The importance of Dinacharya as a preventive measure for Urdhvajathrugata Roga according to Carakasamhitha

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Abstract

“Swasthasya Swasthya Rakshanam” is an important aspect of Ayurveda. “Swasthya” means the person who has balance with Dosha, Agni, Dhatu, Mala, Atma, Indriya and Manas. Any imbalance leads to manifestation of diseases. Urdhvajathrugata diseases caused due to occupation are common for head and neck region. Matrashitiya Adhyaya carrying Swasthya Rakshanam Vidhi is included in Caraka Sutrastana. Anjana, Dhuma Pana, Danta Dhawana, Nasya, Gandusha Dharana, Karna Purana, Abhyanga, Shirsha thaila Abhyanga are some of the preventive measures mentioned in Matrashitiya Adhyaya. There is a direct link between these methods and Urdhvajathrugata diseases. The aim of this study was to study the importance of following Dinacharya as a preventive measure for Urdhvajathrugata Roga. This study was a literary review which was carried out under several steps. Firstly, Carakasamhita was referred to study the Dinacharya mentioned in classics. Secondly, each Dinacharya Vidhi was studied one by one by referring to Ayurveda texts. Anjana, Pada Abhyanga, Vahan Dharana contribute to improve the eye sight. The relation between how Pada Abhyanga and Vahan Dharana help to improve eye sight can be explained in terms of reflexology. Gandusha Dharana, Danta Dhawana, Tambula Bhakshana contribute to improve the oral health. Nasya and Dhuma Pana helps to prevent from nasal diseases and head diseases. Shirsha Taila Abhyanga also helps to prevent from Shiro Roga. To prevent from ear diseases Karna Purana is essential. Chathra Dharana contributes to combat diseases such as Abhishyanda, Peenasa and Pratishya. Snanaya is effective for general health and Mala Dharana and Nirmal Vastra Dharana for mental health. Karna Abharana indirectly helps to improve eye sight. Thus Dinacharya is very useful in preventing from Urdhvajathrugata Roga.

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