

**Concourse Approach of Disease Prevention, Health Preservation And Health Promotion W.S.R To Dinachariya: A Review Article****Anupam Pathak¹, Madhu²**²PG Scholar, ¹Department of Swasthavritta & Yoga, Sri Ganganagar College of Ayurvedic Science & Hospital, Tantia University, Sri Ganganagar, Rajasthan**Abstract**

“Prevention is better than cure” is conventional adages. Primordial and primary prevention is best, cost effective and devoid of mental and physical suffering. Data shows that hospitalized Indian spends on an average 58% of their total annual expenditure and over 40% of hospitalized Indians borrow heavily to cover expenses-huge lose in the form of money and manpower. Much has been said and written about disease prevention and health promotion in recent year. But far ago disease prevention and health promotion was traced in Ayurveda also and several measures are mentioned for this purpose. Swasthavritta is the branch of Ayurveda which embraces all the factors, helps to maintain the health and to prevent the disease; it includes Dinachariya (Daily Regimen), Rituchariya (Seasonal Regimen), Ratrihariya (Night Regimen), Sadvritta (Codes and Conducts of Life) etc. All these are nothing but related with sanitation, rules regarding diet, physical activity etc. History shows that life expectancy was increased significantly by only maintaining strict hygiene and proper diet far before the invention of modern medicine. The activity and diet, which were practiced to prevent the disease and to maintain and promote the health during ancient time are still in practice to some extent and as a result the incidences of non-communicable disease are comparatively less in India still now. Hare an attempt has been made to analyse and concourse those procedures responsible for disease prevention, health maintenance and health promotion mentioned in Ayurveda classics with the procedures of modern medicine which serves the same purpose.

Key Word- Ayurveda, Swasthavritta, Dinachariya, Prevention**Corresponding Author:- Madhu, PG Scholar,** Department of Swasthavritta & Yoga, Sri Ganganagar College of Ayurvedic Science & Hospital, Tantia University, Rajasthan**Received – 10/08/2021****Revised- 20/9/2021****Accepted – 25/09/2021**

INTRODUCTION

According to modern medical science health is worldwide social goal and fundamental human right. The ultimate goal is to lead a socially and economically productive life, not merely the increment of life span without quality of life. According to Ayurveda the main aim of life is to achieve Chaturverga i.e., Dharma (Piety), Artha (Wealth), Kama (Desire) and Moksha (Emancipation). Disease or ill health is the main obstacle in the way to achieve this goal. That's why, disease prevention, health preservation and promotion are required which were categorically stressed from the period of ancient Ayurveda also. With the advent of time the disease pattern has been changed globally due to change in environment, urbanization, living in a society which is far from natural environment, mutation of microorganism etc. In recent times leading cause of death is chronic non communicable lifestyle diseases disease. In India like country, where traditional lifestyles still persist, the incidences of such diseases are still less in compare to so called developed countries. The measures related to lifestyle, which helps in disease prevention, health maintenance and health promotion are

described under Swasthavritta' in Ayurveda. Hygiene, preventive medicines etc. are the branch of allopathic medical science which mainly deals with the same aspect. The measures mentioned in Ayurveda and modern medical sciences are not much different.

The aim and objective of this article are-

- a) Critical analysis of the measure related to health maintenance, health promotion and disease prevention mentioned in Ayurveda classics.
 - b) Concourse of these measures with the measure mentioned in various preventive and social medicine books of modern medical sciences.
- Background** The word hygiene came from the Greek word "Hygeia", the god of health according to the Greek mythology. The followers of "Hygeia" were called hygienist, who use to practiced cleanliness i.e. hygiene to prevent diseases. Before the invention of germ theory in eighteenth century,

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maintenance of hygiene was one of the main measure people used to practice to prevent the diseases. In allopathic medical science, disease prevention came in focus when James Lind shows that curvy can be prevented by using fresh citrus fruits in the year 1748. Cellen reported that he himself prevent syphilis by drinking milk, mixed with mercury. But the thrush of prevention came after discover of vaccine by Edward Jenner.

