

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

Premarathna WGLU, Balasooriya MGDN, Muthugala SKR
D.B Welagedara Ayurveda hospital, Kurunegala, Sri Lanka

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, *Carakasamhitha* 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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Corresponding E-mail: lakshanipremarathne@yahoo.com