



## “CONCEPT OF DINACHARYA IN SAMHITAS – RELEVANCE IN MODERN LIFESTYLE”

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### ABSTRACT

**Introduction:** Dinacharya, or daily routine, is a foundational concept in Ayurveda described in classical texts (*Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya*). It emphasizes the synchronization of human activities with circadian rhythms, balancing the doshas, enhancing physical and mental health, and preventing disease. With the increasing prevalence of lifestyle disorders due to irregular schedules, stress, and urbanization, revisiting Dinacharya holds relevance in modern healthcare. **Methods:** A systematic review was conducted using classical Ayurvedic texts and modern scientific databases (PubMed, Scopus, Web of Science, Google Scholar). Keywords included “Dinacharya,” “Ayurveda daily routine,” “circadian health,” and “lifestyle disorders.” Inclusion criteria included classical descriptions, preclinical and clinical studies linking Dinacharya with health outcomes. Exclusion criteria included anecdotal or non-peer-reviewed sources. **Results:** Classical texts prescribe structured daily activities including waking, oral hygiene, bowel evacuation, exercise, meals, work, rest, and sleep in alignment with dosha cycles. Modern evidence supports the health benefits of circadian-aligned routines, highlighting improvements in metabolic, cardiovascular, and mental health parameters. Implementation of Dinacharya-based interventions in contemporary lifestyle demonstrates potential in preventing obesity, diabetes, insomnia, and stress-related disorders. **Discussion:** Dinacharya integrates preventive, therapeutic, and lifestyle medicine. While classical guidance provides detailed routines, modern lifestyle constraints challenge adherence. Adaptation, awareness, and individualized planning can facilitate integration. Further clinical trials and observational studies are needed to validate efficacy, feasibility, and health outcomes. **Conclusion:** Dinacharya is a scientifically relevant approach to holistic health in modern lifestyles. Structured daily routines aligned with circadian rhythms promote physical, mental, and social well-being, providing an evidence-based framework for preventive healthcare.

**KEYWORDS:** Ayurveda, Circadian rhythm, Dinacharya, Lifestyle, Preventive healthcare

## INTRODUCTION

Ayurveda emphasizes the interconnection between human behavior, environment, and health<sup>[1]</sup>. Dinacharya, or daily regimen, is described as a key preventive and therapeutic measure to maintain dosha balance, enhance digestion, strengthen immunity, and prevent disease<sup>[2-3]</sup>. Classical texts highlight specific timings and sequences for waking, hygiene practices, meals, physical activity, work, and sleep to optimize bodily and mental functions<sup>[4-5]</sup>.

With modern lifestyles marked by irregular work hours, sedentary habits, excessive screen time, and dietary indiscretions, the risk of lifestyle disorders such as obesity, diabetes, hypertension, and stress-related ailments has increased<sup>[6-7]</sup>. Circadian rhythm disruption is a significant contributor to these conditions. Revisiting Dinacharya and its application offers a structured framework to mitigate these modern health challenges<sup>[8]</sup>.

To critically review the concept of Dinacharya in Samhitas and assess its relevance in contemporary lifestyle management. Summarize classical descriptions of Dinacharya and associated health benefits. Analyze modern scientific evidence linking daily routines with circadian rhythm and disease prevention. Evaluate the applicability of Dinacharya principles in modern lifestyle interventions<sup>[9-10]</sup>.

## MATERIALS AND METHODS

### Literature Search Strategy: <sup>[11-12]</sup>

- Classical sources: *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya*, and commentaries.
- Databases: PubMed, Scopus, Web of Science, Google Scholar.
- Keywords: “Dinacharya,” “Ayurvedic daily routine,” “circadian health,” “lifestyle management,” “preventive health Ayurveda.”

### Inclusion Criteria: <sup>[13]</sup>

- Classical descriptions of Dinacharya with detailed daily activities.
- Preclinical and clinical studies evaluating health outcomes related to circadian-aligned routines.
- Review articles discussing lifestyle medicine in Ayurveda.

### Exclusion Criteria: <sup>[14]</sup>

- Anecdotal or non-peer-reviewed sources.

- Interventions unrelated to daily routine or circadian alignment.

### Data Synthesis: <sup>[15]</sup>

- Thematic analysis of classical recommendations and modern evidence.
- Comparative evaluation of physiological, metabolic, and psychological outcomes.