But far ago, prevention of disease by cleanliness was mentioned in Ayurveda and Purana. In Mahabharat, five types of Saucha (Cleanliness) were mentioned named as Mana, Karma, Kala, Sharir and Vaka Saucha. Gitaand Vasistha Samhita mentioned two type of Sauchaas Vahya (by application of water) and Abhyantara Saucha.

Swasthavrittai is the branch of Ayurveda, mainly deals with disease preventions, health promotions and health maintenance

“Dinachariya”- means the diet and activity, which are followed in daily life. The events like ideal time to leave the bed, activity that should be followed after wake up in the morning and throughout the day, some prohibited activity etc. all are mentioned in Dinachariya Adhyay.

Among these measures, some are concerned with individual physical health, some are related with individual mental health and some are linked with the benefit of the society. The dealings mentioned in this chapter are basically an art of living, which helps disease prevention, health preservation and also promotion of health. Basically these are the aims of preventive medicine-the branch of modern medicine, which is defined as “The science and art of preventing the disease, prolonging the life promoting the physical and mental health and efficiency”.

According to the Ayurveda disharmony of Doshasin the body is the main cause of disease and harmony is responsible for healthy state⁹. Vata, pittaand Kaphaare three Sharir Dosha and amount of these three Doshas are not constant in the body. There are normal variations of this Doshas although it is within certain limit. The amount varies according to the age, seasons and even among different time of the day. As for example Vata Dosha increases in old age, in Grishma Ritu (summer season), in the afternoon and after digestion of food. But this is within normal limit; beyond this limit it causes diseases. The measures mentioned in Dinachariya, Rituchariya etc are enable to pacify the

increased Dosha and bound it within normal limit. So all these measure helps to prevent disease and some process helps to hauls the disease in pre pathogenic states. As practicing of Anjanakarma (Sauviranjan) in the morning or Dhumapana (Smoking) just after intake of food is indicated as there are surge of Kapha Doshaat morning as well as just after intake of food and Anjana (Collyrium) and Dhumapana both pacify Kapha Dosha.

All these processes are performed as routine before onset of pathogenesis which is consider as primordial prevention according to the modern science.

According to modern medicine, the measures helps in disease prevention, maintenance and promotion of health can be discussed under following headings.

A. Proper Nutrition

Proper nutrition is the basic need of good health. According to Ayurveda, Aahar (Food) is one and best beside Nidra (Sleep) and Brahmachariya (Celibacy), the three sub pillar, helps to sustain life. It acts as causative factor for disease as well as preservation and promotion of health. It is possible to make a person disease free only through diet; no medicine can be

equated with food. Not only physical health, it can enhance the memory power. Nutritional need of children, pregnant and lactating lady, elderly etc. must be met. Homemade diet, prepared from locally available foodstuffs is best and should contain Sadarasa. According to modern nutritional science, balance diet should be taken.

A balance diet is defined as one which provides:

- (a). A sufficient number of calories.
- (b). Adequate amounts of protein, fat and carbohydrate.

B. Healthy environment

Personal and environmental hygiene plays a crucial role in individual as well as community health. Poor personal hygiene is responsible for mainly infectious diseases related to skin. Poor environmental hygiene leads various diseases transmitted through water, food, air, soil etc. Poor sanitation, lack of pure water supply etc. are the main cause of ill health of many in India like country. Field defecation is one of the main causes of bad environment health. Field defecation wasin practice in ancient time but various criteria to choose the place, procedure were mentioned in classics of Ayurveda. These rules were

mentioned to avoid water, soil etc. contamination.

C. Good Health Habit

Disease prevention, health maintenance and promotion of health depend largely upon various good health habits or better life style. Various Ayurveda classics explored these measures under the heading of Dinachariya, Rituchariya etc. and includes habit related to diet, sleep, physical exercise etc

1. **Wake up in Brahmamuhurta** and excretion of bowl and bladder: Wake up in Brahmamuhurta is essential for health maintenance, hence advocated for healthy people only. The time between 1 hour 36 minutes to 48 minutes before the sunrise are considered as Brahmamuhurta. Some infection, which are transmitted through droplet nuclei are deposited in ground and the air are relatively pure. Further Brahma means knowledge; this time is favourable for reading as calm environment helps in concentration hence helpful for easy grasping of any subject. This time period is called Amrita Bela. Panchamrita of Prakriti.e. Suddha Vayu, Suddha Jala, Suddha Bhumi, Vipul Prakashand Vipul Aakashare

available only in this time period. According to Ayurveda Bhumijala (Surface water) should be collected before sunrise. In ancient time, there were no other source of pure water, people were dependent on surface water, and then this was the ideal time for water collection, as a considerable amount of purification takes place by storage.

