

Role of *Dinacharya* in Prevention of Lifestyle Disorders: and *Ayurvedic* Perspective

Dr. Poornima Chouhan¹, Dr. Pawan Varsaiya²,

^{1,2}PG Scholar, Department of Samhita Siddhant, Rani Dullaiya Smriti Ayurveda PG College and Hospital,
Bhopal (M.P.) India.

ABSTRACT

Lifestyle disorders have become a major health concern in the present era due to sedentary habits, improper dietary patterns, mental stress, disturbed sleep, lack of physical activity and irregular daily routines. *Ayurveda* emphasizes the maintenance of health through proper *Ahara* (diet), *Vihara* (lifestyle) and *Dinacharya* (daily regimen). *Dinacharya* is a systematic schedule of daily activities described in classical *Ayurvedic* texts for maintaining physical, mental and social well-being. Practices such as waking at the appropriate time, oral hygiene, *Abhyanga*, *Vyayama*, *Snana*, proper food habits and regulated sleep help maintain *Dosha* equilibrium, *Agni*, *Dhatu* health and normal functioning of the body. Regular adherence to *Dinacharya* may therefore play an important preventive role against lifestyle-related disorders such as obesity, diabetes mellitus, hypertension, cardiovascular diseases, stress and sleep disturbances. This article reviews the *Ayurvedic* concept of *Dinacharya* and its possible role in the prevention of lifestyle disorders.

Keywords: *Dinacharya*, *Ayurveda*, Lifestyle Disorders, Prevention, *Swasthavritta*, *Vyayama*, *Abhyanga*.

INTRODUCTION

The prevalence of lifestyle disorders has increased considerably in modern society. Changes in dietary habits, reduced physical activity, excessive screen exposure, psychological stress, irregular sleep and disturbed daily routines are important contributing factors. These disorders not only affect physical health but also influence mental and social well-being.

Ayurveda gives primary importance to the preservation of health in a healthy individual along with treatment of disease. The classical texts describe various preventive measures under *Swasthavritta*, including *Dinacharya*, *Ritucharya*, proper *Ahara*, *Vyayama* and regulated sleep.

Dinacharya literally means a systematic routine of activities performed during the day. *Ayurveda* considers regularity in daily activities essential for maintaining equilibrium of *Dosha*, *Agni*, *Dhatu* and *Mala*. Thus, appropriate *Dinacharya* can be considered an important preventive approach for maintaining health and reducing the risk of lifestyle-related disorders.

Concept of *Dinacharya* in *Ayurveda*-

Dinacharya consists of various daily practices recommended according to individual constitution, age, season and health status. The major components include:

Brahma Muhurta Jagarana

Ushapana

Danta Dhavana

Jihva Nirlekhana

Achamana

Gandusha/Kavala

Nasya

Abhyanga

Vyayama

Udvartana

Snana

Proper *Ahara*

Appropriate work and rest

Regulation of sleep

These practices aim to maintain physiological balance and support the body's natural functions.

Major Lifestyle Disorders

Lifestyle disorders are largely associated with unhealthy behavioural and environmental patterns. Important examples include:

Obesity

Diabetes mellitus

Hypertension

Cardiovascular diseases

Metabolic disorders

Sleep disturbances

Anxiety and stress-related problems

Musculoskeletal disorders

Many of these conditions can be reduced through appropriate diet, regular physical activity, adequate sleep and stress management.

Role of Dinacharya in Prevention of Lifestyle Disorders

4.1 Brahma Muhurta Jagarana

Early morning awakening promotes regularity of the sleep-wake cycle and provides sufficient time for daily activities. A disciplined morning routine may contribute to better mental alertness and productivity.

4.2 Danta Dhavana and Jihva Nirlekhana-

Oral hygiene is an important component of Dinacharya. Regular cleaning of teeth and tongue helps maintain oral cleanliness and may support proper perception of taste and healthy eating behaviour.

