



ASTANGA HRIDAYAM

Class 2 : Dinacharya (Daily Routine)

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INTRODUCTION

Dina means daily

Charya means regimen/routine.

This chapter covers mental and physical aspects of well being, that one should follow every day

2 functions of Ayurveda :

Maintaining the health of a healthy person (prevention) & curing diseases

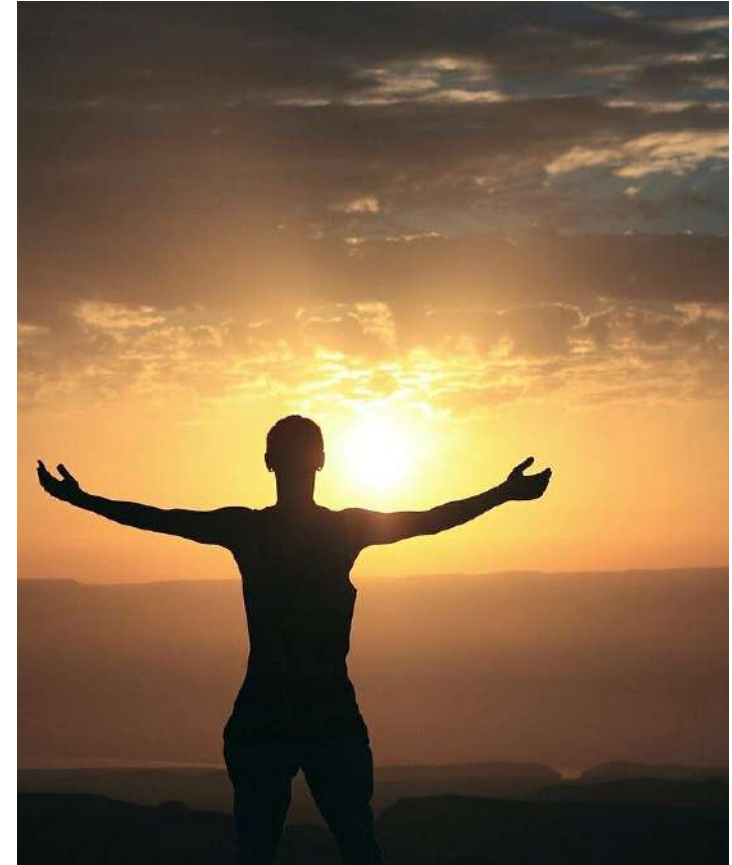
Dinacharya is all about prevention

PHYSICAL HEALTH

WAKING UP

- One who wishes to have good health should wake up at Brahma Muhurta (1.5 hours before sunrise)
- Before dawn
- Night is called “triyama” means it has 3 yamas. The last 3 hours of the night from 3 am to 6 am is called Brahma Muhurta

“Brahme muhurte uttishteth swastho rakshartham ayusha:”



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EMPTY THE BOWELS

- The time before Sunrise is “Vata Kala” and hence you can instinctively pass bowels during this time (If you have constipation do take note).
- Pass urine, empty bowels and clean well.



CLEANING OF THE TEETH (DANTA DHAVANA)

- After waking up, empty the bowels and one should clean the teeth.
- Brushing is advised twice : after waking up and after lunch
- Brushing should be done softly without hurting the gums
- Do tongue scraping (not mentioned in AH)

sareerachintam nirvritya kritashoucha vidhi: tata: ||

pratarbuktwa cha mridwangam kashaya katu tiktakam ||

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THE QUALITIES OF THE TOOTHBRUSH

The toothbrush should have these qualities

- Soft (crushed ends of a twig)
- Thickness of the pinky finger
- 21 cm long (12 angulam)
- Should have the tastes - astringent, bitter & pungent (not sweet 😊)

Branches/ twigs from the following trees can be crushed and made into a toothbrush : Calotropis (arka), Banyan tree (nyagrodha), Acacia (khadira), Pongamia (ungu), Arjuna tree

Arka nyagrodha khadira karanja kumbhadikam ||



WHO SHOULD NOT BRUSH TEETH (DANTA DHAVANA NISHEDHA)

The following individuals should not brush teeth

One suffering from indigestion, vomiting, dyspnoea, cough, fever, facial paralysis, excessive thirst, ulceration of mouth, heart disease, diseases of eyes, head and ears.





