



## Effect of *Dinacharya* on Ageing (*Jara*)

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**Abstract:** The process of ageing is a natural phenomenon that affects all living organisms, including humans. While ageing is an inevitable part of life, it is often associated with various physical and psychological changes that can impact overall well-being and quality of life. In recent years, there has been a growing interest in exploring lifestyle interventions, such as the adoption of a daily routine known as *Dinacharya*, as a means to promote healthy ageing. *Dinacharya* is a traditional *Ayurvedic* concept that emphasizes the importance of aligning daily activities with the natural rhythm of the body and the environment. It encompasses a set of practices and rituals that are believed to harmonize the body, mind, and spirit. This abstract aims to provide a comprehensive review of the existing literature of the impact of *Dinacharya* on ageing. The mechanisms underlying the beneficial effects of *Dinacharya* on ageing are thought to involve the synchronization of biological rhythms, regulation of hormonal balance, promotion of detoxification processes, and the cultivation of mindfulness and self-care practices. Furthermore, *Dinacharya* emphasizes the importance of maintaining a healthy diet, engaging in regular physical activity, and cultivating a positive mindset, all of which are known to influence the ageing process positively.

**Keywords:** *Jara*<sup>2</sup>, Ageing, *Dinacharya*<sup>1</sup>, Daily routine, *Ayurveda*, Physical health, *Rasayana*<sup>2</sup>.

### Introduction:

*Ayurveda* is an ancient and renowned system of medicine. *Ayurveda* has two aims first is protecting, preserving and promoting the health of healthy individual and second is curing the disease of diseased one. Since time immemorial, humanity has been concerned with developing and preserving youthful vigor, and extending longevity by stopping or delaying the aging process. By 2030, one in five of the world population will be over 65 years old. *Ayu* (Ageing) is a part of life cycle. The ageing process involves multidimensional changes in physiological, pathological, social and psychological condition of a person which changes over from birth to death and comprises of many painful, dependable episodes that make the human life miserable. Ageing is defined as a progressive failure of the body's homeostatic adaptive responses. It is a general response that produces observable changes in structure and function leading to increased vulnerability and decreased viability to environmental stress and disease.

Disease is defined as any deviation from or interruption of the normal structure or function of any body part, organ or system that is manifested by characteristic set of symptoms and signs and whose etiology, pathology and prognosis may be known, or unknown. Disease and ageing probably accelerate each other.

According to *Ayurveda* *Jara* (Ageing) is a *Swanhababala Pravritta roga*<sup>6</sup> which occurs due to *Vyadhi-Hetu* called *Kala/Parinam*. In *Ayurveda*, *Acharya Charak* and *Vagbhata* named the very first chapter of their *Samhita Granthas* as *Deerghanjivitiyam*<sup>4</sup> and *Ayushkamiyan* respectively. In *Ayurvedic* literature, *Acharya Vagbhata* and *Sharangadhara*<sup>5</sup> emphasized this progressive deterioration of bodily features decade-wise, thereby setting milestones of ageing.

The milestones of ageing According to *Acharya's* are as follows at first decade *Balyam*, second decade *Vridddhi*, third decade *Chavi (Prabha)*, fourth decade *Medha*, fifth decade *Twak*, sixth decade *Drishhti*, seventh decade *Shukra*, eighth decade *Vikrama*, ninth decade *Karmendriya*, tenth decade *Jeevita*. *Ayurveda* itself is seen to have been evolved to ease humans from *Jara* and associated *Vikaras*. *Jara* is an inescapable part of life. *Jara* (Ageing), is of two types first one is *Kala- Jara* (Timely ageing) and second is *Akala- Jara* (Early Ageing). *Akala jara* is unnatural and untimely- a process, occurring ahead of time. This type of *Jara* induces a set of social problems, and mental agony terminating in social stigma. The onset and manifestation of ageing can be delayed to a certain extent, i.e. *Manda Jara* a term specifically used by *Acharya Charaka*. *Acharya* describe two objectives of *Jara- Ankusham*. The first one is to avoid *Akalajara* and second is to delay *Kalajara* and *Jarajanya Vikaras*. *Ayurvedic* approach to maintain *Jara* is based on *Hita Charyas* such as: *Dincharya*. *Dincharya* can also be understood as lifestyle modification to live healthy life in present context or following ancient way to day-to-day activity to maintain the health. It is systemic schedule from working up early in the morning i.e. in *Bramhamuhurata* to eating light diet in the evening and going to bed.

