

Dinacharya: Tool for Being Healthy in Covid-19 W.S.R. to Prakriti

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Abstract

Ayurveda always stands on principal of prevention it may be in any disease There is need of knowledge of Individual constitution, by knowing the prakriti we can maintain health of healthy person and prevents the diseases by following the Ayurvedic regimen, which are suitable to prakriti. The greatest potential for improving the health of the people in general is to be found that in what way they live and follow the routines of their life by taking individual decision about diet, exercise etc. Stress and injurious habits are critical in day to day life. Ayurveda gives more stress on the individual health problems. Every body's constitution is unique and has unique characteristics or personality called prakriti, which continues from birth to death. There are seven types of deha prakriti among them some have good immunity and other have poor which means that person have immunity according to their Deha Prakriti. Implementation of Ayurvedic preventive regimens practices from early age may result in such children's leading healthy, disease free, more productive lives. This can be an opportunity to practice personalized preventive health, which is not possibility in other system of medicine. Now a days every Nation peaking its data in COVID in that main system involved is respiratory system, after analysing the components of the dinacharya which traces in strengthening more towards the respiratory system Here an attempt is made in producing the same literature.

Keywords: Health; Prakriti; Prevention; Regimen; Dinacharya;¹ COVID.

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Introduction

Ayurveda, the Indian traditional system of medicine describes a unique concept of "Prakriti (constitution) based on the predominance of individual doshas, there are three major types of Prakriti viz. Vata, Pitta, Kapha. These prakritis exhibit attributes of the dominant Dosha in physical, physiological and psychological characteristics which total depends on the involvement of dosha, which is involved predominantly in the formation of Prakriti and affects each factor by which a person is going to interact and decides the status of health². It is clearly described in classical text that lifestyle and various activities should be planned opposite to prakriti for the maintaince of health. In Ayurveda only principles of prevention of diseases

are prescribed. By implementing those principles like Dinacharya, Rutucharya, Ratricharya, Ahara, Ritu Shodhana, Rasayana etc. Properly one can lead health, happy, long life by preventing the diseases throughtout life.

Components of Dinacharya

Brahma Muhurta (wake up early in the morning): At this time a high level of prana (Vital life energy) which is necessary for the body is adequately present in the atmosphere. The pollution is at its minimum, hence the cheerful atmosphere has considerable effect on the body and mind. Waking up during this Brahma muhurta puts us in perfect synchronization to the natural clock because of the above time frames.



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The very first activity of the daily routine i.e. rising, should be done shortly before sunrise in the Vata period. Vata is the principle of movement so to wake up in this period ensures that Vata principle will be functioning properly. By awakening in the bramhe muhurt keeps humans in healthy states by well pure humiliated breath makes us to breath at its extent level by which respiratory complaints reduces.

Ushahpana (drinking of water): Drinking of water in the early morning (before sunrise) immediately after waking up and before brushing of teeth. Based on the prakriti of the body to drink the water hot lukewarm of room temperature, which was kept in copper vessels in previous night. This ritual is giving a steam clean to our body cells, kindles the digestive fire, to keep us energetic and alert throughout the day. Even pitta prakriti person can drink hot water in winter season and switch to room temperature water during hot summer season. Vata prakriti can drink it warm and kapha prakriti can drink the water at a hot temperature. Ayurveda stressed as water has a subtle genetic pattern that has the power to detox, hydrate, regulate, eliminate and bring our bodies back to nature's rhythm, Hence to make this process work efficiently it is important, drink plain water (Nothing added to it). Drinking water keeps us hydrating, keeping hydrated our body is important factors which commonly avoids the UTI, and other disease.^{3,4}

Malatsarga (Elimination of mala and mutra): Vata is involved in the process of elimination- dawn is the best time to eliminate the body's physical waste. Proper elimination of mala also helps to remove the kapha that naturally accumulates overnight. Elimination of mala once or twice is the best not immediately not after a meals. If wait until later in the morning or during the day, person will slowly poisoning due to accumulation of toxins and wastes and creating an opportunity for chronic condition to arise. Drinking a glass of luke-worm water helps flush out all toxins accumulated overnight in the body.^{3,4}

Acamana (Sipping of Water): The wisdom of Ayurveda also tell about the right way to drink water. Taking small sips and enjoying the taste of water in the mouth is the right way to drink it. Sitting in a Sukhasana position drink water sip by sip, for best results, not to eat anything until 30 to 40 mints by adopting this process, cleans our body cells, hydrate and energize the cells and starts removing all the ama (toxins) accumulated in the body.^{5,6}

Pratimarsha Nasya: It is the daily procedure of administration of medicine through nasal route (trans nasal medication). It is helpful in promotion of health, especially of sensory organs and is therapeutically indicated for the cleansing of supra-clavicular part of the body and also for palliation and prevention of diseases of head neck and oral cavity. It has many advantages having no contraindications and it can be self administered. Nasya is best line of treatment in respiratory disorders specially allergic associated complaints. Practicing the nasya daily helps in strengthening the respiratory by cleansing procedure.

