

# AYUSCRIPT

International Journal for Empirical Research in Ayurveda

[www.ayuscript.com](http://www.ayuscript.com)

Volume - 4, Issue - 1  
Jan-March: 2025

ॐ नमो भगवते वासुदेवाय ॥ १ ॥ विश्वकर्मो एमाहूयपुरीहाटकनि  
र्मेता ॥ नवयोऽशिसाहस्रस्त्रीरुणवेचवराधिकसु ॥ ११ ॥ भवनानिमनोज्ञानि  
योमध्यकल्पयन् ॥ परिजाननरुंवेवतासंभोगायकल्पयन् ॥ १२ ॥ या  
वानोमृदास्तनद्यदपेचाशतकोटयः ॥ अन्यपिबहवोलाकावसेनिविगत  
राः ॥ १३ ॥ यन्किंवित्रियुलोकेषु सुंदरंनचदृश्यते ॥ सवाजिनप्रसेनाख्योपु  
त्रयुगस्यविद्युते ॥ १४ ॥ सुभाषितीरमासाद्यनमनस्कनयावसः ॥ सनाडि  
स्तपस्तेपेस्वर्यमुदिशपुष्टिसाचा ॥ १५ ॥ अनेनिरसनैहसस्यैसंवदलेव  
नेः प्रसन्नभगवान्मनोजितपुरस्थिता ॥ १६ ॥ सत्रात्रितोपिनुष्टावदृष्टादेवेदि  
करस्य ॥ निजोराशनमस्तेस्तनमस्तिसर्वतोमुखः ॥ १७ ॥ विश्वव्यापिन्नमस्तेस्त  
मस्तेनिभूरुपिया ॥ करपपेयनमस्तेस्त हरिदस्तेनमोस्तने ॥ १८ ॥ गहराजनम  
स्तेस्तनमस्तेवेदरोचिषो ॥ वेदत्रयनमस्तेस्तसर्वदेवनमोस्तने ॥ १९ ॥ प्रसीद  
तुहिदेवैशसुदृष्टीमादिवाकरे ॥ ध्येसकथयमानोसादवदेवादिवाकरे ॥ २० ॥  
सिधामेभीरनधरंस्वकजिनमवावेह ॥ चरंरुहिप्रसन्नैस्त्रिपतेमनसि







## International Journal for Empirical Research in Ayurveda

### Dinacharya: An Ayurvedic Approach to Holistic Health and Well-being

Sultan P.<sup>1</sup>, Patil P.<sup>2</sup>,

1. PG Scholar, MD (Sanskrit Samhita and Siddhant), APMS Sion Ayurveda Mahavidyalaya, Sion, Mumbai, India.
2. Associate Professor, Department of Sanskrit Samhita and Siddhant, APMS Sion Ayurveda Mahavidyalaya, Sion, Mumbai, India.

#### ABSTRACT:

Ayurveda's *Dinacharya*, or daily routine, is a methodical way to achieve holistic health and well-being by coordinating personal routines with the day's natural cycles. This approach, which is based on the concepts of *Tridosha* (*vāta*, *pitta*, and *kapha*) and circadian rhythms, prioritises lifestyle discipline and preventative healthcare. Among the activities in the regimen are awakening during Brahma Muhurta, mindful eating, vyayama (exercise), abhyanga (oil massage), and personal hygiene. These practices seek to improve immunity, cultivate mental and spiritual equilibrium, balance doshas, and maximise agni (digestive fire). Modern *Dinacharya* promotes resilience and vitality, providing a sustainable foundation for tackling lifestyle illnesses like stress, obesity, and metabolic syndromes. *Dinacharya* is a timeless guideline for promoting health and preventing disease, and this abstract emphasises its philosophical and practical usefulness as a bridge between ancient wisdom and modern lifestyles.

**KEYWORDS:** *Dinacharya*, Vata, Pitta, Kapha, Stress, obesity, metabolic syndromes etc.

#### CORRESPONDING AUTHOR:

##### Vd. Pranjali Sultan

PG Scholar, MD (Sanskrit Samhita and Siddhant),  
APMS Sion Ayurveda Mahavidyalaya Mumbai, Maharashtra, India.  
Email: [sultanpranjali@gmail.com](mailto:sultanpranjali@gmail.com) Mobile Number: 9309975976

#### How to cite this Article:

Sultan P., Patil P. Dinacharya: An Ayurvedic Approach to Holistic Health and Well-being. AYUSCRIPT 2025;4(1):6-9 DOI: <http://doi.org/10.55552/AYUSCRIPT.2025.4102>

