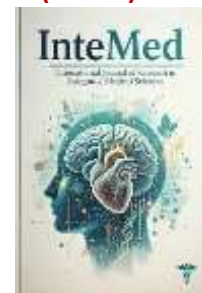




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Review Article

Review Of Dincharya As A Lifestyle Management Equipment In Geriatric Physical and Mental Health Care

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Abstract

Ayurveda is science of life. It's the study of human life with holistic approach; whenever the aim of Ayurveda is mentioned more emphasis is always given to the maintenance of health "Swasthya rakshanam" of a healthy person and curing the disease of an ill comes next. One of the most intriguing aspects about healthcare in India is its pluralistic nature. In addition to the modern Western conception of medicine, Ayurveda is used throughout India as a system of healthcare. To maintain the health some activities are mentioned in Ayurveda under the concept of dinacharya. Dinacharya is an ideal life style; this idea is not just a philosophy of an ideal lifestyle but rather a carefully designed stepwise protocol. Dinacharya even though mentioned in age old classical ayurvedic texts, it's still applicable in modern life. Dinacharya as a lifestyle management tool can play a vital role in health care. If these principles of Ayurved are applied in context of ageing with a practical approach keeping in view status of current scenario, ageing can be comfortable and related diseases can be prevented. So following simple procedure like Anjana, kavala, Abhyanga, Nasya etc. which is told in Dinacharya can reduce and

prevent the different manifestations of old age and contribute to the holistic geriatric physical and mental health care.

Keyword- *Ayurveda, Dincharya, Holistic Geriatric Physical and Mental Health*

Introduction-

Ayurveda is science of life. It's the study of human life with holistic approach; maintenance of health "Swasthya rakshanam" of a healthy person and curing the disease of whenever the aim of Ayurveda is mentioned more emphasis is always given to the under the concept of dinacharya. Dinacharya is an ideal life style; this idea is not just a an ill comes next. To maintain the health some activities are mentioned in Ayurveda philosophy of an ideal lifestyle but rather a carefully designed stepwise protocol. Dinacharya even though mentioned in age old classical ayurvedic texts, it's still applicable in modern ayurved offer a range of flexibility in this stepwise protocol so that people of all ages and life because certain aspects of human life haven't changed significantly. Basic principles of different geographical regions can follow it. By following daily regimen (Dinacharya)

one will be able to follow a healthy lifestyle thereby maintaining health and achieve longevity.

Health is a state of complete physical, mental, social and spiritual well being and not merely the absence of disease. (Acc.to WHO). According to Ayurveda man is said to be healthy (swasth) whose humors (doshas), tissues (dhatus), excretory products (Malas), and digestive capacity (Agni) are in the state of equilibrium along with mental sensory and spiritual pleasantness and happiness. Maintenance of healthy body and healthy mind is very essential in old age.

Ageing is an irreversible consequence of the human body. The old age is frequently associated with set of illness as well as discomfort in healthy life style. Old age also creates different life style disorders like diabetes, hypertension, cardio-vascular disease, dyslipidaemia etc. Ageing requires special attention in diagnosis of disease, their treatment and prevention. The biggest challenge with geriatric mental health care is that in most of the cases neuropsychiatric disorders like. Senile dementia, Alzheimer's disease, depression, the condition cannot be attributed to a single cause or in certain conditions of structural cause is unknown. Multi dimensional causation plays an important role in the geriatric etiology. Hence it's difficult for the conventional system of medicine to come out with effective preventive measures. Ayurveda can play a vital role in the management and prevention of different geriatric ailments and life style disorders.

Dinacharya as a lifestyle management tool can play a vital role in geriatric physical and mental health care. One of the most intriguing aspects about healthcare in India is its pluralistic nature. In Dinacharya as a lifestyle management tool can play a vital role in geriatric health addition to the modern Western conception of medicine. Ayurveda and other traditional medicines are used throughout India as a system of primary healthcare. Especially in Ayurveda through experiments and case studies. For the special needs of geriatric age recent years, there has been a push towards scientific affirmation for the cultural belief in group; adaptation of Dinacharya upkrama as life style is not much explored. This

article is an effort to do analysis of Dinacharya on the basis of classical text and contemporary sources in geriatric physical and mental health care in modern world.

Literary review-

Dinacharya-

A person who wishes to have good health should wake up, for protecting his life in Brahma muhurta. After considering the position of digestion or indigestion. one should excrete the urine and faeces only after getting the urge, facing the north during daytime and should south during night. One should do achamana (clean) after the following acts. touching excreta, tears, fat, hair, and nails separated from the body, after taking bath, before and after taking the food and getting up from the sleep and after sneezing .

