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### A review on daily regimen according to Shshruta Samhita w.s.r to disease prevention

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#### Abstract

An old ayurvedic book on surgical methods called the sushruta Samhita was authored by sushrutachrya. Given that it is currently the only text on shalya Tantra (surgery), the most significant branch of Ayurveda, its significance is all the greater. It is an old ayurvedic book on surgical methods called the Sushruta Samhita was authored by Sushrutachrya. Given that it is currently the only text on Shalya Tantra (surgery), the most significant branch of Ayurveda, its significance is all the greater. It is the oldest and most authoritative work on this field of medicine in the entire world, not just in India. In his treatise, Acharya Sushruta very skillfully describes daily and seasonal routines in addition to a variety of medical operations. A very small number of conceptual works have been done on a chosen section of this samhita. Understanding the different unique characteristics listed in Sushruta Samhita is so crucial. This

review article discusses the daily routine described in the Sushruta Samhita.

**Aim:** Review of the Sushruta Samhita's daily regimen for disease prevention.

**Materials and procedures:** The Sushruta Samhita was employed for this study, and from it, a variety of references were gathered.

**Conclusion:** Daily routine procedures such as *brahmmuhurta jagaran* (early awakening in the morning), *dantdhavan* (brushing teeth), *jihva nirlekhan* (tounge scraping), *anjan* (corrylium), *nasya* (errhine therapy), *kavla* (gargaling), *dhumapana* (medicated inhalation), *abhangya* (oil massage), *vyayam* (exercise). Consequently, this essay will provide you a better understanding of how *dincharya* can be used to prevent or even reverse the symptoms of disease (daily routine).

**Keywords:** Dincharya, diseases, Ayurveda daily regimen, *Sushruta Samhita*

#### Introduction

An old ayurvedic book on surgical methods called the sushruta samhita was authored by sushrutachrya. Given that it is currently the only text on Shalyatantra (surgery), the most significant branch of Ayurveda, its significance is all the greater. It is the oldest and most authoritative work on this field of medicine in the entire world, not just in India. In his treatise, *acharya sushruta* very skillfully describes daily and seasonal routines in addition to a variety of medical operations<sup>1</sup>. A very small number of conceptual works have been done on a chosen section of this samhita. Understanding the different unique characteristics listed in sushruta samhita is so crucial.

In the modern world, environmental pollution, excessive emotional stress, a high intake of fast food, and a lack of physical activity cause many diseases to emerge. Type II diabetes, hypothyroidism, polycystic ovarian disease, polycystic ovarian syndrome, hyperacidity, skin wrinkles, stiff joints, various bone disorders, *klaibya*, irritable bowel syndrome, grey hair or hair loss, insomnia, bloating, hypertension, heart attack, atherosclerosis, etc. are diseases that develop as a result of not following a daily routine<sup>2</sup>. In the Ayurveda texts, the Sages emphasized the value of dincharya, or daily regimen, for humans in order to delay the onset of disease and lengthen life expectancy<sup>3</sup>. Dincharya (daily regimen) practices include waking up early in the morning, brushing one's teeth, scraping one's tongue, taking corrylium, *nasya* (errhine therapy), gargaling, *kavla* (medicated inhalation), and *abhangya* (oil massage), *vyayam* (exercise), *udhvartan* (powder rubbing), *snana* (bathing) etc. are gives in details along with their indication, benefits, procedure, role in current scenario and time also when to use them<sup>4</sup>.

Consequently, this article will provide you a better understanding of how dincharya can be used to prevent or even reverse the symptoms of disease (daily routine). Ayurveda is a science that outlined numerous guidelines for preventing and treating illnesses as well as living a long life. According to Ayurveda, living a healthy lifestyle is essential for maintaining good health<sup>5</sup>. According to Ayurveda, Dincharya outlines the daily schedule to adhere to in order to have a healthy body and mind.

### Definition of Dincharya

*Dincharya* stands for *pratidinam kartavyam charya dincharya*, and Charya refers to an action, *acharan*, or *kriya*. *Dincharya* is a collection of actions carried out by people from the time they wake up in the morning until dusk. *Ratrichariya* is the name given to the activities carried out from dusk until sleep. However, in actuality, *dincharya* and *ratrichariya* are both combined and referred to as *dincharya*. The daily schedule is essentially what is meant by *dincharya*. "Din" means every day, and "charya" means to adhere to or engage in. According to the Ayurvedic principles, *dincharya* gives an outline of the daily activities or routine to adhere to in order to have a healthy body and mind<sup>7</sup>. *Dincharya* is crucial to maintaining a disease-free, healthy existence. It is one of the finest strategies to prevent sickness, maintain balance, and treat different illnesses so that you may stay healthy and fit. *Dincharya* is the name given to the daily routine. *Dincharya* aids in restoring equilibrium during the natural shifts in *doshas* that take place throughout the daily cycles. *Dincharya* includes cleansing, massage, exercise, and other things which will be explained further.