## Concept of Ageing as Per *Ayurveda*:

In *Ayurveda* the importance of a consistent daily routine can't be underestimated. It brings a sense of calm and well-being for the entire day. It gives the body, mind and spirit the chance to ground and cleanse, to start afresh.

The following principles of *Dincharya* are advised to maintain *Jara* (Ageing):

### Morning Routine:

1. ***Pratauthana (Time of getting up in Brahmanuhurtha)***: In *Ayurveda Brahmanuhurtha* has been mentioned ideal for wake up and starting of a new day. Getting up in *Brahmanurtha* for healthy individual is helpful in prevention and protection of health. Waking up early may indicate a regular sleep schedule, which can positively affect overall health. Sufficient and quality sleep is essential for the body's restorative processes, including cell repair and rejuvenation, which can help slow down the aging process.
2. ***Shoucha Karma***: It is an important part of *Dincharya*, early morning evacuation of waste products of body is a natural process. Defecation at proper time helps to clear the rectum, increase *Jatharagni* and prevents *Adharniyavega Dharanjanya Rog* like constipation, foul smelling flatus, bloating etc. *Shoucha Karma* primarily focuses on detoxification and elimination of toxins from the body it may indirectly contribute to delaying aging process by improving overall physiological functions and reducing the burden on the body's systems.
3. ***Dantadhawana<sup>8</sup> (Brushing teeth)***: For proper oral hygiene *Ayurveda* emphasized on *Danta Dhawana*. According to *Ayurveda Dantadhawana* can protect our mouth from bad smell, disease of teeth and gums. It stimulates the taste buds of tongue which can increase desire towards food (*Ruchi*). Plants used for *Dantadhawana* is *Kashaya* (pungent), *Katu* (bitter) and *Tikta* (astringent) *Rasas*. *Acharyas* describe brushing teeth (*Dantadhawana*) must be done twice a day (morning and before sleep).
4. ***Jivha nirlekhan***: Scraping of tongue is also a part in oral hygiene. After *Dantadhawan*, *Jihvanirlekhana* is advised. This process clear the buds of tongue which is overlapped by foods. For scraping the tongue use an instrument made of silver, gold, iron or strong twig of tree that is soft, smooth, ten fingers long and serves to clean. It also stimulates the perception of taste and increases digestion.
5. ***Anjana***: As we notice weakness of eye sight in early age is common in now days, it may prevent by following the *Anjana karma*. There are two types of *Anjana* is described in *Ayurveda- Souviranjana* and *Rasanjan*. To protect the eyes and keep the eyes healthy, *Anjana* must be apply. *Souviranjana* should be applied daily and *Rasanjana* should applied in 5<sup>th</sup> or 8<sup>th</sup> days as it is too *Tikshna*. Importance of *Anjana* is describe by an example- As using of oil, cloth and brush make gold clear and shine, same as *Anjana* make eyes clear and shine.
6. ***Nasya***: In this process drugs like *Tail* and *Churana* deliver via nasal route. It is very useful in *Urdhwajatrugata Vyadhi* (diseases of head and neck). The advantage of nasal route is that it is a nearest pathway for drug administration. *Nasya* is very useful in many conditions like *Ardawavedak (Migraine)*, *khalitya- Palitya*, *Ardita*

(Facial paralysis), Anidra (insomnia) etc. In present context, due to atmospheric pollution, Nasya is also indicated before being exposed directly to environment, which helps to prevent the effect of dust fumes on respiratory tract. In the context of aging process, early graying of hair, hair fall, baldness, wrinkles, pigmentations is the sign of early ageing, Nasya karma may be used as a part of treatment plan to delaying aging process and manage age-related imbalances.