Achamana (Sipping of Water) –

Achamana should be performed after contact with waste, before and after intake of food, after wake up from sleep, after sneezing, before any auspicious work, after travelling from outside etc. After washing of both hands, face should be washed by two handful of clean water. It should be performed in a hideaway place, maintaining silence, being concentrated, maintaining proper posture. Slinging of water is prohibited. Achamanais performed to maintain proper hygiene.

2. **Oral hygiene:** Good oral hygiene is very much important for improvement of health. Good oral hygiene implies sound teeth and healthy gum and surrounding tissues. Healthy teeth are not only essential for mastication of food, which gives emotional satisfaction of

food intake, but also required for good appearance and clear speech. The two most common ailments related oral hygiene are dental carries and halitosis. Halitosis is due to bad oral hygiene, periodontal disease, sinus infection, tonsillitis, and nose and throat infection. Pus around the teeth is the main causes of tooth loss and act as septic foci and undermine the general health of the body.

3. Care of Eye and Ear: Care of eye has been given very much importance in Ayurveda. Ancient Acharyas mentioned eight branches of Ayurveda and giving importance to the part situated above clavicle, Urdhanga Chikitsa (treatment of the structure which is situated above clavicle) has been mentioned as one of these eight parts. Further among all the structure situated above clavicle, most importance has been given to eye. It is said that eyes are the window of learning, good eye sight is therefore essential. Sharngadhar mentioned that day and night are same for blind person. Grossly eye may be effected by the following conditions –

a. Infection

- b. Trauma
- c. Nutritional deficiency
- d. Refraction error

4. Care for Structures of

Urdhajatru: Nasya (Nasal drop) and Dhumapana are mentioned in Ayurveda specially to prevent the diseases of structure of Urdhajatru. According to Ayurveda, Nasyakarma i.e. installation of medicine through nose is the best way to treat the disease of Shira(Head). Pratimarsha Nasyais meant for daily uses and helps to maintain health. Oil is used for this purpose. The oil, which is installed in nose and not recognized separately after spitting is the proper amount of Pratimarsha Nasya. Total fifteen Kala are mentioned for application of Pratimarsha Nasya, among them five Kalameant for Sroto Suddhiand five Kalato increase the strength of eye, three Kalato remove tiredness and one Kala each to increase the strength of tooth and for Vata dosha. Dhumapana, mention in various Ayurvedaclassics is also meant for maintenance of health of Urdhajatru. Various herbs are used to serve this purpose. Dhumapana should be done with

the help of 24 to 36 fingers Dhumanetra (Pipe used for smoking). This length helps to deliver right quantity and intensity of Dhuma. Both are helpful to prevent the diseases of Vata Kaphaja origin.

5. Abhyanga (Massage) and Vyayam

(Exercise): Abhyanga is the measure liable to daily practice. As unused machine become tarnished, in the same way if the body is not used it also begins to waste away easily. Ayurveda endorse for daily whole body massage with special importance to head, ear and leg massage. Regular massage of scalp improves blood flow and hence improves hair nutrition. Further healthy and hygienic scalp prevents various scalp infection including dandruff. Besides Avhangya, daily practice of Vyayam also indicated. It is the basic of physical fitness.

The benefits are.

- a) Tones up the muscles.
- b) Improves blood and lymph circulation.
- c) Improves the strength of heart. Ventilates the lungse.
- d) Stimulates appetite.

- e) Promotes excretion of body wastesg.
- f) Speeds up the burning of glucose in the body.
- g) Sharpens muscular and mental coordination
- h) Facilitates sleep and relaxation.
- i) Removes emotional tension.

