EFFECT OF DINACHARYA (DAILY REGIMEN) IN PREVENTION OF PREMATURE AGING

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Article Received on - 3rd Sept 2014
Article Revised on - 29th Sept 2014
Article Accepted on - 30th Oct 2014

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(Full Text Available @ www.ijaam.org)

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ABSTRACT:
Lifestyle of an individual is changing rapidly in today’s era. Tremendous workloads, stressful & lengthy work hours & unhealthy atmosphere is the scenario seen right from schools, colleges to offices & work areas. This ultimately adds up to the health of an individual. A survey study was conducted to study the effect of modern lifestyle in “Premature Aging” which revealed very informative & to the point causations. A scientific questionnaire (Dinacharya Patrak) was prepared after literary review. Data was collected on various aspects of Dinacharya & Lifestyle with the help of survey study using Dinacharya Patrak. Collected data was screened, classified & analysed to study the lifestyle patterns & their effects on health of an individual. After the interim & statistical analyses data was used for presenting the observations & discussions. Results showed that altered lifestyle has decreased the quality & quantity of life. It also showed how some misunderstandings carried by a lay-man about the concepts of Ayurveda lead to unhealthy life. The need of an appropriate Dinacharya is clearly seen after the survey & analysis, for the better & healthy future. The detail study reports & observations are discussed in the paper.

Key Words: Dinacharya, lifestyle, Premature-Aging

INTRODUCTION
Acharya Vagbhatta has mentioned about Dinacharya that “Those who always consume quality food & exercise properly, who analyses the situation & react accordingly, do not become over passionate, donate appropriately, remain balanced, speak truth, have mercy & follow the guidance of elders remain healthy.”[2] Also for the same reason there are various guidelines, diet & lifestyle pattern & medication in the form of Rasayana (Rejuvenation therapy) mentioned in all Classical Ayurvedic texts.

Today in the era of globalization lifestyle of an individual plays an important role in deciding the health status. Darwin’s theory of “Survival of the Fittest” made life more & more competitive, which if seen from the prospective of growth & economy might seems to be correct, but on the other hand it is also responsible for lowering the quality of healthy life of an individual.

Right from the paediatric to the geriatric population, all seems to compete with their counter parts for their existence, which directly or indirectly causes them to follow unorthodox lifestyle right from food to behavioural habits, many a times at the cost of their health. It is very difficult to follow the Dinacharya (Daily regime) as it is which is mentioned in Ancient Ayurvedic texts, but the violation of those rules & methods surely damages the body. Adverse effects are clearly visible in various forms like early fatigability, stress & anxiety etc. in almost each n-every person.

Today it is necessary to take this issue seriously before it’s too late. The study was designed for the same which covered right from survey study covering the current life-style pattern, finding & analysing the potholes which were responsible for premature aging & diminishing potency and energy level, and to find out the best probable life-style as per Ayurveda to avoid the harmful effects.

AIM & OBJECTIVES
To study the effect of modern lifestyle in “Premature Aging”

METHODOLOGY
• A literary review was done about Dinacharya, lifestyle pattern &aging from the authentic & classical texts, also e-data was collected from internet.
• A scientific Questionnaire was prepared with the help of data collected, which covered various points of our lifestyle w. r. t. Dinacharya.
• A survey study \([6]\) was conducted on around 1000 subjects irrespective of age, sex & occupation, of which a pilot study was done on first 100 subjects which helped in preparation of an appropriate Questionnaire.

• Next, of the 900 subjects data of 832 subjects was filled in appropriate format which was useful for analyses.

• Once the data was collected it was further classified in various heads & was analysed.

• Once the analytical aspect was compiled the data presented some valuable information on the factors causing premature aging.

RESULTS & DISCUSSION

• From the prepared questionnaire some 16 factors from our day today lifestyle were selected for analyses other than the charts, giving symptoms which are related with lifestyle Management\(^{(19)}\) \(\)Aging.