SOUVEERA ANJANA

It is good to apply a special type of collyrium called Sauveeraanjana to the eyes.

It should be applied daily.

Helps to have moisturized eyes, reduces dryness of the eyes, thick eyebrows

The white of the eyes look pearly white, the eye colour looks distinct

The eyes look beautiful, without any impurities

Sharp eyesight

Rasanjana (aqueous extract of *Berberis aristata*), should be applied once in a week, to drain out Kapha (secretions) from the eyes.

sauveeramanjanam nityam (everyday) hitam (good for) akshno (eyes) tato (after brushing etc) bhajet (use) | Lochane (eyes) tena bhavastu (because of this) snigdha (oiliness) ghana pakshmani (thick eyebrows) vyakta (distinct) trivarne (3 colours) vimale (without impurities) manojne (beautiful) sookshma darshane (sharp eyesight) kumbhadikam ||



RASA ANJANA

Eyes are situated in the head.

The head is also the seat of Kapha

Eyes can get kapha related issues easily.

Hence it is important to remove excess kapha accumulation in the eyes by using Rasanjana

Chakshustejomayam tasya visheshat
slakshmano bhayam |



NASYA, GANDUSHA, DHUMA

After Anjana, a healthy person should do

Navana (Nasya – Nasal instillation of drops.)

For this purpose, milk, herbal decoctions, herbal oils are usually used

tato navana gandusha dhooma tamboola
bhakbhavet ||



OIL PULLING (GANDUSHA)

After that, Gandusha – gargling with warm water, milk or herbal decoction or herbal oil should be done.

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DHUMAPANA

- Then Dhuma – inhalation of smoke from herbs and spices should be done
- Inhale medicated fumes and exhale through mouth

CHEWING THE BETEL LEAF (TAMBOOLA SEVANA)

Tamboola sevana is not advised in the following conditions:

1. Wounds of the chest
2. Bleeding disorders
3. Dryness & redness of the eyes
4. Poisoning
5. One who gets unconscious often
6. Intoxicated
7. Tuberculosis

Tamboolam kshata pittaasra rookshotkupita chakshusham
Visha moorcha madarttanam apathyam shoshinam api



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ABHYANGA - OIL MASSAGE

One should do Abhyanga daily.

One should focus especially on
head, ears and sole of the feet

abhyangam acharet nityam |
shira sravana padeshu tam visheshena sheelayet ||

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BENEFITS OF ABHYANGA

Slows down ageing

Reduces tiredness & lack of energy

Reduces vata

Good for the eyes

Nourishes the body

Longevity

Better sleep

Enhances strength and softness of the skin

abhyangam acharet nityam sa: jara srama vataha |
drishtiprasada pushti ayu swapnasu twaktu adarddyakrit |



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WHO SHOULD NOT DO ABHYANGA

Abhyanga should be avoided by the following people:

1. One with excess kapha
2. One who has done purificatory therapies eg. Panchakarma, Vamana, Virechana etc
3. One who has indigestion

varjyo abhyanga kaphagrasta krita samsuddha jeernibhi: |



BENEFITS OF EXERCISE (VYAYAMA)

Lightness to the body

Improves strength of the body to perform tasks

Helps improve Agni

Reduces medas (fat)

Helps to have well shaped body

laghavam karmasamarthyam deerto agnir medasa: kshaya: |
vibhakta ghana gaatratwam vyayamad upajayate |



WHO SHOULD NOT DO EXERCISE?

