-hemoglobin which nourishes the remote tissues rapidly.

Usha jalapana -

- 1-2 glasses of water kept for whole night should be taken before sunrise.

Shauchavidhi - at proper time clears the rectum, increases digestive power, and prevents constipation, foul smelling flatus.

Achamana - To prevent eye diseases.



DINACHARYA MODALITIES

Dantadhavana-

- It stimulates taste perception and increases the salivation.
- salivary amylase-protects teeth from bacterial decay.

Jihva–nirlekhana:

- Acc. to acupressure theory, it initiate the proper functioning of liver, kidney, bladder, stomach, intestine.

Sneha gandusha dharana -

- improves the circulation of oral cavity.
- Massaging effect over the oral mucosa

Anjana – eyes become beautiful, capable of seeing even minute objects

- prevents dry eye or computer vision syndrome.



DINACHARYA MODALITIES

Nasya -

- avoids the entry of dust particles into the nasal tract.
- Triggers the nerve endings and sends the message to the CNS .



Dhumpana -

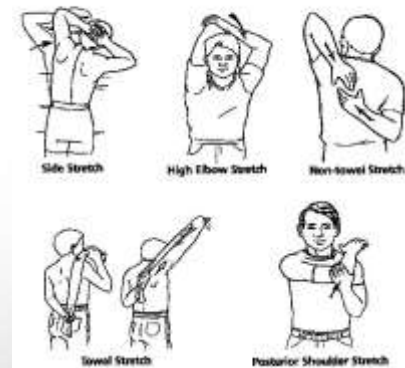
- Stimulate the respiratory centre present in brain stem ,it triggers the normal physiological function of respiratory system.



Vyayama -

- Increases the carbohydrate metabolism and causes lipolysis of accumulated adipose tissue, causing abolishment of extra fat.
- It increases O₂ supply to remote tissues.
- The perspiration takes out the accumulated toxins from the body.

Some good preshooting stretching exercises.
Hold for ten seconds and repeat 10 times.



DINACHARYA MODALITIES

Chankramana-

- It clears the srotas of the body and increases the perceptive power of organs.



Abhyanga -

- Enhances blood circulation and transport the potency of drugs to desired part.



Snana –

- Improves enthusiasm, strength, appetite and removes sweat and other impurities from the body.



Sandhyopasana /Mangalakritya -worshiping of god



DINACHARYA MODALITIES



Bhojana-

- Satmaya Aahara with pleasant mind.
- Ushna Jala Pana has been mentioned for proper digestion of food.



Tambula sevana -

- Stimulates the taste bud
- Increases salivation , scraps the deposited matter.



Nidra-

- Essential for growth, strength and longevity of life.



RESULTS



- Late night sleeping causes the elevation of cortisol which in turn is responsible for rise in B.P and a risk factor for obesity and diabetes.
- Exposure to bright light in early morning causes the release of serotonin- keeps the person active and alert.
- Ushapana- Prevents renal stones,haemorrhoids and constipation
- Dantadhavan-increases salivation - lysozyme and secretory IgA - antimicrobial agents
- Abhyanga triggers the release of endorphins which shows analgesic effect on the body.
- Nasya –prevents vali , palita,vyanga.

Cont.....



- A survey study was conducted in SDM hospital, hassan on IPD patients , who are admitted with life style disorders such as obesity, diabetes mellitus, thyroid disorders, cardiovascular diseases, Alzheimer's disease, paralysis ,hypertension, chronic liver diseses, COPD etc....
- Result found that maximum patients are not following prataruttana, usha jalapana, sneha gandusha,anjana,nasya,dhumapana,vyayama,tambulasevana etc....
- ASSOCHAM reports that 68% of working women in age 21-52year were found that suffering from lifestyle disorders such as obesity ,depression,hypertension,chronic backache.

SUMMARY

DINCHARYA TO PREVENT DISEASES



| DINACHARYA MODALITIES | DISEASE |
|-----------------------|----------------------|
| NIDRA | OBESITY |
| USHNAJALAPANA | COLON CANCER |
| SHAUCHAVIDHI | CONSTIPATION |
| ACHAMANA | EYE DISEASE |
| DANTH DHAVANA | DENTAL CARIES |
| DHUMPANA | RESPIRATORYT DISEASE |
| ABHYANGA | DEPRESSION |
| VYAYAMA | OBESITY |
| NASYA | HAIR LOSS |

RITUCHARYA



ऋतुचर्या

ऋतुओ के आधार पर सूर्य, चन्द्रमा, एवं प्राणी बल

| ऋतु | सूर्य बल | चन्द्रमा बल | प्राणी बल | भूमंडल का स्वभाव | रस वृद्धि |
|---------|----------|-------------|------------|------------------|-----------|
| शिशिर | पूर्ण | क्षीण | श्रेष्ठाबल | रूक्ष | तिक्त |
| वसंत | पूर्णतर | क्षीणतर | मध्यबल | रूक्षतर | कषाय |
| ग्रीष्म | पूर्णतम | क्षीणतम | अल्पबल | रूक्षतम | कटु |
| वर्षा | क्षीण | पूर्ण | अल्पबल | स्निग्ध | अम्ल |
| शरद | क्षीणतर | पूर्णतर | मध्यबल | स्निग्धतर | लवण |
| हेमंत | क्षीणतम | पूर्णतम | श्रेष्ठाबल | स्निग्धतम | मधुर |
| | | | | | |



