

**ROLE OF DINACHARYA AND RUTUCHARYA IN PREVENTION OF DISEASES AND MAINTENANCE OF HEALTH****Dr. Manjunath Kanthi*¹ and Dr. Suma K. J.²**^{1,2}Asst. Professor, Department of PG Studies in Panchakarma, JSS Ayurveda Medical College, Mysuru.***Corresponding Author: Dr. Manjunath Kanthi**

Asst. Professor, Department of PG Studies in Panchakarma, JSS Ayurveda Medical College, Mysuru.

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ABSTRACT

In the present era Man can achieve anything but he cannot maintain the health, which is biggest challenge because of faulty food habits and life style. Ayurveda is an ancient science which gives prime importance for maintenance of health. Acharya Charaka says “**Swasthasya swasthya rakshanam, Aathurasya Vikara prashamanam**” The Sutra sthana of Charaka samhita is divided into seven chatushkas. Among them the second chatushka is called Swasthya chatushka which includes four chapters i.e. Matrashitiya, Tasyashitiya, Na Vegandharaneya and Indriyopakaraneeya Adhayaya's. These chapters give more importance for maintenance of both Physical and mental health. In the present article, an attempt is made to compile the information from these four chapters as to how we can maintain the physical health by following certain Ayurvedic procedures like Anjana, Abhayanga, Nasya etc.

KEYWORDS: Swastha, Dinacharya, Ritu Shodhana.**INTRODUCTION**

Panchakarma is a treatment modality in Ayurveda where visiated Dosha's are removed out of the body. It can be administered to both healthy and diseased, “इति आतुर स्वस्थ सुखः प्रयोगो बला आयुषोर्वर्द्धि कृदामयघ्नः^[1]” In swastha to maintain the health and in diseases to cure the same. Acharya Charaka has given importance for maintenance of the health, तत्त्वं नित्यं प्रयुञ्जीत स्वास्थ्यं येनानुवर्तते | अजातानां विकाराणामनुत्पत्तिकरं च यत्^[2] the Dinacharya has been explained for maintenance of health where as Rutucharya for prevention of the diseases.

Some of the Dinacharya procedures explained by Charaka for the maintenance of health are as follows:

Anjana (Collyrium)

Among all the indriyas the Chakshu (eye) is considered as pradhana. So, to maintain the health of Chakshu Charaka has explained the use of Anjana. It is of two types Souveeranjana and Rasanjana. Souveeranjana can be applied daily and Rasanjana can be done on fifth or eighth day for Sravanartha.^[3]

In the present scenario, use of Computers and Mobile phones has increased, which give more strain to the eyes that people are suffering from Myopia Hypermetropia etc. So by using the Souveeranjana the eye health can be maintained. Myopia, a form of refractive error is a

leading cause of visual disability throughout the world. In India uncorrected refractive errors are the most common cause of visual impairment and second major cause of avoidable blindness.^[4]

As Charaka told chakshu is teju maya and which is having Bhaya of Kapha, so to clear that kapha the Rasanjana has to be applied. In India cataract has been reported to be responsible for 50-80% of the bilaterally blind in the country.^[5] So by applying Rasanjana the cataract can be prevented.

Nasya (Nasal Instillation)

Nasya is instillation of medicines through the nose. Charaka explains that Navana nasya (Prathimarsha) can be applied daily by using Anu taila. Nasya gives strength to Indriyas and also to the Siras and sandhi's, Snayu and Kandara's present in the Shiras.^[6] By the administration of Nasya the Jatru Urdhvagatha Rogas can be prevented and as well as the diseases can be cured. Now a day's Pratishtyaya, Kalithya, Palithya, shirashoola, Manyasthamba are common where in Nasya karma plays a very important role in treatment of these.

Allergic rhinitis is one of most common allergic diseases worldwide, affecting about 10-25% of population.^[7] So by doing Prathimarsha Nasya daily the allergic rhinitis can be prevented and cured well in Ayurveda.

Cervical spondylosis, a chronic degenerative process of the cervical spine that affects the vertebral bodies and

inter vertebral discs of the neck. It may also lead to disc herniation, bone spur formation, compression of the spinal cord, or cervical spondylotic myelopathy, so by administering Nasya, these conditions can be prevented and treated.

Kavala and Gandusha (Mouth pulling)

If kavala and Gandusha are done daily then it will give strength to Hanu, swara and it nourishes the Vadana (nourishes the oral cavity), it improves the Rasa jynana, ruchi (Taste perception). There will not be kanta shosha, Ousta Suputana, Danta Kshaya and gives strength to Danta moola.^[8]

Dental diseases are a significant public health burden in India as well as across the globe. WHO recognizes the oral health as an integral part of general health,^[9] by doing Sneha Gandusha the oral hygiene can be maintained and can prevent the systemic diseases as well.

Murdhni taila (application of oil over the head)^[10]

Shiras is considered as one among the tri marma (vital parts). The Application of oil to head is called Murdhn taila. Application of oil daily to body, head, and to the karnas are recommended. If one applies oil daily to head there will not be headache, Kahlitya, phalitya, fall of hair, and gives strength to Shiras and indriyas and also person will get good sleep.

Shodhana in different Rutu^[11]

Not only the Aahara and vihara are causative factor for diseases but kala (season) is also responsible for manifestation of diseases. So shodhana has to be done regularly so that vitiated Doshas are removed out of the body. Charaka says pitta get chaya in varsha rutu and get prakopa in Sharad Rutu, so in Sharada rutu vitiated pitta has to be removed by Virechana karma through Guda marga (Purgation). Kapha get chaya in Shishira rutu and get prakopa in Vasantha rutu, so vitiated kapha has to be removed by Vamana karma (Vomiting), Vata get chaya in greeshma rutu and get prokopa in Varsha rutu, so to remove and to control vata Basti karma has to be done.

By doing rutu shodhana the Mala (vitiated Dosha) which gets accumulated in the body can be removed out so that person will be healthy.

CONCLUSION

As we know Health is wealth, the maintenance of Health is very important in the present Era, because of adulterated food, life style and change in the environment. Our Acharyas given prime importance to maintenance of Health rather than curing of diseases, So following simple procedure like Anjana, kavala, Abhyanga, Nasya etc. which is told in Dincharya and Rutu Shodhana (season wise purification method) like Vamana, Virechana, Basti told in Rutucharya, Man can prevent the diseases and can lead a healthy life.

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