After this one should chew the dantha dawana (Brush) sticks meant for cleaning the teeth. Sticks used for brushing teeth should be of Arka, Khadira, Karaveera, Arimeda, Apamarga. They should be astringent, bitter . Jihva nirlekhana should be done with the help of gold, silver, or iron. It will benefit in bad odor of mouth, cure edema, and gives taste.

Gandusha and Kavalagives strength to mandible, clarity of mouth, lightness and clarity of sense organs and also gives good taste . One should daily apply the collyrium called Sauviram, which is beneficial to the eyes, by this eyes become beautiful, sharp to see even minute objects . Then Anutaila is to be dropped into the nose. Head is considered as the most important part of the body. So nose is the entry way for the head. It causes benefits like lightness of the head, proper sleep, and awakening, cure of diseases, clarity of organs, and pleasant mind. One should next undertake use of smoke i.e, inhalation of smoke. It gives benefits like lightness of the chest, throat, head, and liquefaction of the Kapha.

Actions which produce weariness to the body are called exercise or Vyayama. By exercise, feeling of lightness of the body, ability to do work, intensity of fire, reduction of fat can be achieved. It lowers the body fats, reduces the risk of heart disease. And

lowers LDL and raises HDL. It helps for the controlling the blood sugar, reduces the risk of osteoporosis and cancer, helps for giving energy, reducing the stress, improves the sleep, to enhance mode of work and the self-esteem . Abhynga ie. Massage of the body subsides Kapha, dissolves the fat produces firmness to the limbs and gives good appearance to the skin. By taking proper massage it delays aging, cures tiredness and vata nadabranga, it provides strength and stability to feet, improves the vision and pacifies the sorders, and improves complexion, nourishment, life, sleep. And by doing at By doing Shiroabyanga it prevents the balding, graying, hair fall, strengthens the hair ot, and makes the hair long and black. And it also nourishes the sense organs, softens the skin.

Udvartana is done next so that the complexion in the skin is enhanced by removal of excess of kleda. Cures rashes, vata diseases, enhances the strength of thighs, and provides the lightness. Snana i.e. Bath stimulates digestive fire; increases span of life Ojus and strength. It also removes itching, dirtiness , fatigue, sweat, lassitude, thirst etc.

One should start Ahara with Madhura rasa then amla, lavana, tikta, katu, Kashaya. Like this one should take Ahara in this order. And one should take anupana as sala Ahara rasa gives strength, bala, varna, pushti, dhatu poshana, indriva prasadata etc. After taking the food one should take Tambula (betel leaves and nut) because it will gives oral hygiene, improve digestion of food, gives good smell and improve functions of Indriyas.

Geriatrics-

Geriatrics differs from standard adult medicine because it focuses on the unique needs of the elderly person. The aged body is different physiologically from the younger adult body, and during old age, the decline of various organ systems start to manifest. Previous health issues and lifestyle choices produce a different constellation of diseases and symptoms in different people. The appearance of symptoms depends on the overall health. Geriatricians distinguish between diseases and the effects of normal aging. For example, renal impairment may be

a part of aging, but renal failure and urinary incontinence are not. Geriatricians aim to treat diseases that are present and achieve healthy aging. Prevention of disease remains the most cost effective long term strategy to counteract the geriatric health problems.

Geriatrics In Ayurved-

Ayurveda quotes Human body (Sharira) 'Shiryateitishariram' Human body is bound to destroy, it is continuously destroying. Ayurveda has given the description of some diseases which are irreversible and related with nature and considered as swabhavaja vyadhies . Jara viz. aging process is one among them. Such changes start right from the birth and advances with chronological age. Ayurveda divides life cycle of a person into 3 phases-Baala, madhyama, jeerna. Every person has to pass through these decaying changes. During these jeernavastha or vriddhavastha, there is predominance of vatadosha in the body. Aging can be timely or untimely. As it is fact, Ayurvedic concepts believe in prevention of disease as well as cure of disease. It does not aim at creating only the health of the individual but simultaneously provide the preservation of health. It has a focused branch termed Rasayana or Jarachikitsa in Ayurveda. According to Sharangdhara which destroys Jara (aging) and vyadhies (disease) is called Rasayana.

Ayurveda opines about maintenance of homeostasis of Doshas, Dhatus, malas, ogni to retain a healthy life . Various principles have been elaborately described for the ageing with a practical approach keeping in view status of current scenario, ageing can be comfortable and related diseases can be prevented.