• The details of the study along with appropriate statistics\(^{(19)}\) are as follows:-

• Out of 1000, 100 were selected for pilot study, 900 for the main survey & out of that 832 questionnaires provided clean data for analysis.

• Out of the 832 subjects selected randomly, there were 383 male subjects & 449 female subjects.

Age wise classification:-
Out of 832 there were 37.33 % (311) population below the age of 18 years, 25% (208) out\(\) of the population was in the age group of 18 years – 25 years, 24.39% (203) between 26-50 years & 13.22 % (110) above the age of 51 years. The reason to select more number of subjects from the age group below 18years was to study, analyse & recommend the needful changes of the grass root level so that the upcoming generation is educated in all the aspects of community health.

The next factors onwards are the points taken from Dinacharya.

Time of wake up, it was sadly found that only 53.97% (449) of total population was waking up before 6.00am of which 34.97% (157) was subjects below age of 18 yrs. But considering the total age group wise 86 out of 110 i.e. 78.18% of population of Geriatric age group was waking up early. The factors such as occupation, diet etc. was the reason for late wake ups.

Ushapana: - There were some data giving significant information about how there are misunderstandings in the society regarding USHAPANA. About 35.22 % (293) subjects were found to follow the USHAPANA Upakrama, but shockingly many of them has considered bed tea, milk etc. Under this head, this clearly indicates that how the topics are taken in wrong sense leading to follow unorthodox lifestyle pattern knowingly or unknowingly. Also many of them had the habit of using such sources for stimulating the defecation process.

Next was the Bowel habit in which 10% of the total subjects (83) were having irregular bowel habits. When analysed the reasons found were time of wake up, i.e. according to Ayurveda the ideal time to wake up is Bramha-muhurta (approximately 1 hour before sunrise) which is consider to be time of Vatta-dosha-pradhanya, which is related to the vata-anulomana, that helps in regular bowel habits. Other miscellaneous factors such as age, diet, lifestyle etc. were related to the same. But one of the findings that can’t be skipped without discussion was that some of the subjects use to brush before defecation which might have affected the bowel habits, because there is a proper sequence of Dinacharya mentioned in Ayurveda which have a great importance. It had clearly stated that defecation must be done before brushing, which might be causing significant difference in the bowel habits.

Dantyadhavana i.e. brushing of teethes in which it was seen that 94.15% of the subjects (787) used toothpastes, whereas none of them used the kashtha (thin branch) of the trees as it is mentioned in the Ayurvedic texts. Might be the area of survey (urban area) be the reason & it can be assumed that much of the total population residing in the villages might be still using the kashtha of trees. Other than that 34 i.e. 4.09% of the population used manjanas, 1%used mishari (ash of tobacco) & 0.2 % used actual tobacco to clean the teethes. Of the last 2 categories 5 out of 11 were found having dental problems, also 122 out of 143 who have complaints of loosening of denture were consuming cold water which might be one of the cause for dental problem as it is rightly said in Ayurveda to use boiled water for consumption.

Next were the Upakarma’s (procedures in daily regime) mentioned in Ayurveda for the healthy life such as, Nasya, Gandusha, Anjana, Abhyanga, Udavartana etc. Even here it was sad to see that only 20% of the subjects use to follow either 1-2 of this upakramas. This might be considered as the reason for Premature Aging & Lifestyle related disorders.

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Next was Vayyama (exercise), in which 25% of total subjects were not at all performing any sort of Exercise. Also out of the remaining 75% only 25% use to perform Yoga & Pranayama which is actually more beneficial than the other types of exercise like Gymnasium, Aerobics etc. Because in Gym & Aerobics Respiratory rate of an individual increases after the workout where as in Yoga & Pranayama control is achieved on Rate of Respiration steadily after daily practise.

Also there is a reference that length of life depends on the Rate of Respiration in which example of Turtle & Tortoise was use to illustrate the topic in which it is stated that length of a turtle or tortoise is (300yrs-400yrs) 4 times greater to that of Human being (100yrs), where their Respiratory Rate is 4 times lesser (R/R: - 3-4/min) to that of human beings (16-18/min).