Time for Administration of Pratimarsha Nasya: "Nasa Hi Shiraso Dwaram" i.e. Nose is indirectly connected with the brain centers in the head. And it is also considered as the gate way of Shirah. And to uproot the deep seated vitiated doshas. Nasya is indicated by all acharyas. Pratimasha Nasya is daily applicable procedure for the prevention of the diseases which are originated above the shoulder joint. There are fourteen times indicated for pratimarsha nasya but it is impossible to apply, but one can be apply daily twice (morning and evening) at least in all seasons.

VATA: Prakriti person can be apply Snehana type of nasya or pratimarsha nasya daily with anutaila during eveninsg.

PITTA: Prakriti can be given Anutaila pratimarsha nasya during aternoon

KAPHA: Prakriti person can be given pratimarsha nasya in morning with Anutaila.

Dhumapana (medicated smoke): Prayogika dhumapana is one which is suitable for habitual and daily use in Dinacharya. This type of dhumapana is not very teekshna and there fore chances of giving rise to any complications are rare. Dhumapana can be applicable for vata and kapha prakriti person. Although many kalas have been told, one should not use Prayogika Dhumapana more than two times in a day. Dhumanetra is an instrument which can be used for the Dhumapana process. It has mycokinetic and sanghatbheda property acts on malbhuta kapha induced kapha to expel out and it absorbs saama kapha and prakriti Sleshma in some extent. If the doshas are less aggravated, it can be administered independently. This is the easiest way to stimulate the bronchial glands and promote mucolysis and mucokinesis. By the use of this procedure in vata kapha utklesha kala, one can improve the quality of life of the person. Hence by the daily practicing of this therapy no. of diseases can be reduced and prevents the diseases.

Practicing dhumapan daily reduces the respiratory complaints, subsides the sanchita kapha of kantha Pradesh by that it helps in cleaning the airway

Dantadhavana: A typical tooth paste contains an abrasive (calcium, phosphate, dihydrate, chalk, alumina) humectants, binders, detergent flavor, (cellulose), preservative and therapeutic agent may give rise to allergic reaction. The detergent or essential oil flavor may produce localized mucosal irritation. Ingestion of excessive amounts of fluoride toothpaste by young children has been implicated in dental fluorosis, degeneration of bones and teeth. Fluoride has a cumulative affect once consumed it cannot be excreted. Population subjected to excess Fluorine in drinking water over a period of time will suffer from fluorosis. Hence logic behind indicating twinges of a plant possessing katu tiktha, kashaya rasa or the purpose of dantadhavana as it causes minimum risk of allergic reactions and act as kapha and kledaghna, but in today's life it had been neglected main purpose of dantadhavana by using madhura rasatmaka toothpaste.^{5,6}

Jiohanirlekhana (Scarping of Tongue): Tongue cleaning with sticks of Neem, Karanja or scraper made from gold, silver, copper.^{5,6}

Gandusha and Kavala (Garging): Gandusha / kavala is a very powerful and effective Detoxification. Ayurvedic practice that has recently become very popular. The concept of Gandusha is not new, but no one is practicing this procedure due to fast and busy life style. Fill mouth with natural oil, it should hold into mouth from 5 to 20 mints. Oil mixes with the saliva, Lipids in the oil pull out toxins from oral cavity and antibacterial properties of oils used to kill various germs inside the oral cavity, when eyes and nostrils starts to secretions then spit out the liquid and wash the mouth with warm water. By abhyas of kaval and gandush helps in removing the excess kleda from mukha and kantha Pradesh by which respiratory flows easily.^{3,6}

VATA: Prakriti persons can practice tila taila Gandoosha daily to reduce dryness.

PITTA: Prakriti persons can practice Gandoosha with kashaya and ropan kwath like Triphala or Panchavalkala to prevent and heal mouth ulcers.

KAPHA: Prakriti person can practice Gandusha daily with katu And kashaya dravya like kshara madhu to reduce extra pichhilata and saliva.

