

# 9<sup>TH</sup> AYURVEDA DAY CELEBRATION

## 29<sup>TH</sup> OCTOBER 2024





ALL INDIA INSTITUTE  
OF AYURVEDA



Ministry of Ayush  
Government of India



# Ayurveda for Wellness at Schools



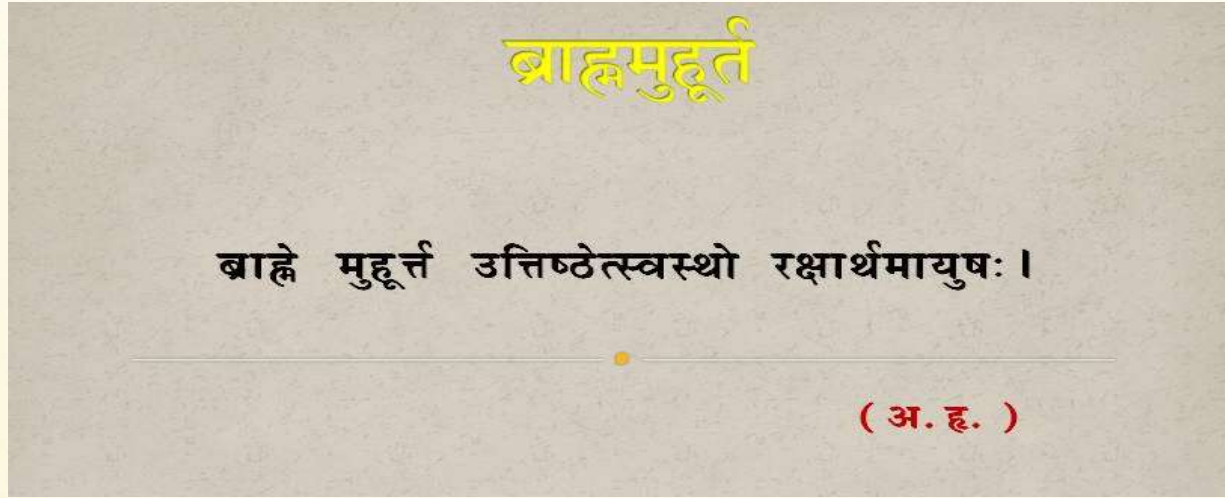
## DINCHARYA

- **Dincharya:** Din means daily, and Charya means activity or regimen necessary for maintaining a healthy body.
- Promotes positive health by maintaining normal physiological functions of the body.
- It regularizes a person's biological clock, aids digestion, absorption, and assimilation, and generates self-esteem, discipline, peace, happiness, and longevity.

## Regimens Under Dincharya

1. *Brahmamuhurta-Jagarana*
2. *Shauch vidhi*
3. *Danta-dhavana*
4. *Jihva-nirlekhana*
5. *Nasya*
6. *Vyayama*
7. *Abhyangha (Massage)*
8. *Gandusha (Gargling)*
9. *Snana /Bath*

# 1. Brahmamuhurta



- The first step in Dincharya.
- One who is desirous of a long, healthy life should wake up at the time of – “Brahma muhurta”
- Brahma = Knowledge. ‘Brahma muhurta’ is the best time to gain knowledge

- Ideal time for Adhyayana, Vyayama, Dhyana, Worship, or any other religious practices.
- Brahma muhurta - means approximately 1-1/2 hour before sunrise.
- Brahma Muhurta is the very crucial time that switches the biological clock every day and reboots and regulates the rhythm and pattern.
- By rising at this time, the body can synchronize with the rhythm of the sun.

## 2. Shauch Vidhi

- Defecation at the proper time clears the rectum and increases digestive power.
- You can train yourself to do this at this time
- If your digestion is normally sluggish, drink a glass of warm water.
- Do not avoid answering nature's call.
- Do not strain if you do not have the urge.
- If you postpone the natural call in the morning or during the day you are slowly poisoning yourself due to the accumulation of toxins and waste, creating an opportunity for chronic conditions to arise.

ANSWERING NATURE'S CALL!



### 3.Danta-dhavana

- Teeth should be cleaned with twigs that have a bitter, pungent, or astringent taste.
- Twigs or toothpaste having sweet, sour and salt taste are not advised
- Selection of the twig for brushing teeth should be done on the basis of season, dosha, taste of twig.