Next point was Snana (Bath) in which it was seen that 85% of the total subjects bath once a day, where as 14% bath twice & only 1% bath thrice a day.

Also 88% of the subjects used warm water for bathing whereas rest 12% used cold water.78% of the subjects used to have bath with warm water used right from region above their neck i.e. Urdva-Jatruagat Pradesh (head, neck), which is wrong according to Ayurveda & also on counter checking this conditions it was found that 83 of 103 suffering from Diminished acuity of senses & 222 of 268 suffering from Hair fall & gray hairs were found to have the habit of having bath with warm water over their heads (Urdva-Jatruagat pradesh).

Next was the Occupation, it was seen that more than 30% (257) of the subjects work for more than 8 hrs/day, & 83% (693) of the subjects have the daily work related to Mental stress & have to work in steady & sitting posture, where as 3% of the subjects surveyed have the shift duty pattern.

The overall analyses showed that 218 of 268 suffering from loss of hairs & gray hairs problem have the work related to mental stress, where as in Ayurveda it is stated that relation between Mental stress & digestion-Grahani-Purisha Dhara kala & Asthi Dhara kala relationship-keshia (hairs) being upadhatu (also mala by some Acharya’s) of Asthi Dhatu.

Also 59 out of 209 suffering from mood swing have the work load of more than 8 hrs/day. Out of total subjects 22% (183) travel daily more than 10 km/day, and out of rest 78% most of them travel either by 2 wheelers or walking, which indirectly exposed them more towards pollution, sun, breeze etc. Causing the more risk of getting prone to Respiratory or Skin related disorders.

Next were some Pathological findings like 36% of the subjects were found to have history of major illness & more 57% of the subjects were suffering from one or other illnesses throughout the year i.e. with cough, cold, fever, body ache, etc. This clearly shows the ill-effects of the modified Lifestyle pattern on the human health.

Also it was seen that more than 4% of the population spend more than 5-8hrs/day in front of TV/Computers, which lead to the problems may relate to vision & other sense organs. Further leading to various lifestyle related disorders.

Next and very important factor was Diet.

- 97% of population was having irregular timings of consuming food.
- About 81% of the subjects consumed Steal food (Paryushit Ahara) like bread, biscuits, packed or tinned food, etc. Also about 73% of the subjects were prone to Hoteling for more then 2-4times/month.

This data clearly shows how the diet pattern has changed in recent decades which lead to various diseases, hampering the quality of life directly by causing illness & indirectly by lowering natural immunity which is obtained & maintained by healthy diet.

Last but never the least was Nidra (sleep), in which it was seen that even today 25% of the subjects never have sound sleep which is definitely an alarming signal because, it is one of the essential part of our day today life as it helps in relaxing the stress of the body & mind caused due to overall days’ work and helps in recharging the energy level for the further work.

Also 40% of the total subjects have habit of taking a nap after lunch (Diwaswap), which is harmful causing various Kapahaj Vyadhis according to Ayurveda.

Also 69% of the subjects sleeps after 10.00pm which might lead to problems related to digestion, wrinkles, dark eye shadows, etc.
PATHOLOGICAL FINDINGS:-

Smritinash-Smritihani (Diminishing Memory):-
About 67 of 94 subjects suffering from Smritinash-Smritihani & sleep after 10.00pm.

Khalitya-Palitya (Thin & Gray hairs):-
Out of 268 subjects -
- 222 subjects have habit to bath with warm water used right from region above their neck i.e. head, neck (Urdva-Jatrugaratpadesh).
- 218 subjects have occupation related to mental stress.
- 220 daily travels about 10kms on 2-wheeler or walk if distance is less.
- 181 have habit of hoteling where consumption of spicy diet might be possible.