**INTRODUCTION:**

The ancient Indian medical system known as Ayurveda places a strong emphasis on the necessity of coordinating daily activities with the natural cycles of the day in order to attain and preserve optimum health. Dinacharya (daily regimen), which offers a disciplined framework for coexisting peacefully with nature, embodies this idea. Based on the knowledge of the tridoshas (vāta, pitta, and kapha), Dinacharya aims to promote emotional health, enhance mental clarity, and regulate the body's physiological processes. The classic Ayurvedic texts, such as Caraka Samhita and Ashtanga Hridaya, list particular practices as vital to a healthy lifestyle, including rising early, cleaning routines, meditation, exercise, and appropriate eating patterns. The importance of dinacharya is becoming more widely acknowledged in the modern world, particularly in the fight against lifestyle-related illnesses including stress, sleeplessness, and metabolic abnormalities. People can attain mental and spiritual balance in addition to physical health by adopting its tenets. The framework for examining the goals, purposes, and real-world uses of Dinacharya in preserving comprehensive well-being is established by this introduction.

**The Dinacharya Philosophy: -**

The three doshas—vāta, pitta, and kapha—represent the same elemental forces that regulate the cosmos, and Ayurveda sees humans as miniature versions of it. These doshas affect how the body works and change throughout the day. In order to promote peace and well-being, a well-planned dinacharya aligns these cycles with the body's intrinsic clock. Take, for example: In the early morning (6 AM–10 AM), kapha is more prevalent. Awakening the body and mind is the main goal of activities during this time. Midday (10 AM–2 PM), the best time for digestion and production, is dominated by pitta.

Vāta, who rules the evening from 2 to 6 PM, encourages reflection and creativity.

**Features of Dinacharya:-****1. Brahma Muhurta Jagarana (Waking Early):**

It is advised to rise between 4:30 and 6:00 AM on Brahma Muhurta. Rich in sattva guna, this period improves mental clarity and gets the mind ready for spiritual activities.

**2. Personal Hygiene, or Shaucha**

Cleaning the body involves washing the face, scraping the tongue (jihva nirlekhana), and brushing the teeth (danta dhavana). These procedures promote digestion and get rid of toxins (āma).

**3. Nasya and Anjana (Nasal and Eye Care):**

Applying nasya (nasal drops) and anjana (collyrium) protects the sinuses and eyes against seasonal illnesses, respectively.

**4. Oil massage, or abhyanga:** Using medicated oils for a daily massage helps to balance vāta, strengthen muscles, and nourish the skin. Additionally, it encourages relaxation and lymphatic drainage.

**5. The exercise, Vyayama:** Exercise that is moderate and suitable for one's constitution (prakṛti) increases metabolism, improves circulation, and increases stamina. It is not recommended to overexert oneself, particularly for vāta and pitta types.

**6. Bathing, or Snana:**

Taking a bath cleanses the body, calms the mind, and gets the person ready for everyday tasks. Baths with warm water.

**7. Aahar:**

Agni, or digestive fire, is in harmony with attentive eating, according to Ayurveda. To facilitate digestion, eat light for breakfast,

the heaviest for lunch, and light and early for dinner.

### 8. Adhyatma and Dhyaan:

Yoga, japa (chanting), and meditation all support resilience and mental calm. These techniques lessen stress and foster happy feelings.

### 9. Ratri Charya (Daily Night)

The evening routine consists of relaxation, light, easily digested food, and getting ready for a good night's sleep. The normal cycle of vāta is in harmony with early sleep and avoiding excessive screen stimulation.

### The advantages of Dinacharya:

1. Physical well-being Maintaining consistent routines improves immunity, controls metabolism, and wards against long-term conditions like diabetes, obesity, and high blood pressure.
2. Clarity of Mind Emotional stability is promoted by stress and anxiety reduction through meditation and disciplined routines.
3. Spiritual Development Self-realization and inner tranquility are facilitated by aligning with nature, which increases sattva guna.

### Aims and Objectives:

#### Promotion of holistic Health:

1. To maintain equilibrium of tridoshas (vata pitta and kapha) and enhance overall well-being.
2. To ensure a balanced state of mind, body and spirit (swastha)

#### Prevention of Diseases:

1. To establish a preventive health care approach by aligning the body's rhythm with nature.
2. To strengthen immunity and resilience against seasonal and life style disorders.

#### Optimisation of Biological functions:

1. To regulate digestive fire metabolism and elimination process
2. To enhance physical stamina, mental clarity and emotional stability.

### Alignment with natural rhythm:

1. To prevent physiological disturbances by co-ordinating human activities with the circadian rhythm.

### Spiritual growth:

1. To develop sattva guna or mental purity, which promotes spiritual enlightenment and self-awareness.

### Objectives:

1. Balance Doshas.
2. Regularise Daily Habits.
3. Enhance digestion and Metabolism.
4. Prevent life style disorders.
5. Enhance quality of sleep and rest
6. Supporting mental and emotional well-being
7. Encourage self discipline and mindfulness.

