



नमो भगवते वासुदेवाय धन्वन्तर्ये, अमृत कलश हस्ताय ।
सर्वामय विनाशाय त्रैलोक्य नाथाय महा विष्णवे: स्वाहा ॥

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Dincharya



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Are you feeling
stressed or
unmotivated?

Do you have problems trying to fall asleep?

Do you wake up several times throughout
the night?



Are you someone who
worries about your
weight?



Do you
feel as if you aren't
getting enough exercise?



- Dincharya (Daily regime)
- Rutucharya
- **YOG AND MEDITATION**

Ayurveda

- ▶ Not merely a Health Science, but a Life Science
- ▶ Two objectives –
 1. To maintain the good health of healthy individuals
 2. To cure the disease of the diseased person



Good Health?

- ▶ Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. (WHO)
- ▶ *“Samadoshah Samagnischa
Samadhatu Malakriyah,
Prasannatmendriyamanah
Swastha ityabhidhiyate.”*
(Sushrut)


Health is 4 dimensional

= Physical, Mental, Social & Spiritual

- ▶ *“Shareeramadyam, Khalu dharmasadhanam”*
---Health is the means of all deeds.
- ▶ *“Dharma Artha Kama Mokshanam
Arogyam Mulamuttamam,
Rogatasyapahartarah sreyaso jeevitasya cha”*
- ▶ *Dinacharya* is basically an ideal daily schedule for us which takes into account the nature’s master cycle and suggests actions to follow.



Utthan (Waking Up)

- ▶ *Bramha Muhurta* or pre dawn (96 minutes before sunrise)
 - ▶ Proper digestion of previous dinner
 - ▶ *Bramha Chintan* (Praying GOD), *Veda Adhyayana* (Studying)
 - ▶ To see or touch auspicious things like ghee, curd, mirror, white mustard, bael fruit, flowers, turmeric, cow, horse, elephant, etc.
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Ushah Paana (Taking Water)

- ▶ 1-2 litres of water – Copper utensils
- ▶ Piles, Sprue, Oedema, Hyperacidity, Fever, Abdominal disorders, Obesity, Dysuria, Purpura, Arthritis, Epilepsy, Heart disease, Costipation, TB, Headache, Diseases of the ear, throat, eyes, head, back can be cured
- ▶ Water through nostrils – intelligence & sharp eye sight
- ▶ Rhinitis, Cough, Asthma, Baldness, Wrinkles, Skin diseases can be cured.
- ▶ Cloud-free sky



Souch (Defaecation)

- ▶ Face north direction
- ▶ Shouldn't speak
- ▶ Shouldn't remain naked
- ▶ Cover up head
- ▶ Neither suppress nor initiate the urge
- ▶ Wash & clean the anal region
- ▶ Wash the hands and legs properly




Dantadhavan

(Brushing teeth & Scraping tongue)

- ▶ Twice daily:: Morning & before going to bed (must)
- ▶ Toothbrush – 12 *Angulas*, Tongue cleaner- 10 *Angulas*
- ▶ Astringent (*kashaya*), pungent (*katu*), bitter (*tikta*), Sweet (*madhura*)
- ▶ *Karanja, karavira, ark, malati, kukubha, asana, neem, apamarga, irimeda, vata*, etc.
- ▶ “*Nimbascha tiktake sresthah*
kashaye khadir tatha,
Madhuko madhure sresthah
karanja katuke tatha.”
- ▶ Apply *trivargak* (*triphala+trikatu+trijata*) with honey
- ▶ Tongue cleaner should be made up of gold, silver, copper, brass, zinc, tin, or tree branches.



Benefits of Dantadhavana

- ▶ Removal of vitiated *kapha* & bad odour
 - ▶ Freshness in mouth & lightness of body
 - ▶ Cure of tongue, throat & teeth related diseases
 - ▶ Appetite increase
 - ▶ Cheerfulness of mind
 - ▶ Contraindications
 - ▶ Indigestion, vomiting, dyspnoea, cough, fever, thirst, oral ulcers, cardiac diseases, ophthalmic diseases, headache, hiccough, facial paralysis, unconscious person, intoxicated person etc
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Anjana (Collyrium)

- ▶ To expel the impurities derived from *kapha*
- ▶ Morning & evening, never at night.
- ▶ Apply in lower eyelid from inner canthus to outer canthus.
- ▶ After applying *anjana*, one should close his eyes and rotate the eyeballs for spreading of *anjana* in the whole eye.
- ▶ Till burning sensation and lacrimation stops and eyes feel comfortable
- ▶ Eyes become clear and bright
- ▶ Improvement of eyesight
- ▶ Cures Eye diseases

