



Importance of Yoga and *Dincharya* in the Management of Life Style Disorders in the Present Era

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ABSTRACT

Lifestyle disorder refers to a lifestyle-related disease and community-related conditions that increase or decrease health risks. Human life is very stressful in the present. Lifestyle disorders are mainly caused by poor diet (often sugar and fatty foods) and diet, lack of exercise (lifestyle), bad habits such as drinking alcohol, smoking, uncontrolled cravings, late sleep, daytime sleepiness and depression. Life is defined as the physical and mental capacity to perceive the needs of daily life. *Yoga* is the best option to prevent and manage lifestyle disorders, in particular, the effect of adoption to achieve work-related stress. The various forms of *Yoga* work on the principles of proper rest, proper exercise, proper smell - breathing, proper nutrition, beautiful wives and meditation. Various routes such as *Dincharya* (daily type), *Ritucharya* (annual medicine), *Rasayana* treatment (rehabilitation), *Sadvritta* (appropriate rules and regulations) and *Achara Rasayana* (ethical) and Yogic practices are essential for maintaining a healthy lifestyle. psychological.

Key Words: *lifestyle disorder, Yoga, Dincharya, Sadvritta*

INTRODUCTION

Ayurveda differently sees a close relationship between a person's lifestyle and health and disease. Lifestyle disorder refers to a lifestyle-related disease and community-related conditions that increase or decrease health risks. *Ayurveda* emphasizes the importance of preserving the health of a healthy person and treating the illness of a sick person¹. How person should increase life span/ live healthy life through *Ayurveda* various methods or procedures quoted under the term *Dinacharya*. According to WHO, health is a state

of physical, social and spiritual well-being and not just the absence of disease². According to *Ayurveda* a person is said to be healthy (*Swastha*) if he/she follows certain conditions such as humor (*Samdoshas*), digestive system products and integrated tissues (*Samagni*) (*Samdhatu Malakriya*), equivalence state of mental and physical pleasure/happiness (*Prasannaatma Indriya* and *Mana*)³. In *Ayurveda* the importance of standing (*Sthira Sukham Asana*) is emphasized. *Acharyas* clarified that *Vyayam* should be performed according to the *Bala* of person⁴. *Yogic*



exercises include the importance of achieved posture and maintenance with minimal stressful movements. *Asanas* offer the perfect combination of motion and rest. *Asanas* is the first *Anga* in *Hathyoga*. A total of 84 lakh *Asanas* have been described by Lord Shankar among them 84 *Asanas* are found to be superior, and of these 32 are useful to mankind⁵. Knowledge of *Dincharya* (daily form) and *Yoga* and other *Ayurveda* methods can prevent diseases and control life style disorders. These approaches are promoted as an integral part of the prevention and management of lifestyle disorders as they lead to a balanced and healthy lifestyle as an important pillar in the fight against lifestyle problems. In *Brihtrayi Ayurvedic Interpretation* With regard to diseases mentioned as *Mana* and *Shareera* showing the importance of physical and mental health⁶. *Dincharya* is made up of two names *Dina* and *Charya*. *Dinah* means today and *Charya* mentions ways or actions to be taken. Various ancient *Ayurvedic* texts describe in detail the *Dincharya*. A person who wants good health should get up in the morning (*Brahma muhurta*), in order to keep his life safe from diseases, after checking the previous night situation eaten or not⁷. One should go to a natural call that removes *Mutra* (urine) and *Purisha* (feces) only after receiving *Vega* (desire)⁸. One should go to *Achamana* (clean) after the next operation - before and after taking food, touching the faeces, after bathing, waking, tears, fat, hair, clots and sneezing⁹. After this person should chew *Dantha dhawana* (Brush) which means brushing teeth, from which *Arka*, *Khadira*, *Karaveera*,

Arimeda, *Apamarga* brushwood used¹⁰. They should be obscene, have a bitter taste. One should daily apply collyrium (*Sauviram*) to the eyes, which is very useful or beneficial to the eyes; by making these eyes beautiful, sharp to see even the objects of the minute¹¹. After that *Anutaila Nasya* should perform in that procedure a taila that falls on the nose & next *Gandusha* means that any *Kashaya* must be caught (*Dharana*) in the oral cavity¹². It is the exercise or action of *Vyayama* that produces physical fatigue (*Ayasa janaka karma*)¹³. with the help of *Abhyanga* one should feel, increased respiratory rate, body lightness, long-term ability, increased *Agni* strength and reduced fat¹⁴..... *Abhyanga* diminutions *Kapha*, dissolves extra fat, exudes firmness to bodyparts and provides good texture to the skin¹⁵. *Snana* enhances *Agni* and *Bala*, increasing longevity. It also removes body dirt, bad breath, fatigue, laziness etc¹⁶. According to *Ayurvedic* Classics one should consume food (*Ahara*) with a good mind, after offering food to the god and to the poor person, the food should be prepared for all and not only himself¹⁷.

Risk Factor-¹⁸

Risk Factors for Major Lifestyle Disorders -

Variable Behavioral Risk Factors -

- Excessive chewing of tobacco
- Physical Low physical activity or sedentary lifestyle
- Oil Eating greasy, unhealthy, spicy, junk food
- Alcohol Excessive alcohol consumption and smoking



- Stress and other psychological factors

Metabolic / Physical Risk Factors-

- High blood pressure
- Overweight
- high glucose level
- High cholesterol

Environmental factors-

- Sun low / high sunshine
- Poll exposure to air pollution
- Noise Exposure to noise pollution

DISCUSSION

Lifestyle disorder

Diabetes (insulin resistance) is a major disease in the 21st century with heart disease and hypertension. Overweight and obesity can directly or indirectly affect our body. High blood pressure, cholesterol level, stroke, consumption of meat and dairy products and high risk of developing a sedentary lifestyle life. These diseases are caused by unhealthy lifestyle and inadequate eating habits. People suffering from chronic anxiety, work-related stress, prolonged sadness and allergies have doubled their risk of diseases such as asthma, arthritis, headaches, peptic ulcers and heart disease. In the present age the aforementioned diet reduces the risk of lifestyle disorder 19. The most famous quote is that we all know that "prevention is better than cure". The above daily routine and yoga should ultimately follow a healthy lifestyle to prevent diseases.

