



Review Article

ROLE OF *DINACHARYA* IN PREVENTION OF COVID-19

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Article info

Article History:

Received: 01-01-2022

Revised: 20-01-2022

Accepted: 12-02-2022

KEYWORDS:

Dinacharya, Ayurveda, COVID-19, Prevention.

ABSTRACT

World is facing an unprecedented pandemic of covid-19 caused by SARS-CoV-2. Globally about 340,543,962 were suffered and 5,570,163 deaths were recorded. This covid-19 is affecting physical as well as psychological levels. *Ayurveda* is science of life which deals with physical and mental well-being. The awareness about oneself, maintenance of health and boosting up immunity is achieved by *Ayurveda*. *Ayurveda* has come forward in this critical situation. Preventive measures are more important in such infectious diseases. Boosting the body's natural immunity plays a significant role in maintenance of health. *Ayurveda* has explained about *Dinacharya* (daily regimen), *Ritucharya* (seasonal regimen), pursuing these regimen can lead to prevention of such types of infectious diseases. Principle of *Dinacharya* is connected with body and environment, this will balance the *Doshas* and keep biological clock regular. It can be extremely effective in restoring health as well as in prevention. Importance of *Uthapana*, *Dantadhavna*, *Jivhanirlekhniya*, *Gandusha*, *Abhyanga*, *Vyayama* for the restoration of health in this pandemic era is reviewed. This is basically an ideal lifestyle in form of daily regimen. In busy life, everyone need to understand the importance of *Dinacharya* (daily regimen). One should follow *Dinacharya* (daily regimen) and boost their *Bala* (strength) to fight against virus, bacteria.

INTRODUCTION

In this modern era, the most important challenge is to be healthy. Due to sedentary lifestyles and advanced technologies, human has become so lazy for his health like sitting work for long time, bad food habits, eating junk food, compromising with sleep. We are getting advanced in health care solution, but merely focusing on lifestyle habits. We had suffered a lot in past with many infectious disease caused by virus, bacteria. But recently world is struggling with newly discovered corona virus i.e., COVID-19. Every human is affected by COVID-19 physically or mentally. Globally about 340,543,962 were suffered and 5,570,163 deaths are recorded.^[1] Now it has become necessary to maintain our physical and mental health. *Ayurveda*, an ancient science which has clear motto to maintain health of a healthy person and is to treat ill person.

The main goal is *Arogya* (healthy). In this critical time, it is somewhat mandatory to stay healthy from such type of infectious diseases. *Ayurveda* has explained lifestyle regimen like *Dinacharya* (daily regimen), *Ritucharya* (seasonal regimen), *Sadvritta* (code of conduct) and *Achara Rasayana* (behavioral medicine) to maintain health. *Ayush* ministry also provided guidelines for prevention and treatment of covid-19. Implementation of these guidelines in day to day life is helpful for prevention of infectious diseases like COVID-19.

Dinacharya

Different *Acharyas* has explained about *Dincharya* (daily regimen) thousand years back.

Brahmamuhurtha Uthana (Wake up time)

Brahmamuhurtha has been advised for wake up from sleep. It's the best time to start a new day.

According to *Indu*, *Brahmamuhurtha* is the time of one or two hours before sunrise.

According to *Bhavmishra*, waking up early brightens the face, increases life span and destroys sins and poverty. Early morning, there is fresh pure air, a peaceful environment and best time for *Pranayama*

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<https://doi.org/10.47070/ijapr.v10i2.2225>

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yoga that strengthens body, mind and boost immunity.^[2]

Advantage

Early morning, oxygen is fresh, pure and easily mixes with hemoglobin to form oxy-hemoglobin which nourishes the tissues. This helps in increase in immune response. Oxygen deficient body is prone to virus, bacteria.

Dantpavana (Teeth Cleaning)

Cleaning teeth twice a day after voiding urine-feces is advised. Tooth cleaning twig should be of *Arka*, *Arjuna*, *Bargda*, *Khadira*, *Madhuka*, *Nimba* which are beneficial for oral health.^[3]

Advantage

Arka (*Calotropis Procera*): Anti-inflammatory, anti-fungal, anti-cancer activity, anti-ulcer –microbial activity.

Arjuna (*Terminalia Arjuna*): Anti bacterial, anti-microbial, antioxidant.

