



ISSN (Online): 3107-9687

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Submitted on: 05-04-2026

Revised on: 01-06-2026

Accepted on: 10-06-2026

Published: 30-06-2026



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Importance of Daily Routine in Modern Lifestyle:

An Ayurvedic Perspective

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DOI: <https://doi.org/10.64280/JAA.2026.V2I1023>

ABSTRACT

Ayurveda is an ancient and holistic system of Indian medicine whose primary objective is not merely the treatment of diseases, but the protection of the health of a healthy individual. *Dincharya* (daily routine) described in Ayurveda is an important part of *Swasthavritta* (preventive medicine), through which an individual can align their daily life with nature to protect their physical, mental, and spiritual health. In contemporary times, owing to an irregular daily routine, stress, unbalanced diet, late-night awakening, and excessive use of digital devices, lifestyle disorders are continuously rising. In this context, the utility of the Ayurvedic daily routine is being re-established. This research paper presents a critical study of the concept of *Dincharya*, its major components, its utility from a modern scientific perspective, and its relevance in contemporary life in the light of Ayurvedic texts.

Keywords: Ayurveda, *Dincharya*, *Swasthavritta*, Lifestyle, Health, Immunity

1. INTRODUCTION

The modern lifestyle of the 21st century has made humans technologically highly capable and prosperous, but parallelly, it has posed unprecedented crises concerning health. The contemporary environment is plagued by fast pace, hyper-professional competition, uncontrolled eating habits, late-night awakenings, excessive screen time, and constant mental stress. Consequently, contemporary society is flooded with diseases that medical science terms 'Lifestyle Disorders'. Diseases such as Diabetes, Hypertension, Obesity, Coronary Artery Disease (CAD), Insomnia, and Depression have taken the form of epidemics today, caused not by infections but by a daily routine that goes against nature.

The philosophy of Ayurvedic *Dincharya* manifests before us as an eternal, accessible, and highly effective solution to this global health crisis. Ayurveda is not just a system for treating diseases; rather, it is a complete science of living life with completeness and wellness. The ultimate goal of Ayurveda is encapsulated in two lines [1]:

*Prayojanam chasya swasthasya
swaasthya rakshanam athurasya vukara
prasamanah.*

That is, to protect the health of a healthy person and to pacify the disorders (diseases) of a patient. To achieve this objective, the foundational texts of Ayurveda elaborately describe *Swasthavritta* (Preventive Medicine), the most important pillar of which is *Dincharya*. This research article presents an in-depth critical study of the various steps of Ayurvedic daily routine, their scientific bases (such as chrono-biology and circadian rhythm), and practical applications in the context of modern metropolitan and corporate lifestyles.

Concept of *Dincharya*

Dincharya means “*dine dine charya*” or “*dinasya charya*,” implying the conduct or actions performed from morning to evening. In other words, it is the systematic adherence to regular, health-promoting activities throughout the day.

Objectives of *Dincharya* according to Ayurveda:

- Balance of the *Doshas*
- Protection of *Agni* (digestive fire)
- Nourishment of the *Dhatus* (tissues)
- Purification of the *Indriyas* (senses)
- Happiness of the mind

2. SCIENTIFIC REVIEW OF THE MAJOR COMPONENTS OF DINCHARYA IN AYURVEDA

Ancient sages systematically organized the entire sequence of human actions from waking up to going back to sleep in a scientific manner. A detailed review of the relevance of these rules and their physiological effects in modern life is as follows:

1. Brahnamuhurta Jagrana (Waking up during Brahnamuhurta): The Samhitas explicitly direct that a healthy individual must leave their bed before sunrise to protect their longevity. Regarding this, it is also stated in the restorative text Ashtanga Hrudayam [2].

The time approximately 1.3 hours prior to sunrise is called “*Brahnamuhurta*.” There is profound physical and environmental science behind waking up at this time.

Modern Scientific Perspective:

- At this time, the atmosphere contains the highest amount of fresh air and pure oxygen. Breathing in the open air at this hour improves blood oxygenation, thereby enhancing lung capacity.
- According to modern endocrinology, cortisol levels naturally begin to rise between 4:00 AM and 5:00 AM, providing energy and alertness to the body. Concurrently, serotonin levels

in the brain are elevated, inducing mental peace and cheerfulness.