- People with diseases due to vitiated vata & pitta
- Children
- Aged
- People with indigestion

vatapittamayi balo vridhho ajeernee cha tam tyajet ||

HOW SHOULD ONE EXERCISE

Exercises can be done by people with good strength and who eats a diet with good fats added.

In the months of Hemanta (late autumn) Sisira (winter) & Vasanta (spring) one should exercise to half the capacity (cold - kapha months - to reduce kapha)

In the other seasons, one should exercise very little/ slowly (mandam)

At the end of exercise, one should do mild massage (pressing/ rubbing the body softly) (stretching after exercise)



WHAT HAPPENS DUE TO OVEREXERCISE?

- Excessive thirst
- Emaciation/ weakness
- Severe dyspnoea
- Can lead to bleeding disorders
- Exhaustion
- Debility
- Cough
- Fever
- Vomitting

Don't be a lion pulling an elephant. Do exercise based on your capacity



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UDWARTTANAM (DRY POWDER MASSAGE)

Benefits of Udwarrtanam:

1. Reduces kapha
2. Reduces medas
3. Gives strength/ stabilizes the body
4. Help in getting glowing skin

Udwarttanam kaphaharam medasa: pravilayanam |
sthireekaram anganam twak prasadakaram param ||



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TAKING BATH

Benefits of taking bath daily are the following:

1. Helps improve digestion
2. Longevity
3. Improves fertility
4. Gives energy and strength to the body
5. Reduces itching
6. Removes impurities from the body
7. Reduces excessive sweating, thirst, burning sensation and purifies the body

snanam deepanam ayushyam vrishya urjja balapradam | kandoo
mala srama sweda tandra trid daha papma jit ||



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TEMPERATURE OF THE WATER FOR TAKING SHOWER

- For body, always take shower with warm water. This highly enhances strength of the body
- Do not use warm water for head bath as this may reduce the strength and health of hair and eyes



WHO SHOULD NOT TAKE SHOWER

One should not take shower in the following conditions:

Just after a meal

Facial paralysis

Diseases of the eye, mouth and ears

Flatulence

Rhinitis

Indigestion

EATING FOOD

- After shower one should eat food
- One should eat food only after the previous meal has been digested
- Eat food that is pathya
- Eat mitahara (eat less)

Jeerne hitam mitam cha adyat vegan eerayet balal |
na vegito anyakari syat na jitwa sadyamayam ||



A FEW MORE POINTS TO MAINTAIN GOOD HEALTH

- Na vegan eerayet – one should not induce natural urges forcefully.
Example: urinating, when there is no urge to pass urine.
- Na vegito anya kaaryaha – one should immediately attend to natural urges, whenever they come, without being busy in other activities.
- If you have a disease which is curable, first cure that first before doing further apathyas and creating new disease. Treatment should not be delayed.

MENTAL HEALTH

THE PATH OF RIGHTEOUSNESS

All living beings seek happiness & wellbeing of the mind (sukha). This should be achieved only through righteousness!

Keep friends close with affection, do good deeds for them but keep distance from wicked people



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THE 10 SINS (OF THE BODY, MIND & SPEECH)

- Himsa (causing injury, torture etc.)
- Steya (stealing)
- Aanyathakama (unlawful sexual activity, desire for what is not yours)
- Paisunya (abusive speech)
- Parusha vachana (harsh speech)

himsa steyam anyatha kamam paishoonyam parushanrithe |
sambhinnalapam vyapadam abhidhya drikviparyayam | papam
karmeti dasadha kaya vang manestyajet ||

THE 10 SINS (OF THE BODY, MIND & SPEECH)

- Anruta vacana (not speaking the truth)
- Sambhinna alapa (speech causing separation, breaking of company)
- Vyapada (quarrel, intention of harming)
- Abhidya (jealousy, not happy with the growth of others)
- Drikviparyaya (finding fault, misunderstanding, faithlessness etc. with scriptures, elders, gurus etc.)