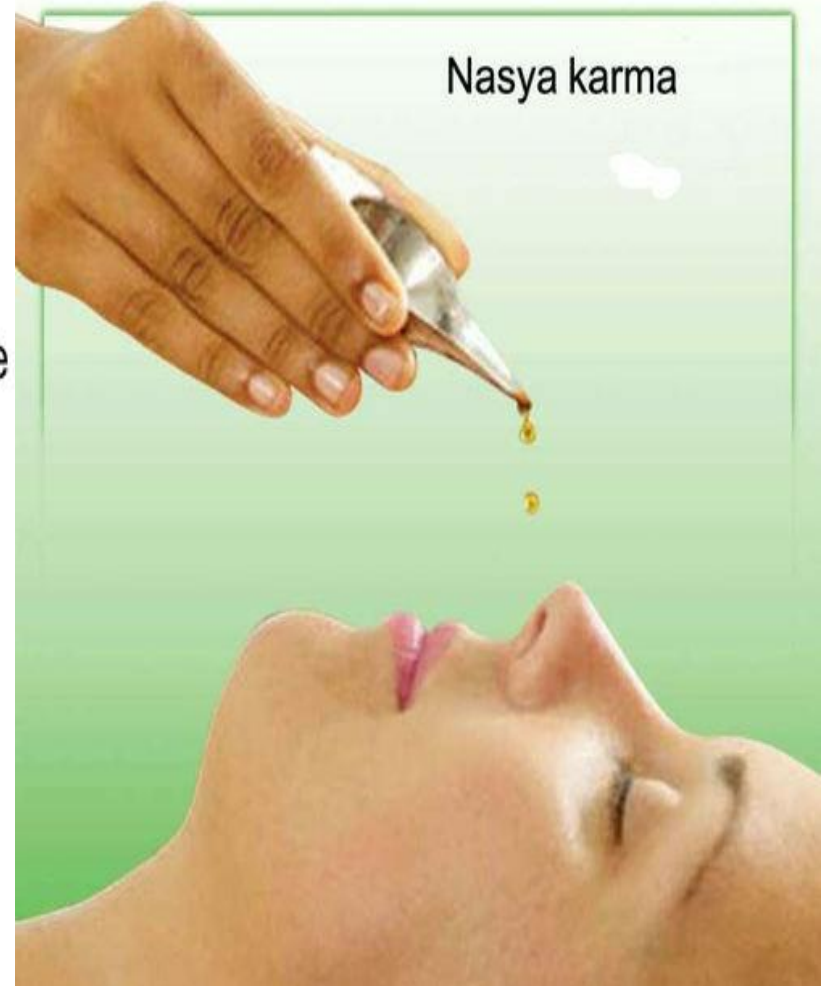


Anjanshaka




Nasya

- ▶ Nasal cavity is regarded as the door to brain
- ▶ Five types of *nasya*: *marsa*, *pratimarsa*, *avapida*, *pradhamana* & *sirovirechan*, out of which *pratimarsa nasya* can be taken in daily routine
- ▶ 2-3 drops of medicated oil should be instilled in both the nostrils in supine position with the head slightly tilted backwards.
- ▶ In the age group of 8-80 years
- ▶ When there is no cloud in the sky
- ▶ Contraindications: after *vaman*, *virechana*, pregnant women, injury, after taking food and water, who has taken poison or alcohol, who is tired etc.



Benefits of *nasya*

- ▶ Eyes, nose, ears become healthy and more powerful
 - ▶ Prevents hair fall & graying of hair
 - ▶ Promotes hair growth
 - ▶ Diseases like stiffness of neck, spondylosis, facial paralysis, headache, sinusitis, hemicrania, chronic coryza, torticollis, locked jaw, pharyngitis, laryngitis, and diseases of eyes, nose and ears can be cured.
 - ▶ Face becomes brighter and more expressive
 - ▶ Voice becomes soft and stable
 - ▶ Sensory organs become more powerful and clear
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Kavala and *Gandusha*

- ▶ Keeping any liquid, medicated oil or decoction in mouth
- ▶ When it can be moved in all directions it is known as *kavala* and when it is not movable it is known as *gandusha*.
- ▶ Face should be kept little high
- ▶ Should be kept in mouth till sweating in forehead, secretions coming out from nose and eyes.