### Method and materials

Various classic texts of Ayurveda including the *sushruta samhita*. In addition, websites and contemporary publications on social and preventive medicine were looked up for this study.

### Relation between *dincharya* and disease manifestation

In text, the phrase "*Kaalarth karmanam yogo heen mithya atimatrakah*" is used to describe the disease's root cause<sup>8</sup>. Diseases are brought on by inadequate, inappropriate, or excessive participation, *kaal* means - Summer, winter, and rainy seasons are available. *Shabd*, *sprash*, and other subjects related to the sense organs. *Kayik* (physical), *Vachika* (verbal), and *Mansika* (mental activities). If the actions are carried out correctly, they will greatly aid in illness prevention.

**Table 1:** showing daily Regimen activities<sup>9</sup>

S. No	Activities
1	<i>Brahmmuhurte uttisthet</i>
2	<i>Malotsarga vidhi</i>
3	<i>Dantdhavan, jihvya nirlekhnva evam achaman</i>
4	<i>Anjan</i>
5	<i>Nasya</i>
6	<i>Kavala evam gandusha</i>
7	<i>Dumpan</i>
8	<i>Abhyanga</i>
9	<i>Vyayam</i>
10	<i>Udhvartan</i>
11	<i>Snan</i>
12	<i>Bhojan vidhi</i>
13	<i>Madhyahn charya</i>
14	<i>Ratricharya</i>

### *Bramhamuhurta uttisthet*<sup>10</sup>- (awakening in the morning)

A Swastha (healthy) individual should rise from the bed during the *brahma-muhurte kala* (48 minutes before sunrise), after taking their digestion or indigestion into consideration (of food taken previous night).

Advantages of *brahmmuhurte uttisthet* include: The appropriate environment for prayer study is calm and quiet, feeling joyful and revitalized<sup>11</sup>. *Vata* remains elevated in

*brahmmuhurte*, aiding in appropriate defecation. Most people in the modern period *diwasvapn* each day late in the morning. These activities cause the *kapha dosha* to proliferate and develop, which causes *ajeerna* (indigestion), *sthoulya* (obesity), and other *santarpan janya vyadhis* (disease due to over nourishment) Days of insufficient sleep results in obstructive *vata vridhi*, including *malabaddhta* (constipation), infertility in men (an ejaculation, poor sperm quality and motility, oligospermia, and azospermia), and infertility in female (P.C.O.S., PID, Endometriosis, tubal blockage etc.), *garbha vikriti*, miscarriage, abortion, congenital disorders, *hridroga* (heart disease) *briddhi roga* (hernia, prolapse), *arsha* (piles) etc.

### *Malotsarga vidhi*<sup>12</sup>

There seem to be two crucial elements for *malotsarga vidhi*:

1. *Vacham niyamyam* aids in the total evacuation of faeces and urine when practiced in silence and concentration.

2. If the impulse to evacuate strikes, act on it immediately. Resisting the urge will result in a headache, *apanvayu urdhv gati*, and *katanvati peeda* (cutting type of pain). Force should not be used during evacuation. Otherwise, it will result in anal fissure, rectal prolapse, and *arsha* (piles).

Due to a shortage of time, people in the current scenario read newspapers while emptying, which causes an incomplete evacuation and causes constipation. People frequently offer more sleep than they need and have a propensity of waking up late in the morning. Resist the impulse to evacuate, perhaps owing to a hectic schedule or the lack of lavatories at the time people have to suppress urges. Unnatural squatting is one of the causes of incomplete evacuation.