Of these ten, the first three are related to body, next four - related to speech and last three – related to mind

WHEN TO SPEAK/ HOW TO SPEAK?

Kale bruyat : Speak at the right time

Hitam bruyat : Speak what is favourable

Mitam bruyat : Speak less, what is required

Avisamvadi : Do not get into arguments

Pesalam : Talk beautifully

kale hitam mitam bruyat avisamvadi peshalam |

BEHAVIOURAL ETIQUETTES

- Be the first to greet & start the conversation (purva abhibhashi)
- Have a pleasant face when speaking to people (sumukha)
- Susheelaha – Have good character
- Karuna – Be kind & courteous
- Mridu _ Be gentle in speech and activity
- Do not be a person who likes to be alone always. (na eka sukhee)
- Do not believe everything you hear (na sarvata: vishrabdo)
- Do not be doubtful, do not suspect everything around
- Do not judge anyone, do not jump into conclusion (friend/foe etc)
- Do not publicly talk about your hardships
- Do not publicly talk about disaffection towards your king (boss/senior)

HOW TO LIVE A FULFILLING LIFE

- Those who have no means of livelihood, who are suffering from diseases and who are afflicted with grief should be helped.
- Even the insects and ants should be seen with respect, like a physician, king or guest
- Do not turn your face away from beggars/ those seeking help. Beggars should not be illtreated, abused or objected
- One should help foes, even though they are not helpful.
- “Sampat vipatsu eka manaaha” : one should maintain balanced emotions in adversity and prosperity.
- One should not be envious towards wealth and happiness of others.
- Understand the mindset of people and behave accordingly

PLEASURES OF THE SENSES

- We have 5 indriyas (5 jnanaindriyas & 5 karmaindriyas)
- Do not indulge in too much/ too less pleasures of the senses. Do optimally
- For eg. Looking at phone for a very long time is the overuse of the sense of vision for a very long time.
- Walking for a very long time without thinking of the health of your feet is overuse of karmendriya – feet



THE THREE PURSUITS (TRIVARGA)

- Dharma (Righteousness)
- Artha (Earning money legally)
- Kama (Fulfilling desires)

Do not do any karma just for artha, or just for artha. Dharma should be there behind any karma. These three should be done together & not separately. Do karmas that fulfill all three of the above



TAKE THE MIDDLE GROUND

In all your dealings, always take the middle ground 😊

“Anunanyat pratipadam sarva dharmeshu madhyamam”

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PERSONAL HYGEINE & OTHER CHARYAS

- Trim your nails, hair, moustache
- Always keep the feet clean
- Keep clean the ears, eyes and nose clean
- Take shower everyday and apply perfumes
- Wear clothes that are hearty, pleasant to look at & others would like to copy (?)
- Always wear precious stones, chant mantras & carry herbs (kept in amulets)
- Cover with umbrella when out in the sun



PERSONAL
HYGEINE &
OTHER
CHARYAS

Always wear shoes before stepping out

Walk looking straight. Look far (at least 4 arms length)

If you have work in the night, do not go alone, seek help of an assistant, carry a baton for protection and cover the head

PLACES ONE SHOULD NOT GO OFTEN

- Shade of a holy tree where dieties reside (eg. Buddhist shrine) or temple, where there are materials/ men are worshipped
- Areas with a heap of ash/husk, dirt , sand dunes
- Places of bali (where people practice the last rites for a dead person)
- Place where people come to take bath

OTHER DON'TS

- One should not walk facing huge fire
- One should not travel in an unsafe boat
- Do not climb a weak/ fragile tree
- Do not ride a vehicle in bad condition
- One should not sneeze, yawn, blow his nose without covering
- One should not blow his nose unless for extraction of phlegm
- One should not scratch the ground without any reason