Vyayama (Exercise): Exercise helps to increases stability and strength of the body if done in the quantity in proper manner according to one's Prakriti, climate, geographical consideration, kind of food and time of eating, and age gives lightness,

stability, endurance, balance of all the three doshas, improves digestion.^{5,6}

Abhyanga (Oil massege): The Abhyanga in Ayurveda gives its message to achieve a better perfect health in normal and diseased state. Abhyanga is recommended in all seasons except Greeshma rtu.

Classiication

1. Sthanik Abhyanga (Local massage).
2. Sarvadehika Abhyang (whole body massage)

Benefits of Massage

- Relaxation of mind and body.
- Relief from pain fatigue and stiffness of the joints.
- Increased blood circulation to skin surface improving skin function.
- Removal of impure blood and wastes through lymphatic drainage system.
- Relaxation of central, parasympathetic and sympathetic nervous system.

Siroabhyanga: It is complete massage of the head, neck and shoulders using herbal oils. Head is the areas that are most affected by stress, hence it is beneficial in reducing pain and stress in this area.

Padabhyanga (Foot massage): It is a concept beyond massage. It is holistic therapy and a religious approach towards an effective psychosomatic healing. Padabhyanga is a part of Ayurvedic traditional treatment. Reflexology, Acupuncture, Acupressure and pedicure seems to have originated from this ancient art of healing. It can be alone at any time but for more effective it can be done at the night before going to sleep. According to prakriti and season tails should be used for padabhyanga.

Karnapuranam (oil filling in ear): Ear should filled with medicated oil. In case o diseases of ear it should be filled upto one thousand matra kala. In the healthy condition 32 matra kala should be done. To prevent and maintains of the ear diseases as well as ear health.

Udvarthana/Udgharshan (Powder massage): By herb mixed in oils is useful in pacifying vata, opens the pores of skin, give lightness, removes toxins from the skin, destroys itching and helps in melting of excess fats.

Snana (Bath): Take a healthy bath with ayurvedic powder or soap used to clean the body after Abhyanga. Both shower and tub bath is recommended in the classics usually luke warm water bath is suggested.

Anjana (Collyrium): Application of Collyrium cures eye diseases and also enhances eye health. It is the best Anjana and can be used daily. Collyrium can also applied at night time, as cleansing of eyes i.e. Rasanjana. It shall be used once in five or seven days to expel the aggravated Kapha doshas from the eyes and also to purify the eyes.^{5,6}

Prarthana: Pray is an act of worship in which one speak to God, not only with your words but from our hearts. One should pray to the true God only.^{3,4,5}

Bhojana: According to ayurvedic wisdom, lunch should be the largest meal of the day. This is because at noon the digestive fire or strength, known as Agni, will be strong. This is generally considered pitta time of day.^{6,7}

Planning a healthy lunch according to prakriti (Body constitution) can help attain proper immunity and may even prevent the diseases. Acharya sharangadhara say's, Food is the best medicine, so eat well and follow Ayurvedic guidelines for good digestion and assimilation of nutrients.

Tambulsevana: The essential oil contained in the leaves possesses anti-bacterial, anti-protozoan and antifungal properties, therefore the oil kills or inhibits the dreadful bacteria causing typhoid, cholera, tuberculosis etc that needs proper evaluation and exploitation.^{6,7}

The leaves are very nutritive and contain substantial amount of vitamins and minerals and therefore six leaves with a little bit of slaked lime is said to be comparable r about 300ml of cow milk particularly or thee vitamins and minerals. The leaves also contain the enzymes like diastase and catalyses beside a significant amount of all the essential amino acids except lysine histidine and arginine which found only in traces.

Discussion

Prakriti is an important concept of Ayurveda and plays a very important role in the designing lifestyle of a person for maintaince of health. Its determination is also important in diseased condition as it is essential for prognosis and planning of treatment. It is one among dashavidha pariksha, (susceptibility of the diseases), mainly depends on the prakriti of an individual and lifestyle.^{7,8} Instead of following wholesome diet and regimen people are more attracted towards taste and comforts. The incidence of life style diseases such as

hypertension, diabetes mellitus, dyslipidemia and obesity associated with cardiovascular diseases are high on rise. Due to rapid economic development and increasing westernization of life style in the past few decades, prevalence of these diseases has reached alarming proportions among Indians in the recent years. Wholesome and unwholesome regimen depends on the prakriti. Hence the present work is intended to prevent the diseases and maintain the optimum health through Ayurveda. It has given a deep thought to the daily routine, which when followed our day perfectly to express our maximum potential capabilities. By proper following of dincharya helps in strengthening the all systems specially the respiratory system which was the main system which involved in COVID.

Conclusion

The ancient method of practicing routine dinacahrya keeps us being healthy and boost us be immunity in combating upcoming disease like COVID.

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