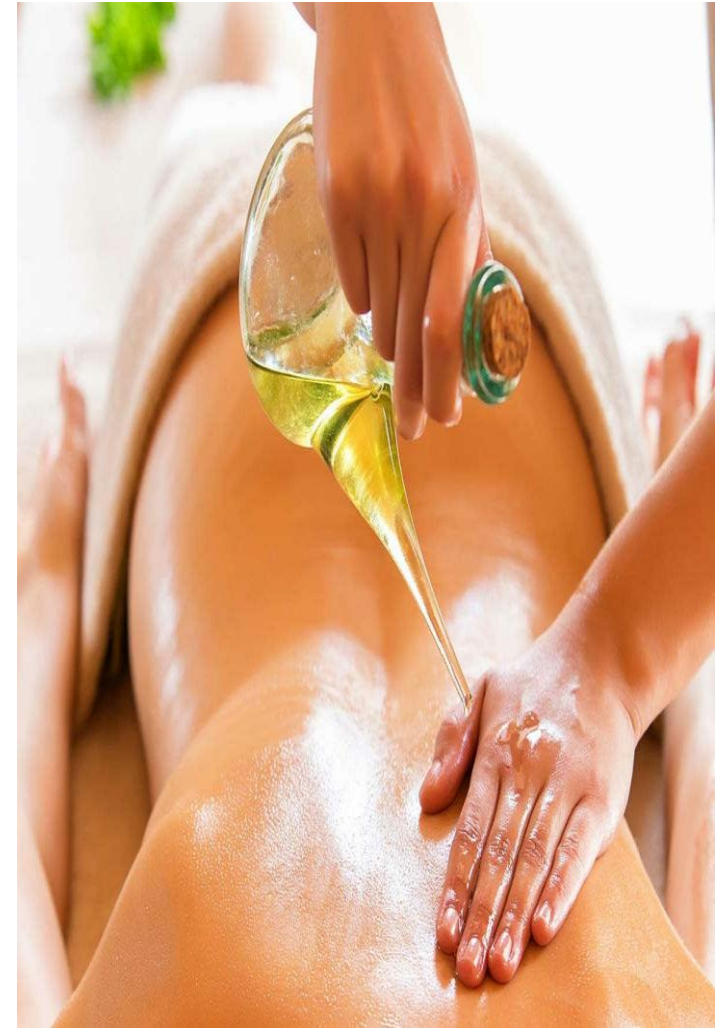


Dhoomapana (Medicated Smoking)

- ▶ Cigars made up of useful medicinal plants only and immersed in ghee should be used.
- ▶ Firstly, it should be inhaled through mouth and then from two nostrils alternately. In all cases smoke should be exhaled through mouth.
- ▶ After brushing teeth
- ▶ After taking bath
- ▶ After *nasya* karma
- ▶ After taking food
- ▶ After waking up from day sleep
- ▶ After sex
- ▶ After defecation and urination
- ▶ After sneezing and vomiting

Abhyanga (Oil Massage)

- ▶ *Vatanashak* (pacifies the vitiated *vata dosha*)
- ▶ If it is not possible on whole body, then should be done at least on head, ears and legs.
- ▶ Makes the bones and muscles strong
- ▶ Induces sound sleep
- ▶ Induces calmness in mind
- ▶ Increases enthusiasm and work efficiency
- ▶ Destroys tiredness of body & sensory faculties
- ▶ Nourishes the skin, tone up body, increases lustre and clears wrinkles, roughness of skin
- ▶ Anti-aging
- ▶ Increases tolerance to physical activity
- ▶ Relieves pain



VYAYAMA (physical exercise)


- ▶ Physical exercise that is favourable to mind and increases strength and firmness of body is known as *Vyayama* in *Ayurveda*.
- ▶ Should be continued till half of strength is exhausted. (half of the energy seems to be utilized when air from thorax region reaches mouth).
- ▶ Excessive *Vyayama* is detrimental to health and can cause fever, dyspnoea, rhinitis, cough, emaciation, vertigo, tiredness, thirst, anorexia, vomiting and haemorrhagic disorders.






Vyayam.

Benefits of *Vyayama*.....