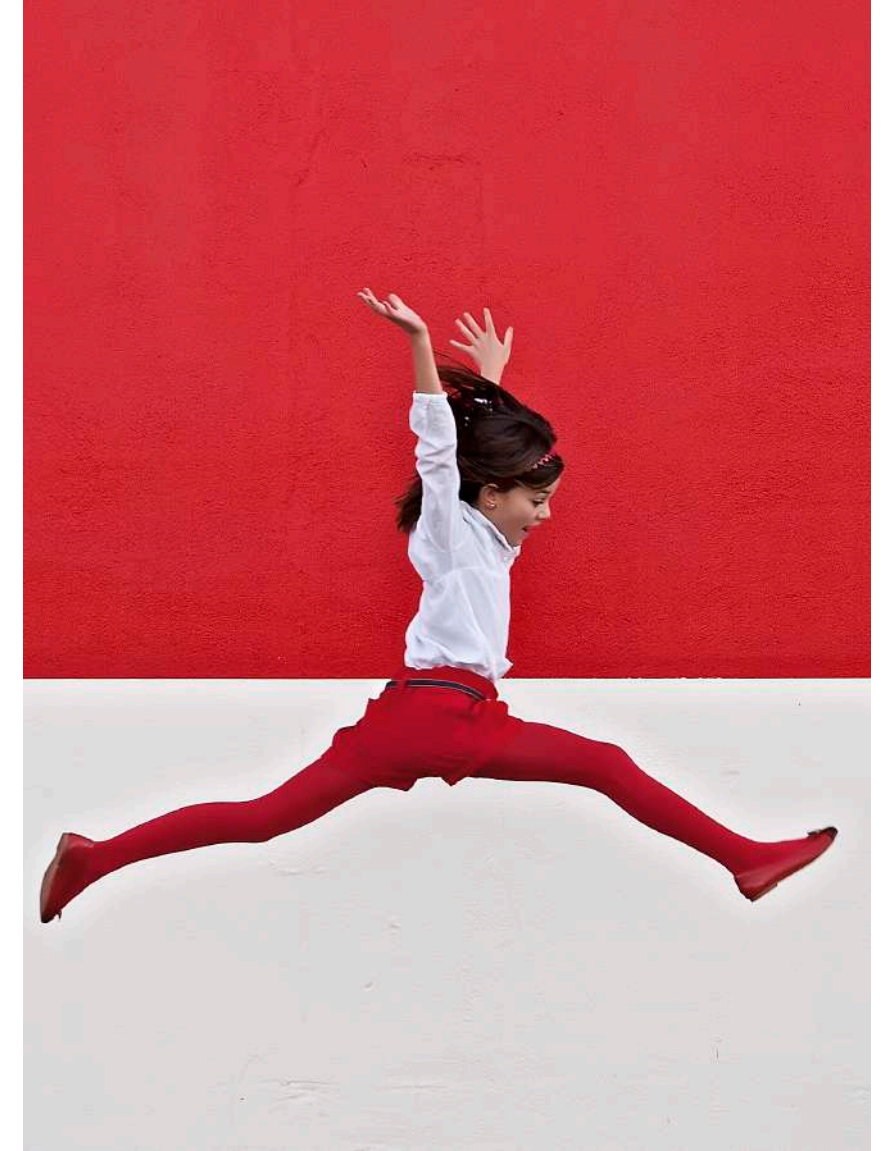
OTHER DON'TS

- One should not sit on one's own heels for a long time
- One should not reside on a tree house in the night, meeting place of 3 roads, in the vicinity of a holy tree, at the meeting place of 4 roads and a temple
- One should not reside (even during daytime), in a place where animals are slaughtered, forest, a haunted house & burial ground
- No one should gaze at the sun for a long time, should not carry heavy weight on his head, do not watch minute objects continuously
- One should not engage in selling, brewing, free distributing, or receiving of wine

BENEFITS OF DINACHARYA

If one practices Dinacharya daily one will have long life, good health, prosperity, respect, and achieves everything he desires”

“Ayurarogyam aishwaryam yasho lokamshcha sashwatan”



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