**Nimba (Neem)** is best among **bitter** herbs

**Khadira** is best among **astringent** herbs

**Karanja** – best among **pungent** herbs

- According to Ayurveda , twigs of herbs like, Vata, Khadira ,Karanja, and Arjuna can be used to brush teeth.





## Benefits of Brushing teeth

- Freshens up the mouth
- Removes bad odor from the mouth
- Removes coating on teeth
- Alleviates 'Kapha'
- Increases desire for food
- Makes one feel pleasant



## 4. JIHVA-NIRLEKHANA

- It is to be done after Danta pavana (brushing tooth) using a soft tongue scraper or massages over the tongue.
- Tongue scraping should be done with the help of a smooth, soft-edged, 10 inch long metallic scrapper made of gold, silver, or iron.
- Clinical evidence shows that the use of tongue scrapers on a regular basis has a significant improvement in eliminating anaerobic bacteria and decreasing bad odor.



## **Benefits:**

- Removes bad taste from mouth
- Eliminates bad odour of mouth
- Reduces swelling of the tongue
- Relieves stiffness of tongue
- Enhances the sense of taste.
- This helps maintain oral hygiene

## 5.Nasya (Nasal Drop or Instillation)

- Nasya means the administration of oil or ghee through the nostrils.
- The Nasal Cavity is regarded as the door to the brain.
- Therefore medicine used in the form of Nasal drops/instillation cures the diseases of the head when administered through this route.



- There are different types of Nasal instillations described in Ayurveda depending upon their effects, dose, medicines used etc.
- But Nasal drops indicated as a daily regime is called “**Pratimarsha Nasya**”
- This type of Nasal Instillation is devoid of any complications.
- What to use for Nasya?
- Plain coconut oil/sesame oil/ mustard oil or Goghrita can be used for nasal instillation on a daily basis.
- Dose:  
2 dops in each nostrils once or twice day depending on individual constitution.

## Benefits of Nasya

- Eyes, Nose, Ears become healthy and more powerful
- Prevents hair fall & graying of hair
- Promotes hair growth
- The face becomes brighter and more expressive
- Voice becomes soft & stable
- Sensory organs become more powerful and clear

## 6. Vyayama

- Physical exercise that is conducive to the mind and increases strength and firmness of the body is known as Vyayama in Ayurveda.
- It should be continued till half of the strength is exhausted. (Once started visible perspiration on forehead)
- Avoid doing excessive Vyayama beyond the capacity and strength of the individuals since it is detrimental to health.



- For the maintenance and promotion of the health of a healthy person, Vyayama has been explained among the regimens of Dinacharya.
- A daily routine of proper physical activity affects not only the body but also has a positive influence on the mind, emotions, senses, and spirit.





## Benefits of Vyayama

- The feeling of lightness in the body
- Increases strength and makes the body parts firm and strong
- Increases patience and ability to tolerate stress and strain
- Increases the work efficiency
- Increases the appetite
- Removes laziness
- Pacifies the vitiated doshas
- Reduces obesity



## 7.ABHYANGA (MASSAGE)

- Daily Abhyanga with oil, absorbs oil in the skin and nourishes the seven dhatus depending upon the duration
- Since the site of “Vata” is the skin, Abhyanga pacifies excess Vata.
- Oils like sesame oil, mustard oil and coconut oil as per the individual suitability.
- Use lukewarm oil for Abhyanga
- Oil should be preferably applied on the head, ears, and legs.



## **Benefits of Abhyanga (Massage):**

- ⦿ Delays the aging process
- ⦿ Relieves Fatigue & relaxes the body
- ⦿ Helps cure Vata diseases
- ⦿ Improves Vision
- ⦿ Improves skin complexion
- ⦿ Nourishes the body
- ⦿ Improves Sleep
- ⦿ Strengthens the body
- ⦿ Increases the Life span

## 8. Kavala (Gargaling)& Gandusha

- Keeping any liquid, medicated oil, or decoction in the mouth where it can be moved in all directions is known as Kavala. Plain water, warm water, salt water can also be used
- “Gandusha” means filling the mouth with a certain fluid without rinsing movement of the mouth and holding it for 10-15 minutes. Sesame oil can be used