Rhythm of Doshik Sanchaya- Prakopa-Shamana during year

| Dosha | Sanchaya (Accumulation) | Prakopa (Vitiation) | Shaman (Pacification) |
|-------|----------------------------|------------------------|--------------------------|
| Vata | Greeshma | Varsha | Sharada |
| Pitta | Varsha | Sharada | Hemanta |
| Kapha | Hemanta | Vasanta | Greeshma |

Reसंस्कृत™

ऋतुचर्या

Ritucharya

Ayurveda Recommended Seasonal Habits

Season 3 of 6

वसन्त (vasanta)

Spring : mid-march to mid-may

How is the environment?



Hot weather



Intense Sunlight

How body changes?



Reduced Digestive Fire



Accumulated Kapha
Dosha Liquifies

Recommended diet



Food tasting predominantly Tikta (bitter), Katu (pungent) and Kashaya (astringent) which are light for digestion.
Drink honey mixed with water.

Recommended lifestyle



Vamana therapy, Udvartana, Dhumapana, Kavala Graha, Anjana (collyrium), Sexual intercourse – once every three day.
More info on these on resanskrit.com

To be avoided



Eating sweet, sour, salty and oily food which is heavy for digestion and sleeping in the day time is to be avoided.

more info on resanskrit.com



Re संस्कृत™

ऋतुचर्या

Ritucharya

Ayurveda Recommended Seasonal Habits

Season 4 of 6

ग्रीष्म (Grishma)

Summer : mid-May to mid-July

How is the environment?



Loss of moisture



High intense sunlight

How body changes?



Reduced strength due to
loss of moisture



Kapha balances and
Vata starts accumulating

Recommended diet



Sweet, cooling, liquids and unctuous
food and drinks, ghee, milk, rice can be consumed. If one is
used to alcohol, drink in least quantity or dilute it more than usual.

Recommended lifestyle



During daytime, stay in cold places. At night, sleep under
the moonlight by applying Chandana (sandalwood powder)
to the body. Wear pearls, corals made jewelry at night.
Visit cool forest areas and water bodies filled with flowers.

To be avoided



Salty, sour foods like citrus fruits, Indian sorrel, bladder dock, etc.
Pungent items like capsicum, foods made of too much garam masala
and hot in potency food items like black gram, flat bean, sesame etc.
are to be taken less or avoided.



IMPORTANCE



- **Importance of Good routine**
- Proper functioning of circadian rhythm, proper routine of physical routine of timely food, good digestion
- Proper functioning of endocrine functions
- Increased efficacy
- Utilization of time properly
- Prevention of harms by giving no place to harmful ideas, food, work, leisure etc.
- No chance of falling into bad habits e.g. drug abuse/smoking
- Increased productivity
- Balance of proper work and rest/relaxation, sleep (no chance of sleep disorder)
- Proper functioning of brain/neurological function
- Prevention of nutritional disturbances (e.g taking seasonal foods)
- Prevention of lifestyle diseases (yoga), infectious diseases (washing hands), psychological problems (planned, conscious and happy living), relationship problems (developing understanding through effective sharing, and responsible living)
- Attainment of Best achievable positive health

Conclusion



- Unhealthy life styles are the principal causes of modern day illnesses .
- Health management is free & enjoyable but disease management is costly & painful.
- In recognizing the importance of years of life, This wellbeing associated with social, mental, spiritual,& physical functioning.
- It is possible only by following regular dinacharya and ritucharya modalities.

Acknowledgements



1. Charak Samhita (2008), Pandit Kashinath Shastri, Chaukhamba Orientalia, Varanasi, Sutra Sthana P.113-133
2. Vagbhata. (2006), Ashtanga Sangraha Chaukhamba Orientalia, Varanasi, Sutra Sathana P.36-59
3. Susruta Samhita translated by Prof. K.R. Srikantha Murthy, Vol 2, Chikitsa sthana, Chapter 24, Shloka no.15-16, published by Chaukhamba Orientalia, Varanasi, Reprint edition 2014, pg no.223.
4. Vaidya H P editor, Astanga Hridayam, sutrasthana; Dinacharya adhyaya; chapter 2, verse 1, varanasi, chowkhamba krishnadas academy, india: 2006; pp: 24
5. Available from <https://en.m.wikipedia.org/wiki/saliva> (Accessed on 2017 Oct 12)
6. Available from https://en.m.wikipedia.org/wiki/olfactory_nerve (Accessed on 2017 Oct 12)
7. Available from https://en.m.wikipedia.org/wiki/respiratory_centre (Accessed on 2017 Oct 13)



THANK YOU