Indriyadaurbalya (Less acute sensory response):-
Out of 103 subjects,
- 83 subjects were found taking warm water for bath over-head (Urdva-Jatrugaratpadesh).
- 87 subjects have never practised Nasya Upakrama.
- 77 subjects have the habit to sleep late at night.
- About 50% of the population accessing TV/Computer for more than 5 to 8 hrs/day have problem of less acute sensory response.

Shrama (Easy fatigability)
Out of 272 subjects,
- 182 have the habit of consuming Steal food (Paryushitahara).
- 185 have history of hoteling 2-3 times/month.

Valinam (Appearance of wrinkles)
Out of 87,
- 69 subjects didn’t follow Abhyanga Upakrama.
- 68 subjects travel daily more than 10 km/day, and most of them travel either by 2 wheelers or walking, which are indirectly exposed more towards pollution, sun, breeze etc.

Kampa [Tremors (especially limbs, neck & head)]
Out of 70 subjects having symptoms 10% showed problems in their Bowel habits.

Tvaka-rukshata (Dry Skin):-
- Out of 150 subjects having Tvakarukshata, 129 subjects were found not following Abhyangadi Upakramas.

Swabhava-Viparyaya (Mood Swing):-
- out of 209
  - 25% of the subjects were not having sound sleep & use to sleep late at night.
  - Also 26% have their working hours for more than 8 hrs/day.

CONCLUSION
After the survey & analyses it was clearly seen that there were various factors involved in accelerating the process of Aging, leading to Premature Aging & increased no of Lifestyle related disorders.

Even there are some miss-understandings related to various concepts of Ayurveda, on which it is necessary to create awareness on the miss-understood, controversial topics.

Apart from generalized view about Ayurveda, the lifestyle survey study showed that the violation of the rules & methods of living described in the Ayurveda leads to various diseases & disorders which if left unnoticed may lead to chronic diseases which may cause harmful effects sooner or later.

These issues can be solved many a time by simple changes in day today routine in diet & lifestyle & very few times might need simple medications. for e.g. To wake up early, to follow regularity in the timings of meals, simple workouts according to individual health profile, & use of Upakramas like Nasya, Anjana, Abhyangadi at least once a week if not possible regularly.

Simple changes in Lifestyle after consulting with experts from the field of Ayurveda will definitely help us to create a better & healthy future of the individuals which indirectly expose more towards pollution, sun, breeze etc.

ACKNOWLEDGEMENT
We are grateful & thank the management body & staff of Dyana-prabhodini High School who allowed us to conduct the survey of the students in their institute. We are also thankful to Yamuna Nagar Senior Citizen’s forum, who gave us some valuable feedback from their members to collect the info about Geriatric population.
Tables & graphs:

Age:
Following graph shows the age wise distribution of the pathological factors.

Graph 1. Age wise distribution of the pathological factors

![Graph 1. Age wise distribution of the pathological factors](image)

Table 1: Age wise classification of Geriatric signs

<table>
<thead>
<tr>
<th>Particular</th>
<th>Total subjects found suffering</th>
<th>Age below 18 yrs</th>
<th>18-25yrs</th>
<th>26-50 yrs</th>
<th>Age above 51 yrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smritinash/Smrithiñi</td>
<td>94</td>
<td>20</td>
<td>25</td>
<td>22</td>
<td>27</td>
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<tr>
<td>Khalitya/Paliya</td>
<td>268</td>
<td>43</td>
<td>73</td>
<td>85</td>
<td>65</td>
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<tr>
<td>IndriyaDaurbalya</td>
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<td>15</td>
<td>19</td>
<td>36</td>
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<td>Shrama</td>
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<td>Valinam</td>
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<td>9</td>
<td>10</td>
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<tr>
<td>Kampa</td>
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<td>18</td>
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<td>TvakaRukshata</td>
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<tr>
<td>SwabhavViparyaya</td>
<td>209</td>
<td>92</td>
<td>46</td>
<td>35</td>
<td>36</td>
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Source of Support – Nil
Conflict of Interest – None Declared