4.3 Abhyanga-

Abhyanga, or oil massage, is described as an important daily practice in Ayurveda. It may support skin health, relaxation, musculoskeletal comfort and stress reduction. Regular Abhyanga can be incorporated as a preventive lifestyle practice.

4.4 Vyayama-

Vyayama is one of the most important components of Dinacharya in the prevention of lifestyle disorders. Regular physical activity helps maintain healthy body weight, improves physical fitness and supports cardiovascular and metabolic health.

In the present context, regular exercise may be particularly useful for preventing obesity, diabetes mellitus, hypertension and other metabolic disorders.

4.5 Snana-

Snana promotes cleanliness and freshness and is considered beneficial for maintaining physical well-being. Bathing after appropriate physical activity also forms an important part of personal hygiene.

4.6 Proper Ahara

Ayurveda gives great importance to appropriate food quantity, quality, timing and dietary habits. Regular and wholesome meals according to individual requirements help maintain Agni and prevent improper dietary practices.

Avoidance of excessive, incompatible and irregular food intake may contribute to prevention of metabolic disturbances.

4.7 Regulation of Sleep

Adequate and properly timed sleep is essential for maintaining physical and mental health. Irregular sleep schedules and insufficient sleep may contribute to fatigue, stress, impaired metabolism and reduced quality of life.

Therefore, maintaining a regular sleep-wake pattern is an important component of preventive health care.

4.8 Mental Health and Stress Management-

A disciplined daily routine provides structure to daily life and may help reduce psychological stress. Practices such as Abhyanga, exercise, adequate sleep, regulated diet and appropriate recreational activities can contribute to mental well-being.

Ayurvedic Perspective of Prevention-

Ayurveda emphasizes *Swasthasya Swasthya Rakshanam*, i.e., preservation of the health of a healthy person. Dinacharya follows this preventive principle by maintaining physiological equilibrium before disease develops.

Regular daily habits may help maintain:

Dosha balance → Agni → *Dhatu* equilibrium → Proper Mala elimination → Physical and mental well-being

Thus, *Dinacharya* can be considered a foundational component of preventive Ayurveda.

Modern Relevance-

The principles of *Dinacharya* are highly relevant to modern lifestyles. Present-day problems such as sedentary behaviour, irregular meals, prolonged screen time, stress and disturbed sleep can be addressed through a structured daily routine.

Integration of *Ayurvedic* daily practices with modern preventive health measures may provide a practical approach for promoting healthy living.

MATERIALS AND METHODS

Study Design

The present study was designed as a conceptual review study based on classical Ayurvedic literature and relevant contemporary scientific literature. The study aimed to explore the role of *Dinacharya* in the prevention of lifestyle disorders from an Ayurvedic perspective.

DISCUSSION

Lifestyle disorders are multifactorial and are influenced by diet, physical inactivity, stress, sleep, genetics and environmental factors. *Ayurveda* approaches health from a holistic perspective and emphasizes prevention rather than relying only on treatment after disease manifestation.

Dinacharya provides a framework for developing healthy habits. Regular exercise supports physical fitness, proper diet supports metabolic health, adequate sleep supports physiological and psychological functions, while practices such as *Abhyanga* may promote relaxation and musculoskeletal well-being.

Therefore, *Dinacharya* may be regarded as an important non-pharmacological preventive approach in the present era.

CONCLUSION

Dinacharya is an important preventive principle of Ayurveda that promotes disciplined and healthy living. Regular practice of appropriate daily activities such as early awakening, oral hygiene, *Abhyanga*, *Vyayama*, *Snana*, proper *Ahara* and adequate sleep may help maintain physical and mental well-being. In the context of increasing lifestyle disorders, the *Ayurvedic* concept of *Dinacharya* provides a simple, economical and holistic approach to health promotion and disease prevention. Further clinical studies are required to scientifically evaluate the individual and combined effects of *Dinacharya* practices on specific lifestyle disorders.

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