### The Significance of Dinacharya Today:

In today's hectic world, stress, processed meals, and irregular schedules can all be countered by adhering to a disciplined Ayurvedic practice. Integrating traditional knowledge into contemporary living can offer a long-term route to comprehensive health.

### DISCUSSION:

According to Ayurveda, human physiology is closely related to the cycles of nature. The tridosha cycle is in sync with the body's internal biological clock, which is controlled by circadian rhythms, all day long. This idea is also supported by contemporary research, which demonstrates that immune system malfunction, stress, and metabolic diseases can result from circadian rhythm disturbances. A preventative measure to preserve this equilibrium and encourage longevity is dinacharya.

### CONCLUSION:

Dinacharya is a philosophy that unites the individual with the universe and goes beyond a set of practices. The core of Ayurveda's preventive and therapeutic approach to health can be embodied by living a life of balance, vitality, and harmony by following these timeless principles.



**REFERENCES:**

1. Kaviraj Atridev Gupta, Astanga Hridayam, sutra sthan chapter 31 sholka 2014
2. Kaviraj Ambikadutta Shastri, Sushruta Samhita, Chikitsasthana, chapter 24, shloka:2010: 4-12.
3. Kushwaha HC, editor Pratham Bhag, Varanasi: Chowkhamba Orientalia: 2009 Acharya Charak Samhita (Google scholar).
4. Charaka Samhita Sutrasthan, Reprinted edition Publication 2011 verse, Chaukhamba Surabharati Prakashan, Varanasi. P.21-25.
5. Atridev Gupta, Ashtanga Hrudayam, Sutrasthan 3/2, Chaukhambha Sanskrit Series, Varanasi 1993.
6. [http://en.wikipedia.org/wiki/survival\\_of\\_the\\_fittest](http://en.wikipedia.org/wiki/survival_of_the_fittest) (Accessed date 05.08.2013)
7. Samhita Sutrasthan, Reprinted edition, publication 2011 versen no 05101, Chaukhamba Surabharati Prakashan, Varanasi, P.21-25.
8. Vagbhata, Astanga Hridaya Samhita, Sarvangasundara and Ayurveda Rasayan commentary, edited by Vaidya Jadavaji Trikamaji Acharya, Choukhambha Surbharti Prakashan, Varanasi, reprint 2017, Sutra sthana, chapter2, sutra1, p-24.
9. Agnivesha, Charaka Samhita, Ayurved Dipika commentary edited by Vaidya Jadavaji Trikamaji Acharya, Chaukhamba Surbharti Prakashan, Varanasi, reprint 2016 sutrasthan, chapter 5 sutra 71 -72, P-4
10. Agnivesha, charka samhita, Ayurveda dipika commentary, edited by Vaidya Jadavaji Trikamaji Acharya, Chaukhamba Surbharti Prakashan, Varanasi, reprint 2016, sutra sthana, chapter5, sutra 16-20, p-39.
11. Vagbhata, Astanga Hridaya samhita, Sarvangasundara & Ayurveda Rasayana commentary, edited by Vaidya Jadavaji Trikamaji Acharya, Chaukhambha Surbharti Prakashan, Varanasi. Reprint 2017, sutra sthana, Chapter 8, sutra 47, page- 158.
12. [www.Ayurveda.com/resource/articles/the-daily-routine](http://www.Ayurveda.com/resource/articles/the-daily-routine)).
13. Pt. Kashinath Shashtri, Charaka samhita, Sutra sthana chepter 30/ shloka 26, 2005.
14. Kaviraj Atrideva Gupta, Ashtang Sangraha Sutra sthan chepter 3/ shloka 1, 2011.
15. Brimhananda tripathi, Astanga Hridayam, Sutra stana chapter 2/shloka 1, 2014.

**Authors Contribution:** All authors have contributed equally.

**Financial Support and Sponsorship:** None declared

**Conflict of Interest:** There are no conflicts of interest.

**Declaration of Generative AI and AI Assisted Technologies in the writing process:** The author haven't used generative AI/AI assisted technologies in the writing process.

©2025 AYUSCRIPT (International Journal for Empirical Research in Ayurveda)

An Official Publication of ARCA- AYURVEDA RESEARCH & CAREER ACADEMY

Website: <https://ayuscript.com/>

Email: [ayuscriptjournal@gmail.com](mailto:ayuscriptjournal@gmail.com)

IIFS Impact Factor: 2.125