### *Dantadhavana*<sup>13</sup>-*Jivhanirlekhnva*<sup>14</sup>

Brush of bitter, astringent *rasa* should be used for *dantdhawan*, according to the advice, and *madhur rasa* (sweet taste) is specially listed in the *Sushrut Samhita*<sup>13</sup>. Without harming the *danta mamsa*, teeth should be twice-cleaned in the morning and after meals (gums). Following brushing. Apply powder of *kushta*, *trikatu*, *triphala*, and *trijatak* powder combined with honey on the teeth and gums. The majority of oral diseases are prevented by *katu*, *tikta*, and *kashay ras* since they are mostly caused by the *kapha dosha*. *Madhura ras*/sweet taste is used to treat oral diseases like *vataj* or *pittaj* by *acharya sushuruta*. Cleaning your tongue should come after brushing your teeth. It is claimed to prevent halitosis, *vairasaya* (bad taste), and *aruchi* (tastelessness)<sup>14</sup>. After cleansing the lips, face, and eyes, rinse with fresh water, *amlaki* decoction, or *kshiri vriksh* bark decoction. Our *Samhita* refers to this mouth washing procedure as *aachman kriya*. *Neelika* which means a blackish discolouration), *vyang* (a dark circle), and *rakta pitta janya vyadhi* are all prevented. Since *madhur rasa* makes up the majority of tooth pastes used today, there may be an increased risk of dental caries. Nobody uses the decoction of *kshiri vriksh bark* for gargling or face and eye washing, among other things.

### Anjana

It is suggested to utilize *souvir anjan* every day. It aids in preserving clear vision and healthy eyes. *Daah* (burning), *kandu* (itching), *mala* (eye debris), *klinnta* (watery eyes), and other symptoms are prevented and treated by it. *Rasanjana* should only be used at night and every fifth or

eighth day to remove too much *kapha dosha* as eye being a *teja mahabhuta* dominant organ, should be protected from excessive *kapha* or *kled*<sup>15</sup>.

### Nasya

Daily use of *pratimarsh nasya* is advised by classical Ayurvedic texts; *anu tail* is frequently utilized for this purpose<sup>16</sup>. In addition to avoiding disorders of the brain and sense organs, it encourages unctuousness in the head and neck region and works to balance the *vata dosha*. It also purports to reduce skin ageing and hair loss.

### Kavala - Gandusha

1. *Sneh gandush*: Holding the *sneh gargle* removes off-putting flavours, unpleasant odours, swelling, and stiffness of the mouth. It also gives teeth firmness and joy. It prevents *vataja* disorder of the mouth, which includes dryness, cracked lips, *svarbhedha* (loss of voice). (su. Chi.24/14su) of mouth<sup>17</sup>, etc.
2. *Khadir, arimed*, and *kshirivraksha* bark *kavala*: This remedy primarily prevents *kaphaja* diseases such as *aruchi* (tastelessness), *mukhvairasya* (faulty taste), *dourgandh* (halitosis), and *lalasarva* (excessive salivation), among others.
3. *Gandusha* with lukewarm water: It gives feeling of lightness in mouth.

### Dhumpana

Daily use of *prayogic dhumapan* is advised. It stops problems of the head and neck that are brought on by symptoms such as *kaph shirogourav* (heaviness of the head), *shiroshool* (head ache), *kaas, shwash, hikka* (cough, dyspnea), *karna srav, nasa srav* (nasal discharge), *netra sarva* (eye discharge), *tandra* (drowsiness)<sup>18</sup>, etc. To avoid damaging the eyes, smoke should be removed from the nose and discharged from the mouth.

### Abhyanga

Cold season and *sheet abhyang* are both used to imply *ushna abhyang*. It gives the body strength, heals deteriorating tissue, alleviates fatigue, and is excellent in balancing *vata dosha*.<sup>17</sup>

*Shiro-abhyang*: *Shiro abhyang* stimulates the growth of hair, nourishes the sense organs, and enhances sleep quality<sup>19</sup>.

### Padabhyanga

*Padaabhyanga* relieves from senselessness, stiffness, cracking, contraction, etc., strengthens the legs and feet, enhances vision, enhances sleep, and offers strength to the body. In present time people rarely takes *sarvanga abhyang* routinely. Therefore, this may be cause of body ache, physical & mental stress, premature ageing & degeneration, disturbed sleep pattern, lustreless skin & dark circles. People today hardly ever consume *sarvang abhyang* on a regular basis. Therefore, this could be a contributing factor to body aches, physical and mental exhaustion, accelerated ageing and degeneration, disturbed sleep patterns, dull skin, and dark under-eye circles.

### Vyayam

Any activity that causes the body to become fatigued is *vyayam* (physical exercise). *Vyayam* enhances digestion, bodily mass & solidity, lightness, reduces fat, and delays the onset of ageing by promoting general health & functioning. For those who are strong and take *snigdha ahar*, the time period for *vyayam* is described as "*ardh shakti matra*" in *sheet* and *vasant ritu* and "*alpa vyayam*" in *grishma* and

*varsha ritu*<sup>20</sup>. Today, the majority of people don't engage in enough physical activity. Their digestive system is therefore weak, yet when they consume more, they have indigestion and *aam*. Reduced body capacity, body fat deposition, obesity, and diabetes mellitus are brought on by *aam* and indigestion. Another set of folks regularly visit the gym and overexert themselves while being forced to consume a diet low in fat. Some folks visit the gym in the evening. It causes *vata prakop*, which causes physical pain, dark circles under the eyes, fatigue, and irritation, among other things.