7. **Gandusha and kawala:** *Kaala and Gandusha* are differentiated based on the dosage and procedure of using the drug. It is use from the age of 5 years to till the death. It is helpful to make strong root of teeth, protect teeth from degeneration, never get dryness in mouth and throat and alleviate accumulated *Kapha Dosha* in mouth. *Kavala* as a treatment modality for *Puthyasya* (foul smelling oral cavity).
8. **Dhumapana:** It is the procedure to take smoke through the nostril and then through the mouth. It gives strength and promote health. Commonly used drugs like Haridra, Gugulu, Vacha etc. It gives benefits like lightness of the chest, throat, head, and liquefaction of the *Kapha*. It has stimulant effect on respiratory center of brain. *Dhumpana* is also indicated in many respiratory diseases like kasa, tamaka shwasa and rajayakshma. It helps in clearance of passage of nasopharynx and oropharynx.
9. **Tail Dharana in Shira (Daily oiling of Head):** Daily Tail Dharana is describe in Ayurveda. Use of daily oiling in head can protect from Headache, early graying of hair, baldness, Hair fall. It is also beneficial better sleep, strong hair root and black hair.
10. **Vyayama:** Regular exercise is very necessary to keep yourself healthy. It nourishes the body, gives good complexion, proportionate the body parts, enhances *Agni*, avoids laziness and obesity, provides lightness of the body parts, and also avoids early aging. *Ayurveda* advised *Ardhashakti Vyayama* i.e. half of once capacity.
11. **Abhyanga:** Massage with medicated oil is very beneficial in delay aging, cures tiredness and *vata* disorders, and improves vision, complexion, nourishment, life, sleep. And by doing *Padaabhyanga*, it provides strength and stability to feet, improves the vision and pacifies the *vata*. It also nourishes hair roots and softens injured and over used muscles.
12. **Snana:** Bathing enhances the digestion power, improves sexual vigor, enhance body strength, enhance the lifespan and *Ojus*, at the same time it cures tiredness, removes itching, dirt, excretion, sweat and impurities of the body. Regular bathing keeps the body and mind healthy.
13. **Swacha Vastradharana (Wearing clean clothes):** Wearing clean cloth gives happiness, respect in cultured assembly and increase life span.
14. **Kshaurkarma (Grooming):** It includes cutting hair, beard, nail for personal hygiene. It should be done at a regular interval that is thrice in 15 days. It is beneficial for nourishment of body, provides life span, cleanliness and beautification.

#### ❖ **Night Routine:**

- Laghu bhojana (Light food) should be taken.
- Dandadharana (Holding a stick) in case of going outside.
- Nidra (Proper sleep)

❖ **Naimittika Rasayana (Rehabilitative- Dhatupushtikara):** Which stabilizes age, deriving the best of Rasa, Veerya, Vipaka and Prabhava of a drug and long life, strength and vigour, is called Rasayana. Rasayana is the therapy which destroys age related disease. To induce bio- strengthening a diseased person to fight better with his existing disease.

Some of Naimittika Rasayana are as follow:

- Pippali Rasayana (Plikha Rog)
- Bhallataka Rasayana (Kustha)
- Tuvaraka Rasayana (Madhumeha)
- Somaraji Kalpa (Kustha)
- Guggulu Rasayana (Medo Rog)
- Shilajathu Rasayana (Madhumeha)
- Yogaraja Rasayana (In pandu)
- Thriphala Rasayana (Netra Vikara)
- Brahmi (Medhya Rasayana) etc.

## Discussion:

Adopting a disciplined and healthy daily routine can certainly have a positive impact on overall well-being, including the ageing process. It's important to note that while dincharya can promote healthy habits and potentially slow down the aging process, it is not a guarantee against aging or age-related conditions. Genetics, lifestyle factors, and individual health conditions also play significant roles in the aging process. Consulting with Ayurveda can provide personalized guidance on incorporating dincharya practices for optimal health and well-being. It's important to note that while dincharya can support healthy aging.

Here, I will discuss how dincharya can impact the aging process in general:

**Diet:** Following a balanced and nutritious diet as part of dincharya can positively influence the aging process. A diet rich in antioxidants, vitamins, minerals, and healthy fats can help combat oxidative stress, reduce inflammation, and support overall cellular health.

**Exercise:** Engaging in exercises as part of your dincharya can help improve circulation, enhance bone density, manage weight, and improve mood. Incorporating a combination of aerobic exercises, strength training, and flexibility exercises can contribute to healthy aging.

**Sleep:** Sufficient and quality sleep is essential for the body's rejuvenation and repair processes. Adequate sleep as part of dincharya allows the body to recover from daily and regulate various physiological processes.

**Skincare:** Taking care of your skin is an important aspect of dincharya. Consistent use of Mukhalepa and other skincare practices can help protect the skin from environmental damage, maintain its elasticity, and reduce the appearance of wrinkles and fine lines.

## CONCLUSION:

In conclusion, aging is a natural process that affects everyone. While we cannot stop the biological clock, adopting a disciplined lifestyle and following a consistent dincharya (daily routine) can slow down the aging process and promote overall well-being. Dincharya refers to a set of daily practices and routines aimed at maintaining physical, mental, and spiritual balance. These routines typically include activities such as waking up early, practicing personal hygiene, exercising, meditating, eating nutritious meals, and getting to bed at a reasonable time.

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