2. Mala Visarjana and Ushapana (Evacuation of Bowels and Water Intake): After waking up, one should first eliminate the accumulated waste materials (faeces and urine) from the body. Prior to this, drinking water stored in a copper vessel overnight (*Ushapana*) is recommended.

सम्यङ्मुत्रपुरीषौ च यः त्यजति यथाविधि ।

तस्य जठराग्निः प्रदीप्तो भवति नित्यशः ॥ [3]

Scientific and Physiological Effects:

- Drinking lukewarm water immediately upon waking up accelerates peristaltic movement in the intestines, making bowel movements easier.
- Water from a copper vessel is naturally anti-bacterial. It destroys harmful bacteria in the stomach and detoxifies the liver and kidneys.

3. Dantadhavana and Jihva-Nirlekhana (Tooth Brushing and Tongue Scraping):

Ayurveda directs the use of twigs (*Datun*) from trees possessing astringent, bitter, and pungent tastes (such as *Neem*, *Karanja*, *Babool*, *Khadir*) for cleaning teeth. Following this, cleaning the tongue or tongue scraping is considered vital. Tongue scrapers should be made of gold, silver, copper, tin, or brass; however, care

must be taken while designing them to ensure that their front edge is not sharp [4] [5].

आपोथिताग्रं द्वौ कालौ कषायतिक्तकटुकम्।

भक्षयेदन्तपवनं दन्तमैसान्यबाधयन्॥

सुवर्णरूप्यताम्राणि त्रपुरीतिमयानि च।

जिह्वानिलेखनानि स्युरतीक्ष्णान्यनृजूनि च ॥

Scientific and Physiological Effects:

- Modern toothpastes often contain sweeteners and artificial chemicals that can increase the acidic environment of the mouth. In contrast, the astringent and bitter tastes present in *Neem* or *Babool* juices turn saliva alkaline, safeguarding dental enamel and preventing dental caries.
- During digestion overnight, a white coating accumulates on the tongue, which Ayurveda terms *Aama* (toxins). Scraping it with a gold, silver, or copper tongue scraper not only eliminates bad breath but also activates the taste buds, ensuring the proper secretion of digestive juices.

4. Kavala and Gandusha (Gargling and Oil Pulling): Among oral cleansing practices, Kavala (swirling a medicinal liquid or oil in the mouth) and Gandusha (filling the mouth completely with oil without moving it) hold immense value. Sesame oil or coconut oil is primarily used for this purpose. Regarding this, it is said:

हन्तोर्बलं स्वरबलं वदनोपचयः परः।

Meaning, practicing oil *Kavala* and *Gandusha* strengthens the jaw and voice, and properly enhances the facial muscles [6].

Scientific and Physiological Effects:

- When we swirl oil in the mouth, bacteria are attracted and adhere to the oil, getting expelled upon spitting.
- This process serves as an excellent exercise for the facial muscles. It strengthens the jaw and prevents wrinkles.

5. Anjana and Nasya (Collyrium and Nasal Drops): The application of *Sauveera Anjana (kohl)* is advised for eye protection, and *Nasya* (instilling drops of medicinal oil or ghee into the nose) is indicated for clearing the nasal passage.

ऊर्ध्वजत्रुविकारेषु विशेषान्नस्यमिष्यते।

नासा हि शिरसो द्वारं तेन तद्वाप्य हन्ति तान्॥

Meaning, *Nasya karma* is particularly beneficial for diseases occurring above the clavicle (neck upwards to the head) because the nose is the gateway to the brain [7]. Hence, the oil/ghee instilled in the nose directly influences the centres of the brain.

Scientific and Physiological Effects: The modern environment is filled with dust, smoke, and pollutant particles. Instilling

2-2 drops of *Anu Taila* or pure cow's ghee creates a protective layer in the nasal passage, preventing allergies, sinusitis, and rhinitis. This oil stimulates the central nervous system via the olfactory nerve.