Discussion-

Prevention of old age disorders with the help of Dincharya Upakrama.

It's not the aging but the consequences of ageing that has to be managed. By studying and adapting some basic principles of Ayurveda, a healthy aging can be attained. Broadly all types of conduct in Ayurveda are described as Aahara (Diet), Vihaara (activities). These wholesome set of rules are the

Ayurvedic concept of ideal lifestyle and are mentioned in Ayurved. These wholesome set of rules can retard premature ageing as well as troubles associated with it. Maintenance of healthy life by proper and acceptable actions in physical and mental level is Swasthavritta. By adaptation of Swasthyritta, one can achieve a healthy life.

Various activities mentioned in Dincharya can be adapted in old age without any drastic changes in life or any economic burden. Different Dincharya activities and their possible benefits in old age are discussed below.

Brahma muhurtha: It is considered as the apt time for waking up which is the fourteenth Muhurtha of Ratri (night). The exact time of Brahma muhurtha varies from region to region as the time of sunrise is not uniform throughout the world. It is approximately two muhurtas i.e. 96 minutes (almost 1.5 hrs) before sunrise in that region. Period of Brahma Muhurta is an intermittent duration between respiration and photosynthesis in plant kingdom. There will be Abundance of nascent oxygen which easily mixes with hemoglobin forming oxy- hemoglobin reaching to the remote tissues and also boosts the immune system as oxygen deficient bodies are highly prone to diseases. Also it is the right time for adhyayana (study) and the time when melatonin synthesis in the body will be optimum. Late rise from bed induces lethargic mood throughout the day causing inactivity. Waking early improves confidence, brings energy to the remaining day and can help to fight the depression in geriatric age group. However many seniors suffer from insomnia; in such condition it will not be easy to adapt this life style change.

Shauch Vidhi: proper evacuation of bowels and bladder is very important for optimum functioning of gastrointestinal track. Morning or early morning is the ideal time for the bowel evacuation but ayurved advice not to forcefully induce the evacuation under any condition. With proper digestion: the urge of defecation will come normally. Geriatric age group has impaired digestive system and bowel movements. Even if the defecation urge is not there: with routine practice of ayurvedic Ahara and Vihara: bowel movements will improve in the long term.

Danta dhavana: Ayurveda emphasizes the importance of Oral hygiene for which Danta dhavana (Brushing), Jihwa nirlekhana (tongue scraping) are mentioned. Geriatric age group face many issues regarding the oral cavity and specially the teeth. Proper teeth brushing with ayurvedic method can improve dental strength and prevent tooth decay, infections, bleeding gums etc.

Jihwa nirlekhana: Bad breath is a common complaint in old age and many times it can demoralize old people and hamper their social skills. Many of the microbes that contribute to bad breath live on the tongue. A cross over study to evaluate the effect of tongue scrapping in combating bad breath revealed that tongue scrapping appears to be the most important hygienic procedure to reduce morning bad breath in periodontally healthy subjects.

Gandusha and kavala: As mentioned before maintaining the oral health is a major concern in geriatrics because it can hamper their ability to maintain proper voice and oral hygiene. It enhances the sensory and motor functions of tongue, stimulate blood flow, relieve tension, and improve overall appearance of the face. It can even help to diminish the signs of ageing on the face.

Dhumapana: Respiratory infections are very frequent in old age but the practice of Dhoompana can help in prevention of the recurrent infections. It promotes strength and prevents diseases of urdhwajatru gata angas.

Nasya: Disorders of head and neck are common in old age like balding, gray hairs, headaches, migraine, pain in cervical area etc. and ayurved treatment modality like nasya can be effectively used to treat these conditions. Introducing nasya in daily routine, especially parimarsha nasya can help prevent diseases of head and neck in old age. Nasya is a unique method of delivering drug via transnasal route. It promotes strength and prevents diseases of urdhwajatru gata angas (head and neck) in old age. Transnasal drug delivery may be the route of choice for diseases such as migraine headaches, since there may be direct access from the nasal cavity to the central nervous system (CNS) via the olfactory

neurons, thus avoiding the problems with the blood-brain barrier observed for drugs administered intravenously; however, this remains to be confirmed and quantified. Another distinct advantage of transnasal drug delivery over conventional oral drug administration in the form of drug-containing tablets and liquids is the avoidance of low pH, associated chemical degradation, enzymatic inactivation and hepatic elimination of the drug. It can be a very distinctive drug delivery system for geriatric patients.

