

॥ श्री धन्वतरये नमः ॥

Purva Khandesh Kushtha Seva Mandal Sanchalit

Chaitanya Ayurved Mahavidyalaya

"Chaitanyavan" N.H.No.6, A/p.Sakegaon, Tal.Bhusawal, Dist.Jalgaon,
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Ref. No.

PROTOCOL FOR LIFESTYLE MODIFICATION THROUGH AYURVEDA -

Date : 24/08/2014

Introduction-

Ayurveda the ancient science deals with how to cure diseases also lights up on Health Oronotive & diseases preventive measure which are very effectfull in maintaing health of body mind,soul by focusing on daily& Seasonal regimen for healthy & quality living. dincharya&Ritucharya deals with the material,vocal& physical aspect of well being, that should be followed. Everyday.

DINCHARYA -

Definition - Dina~ Daily charya~ regimen

the regimen that are follow daily from the time of awaking in the morning till we again awake in the next morning in concern to prolong the healthy life when is called in dincharya

Importance :-

Dincharya should be follow for following benefits :-

1. To maintain personal hygiene that is hygiene of the body and so the mind (Healthy mind sound in healthy body)
2. To prevent disease in long life span
3. To cleanse and promote the health and the shining of the sense organs.
3. To magnify and maintain the physical strength
4. To promote healthy longvity.
5. To keep the mind in peace and harmony.
6. For self protection

* Dincharya -

- Bramhe muhurta atrishthet - Healthy Person should get up from the bed at bramhe muhurta ie. From 4:00 am to 6:00 am
- Malatyoga - keeping in views ghe condition of his body, one should pass natural urges in vata kala- early morning & not forcefully is Good Bowel Habit.
- Dantadhavana - clean the teeth with any twings of herbs like neem babool etc. or any herbal partes.
- Jivhanirlekhana - Scrape the tongue.
- Mukhaprakshalana - Wash the face
- Anjana vidhi - Application of anjana ie Collyrium to cleanse the eyes.

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- Nasya vidhi - After anjana, healthy person should do installation of nasal drops- pratimarse naya with herbal decoctions or herbal oils which is suitable according to their body type ie. Prakriti
- Dhoomapana - The inhalation of smoke from herbs and spices should be done.
- Abhyanga - Oil massage should be done daily in morning it delay ageing, relives tiredness, excess of vata, increase strength, improve skin tone and complexions Massage should be specially done on ears, head and foot.

*Karnapurana, Shirobhyanga & Padabhyanga :

- Vyayam : Exercise should be done daily, till " Ardhshakti " ie ones half strength. It brings about lightness in the body, burns fat enhances digestion over, improves working capacity.
- Pranayam : After exercise sit quietly and do some deep breathing exercise.
- Snana Vidhi : Bathing is pouring warm water ie "Sakhoshna Jal" over the body bestows strength but same over the head & face makes loss of strength of the hair and eyes.
- Dhyana : Meditation is important to in morning and evening for at least 15 to 30 minutes. It brings balance in body and peace into life.
- Ahara : Diet should be warm, nourishing & wholesome Ashta Aharvidivishesh a Ayatanani One should not consume of previous meal and good aptite Food should be consumed in a pleasant place, neither too fast, nor too slow, should avoid laughing, talking and others activities means fully concentrate on the diet which is being consumed thus ensuring a mindful eating. Enjoy the meal with the due consideration of quality & quantity of the food.
- Padatona dharana, Chatradharana :
Wearing of foot wear, holding a stick or umbrella for self protection (optional)
- Sandhyacharya :
Activities to avoid during evening :-
 - Food Consumption
 - Sleeping
 - Reading
 - Sexual intercourse

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Ratri Charya : Night Regimens :-

- Consuming light food
- Tooth washing after food
- Tooth cleaning and mouth wash
- Eating betel leaves
- Walking for 100 steps
- Application of anjana
- Sleep before 10:30 pm

Concept of lifestyle ie. Dincharya as per Ayurveda are very unique, evidence based and aims at physical, mental, social and spiritual well being ie. Complete health (WHO, 1975) which are practical even in present era.

'Prevention is better than cure' is Swasthyasya Swastha Raksanam hence incorporation of the concepts of lifestyle definitely wnfers complete health to a person.

RITUCHARYA

- Guidelines for the seasons: -

As stated in Ayurvedic Health Science, the whole year is divided into two periods, each containing three seasons (Ritus):-

Uttarayana : - The cold months containing seasons namely Sharada, Hemanta & Shishira.

Dakshinayana : The warm months containing seasons namely Vasanta, Grishma,& Varsha.

Dosha	Seasons for accumulation (Sanchaya)	Season for provocation (Prakopa)	Seasons for soothing (Prashamana)
Vata	Grishma (Mid may to Mid jully)	Varsha (Mid July to Mid September)	Sharada (mid September to mid November)
Pitta	Varsha (Mid July to mid September)	Sharada (Mid Septmber to Mid November)	Hemanta (Mid November to Mid January)
Kapha	Hemanta (Mid November to Mid January)	Vasanta (Mid March to Mid May)	Grishma (Mid May to Mid July)

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1. Sharada Ritucharya :

Pathya (What to eat) :-

The ideal Sharada diet includes rice, honey, green leaf veggies, tomatoes, root vegetables, pineapples, berries plums, ghee (clarified butter) and Dairy product.

2. Hemanta Ritucharya : -

Pathya (What to eat)

Eat warming foods and lots of fermented dishes like kimchi and sauerkraut and avoid foods that are cold, light and dry. The ideal Hemanata diet includes Pumpkin, cabbage, Spinach, corn, rice, and dairy products.

- Recommended Ayurvedic treatments : (Shodhana)
 - Virechanai – Removes toxin and keeps yours digestive system happy.
 - Abhyanga
 - Swedana

3. Shishira Ritucharya : -

Pathya (What to eat)

Keep up with the diet you are established during Hemanata Ritu, with lots of sweet, Sour, Salty, Fatty and fermented foods served with warming spices Avoid any astringent or cold foods The ideal Shishira diet includes lots of dairy product, root vegetable, apples, grapes, rice, wheat, beans and sweet (in moderation of course)

* Recommended Ayurvedic Treatments Abhyanga.

4. Vasanta Ritucharya :-

Pathya

This is one of the more sensitive times for our body, so focus on eating easily- digestible bitter and astringent foods and avoid cold, viscous, heavy, sour and sweet dishes.

The ideal Vasant Ritu diet includes healthy foods like barley and honey and gently stimulating speices like coriander, cumin, turmeric and fennel.

- Recommended Ayurvedic Treatments :

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* Nasya :

5. Grishma Ritucharya :

Pathya (What to eat)

This is the time of year for sweet, light, cold mineral rich food. Eat lots of herbs and drink lots of fruit juice and avoid sour, pungent or warm food. Keep hydrated with lots of water and seek out antioxidants.

The ideal Grishma diet includes lots of fresh fruits and veggies like asparagus, cucumber, celery and leafy greens.

Recommended Ayurvedic Treatments :

Abhyanga
Shirodhara

6. Varsha Ritucharya :-


Pathya (What to eat)

Salty, sour and oily foods are the star of this season. Although you want your digestive fire to begin to pick up avoid heavy food at first and transition slowly through the season.

The ideal Varsha diet avoids uncooked foods and favours warm, freshly cooked meals. Help your digestion out with ginger and lemon and eat a lot of thin soups.

- Recommended Ayurvedic Treatments :
- Panchakarma :
 - Basti
 - Nasya
 - Swedana
 - Abhyanga
 - Snehana




PRINCIPAL
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