Nyogrodha (*Ficus Bengalensis*): Anti-inflammatory, anti-ulcer.

Maduca (*Maduca Indica*): Anti-inflammatory, antioxidant, wound healing property,

Nimba (*Azadirachta indica*): Anti-viral, anti-microbial, anti bacteria, increase immune response.

These can protect from viral infection coming through our mouth and build a good immune response.

Jivhanirlekhana (Tongue cleaning)

Tongue should be cleaned twice a day same as teeth cleaning. *Acharya Charaka* recommended tongue cleaners are *Swarna*, *Rajata*, *Tamra* etc.^[4] According to *Sushruta*, medicinal plants can be used as tongue cleaner. ^[5] They have same action as described earlier in *Dantapavana*.

Advantage

Swarna (Gold): influence the immunity response, *Balya*, *Rasayna*.

Rajata (Silver): *Balya*, *Rasayna* (rejuvenators), beneficial in respiratory diseases.

Tamra (Copper): *Rasayna* (rejuvenators), beneficial in respiratory diseases.

Twigs remove coating of tongue and bacteria, microbes which are the source of health woes. It also helps to maintain the balance of good bacteria and help to prevent the transmission of virus, bacteria and reduce the viral load.^[6]

Sugandhita Dravya Dharna (Mouth Freshner)

Dravya like *Lavanga* (cloves), *Karpura*, *Sukshma ela* (Cardamom) should also be kept in mouth.^[7]

Advantage

COVID-19 affects respiratory system, *Lavanga* (cloves) has properties like decongestant and

expectorant. They enhance immunity which helps to fight against COVID-19. Cloves are packed with chemical compounds like antioxidant, antifungal, anti-carcinogenic, immune-stimulant, antibacterial, decongestant, expectorant properties.

Karpura (Camphor) has properties like *Kantha Doshhara* (clear throat) and inhalation of *Karpura* vapors helps in respiratory problems like chest congestion, excess sputum which are the main symptoms of COVID-19. All the mouth fresheners explained earlier work as anti-microbial and maintain oral health.

Nasya

Nose is the way to head region. *Nasya* is advised by *Acharyas* to strengthen the head region, throat region and in different diseases. *Anu taila* is best for *Nasya* which strengthen the sense organs in old age and best for preventing and treating coryza, headache, lock jaw etc.^[8]

Different types of *Nasya* are explained by *Acharya* on the basis of mode of action, as per methods of administration. *Pratimarsha Nasya* is one of the types of *Nasya*.

Advantage

Nasya helps to maintain nasal mucosa barrier and strengthen it.^[9] It is useful in respiratory disorders. *Anu Taila* is best oil for *Pratimarsha Nasya*, it penetrates minute channels and help in cleaning *Srotas* (sinus). It also relieves nasal irritation and reduces inflammatory process.

Gandusha

It is the process of holding any medicated liquid in the mouth to its full capacity for a specific time without any movement inside the mouth.^[10] It is of many types as per different *Acharyas* like *Snehna* (oleating), *Prasadana* (palliating), *Shodhana* (purificatory), *Ropana* (healing).^[11] Oil can be used for *Gandusha*. It provides muscular strength and prevents dryness of mouth, throat and other dental problems.^[12]

Advantage

Oil has property of coating, bacteria, virus like covid-19 and other microbes can't pass through mucosa. *Gandusha* is local measure for pathogen entry through mouth.

Dhoomapana (Medicinal Smoke)

It is beneficial in preventing and treating *Shiroroga* like headache, coryza, ear and eye problems, respiratory problems etc.^[13]

Advantage

Dhoompana stimulate the respiratory centre in brain stem which triggers the normal physiological function, detoxify the head region. Drugs used in *Dhoompana* like *Tvaka* (cinnamon) have anti-viral,

antioxidant property and act like health protecting agent.

Ela (cardamom), *Maduca* (licorice), *Nygradha* (Banyan) have anti-inflammatory action, antioxidant action which promote health.