All these resultants proper nutrition of body, delayed ageing, improves work ability and prevents as well as reduce obesity.

6. Hygiene of the Skin:

The surface area of average human body is 1.5 square metres and weighs about 4 kg. Skin serves various functions like protective, sensory, heat regulation, excretory and it is the source of vitamin D as well. As it is in contact of external environment, it accumulates dirt, and if not removed the dirt clogs the opening of the sweat glands and leads various skin infection. So to maintain proper skin health regular bath is essential. It not only cleans the skin but also improves the blood circulation and refreshes the body. Besides this, bathing is considered a ritual, especially before all religious activity and ceremonies. Bath increases digestive power, virility, removes

sweat and dirt, subsides itching and burning sensation, refreshes the body, increases body strength and hence quality of life and life span. According to Ayurveda, warm water should apply below waist and upper part should wash with normal water. According to modern medicine the temperature of water and benefits as follows.

- 7. Care of Feet:** The branches of medicine deals with foot care are called podiatric medicine. Large number of diseases affects foot, so health of foot can be considered as the parameter of general health. Hookworm enters into the body through broken foot skin, get contacted with larva contaminated mud. Some fungal infection, filarial, leprosy etc also affects the foot. Special care should be taken for the diabetic patients. So foot should be protected with shoes and special care should be taken before selection of shoes. Uses of shoes and umbrella are also mentioned in Ayurveda.
8. Several rules regarding physical relation are mentioned in various Ayurveda classics. Menstruation, pregnancy, disease of reproductive tract, elderly and

women of same Gotra (close relative) etc. are contraindication for sexual act. Penis should be washed just after intercourse.

- 9. Sleep:** An average person spends 1/3rd of life in sleeping. Daily 7 to 8 hours of sleep are required for an adult people. Proper sleep is required for relaxation of body and mind and for repairment. The room should be dark and well ventilated. Drug should not be taken for sleep induction. Children of couple from same Gotra may cause various genetic transmitted diseases.
- 10. Some Other Hygiene Procedure:** Nail, hair etc. should be cut at regular interval and dress should be clean and fresh. Hand and nail pick up dirt and infectious agent easily as it come in contact with various things, so washing of hand and removal of nail at regular interval is mandatory specially to prevent the diseases transmitted through faecal oral route. Face should be covered by hand during sneezing, laughing, yawning etc. It helps to prevent the diseases transmitted through droplet infection. Body posture during sneezing should be erect otherwise it may cause muscular

injury. Besides all these some advice regarding alcohol also available in various Ayurveda classics. Drinking, preparation and sell of alcohol are prohibited.

CONCLUSION

Historical epidemiological studies showed that significant improvements in longevity had been achieved through improved food supplies and sanitation long before the advent of modern drugs and high technology. Dinachariya or lifestyles, including diet, are vividly discussed in various Ayurveda classics. Ayurveda believes that diet is the root cause of disease as well as of health, that's why food stuff, time and rules of diet intake, incompatible dietetic are vividly mentioned in Ayurveda. Sanitation occupies prime importance in various Ayurveda classics. Hygienic practices like Achamana, Dantadhavana, Snana, regular cutting of nail, covering of face during sneezing, washing of hand and anal region after defecation, wearing of shoe etc., were in daily lives which were helpful to prevent infectious diseases. Field defecation was factual, but place of defecation and some rules related to defecation mentioned in Ayurveda which were helpful to maintain strict hygiene and disease prevention. Beside

these wake up in Brahmamuhurta, regular body massage, exercise along with proper diet etc. are helpful to prevent non communicable diseases. Acharya of Ayurveda were well aware regarding the importance of prevention that's why these measures are mentioned in earlier chapter of Caraka, Astanga samgraha and Astanga hridaya Samhita. Health promotion measures mentioned in modern medical science are not much different from procedures mentioned in Ayurveda classics, more ever these processes are easy to adopt, more familiar and to some extent still present in daily life. This is the main cause that non communicable disease are still comparatively less in India. So Dinachariya mentioned in Ayurveda should copiously adopt in today's life as it is the sole measure of disease prevention, health maintenance and health promotion even today.

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