6. Abhyanga (oil massage) : Massaging the entire body daily with lukewarm oil, especially the head (*Shira*), ears (*Shravana*), and soles of the feet (*Pada*), is called *Abhyanga*. In this regard, the *Ashtanga Hrudayam* states [8]:

अभ्यङ्गमाचरेन्नित्यं स जराश्रमवातहा।

दृष्टिप्रसादपुष्प्यायुः स्वप्नसुत्वक्त्वदार्ढ्यकृत्॥

Meaning, daily oil massage dispels old age, fatigue, and *Vata Dosha*, clears the vision, nourishes the body, increases lifespan, induces deep sleep, enhances skin complexion, and strengthens muscles.

Scientific and Physiological Effects:

- Connection between Skin and Nervous System: The skin is the body's largest organ and is directly connected to the nervous system. Oil massage releases feel-good hormones like endorphins and oxytocin, reducing chronic stress and anxiety.
- Control of *Vata*: The hyper-mobility and mental exertion of modern life increase *Rookshata* (dryness) and *Vata Dosha* in the body, causing insomnia and joint pain. The unctuous (*Snigdha*)

property of oil controls *Vata* and makes the body flexible.

- Massaging the soles of the feet (*Pada-Abhyanga*) improves eyesight and induces deep, restful sleep at night, acting as an infallible remedy for modern humans suffering from insomnia.

7. Vyayama (Exercise): Following *Abhyanga*, physical exertion or exercise is prescribed according to one's capacity. Acharya Charaka says [9]:

शरीरचेष्टा या चेष्टा स्थैर्यार्था बलवर्धिनी ।

देहव्यायामसंख्याता समीक्ष्य तं समाचरेत् ॥

लाघवं कर्मसामर्थ्यं स्थैर्यं दुःखसहिष्णुता।

दोषक्षयोऽग्निवृद्धिश्च व्यायामादुपजायते॥

Meaning, physical activity that aligns with the mind, brings stability to the body, and increases strength is called physical exercise. It should be practiced in an appropriate amount. Exercising brings lightness to the body, the capacity to work, stability, the tolerance to endure hardships, depletion of aggravated *Doshas*, and enhancement of the digestive fire.

Scientific Analysis: Ayurveda's rule of exercising up to half of one's capacity (*Ardhashakti*) prevents tissue wear and tear without compromising the body's metabolism. It kindles the *JatharAgni* (digestive fire), reduces body heaviness

and extra fat, and strengthens bones and joints.

8. Snana (Bathing): After exercising and once the sweat dries off, bathing with clean and pure water is recommended. In Ayurveda, bathing is considered an enhancer of *Ojas* (vitality) and strength, and the foundational source of purity [10].

दीपनं वृष्यमायुष्यं स्नानमूर्जबिलप्रदम् ।
कण्डूलमलश्रमस्वेदतन्द्रातृड्दाहपाप्मजित् ॥
उष्णाम्बुनाऽधःकायस्य परिषेको बलावहः।
तेनैव तूत्तमाङ्गस्य बलहृत्केशचक्षुषाम्॥

Scientific and Physiological Effects:

- Bathing opens the skin pores, smoothing blood circulation throughout the body.
- Extremely hot water should never be poured over the head, as the head is the *Uttamanga* (superior organ) where all sensory organs and the brain reside. Pouring hot water on the head weakens hair roots and adversely affects eyesight. The use of cool or lukewarm water is best for the head and warm water for the torso (body).

9. Aahara (Diet) : While modern society intensely debates 'what to eat' (e.g., calorie counting, keto diets, etc.), it has completely forgotten 'when and how to eat'. Ayurveda provides clear guidelines on this [11]. Our body's digestive fire (*Jathar Agni*) is directly controlled by the

position of the sun. Therefore, the heaviest and main meal of the day should be taken at noon. Dinner should be taken around sunset or by 8:00 PM at the latest, and it must be extremely light (*Laghu*).

कालभोजनमारोग्यकराणाम् ।

Today's working population often skips lunch or eats very late, while consuming heavy dinners at 10:00–11:00 PM. Due to the absence of the sun at night, *Jathar Agni* becomes sluggish. Food eaten during *Mand Agni* (sluggish digestion) cannot be fully digested, which subsequently creates physical ailments.