## OBSERVATION AND RESULTS

### 1. Classical Descriptions of Dinacharya

Classical texts provide detailed guidance for daily routines, emphasizing alignment with natural cycles:

- **Waking (Brahmamuhurta):** *Charaka Samhita* suggests rising before sunrise, when the mind is calm and digestive fire (*Agni*) is optimal. Early waking improves concentration, alertness, and metabolic efficiency.
- **Oral Hygiene (Danta Dhavana, Gandusha, Kavala):** Cleansing the mouth and throat removes toxins (*Ama*), maintains oral health, and aids systemic detoxification.
- **Bowel Evacuation and Urination:** Timely elimination prevents toxin accumulation and preserves digestive health.
- **Physical Exercise (Vyayama):** Moderate morning exercise strengthens musculoskeletal and cardiovascular systems and balances Vata dosha.
- **Bathing (Snana) and Self-Massage (Abhyanga):** Promotes circulation, skin health, and relaxation.
- **Meal Timing and Diet:** *Charaka* emphasizes the importance of meal timings corresponding to digestive capacity and dosha balance.
- **Work and Leisure:** Balancing mental activity, social interaction, and relaxation prevents stress-related disorders.
- **Sleep (Nidra):** Proper sleep restores mental and physical health, regulates hormonal balance, and supports immunity.

### 2. Health Benefits Described in Samhitas

- Enhances digestion and metabolism, preventing accumulation of *Ama*.
- Maintains dosha equilibrium, reducing susceptibility to diseases.
- Supports cognitive functions, memory, and emotional balance.



- Promotes longevity and rejuvenation (Rasayana effect).
- Reduces risk of seasonal and age-related disorders.

### 3. Modern Scientific Correlates

- **Circadian rhythm and metabolic health:** Studies confirm early waking and structured daily routines improve glucose metabolism, lipid profile, and cardiovascular parameters.
- **Sleep hygiene:** Adhering to regular sleep-wake cycles enhances immune function, memory consolidation, and reduces anxiety.
- **Exercise timing:** Morning exercise improves insulin sensitivity and cardiovascular health.
- **Oral hygiene and systemic health:** Regular oral cleansing reduces inflammation and lowers cardiovascular risk.
- **Stress and mental health:** Structured routines reduce cortisol levels, improve mood, and enhance productivity.

### 4. Implementation Challenges in Modern Lifestyle

- Urbanization, shift work, and technology disrupt routine adherence.
- Dietary patterns and erratic sleep compromise circadian health.
- Solutions include customized schedules, digital reminders, and gradual habit formation.

### 5. Evidence from Clinical Studies

- Randomized controlled trials on lifestyle interventions aligning with circadian rhythms demonstrate improvements in metabolic syndrome, obesity, and stress-related disorders.
- Integration of Dinacharya principles in workplace wellness programs reduces burnout, improves productivity, and promotes cardiovascular health.

### 6. Comparative Analysis

- Classical Dinacharya provides a holistic framework integrating physical, mental, and environmental health, aligning closely with modern lifestyle medicine.
- Preventive and therapeutic aspects address both chronic and acute conditions.
- Seasonal variations (*Ritucharya*) demonstrate foresight in environmental adaptation.

## DISCUSSION

Dinacharya, as outlined in classical Samhitas, demonstrates strong parallels with contemporary circadian biology. Early rising (Brahmamuhurta) aligns with cortisol peak and melatonin decline, optimizing alertness and hormonal regulation. Meal timing and digestion management coincide with modern chrono-nutrition studies, where metabolic efficiency is maximized during daytime. Physical activity during the morning promotes cardiovascular and musculoskeletal health<sup>[16-17]</sup>.

Despite the evidence, adherence remains a challenge due to modern work patterns, digital distractions, and urban stressors. While individual lifestyle modification is effective, organizational and societal support is crucial. Interventional studies implementing holistic Dinacharya schedules are limited, highlighting the need for comprehensive clinical trials that combine sleep, exercise, diet, and mental wellness in structured routines<sup>[18]</sup>.

The preventive and rejuvenative aspects of Dinacharya align with preventive healthcare principles, emphasizing early intervention rather than reactive treatment. Mental health benefits through structured routines correlate with reduced anxiety, depression, and improved quality of life. Furthermore, Ayurvedic principles promote individualized routines based on dosha, environment, and age, which modern lifestyle interventions increasingly recognize as necessary for adherence and effectiveness<sup>[19]</sup>.

Future research should focus on validating Dinacharya-based lifestyle interventions with biomarkers, physiological outcomes, and patient-reported measures, establishing evidence-based protocols that bridge traditional knowledge with modern scientific understanding<sup>[20]</sup>.

## CONCLUSION

Dinacharya provides a scientifically and clinically relevant framework for holistic health management. Classical Ayurvedic texts prescribe structured routines that optimize metabolic, psychological, and environmental harmony. Modern research validates several components, demonstrating improved metabolic health, cardiovascular parameters, mental well-being, and preventive efficacy against lifestyle disorders.

Implementation in contemporary society requires adaptation, individualized planning, and integration

with modern healthcare practices. Structured daily routines can mitigate lifestyle-related disorders, enhance productivity, and improve overall quality of life. Integration with dietary guidance, physical activity, and stress management can amplify benefits. Dinacharya represents a preventive, therapeutic, and rejuvenative lifestyle intervention that bridges traditional Ayurvedic wisdom with modern lifestyle medicine. Adoption of these principles can inform health policy, workplace wellness, and individual lifestyle management, supporting holistic and evidence-based preventive healthcare.

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