### Udhavartana<sup>21</sup>

*Udhvartan* is the term for massage using medication powder from the *kapha-shamak* group. It enhances complexion, reduces fat, lessens itching, and prevents skin eruptions by opening up the skin pores. In the modern world, soaps and body washes have taken the role of *udhavrtan*, although *udhvartan* is still much superior to all of them. Their digestive system is therefore weak, yet when they consume more, they have indigestion and *aam*. Reduced body capacity, body fat deposition, obesity, and diabetes mellitus are brought on by *aam* and indigestion. Another set of folks regularly visit the gym and overexert themselves while being forced to consume a diet low in fat. Some folks visit the gym in the evening. It causes *vata prakop*, which causes physical pain, dark circles under the eyes, fatigue, and irritation, among other things.

### Snan

Depending on the season, either hot or fresh water is utilized for bathing to maintain hygiene. Head baths should not be performed in hot water. It damages hair and eyes. Head washing should be done after bathing because if you don't, filth will be stuck in your hair and you might feel heavy headed. After eating, taking a bath should be avoided as it may create indigestion<sup>22</sup>.

Now a days, especially in the winter, people take hot showers before taking a bath. It could cause things like hair loss, eye strain, headaches, sleeplessness, etc. *Aam* formation & indigestion may result from some people taking baths 3-4 times per day while under psychological influence.

### Bhojan vidhi

When you're hungry, you should eat. Two meals a day are recommended for healthy individuals. Exercise of any kind shouldn't be done right after eating. Water shouldn't be consumed right after a meal.<sup>23</sup> After eating, you shouldn't immediately go to sleep or engage in sexual activity. Meal should not be consumed while stomach is full of food. Food shouldn't be consumed too late at night or be overly filling. It is not advisable to consume food that has opposing properties (*virudha aahara*). In the *Samhita*, *tambol seven* is also mentioned. *Tambool* ought to be consumed after a meal<sup>24</sup>. Most people in the modern world eat according to their schedules. They don't stop to consider whether they are actually hungry. In between full meals, they eat 2-3 mini meals. People eat late at night and either go to sleep or engage in sexual behaviour. Some folks must ride their bikes right away after eating, while others have a preference for spicy and sweet foods. Many times, foods of the opposite quality are consumed, such as cold water right before tea, cold drinks with junk food, fruit-milk shakes, fried ice cream, etc. People tend to take more liquids in the morning (*kaphja kaal*), which causes *aam* and *kled* and, in turn, results in obesity, diabetes, *anaemia*, skin conditions,

impotence, and other conditions.

### Mudyahn charya

Only during the daytime should one work or earn money. Many spiritual pursuits are described in our Ayurvedic texts, including Respect your parents, teachers, elders, and God. Don't harm anyone, and constantly attempt to be helpful and generous to others. Always avoid harmful influences and poor habits. Aim to continue personal hygiene, among other things. All of these suggestions are made with the intention of enhancing people's decency and behaviour and fostering the growth of a civil society.

### Discussion

People's daily routines determine their way of life. Rapid modernization has altered people's lifestyles and behavioural patterns, which is to blame for the widespread occurrence of lifestyle disorders, dyspepsia, hair loss, wrinkles, joint pain, cervical and lumbar difficulties, cancer, and age-related diseases. With rising westernisation of lifestyle, the prevalence of these lifestyle diseases has risen to alarming levels in recent years. Modification of the person's unhealthy dietary and behavioural habits is necessary for the management of these lifestyle illnesses. According to the science of Ayurveda, emphasis should be placed on promoting health rather than treating illness. Following the recommended dincharya regimen outlined in Ayurvedic scriptures, which promotes good health by maintaining normal physiological functions of the body and maintains people permanently healthy, is a better approach offered by Ayurveda.

### Conclusion

Various diseases which are caused by a number of changes that have undoubtedly occurred over time in social and religious conventions and behaviour, as well as in the way people live their lives. Healthy lifestyles (dincharya) have been found to be linked to lowered disease risk and delayed ageing. If dincharya is practiced correctly, it will lead to the follower's good health. The physical, mental, and spiritual well-being of an individual can be attained with the help of a correctly followed dincharya regimen. Dincharya can also be used to sustain health and lifespan.

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