Wake up at the *Brahmi Muhurta*, which is about 48-96 minutes (one and a half hours) before

sunrise, the head of *Brahma Jnana*. This is the ideal time to gain knowledge. Only the *Brahmi Muhurta* is pollution free for the current conditions in the atmosphere. In addition, the pleasant and serene atmosphere, noise reduction, morning sun rays containing maximum vitamin D are good for health.

Danta dhavana: One should brush teeth twice a day in the morning and evening (bottom to top vertical direction) which brings freshness, removes odor, cleans teeth and nourishes food. In today's age, the application of *Ayurvedic* paste gives healthy teeth and oral cavity.

Jihva nirlekhana: This should be done with the bark of the tree medicinal tree, now with the help of tongue cleaner removes bad unpleasant odor in the mouth, reduces inflammation and improves the taste.

Gandusha and *Kavala*: It strengthens the bones, helps to clarify the oral cavity, lighten and understand the normal functions of the sense organs.

Anjana: Application of *Anjana* improves vision and prevents eye infections.

Dhumapana: *Dhumapana* is the inhalation of *Dhuma* through the nasal cavity and then through the oral cavity. It provides benefits such as feeling light in the chest, improving the capacity of the lungs and preventing lung and throat and head infections. In the modern era smokers are completely different from *Dhumapana* and the stylish form because they smoke through the oral cavity and come out of the nostrils. And those cigarettes contain harmful substances like



nicotine, which can cause respiratory diseases. So instead of prolonging the lifespan, smoking on top reduces them.

Nasya: Shira is introduced into the most central part of the body. So *NASA* is the gateway of *Shira*. Using it can prevent diseases such as lightning or head weight, proper sleep, wakefulness, volleyball, politeness and a pleasant mind in a person.

Vyayama: Exercise regularly improves flexibility, improves the body's defense mechanism, gives better complexion, increases body proportions, fires, avoids laziness and overweight, gives the body lightness and even prevents aging. It removes excess body fat, reduces the risk of heart disease, maintains LDL, HDL and blood sugar values, reduces the risk of osteoporosis and cancer, produces energy, reduces stress, reduces sleep, and increases work efficiency. Ages on Exercise on Modern Gyms, Exercises increase muscle size.

Abhyanga: Proper massage acts as an antigaging therapy, cures fatigue and gout disorders and improves eye light, skin tone and texture, and enhances sleep. Through *Padaabyanga*, the legs should gain strength and stability, improve vision and sleep, and normalize *Vata* those who are excited. By doing *Shiroabyanga* baldness, hair loss, strengthening the hair root, hair extensions, blackening can be prevented. And it also nourishes the senses, increasing the sensitivity of the skin,

Udvardana: By doing this, the blood circulation of the skin is increased, the excess fat deposition is

erased, the rash, share eruption is cured and lightening is provided.

Samavahana; A light massage from the feet to the waist enhances sleep, enhances drowsiness, prevents shingles and also improves circulation. Now a days people are using massage therapy and its benefits and also achieves healthy life.

Snana: it enhances goodness, vitality, longevity, strength, compactness and vigor, as well as cures fatigue and removes impurities from the body. It improves sleep.

Ahara: *Ahara* with *Madhura Rasa*, followed by *Amla*, *Lavanya*, *Tikta*, *Katu*, *Kashaya* chronologically. *Ahara Rasa* gives *Bala*, *Varnasti*, *Dhatu Poushan*, *Indra Prasad* etc.

Mental health and social health

Overview of Current Lifestyle Depression, Anxiety are 80% causes of life style Disorders. Depression is the second leading cause of death in the world. Every emotion such as anger, hostility, frustration, violence, depression, etc. leads to chemical secretion in the body. Home, school, work, media, cultural, religious, social, political, etc. places are very much affect on persons mood, Relationships play an important role in this. These factors determine our approach to the environment for mental and social health conditions.

CONCLUSION

In this fast moving world people are ready to invent all new things that will save their time and speed up their work. Because of such discoveries, one should not have time to take care of his health. There are many changes in a person's lifestyle that



directly or indirectly affect a person's health. When a person follows a proper lifestyle, it helps to maintain our health. We are right in saying that "health is wealth" helps maintain our physical and mental health after eating the right foods in daily activities and giving equal importance to these routine principles.

In the present age, everyone suffers from stress, anger, short temper, irritable nature, habits and constant relationships related to work and family, which can eventually lead to compromise or unhealthy lifestyle. In the science of *Yoga* there are many practical methods for proper lifestyle to achieve and maintain health by doing *Pranayama*, *Aasanas*, *Surya namskara*, meditation etc.

Some healthy lifestyles associated with low-risk disease have been identified:

- Well increase welfare
- Regular physical exercise
- Eating healthy eating habits, good safety habits
- By stress management
- First aid practice
- By environmental protection.

Sick and sedentary lifestyle Current life diseases, healthy lifestyle and physical activity, mental satisfaction, social relationships play an important role in the good sense of well-being. These are socially, mentally, spiritually and physically connected wells. Function is the ultimate destination for every person's life. Hence "health management is free and enjoyable; but disease management is very expensive and painful."



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