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ROLE OF DINACHARYA IN THE MAINTENANCE OF MENTAL HEALTH: A REVIEW STUDY

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ABSTRACT:

In Ayurvedic science of life health (Arogya) is considered as the most vital aspect of life. Health is considered the most important aspect of life. In today's world of wealth and technology, people are living just to earn money in the hope of achieving success and supporting their families. However, they have neglected important things like physical activity, proper diet, and regular sleep, which lead them to suffer lifestyle diseases. Ayurveda, as a complete health system, highlights the importance of a healthy lifestyle to prevent diseases related to modern living. Health was considered as prime factor over the four aims and objectives of life. This paper covers different aspects of Dinacharya (daily routine) as described in Ayurveda and how they can be applied in today's world to maintain mental health. Acharya Charaka and various ancient texts mentioned that there are four aims and objectives of individuals life, Dharma (moral value), Artha (prosperity), Kama (pleasure, psychological value) and Moksha (liberation). Health is the key to achieving the four goals of life (Purusarthas). It was seen as the most important factor for reaching these goals.

KEYWORDS: Bramhamuhurta, Nasya, Abhyanga, Aahar, Sadvritta.

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INTRODUCTION:

The importance of waking up during Brahmamuhurta (early morning), Nasya, Abhyanga, Sadrutta, Drinking water (Ushapana), practicing proper toilet habits (Sauchakarama), oil pulling (Gandusha), Bathing (Snana), Vyayama, Healthy diet (Aahar), has been reviewed. It is concluded that following these practices is essential for achieving and maintaining good health, and they should be incorporated into daily life. The pursuit of happiness (sukha) is the ultimate goal of all living beings. References to this can be found even in our ancient texts like the Vedas and Upanishads. Acharya Charaka and various ancient texts mentioned that there are four aims and objectives of individuals life, Dharma (moral value), Artha (prosperity), Kama (pleasure, psychological value) and Moksha (liberation).¹ Health is the key to achieving the four goals of life (Purusarthas). It was seen as the most important factor for reaching these goals. In the past, life was less hectic, simpler, and had fewer challenges, with a healthier environment compared to today, people were healthy as they had to perform all the daily routine activities by their own. But now, in the era of wealth and technologies, life has become comfortable but it has also become more hectic and unhealthier. People have to work for at least 9 to 10 hours in offices, sitting in a chair with little to no physical movement. They come home late at night, too tired to do any household chores or exercise. In the morning, they wake up late, do basic tasks like bathing and brushing, and then head back to the office. This routine revolves around earning money, leaving no time for themselves. This way of living leads to various lifestyle diseases, non-communicable diseases, and mental health issues. The lack of health stops them from enjoying the true joys of life. The classical texts of Ayurveda explain that when the main elements of the

body (Dosha and Dhatu) are in balance, digestion (Agni) is proper, excretion (Malakriya) is normal, and a person has a peaceful soul (Atma), healthy senses (Indriya), and a happy mind (Manas), then that person is called a "Swastha Purusha," meaning a healthy individual. It is better to prevent diseases than to try and cure them after they happen. "Prevention is better than cure" means it's better to stop something bad from happening in the first place, rather than letting it happen and then going through the trouble of fixing it. A healthy person is more energetic and works with full efficiency to earn wealth. Those who do not have good health are very poor even if they have lots of money. A good health is real pleasure and charm of life.

Aim: - To Achieve the goal of mental health maintenance by obeying Dinacharya the daily regimen as per Ayurveda.

Objectives: -

1. To explore the concept of ideal regimen on the basis of basic principles of Ayurveda.
2. To explore Dinacharya activities as prescribed in Ayurveda texts with their role in Mental health maintenance.

Materials and Methods: -

Materials: - Available ancient Ayurveda texts like Charak samhita, Bhavprakash, Sushruta samhita, Ashtang Hridaya, and their Commentaries available.

In addition, pertinent contemporary medical science books and websites were referred to.

Methods: - In order to maintain health, a vast description of Dinacharya, Sadvritta are mentioned in Ayurveda. These simple rules, especially Dinacharya, if properly followed, helps in maintaining a good physical and mental health.

Dinacharya includes following components:

1. Prathauthana² (Waking 45 min before the sunrise)
2. Shauchavidhi³ (Urination and faces)

3. Danta-dhavana⁴ (brushing teeth)
 4. Jivha –nirlekhana⁵ (Clearing the tongue)
 5. Anjana⁶ (Collyrium)
 6. Nasya⁷ (Nasal drops)
 7. Gandusha⁸ (oil Pulling)
 8. Dhumapana⁹ (Medicated Smoke)
 9. Vyayama¹⁰ (Physical Activity)
 10. Snana¹¹ (Bath)
 11. Bhojana¹² (Food related rules)
 12. Sadvrutta Palan (good conduct)
- **Pratauthana (Time of getting up in Bramamuhurtha):** - In Ayurveda bramamuhurtha has been mentioned ideal for wake up. Bramamuhurtha is the second last muhurtha before sunrise i.e. 96 minutes before sunrise i.e. 4:24 a.m. to next 48 minutes i.e. up to 5:12 a.m.¹³. Ayurveda texts suggest that healthy individuals should wake up during "Brahma Muhurta" (early morning) as it helps maintain and improve health. Acharya Bhavprakash advises that after waking up, one should look at their reflection in the mirror. Doing so is believed to be auspicious, extend life, and remove poverty and sin¹⁴. At Bramha Muhurtha Satva guna is dominant in human body. Due to fresh air, one should perform Yoga, Pranayama and Meditation in Bramhamurtha.
 - **Ushapana:** - Drink a glass of lukewarm water after waking up. A person who drinks water of eight prasiti at time of sunrise, can live for long years, without any disease. The following diseases are not contacted to a person, they are Sotha, Arsha, Apasmar, jara¹⁵. A vessel or glass for Ushapan should be made of copper or clay¹⁶. So, water stored overnight process copper ions dissolves in the water. Copper is necessary for body as it regulates the growth of our body, regulates mental status of individual, regulates enzymatic reactions.
 - **Sauchakarma:** - Passing urine and stool on time helps in relieving pressure, which helps in easing discomfort and anxiety. Urination regulates the stress and relaxation hormones i.e. cortisol and oxytocine. It also regulates digestion ultimately reduces stress and anxiety¹⁷.
 - **Dantadhavan:** - Practicing brushing of teeth is recommended twice a day by charakacharya, cleaning teeth helps to prevent halitosis and aruchi, thus it reduces stress and anxiety by removing Ama from tongue. It helps in making one confident.¹⁸
 - **Anjana:** - It is ayurvedic eye care where medicated Anjana is applied. It reduces eye strain and fatigue. It aids in preserving clear vision and healthy eye¹⁹. Two types of Anjana are described in Ayurveda for maintenance of eye health, they are Sauviranjana and Rasanjana.²⁰
 - **Nasya:** - Daily use of pratimarsha nasya is advised by classical Ayurvedic texts. Naya Dravyas has direct access to brain through nasal cavity, which calms nervous system, reducing stress and anxiety Regular nasya therapy can help to prevention of headache, rhinitis, hemicranias and tremors. It strengthens blood vessels, ligaments and tendons of Cranium.²¹
 - **Kaval –Gandusha:** - Kaval and gandusha are the method were medicated oil or til tailam is hold in mouth. By practicing these two methods daily improves the oral health, enhancing over all wellbeing. soothes nervous system, reduced stress related to throat tension. It brings about a feeling of freshness and invigorates mind.²²
 - **Abhyanga:** - If done daily bestows delay in aging, relives exertion, enhance vision gains healthy and deep sleep. It also prevents many neurological diseases.²³ Mechanism of Abhyanga that is explored from researches reveals of amino acid like Tryptophan that increases the blood flow that subsequently cause a parallel increase neurotransmitter Serotonin that encourages calming effect. Serotonin is a precursor to Melatonin and therefore induces sleep.²⁴ Scalp massage

decreases the stress hormone and there by action of cortisol²⁵In current era people with busy schedules, must do Abhyanga. Due to less time, they can do it only on head, ear and foot instead of entire body. Even it can give potentially comparable effects. Pada-Abhyanga can be practiced just before sleep as it relives stress and promotes sleep.²⁶

- **Vyayam:** - As per Ayurveda, though a tiring activity can give results like Vyayama to a body, still a systematically carried out regular exercise by following Ayurveda constraints, gives increased activity, improves blood circulation, gives ideal shape to body .²⁷Studies show that Vyayam increases organ endurance, Intelligence and perceptual ability. Vyayam improves cognition of older adults with Alzheimer disease.²⁸
- **Snan:** - Taking bath daily activates parasympathetic nervous system. It is responsible for relaxation of body and mind. Taking shower with hot water relaxes muscle and reduces tension while taking bath by cold water can trigger the release of endorphins, which can help to reduce stress and anxiety .²⁹
- **Aahar:** - The rules related to Ahara –Bhojana is widely described in Ayurveda focusing mainly on the rules related to quantity (Aharmatra) Anupana, Quality of food. Aahar is one and best beside the three sub pillars (Aahar ,Nidra,Brahamacharya),helps to sustain lifes .It is possible to make a person disease free only through diet ,Not only physical health, it can enhance the memory power also. So aahar is one of the most important parts of life for prevention and promotion of health .²⁹
- **Sadvrutta (Good Conduct):** - Along with physical up gradation, Ayurveda propose Sadvrutta for upkeep of mind through balance in Manodosha Raja Tama with preferable rise of Satva Guna in Mana (mind).

The functions of mind are recognized as Chintan, Vichara, Uha, Indriyanigraha, Sankalpa. According to Ayurveda,a few disease are classified as Dosha –Karmaja.i.e. caused by Dosha Imbalace .³⁰

DISCUSSION:

In Bramha –Muhurta Cortisol hormone is at its peak responsible for anti – stress activity. Kaval/Gandusha decrease the bacteria enhances confidence, Abhyanga enhances calming effect, Vyayama studies show that it is effective in Alzheimer’s disease. Persons daily regime determines their way of living. Modernisations rapid pace significantly contributes to increase physical and mental stress. Sedentary lifestyle, unhealthy eating habit, limited physical activity, sleep disturbance, increasing competition, social media pressure this allfactors aids in anxiety, chronic health issues, depression, weak immune system, hormonal imbalance etc. Day by day this problem is getting worsen, more case of anxiety, stress, depression is noted. As it is said that prevention is better than cure, following the recommended Ayurvedic dinacharya regimen, one can overcome depression, stress, anxiety leading to healthy life.

CONCLUSION:

Various factor in daily routine directly or indirectly causes impact on mental health, leading to number of psychosomatic disorders. Dinacharya mentioned in samhitas can help us to live healthy and stress-free life. practicing daily rituals mentioned in dinacharya, charity of mind increases, improves concentration, leading to decrease mental stress. By following dinacharya individual can live healthy lifestyle.

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