Abhyanga (Massage)

Abhyanga means massaging the body with any liquid. According to *Vagabhata*, *Abhyanga* should be performed daily and if not done every day then atleast *Shira* (head), *Shravan* (ear), *Pada* (feet) should be done.^[14] It has many beneficial effects like *Tvakdadyakara* (elasticity of skin), *Pushtikara* (nourishes body components), *Jarahara* (rejuvenates body tissue and restores natural immunity) and it provides longevity.^[15]

Advantage

Abhyanga increases the WBC production which provides resistance against virus like COVID-19 and other pathogens. *Abhyanga* provide anti-inflammatory effect and inhibit the pathogens. It provides strength to skin and act as barrier to pathogen.^[16]

Vyayama (Exercise)

It increases stamina; provide stability to body and increases *Agni*.^[17] It helps to control obesity.

Regular physical activity controls body weight, reduces stress, maintains blood pressure which helps in acquiring good immunity. *Asana* and *Pranayama* are the best in maintaining physical and mental wellness.

Advantage

Exercise induces release of pro-inflammatory cytokines which lead to cell redistribution and provide anti-inflammatory effects. Neutrophil concentration also increases during exercise.^[18] Blood flow increases during exercise to provide oxygen for metabolic demand of body tissue. Sufficient oxygen supply to tissues help to maintain health in better way.

Snana (Bath)

Snana increases the life span, it removes dirt (we come in contact with many bacteria, virus and other infectious germs in day to day life). It removes sweating, itching and provide immunity to fight against diseases.^[19] *Snana* is a natural immunity booster (*Ojasandhanakara*).^[20]

Snana should be done before taking meal in the morning. Lower body bath should be done with warm water. Head *Snana* should be done with cold water.

Advantage

The bacterial and viral load from environmental contact accumulates on skin and increase the chance of infection. Bathing removes the dirt along with pathogens and provide physical and mental refreshment.

Bathing with warm water leads to hyper thermic action which warms the blood and increase

deep body temperature. Pathogens can't survive in that particular temperature. It also increases the blood circulation and strengthens immune system.

Nirmal Amberdharna (Wearing clean clothes)

One should wear clean clothes daily, gives happiness (mental satisfaction), it increases life span.^[21]

Along with clean clothes one should wear *Sugandha Dravya* (body perfumes), it provides strength and longevity.^[22]

Advantage

Going through public, crowded places, one could easily become pathogen carrier, pathogens from others create chances that we can get pathogen on clothes. So daily wearing clean clothes minimizes the chance of pathogen invasion and it keeps person healthy.

Kshaurkarma (Grooming)

Kshaura Karma should be done at regular intervals. Cutting hair, beard, nails prevent germs infections etc. It nourishes body, provides life span, cleanliness and beautification.^[23]

DISCUSSION

Corona virus is attacking human physically as well as mentally. Every person is affected directly or indirectly. Ayurveda is the science which deals with prevention and management of diseases. Prevention is always better than cure. Ayurveda well explained about the epidemic diseases. We can prevent diseases like COVID-19 by following regimens like daily regimen, night regimen, seasonal regimen, *Sadvritta*. The role of *Dinacharya* is so important that Ayurvedic scholars explained about it in separate chapter. In case of COVID-19, we have to prevent this from hygiene, sanitization, and avoiding contact along with that we have to work on our *Bala* (immunity). *Bala* (immunity) with *Rasayana* therapy, *Sadvritta* and most important following daily regimen. What we do daily affect the health of living beings. If we follow *Dinacharya* (daily regimen) on regular basis, we can boost up our *Bala* (immunity) and fight against COVID-19. From *Brahma muhurata uthapana* to *Kshaur karma* each and every step is very important. Following daily regimen is so effective that is aimed at the proper modulation of body. Principle of *Dinacharya* is connected with body and environment, this will balances the *Doshas*. It can be extremely effective with regard to restoring health as well as in preventing diseases.

CONCLUSION

Dinacharya is effective in prevention of diseases. The only need is to understand the benefits of *Dinacharya*. In busy life schedule one should follow the *Dinacharya* and focus on daily activities along with the COVID-19 guidelines provided by the health department.

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Cite this article as:

Manisha, Gaur Manu Bhai. Role of Dinacharya in Prevention of COVID-19. International Journal of Ayurveda and Pharma Research. 2022;10(2):104-107. <https://doi.org/10.47070/ijapr.v10i2.2225>

Source of support: Nil, Conflict of interest: None Declared

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