## **BENEFITS :**

- Strengthens the mandible.
- Improves voice quality.
- Nourishes the face.
- Enhances taste perception.
- Prevents drying of the throat, chapping of lips, and tooth decay
- Strengthens teeth & gums.
- Reduces hypersensitivity of teeth to sour taste or hard food substances

## 10. Snana /Bath

- Luke warm water for head and warm water for the remaining part of the body is beneficial; it is, however, hot water bath on head is harmful for the eyes and hair.
- In the winter season, warm water should be used, and in summer, cool water should be used.
- First, wash your hands and feet before taking a bath.
- After taking a bath, sponge with a towel.
- Always wear fresh clothes after taking a bath
- Don't go for a bath after taking food



- **Benefits of Daily Snana**

- Balances emotions and mind.
- Enhances blood circulation.
- Calms and freshens the mind and elevates the energy levels.
- Enhances digestive power.
- Removes tiredness, sleepiness, exhaustion, Burning sensation, thirst, itching, and perspiration.

## AHARA (Dietary Regimen)

- Balanced Diet as per Ayurveda should consist of all the six taste (Shadrasa) namely sweet, sour, salt, pungent, bitter and astringent is essential for good health.
- The combination of food articles, their quantity, method of preparation, adjuncts and additions, consideration of climate, place of living, and time of taking food should be as per Ayurvedic classics.
- Nutritious, easily digestible, Shad rasatamaka Ahara (all taste food)
- Overeating, irregular diet habit, and eating again before complete digestion of previous food should be avoided.





## Rules governing intake of food

- Take food only when you are hungry, you should get hunger at regular interwal
- Take warm food: Delicious, Increases appetite
- Take unctuous food: Delicious, increases appetite
- Take food in proper quantity: Promote longevity
- Take food only when the previous meal is digested
- Take food having no contradictory potencies

- Don't take food too hurriedly
- Don't take food very slowly
- Don't talk or laugh while taking food
- Should take food with full concentration without watching TV, Listening to music, etc.
- Pay regard to self and think of own well-being.
- Don't indulge in strenuous activity just after taking food.



## What to take & What not to take ?

- Take rice, roti, mung dal, saindhav lavan (rock salt), Amalaki, yava, milk, ghee, honey, antariksha jal (Purified water) daily.
- Dried flesh, dry vegetables, tubers of lotus, harsh and hard food particles, food that is difficult to digest should be avoided

# Achara Rasayana (Code of conduct for Healthy, Happy & Peaceful Life)

- It is a code of conduct to be practiced for healthy and disease-free living.
- Manasika sadvritta (Mental codes of conduct)
  - Truthfulness (Truth and fair speaking)
  - Avoidance of anger
  - Abstinance from alcohol- indulgence
  - Non-violence
  - Lack of over-exhaustion/ overstrain
  - Calmness



- Pleasing speech
- Patience
- Charity
- Respect elders, teachers, God, and good and intellectual people
- Lack of cruelty
- Compassion/mercifulness
- Proper awakening and sleeping
- Habitual intake of milk and ghee (wholesome eating)
- Abandoning of ego
- Good Conduct

हिंसास्तेयम् अन्यथाकामम् पैशुन्यम् परुषानृते ।  
संभिन्नालाप व्यापादं अभिध्यां दृग्विपर्ययः ।

Avoid practicing following 10 behaviours:

- Violence
- Theft
- Adultery
- Defamation
- Callousness
- Falsehood
- Divisiveness
- Destructiveness
- Envy
- Unscientific Attitude



## **Sharirika Sadvritta (Physical codes of conduct)**

- Follow proper routine for oil massage on head, nostrils and ears
- Properly clean excretory system of body.
- Hair cutting, shaving and nails cutting fortnightly.
- Have a bath once or twice daily according to season
- Do not put your finger in nose, ear



- Laughing loudly in public should be avoided.
- Cover your mouth with hands or with any cloth while sneezing or coughing.
- Always wear clean clothes.
- Should eat food in relaxed and concentrated manner
- one should not laugh or talk loudly during eating.
- One should not take food before bath or in torn clothes.
- Curd should never be consumed during night time
- Do not perform any activity under urges of natural pressure.





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Ministry of Ayush  
Government of India

*THANK YOU*



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