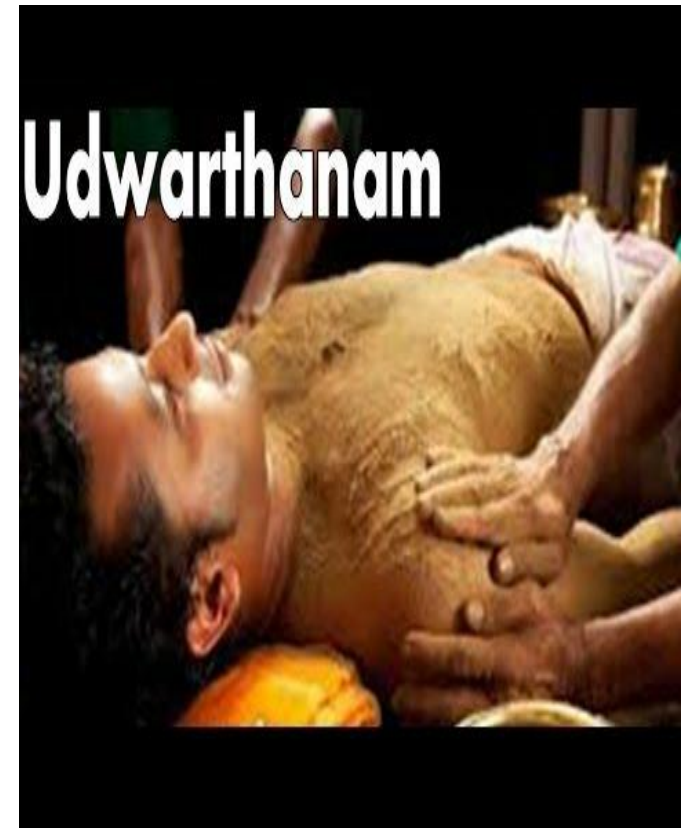
- ▶ Feeling of lightness in body
 - ▶ Increases strength and makes the body parts firm and strong.
 - ▶ Increases patience and ability to tolerate stress and strain.
 - ▶ Increases the work efficiency.
 - ▶ Increases the appetite.
 - ▶ Removes laziness.
 - ▶ Pacifies the vitiated *doshas*.
 - ▶ Reduces obesity.
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Contraindications of *Vyayama* are

- ▶ Children, old persons, persons of *vata* constitution
 - ▶ During anger, fear, grief and sorrow
 - ▶ During hunger and thirst
 - ▶ Persons indulging in excessive sexual act
 - ▶ Heavy weight workers
 - ▶ Who is emaciated due to excessive walking
 - ▶ Persons whose skin is rough, and has high pitched voice
 - ▶ Who are suffering from *jwara*, *raktapitta*, *swasa*, *bhrama*, *rajyakshma*, etc.
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Udwarthanam :

- ▶ Rubbing medicated powder or paste on skin is known as *ubatan*, which ensures a proper peripheral circulation.
- ▶ *Kaphahara* (Alleviates *kapha dosha*)
- ▶ *Bhrajak pitta* is activated
- ▶ Enhances skin glow, removes wrinkles
- ▶ Skin becomes clean, beautiful and attractive
- ▶ Dissolves fat
- ▶ Provides strength to body parts
- ▶ Diseases of skin, itching, discoloration get cured
- ▶ Face, eyes become relaxed
- ▶ Ensures calmness in mind



Snana (Bath)


- ▶ Hot water bath in lower portion of body is beneficial; it is, however, harmful for the eyes and hair if it is poured on head.
- ▶ In winter season, warm water should be used and in summer cool water should be used.
- ▶ First wash hands and feet before taking bath.
- ▶ Always wash the head while taking bath.
- ▶ Don't take bath being naked.
- ▶ After taking bath, sponge with a towel.
- ▶ Always wear fresh clothes after taking bath.
- ▶ After taking bath, don't touch oil or fatty substances.
- ▶ Don't go for bath after taking food.

Ratna-Abhushana Dharan(Gems & Ornaments)

- ▶ Bestows purity, good fortune and satisfaction
- ▶ Planetary ill effects are mollified
- ▶ Pacifies bad dream, sin, misfortune
- ▶ Provides nourishment
- ▶ Mind becomes cheerful & body becomes beautiful
- ▶ Wealth is attained
- ▶ Promotes life, and provides energy and enthusiasm



Ahara (Dietary Regimen)

- ▶ Balanced diet is essential for good health.
 - ▶ Combination of food articles, their quantity, method of preparation, their emotional effect, adjuncts and additions, consideration of climate, place of living, time of taking food should be as per *Ayurvedic* classics.
 - ▶ Nutritious, easily digestible and *sattvika ahara*
 - ▶ Over eating, irregular diet habit, eating again before complete digestion of previous food should be avoided.
 - ▶ Half of the stomach should be filled with solid food, 1/4th with liquids & rest 1/4th should be left empty for air to ensure a easy digestion.
 - ▶ Contain all the six *rasas* (tastes)
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YOGA



Yoga Practices

Postures, Breathing, Relaxation, Meditation



Fitness

- ↑ Flexibility
- ↑ Strength
- ↑ Coordination/Balance
- ↑ Respiratory Function
- ↑ Self-Efficacy

Self-Regulation

- ↑ Emotion Regulation
- ↑ Stress Regulation
- ↑ Resilience
- ↑ Equanimity
- ↑ Self-Efficacy

Awareness

- ↑ Attention
- ↑ Mindfulness
- ↑ Concentration
- ↑ Cognition
- ↑ Meta-cognition

Spirituality

- ↑ Transcendence
- ↑ Unitive State
- ↑ Flow
- ↑ Transformation
- ↑ Life Meaning/Purpose

THANK YOU