10. Nidra (Sleep) : Adequate sleep is vital for a healthy life. Sleep is one of the three main pillars (*Upastambha*) of health [12]. Acharya Charaka states regarding this:

त्रय उपस्तम्भा इति-आहारः स्वप्नो ब्रह्मचर्यमिति ।

निद्रायत्तं सुखं दुःखं पुष्टिः कार्यं बलाबलम् ।

वृषता क्लीबता ज्ञानमज्ञानं जीवितं न च ॥

Meaning, happiness, misery, nourishment, emaciation, strength, weakness, virility, impotence, knowledge, ignorance, and life itself all depend on proper or improper sleep [13].

Scientific Analysis: Staying awake late at night (12:00–1:00 AM) due to night shifts or excessive mobile use severely increases the Vata Dosha, which possesses *Rooksha*

(dry) and *Chala* (mobile) attributes. This imbalance the nervous system.

11. Sadvritta and Achara Rasayana (Mental Daily Routine): Daily routine is not limited to physical actions alone. Ayurveda goes a step further and establishes *Sadvritta* (righteous conduct) and *Achara Rasayana* (behavioral rejuvenation) for mental and social health:

तद्ध्यनुतिष्ठत्
युगपत्संपादयत्यर्थद्वयमारोग्यमिन्द्रियविजयं
चेति।

Meaning, those who follow *Sadvritta* simultaneously achieve health and mastery over their senses [14].

Main Dimensions of Sadvritta:

- Restraint of Speech: Not speaking harsh words to anyone, avoiding backbiting, and not speaking untimely or uselessly.
- Emotional Balance: Controlling anger, jealousy, greed, arrogance, and fear.
- Social Responsibility: Helping the elderly, teachers, and the helpless, and harboring compassion toward all living beings.

Importance of Dincharya in Modern Life: Modern medical science also acknowledges that regular sleep, a balanced diet, regular exercise, exposure to sunlight, and mental relaxation are

highly indispensable for long-term health. All these principles have been described in Ayurvedic *Dincharya* for thousands of years.

In contemporary times, humans stay awake late at night, excessively use mobiles and computers, eat irregularly, and live stressful lives. Consequently, diseases like diabetes, obesity, high blood pressure, depression, insomnia, heart diseases, and gastric issues are rising rapidly. The Ayurvedic daily routine plays a significant role in resolving all these issues.

3. CRITICAL ANALYSIS

• **Positive Aspects / Benefits**

- 1) Preventive Healthcare: Prevents diseases before they manifest.
- 2) Low Cost: Highly economical and natural.
- 3) Natural Lifestyle: Aligns human biological rhythm with nature.
- 4) Better Mental Health: Combats stress, anxiety, and depression.
- 5) Improved Immunity: Enhances natural defences.

• **Negative Aspects / Challenges**

- 1) Lack of Time: Difficult to follow in fast-paced urban lives.
- 2) Night Shifts: Corporate routines require nocturnal work.
- 3) Digital Lifestyle: Heavy

dependence on screens and gadgets.

- 4) Fast Food Culture: Prevalence of quick, unhealthy eating habits.

Nevertheless, if the core principles of *Dincharya* are adopted, a remarkable improvement in the quality of health in modern life is completely achievable.

4. CONCLUSION

Dincharya is not merely a daily schedule in Ayurveda, but a scientific art of living life. Its relevance has magnified extensively in the context of rising lifestyle-related diseases in modern life. If the Ayurvedic daily routine is integrated into practice alongside a modern scientific outlook, it can prove to be exceptionally effective in the direction of 'Preventive Healthcare'. In the Shrimad Bhagavad Gita, Lord Krishna also considers a balanced routine as the ultimate means to achieve success in life and Yoga:

युक्ताहारविहारस्य युक्तचेष्टस्य कर्मसु ।
युक्तस्वप्नावबोधस्य योगो भवति दुःखहा ॥

Meaning, for him whose diet (*Aahara*) and recreation (*Vihara*) are balanced, whose efforts in actions (exercise and work) are regulated, and whose sleep and wakefulness are disciplined, his

Yoga becomes the destroyer of all sorrows and diseases [15].

In the current global scenario, where mental depression and incurable lifestyle disorders are gripping humanity entirely, adhering to the Ayurvedic daily routine can provide us with complete physical health, mental stability, longevity, and high productivity. The time has come to align our daily habits with the rhythm of nature instead of relying solely on medicines. The true meaning of 'Back to Nature' lies in assimilating the Ayurvedic *Dincharya* into our lives.

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