Vyayama (Exercise): Physical health is not only central to geriatric health care but also in some extent influences the social and mental health. Good physical strength in old age can only be achieved by physical exercise. Half of one's capacity (Ardha shakti) is considered as beneficial in Ayurveda as it increases the digestive power, makes body light and able to withstand exhaustion. It helps in maintaining a healthy state of body and mind. and aids in maintaining ideal body weight, lypolysis of accumulated excess adipose tissue, metabolize carbohydrate, increases oxygen supply to all tissues, increases BMR (Basal Metabolic Rate).

Abhyanga (Massage with medicated oils): The first and most predominant signs of ageing manifest on the skin. So skin care another important aspect of geriatric health care. Routine Abhyanga in Dincharya can pacify the Vata Dosha present in the skin and removes dryness and wrinkles. Everyday practice of Abhyanga will increase blood circulation locally providing better transportation of oxygen and nutrients in body. It increases nerve stimulation (sensitivity) depending on the area on which it is done (foot, head, ear and whole body). Relaxes and softens injured and overused muscles. Other benefits include Nourishment to hair roots and eyes, tones up muscles, increases skin complexion. Abhyanga can be when done on soles of foot padaabhyanga, it provides strength and stability to feet, improves the vision and pacifies the vata. By doing Shiroabhyanga it prevents the balding, graying, hair fall, strengthens the hair root, and makes the hair long and black. And it also nourishes the sense organs, softens the skin,

Udvartana: Udvartana helps to remove excess of Kleda, Kapha and meda (body fat). Kahsay rasa pradhan dravya are used for the udvartana. Kleda janya vyadhi like prameha, sthaulya are predominant in old age and can be managed by udvartana.

Snana: Benefits of snana are that it increases the appetite, improves sex drive, enhances the life span, improves body strength and remove itching, dirt, exertion, sweat, fatigue, thirst, burning sensation etc.

Ahara sevana: Concept of balanced diet in Ayurveda is considered under the heading of Ashta Ahara Vidhi Vishesha Avathana (Eight dietetic measures) and Dwadasha ashana pravichara (twelve factors to be considered while planning a meal). Diet in old age should be pure, fresh and warm. The influence of psychology over food consumption is well fulfill the physiological need of body. In general food must be pleasant to taste and should appreciated nowadays as the nutritionists and dieticians recommend not to eat in front of the TV or while busy with other activities, pay attention to what you are eating, chew your food well, and fully enjoy the smell and taste of your foods. These concepts are explained in Ayurveda under Ashta Ahara Vidhi Vishesha Avathana which states that the food consumed should be fresh and warm, unctuous, balanced and one should not take any food unless there is proper digestion of previous meal and good appetite. Food should be consumed in a pleasant place, neither too fast nor too slow, should restrain from laughing engaging in talks, enjoy the meal with due consideration to quality and quantity of food. concentrate on the food which is being consumed thus ensuring a mindful eating.

Tambula sevana: It is told as mukha vaishadyakara (cleanses oral cavity). Tambula Guna Teekshna, Ushna Veerya, Ruchikaraka, Kashayarasa, Saraguna Asyavairasya Nashak. Besides the aforesaid benefits betel leaves has many proven medicinal uses.

The essential oil contained in the leaves possesses antibacterial, antiprotozoan and antifungal properties. Therefore, the oil kills or inhibits growth of dreadful bacteria causing The essential oil contained in the leaves possesses antibacterial, antiprotozoan and

typhoid, cholera, tuberculosis etc that needs proper evaluation and exploitation. 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 to about 300 ml of cow milk particularly for the vitamin and mineral nutrition. The leaves also contain the enzymes like diastase and catalase besides a significant amount of all the essential amino acids except lysine, histidine and arginine, which are found only in traces.

Conclusion –

Concepts related to lifestyle told in Ayurveda are very unique; evidence based and present era. Ageing can be prevented or retarded by a holistic approach to combat geriatric aims at physical, mental, social and spiritual wellbeing which are practical even in the concerns in a winning approach. Various principles have been elaborately described for the maintenance of health in Ayurveda. Hence, if these principles are applied in context of ageing with a practical approach keeping in view status of current scenario, ageing can be comfortable and related diseases can be prevented. So following simple procedure like Anjana, kavala, Abhyanga, Nasya etc, which is told in Dincharya can reduce and prevent the different manifestations of old age and contribute to the holistic geriatric physical and Mental health care.

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