

DINACHARYA ADHYAYA.

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This chapter deals with :

A.) DAILY REGIMEN.

- **PRATARUTTHANA.** (*getting up in the morning.)*
- **DANTADHAVANA.** (*cleaning of the teeth .)*
- **ANJANA.** (*collyrium to the eyes.)*
- **TAMBULA SEVANA.** (*betel chewing.)*
- **ABHYANGA.** (*oil-massage.*)
- **VYAYAMA.** (*exercise.)*
- **UDVARTANA.** (*massage.)*
- **SNANA.** (*bath .)*

B.) SADVRUTTA. (*good conduct .*)

A.) DAILY REGIMEN:

■ PRATARUZHANA : { Getting up in the morning. }

- The healthy person should get up during brahma muhurta , to protect his life .

■ TIME :

Last one prahar of Ratrikala is known as Brahma muhurta .

- Because , It is the best time for study and obtain Brahma or knowledge .

■ *DANTADHAYANA* { *Cleaning of teeth.* }

● *TIME :*

After eliminating the urine and faeces.



● *CLEAN THE TEETH WITH TWIGS OF :*

1. *ARKA.*
2. *NYAGRODHA.*
3. *KHADIRA.*
4. *KARANJA.*
5. *KAKUBHA.*

□ *Twigs Size :*

■ *Thickness :* the tip of the little finger .

■ *Length:* 12 Angulas.

■ *Tip :* made like a soft brush. (By chewing.)

- So that teeth should be cleaned without hurting the gums.

□ *Unfit for Dantadhavana :*

1. Person suffering from indigestion.
2. Vomiting.
3. Dyspnoea.
4. Cough.
5. Fever.
6. Facial Paralysis .
7. Thirst.
8. Ulcerations of the mouth.
9. Diseases of the heart , eyes , head and ears.

■ ANJANA : { Collyrium to the eyes . }

- *Sauviranjana* is good for the eyes ,Hence it should be used daily.
- *Rasanjana* is also good for the eyes ,Hence it should be used once a week,
- In *Chakshurendriya teja mahabhuta* is dominant and has risk of troubles especially from *shleshma* (*kapha*).Hence *Rasanjana* should be used to drains out excess *kapha*

• Afterwards the person should make :

1. *Use of Navana.* [Nasal drops.]
2. *Gandusha.* [mouth gargle.]
3. *Dhuma.* [Inhalation of smoke.]
4. *Tambula.* [Chewing of leaves.]



• TAMBULA SEVANA .[Betel -chewing.]

☀ Harmful to those suffering from:

1. Wounds.
2. Bleeding diseases.
3. Dryness.
4. Redness of the eyes.
5. Poisoning.
6. Unconsciousness.
7. In toxication.



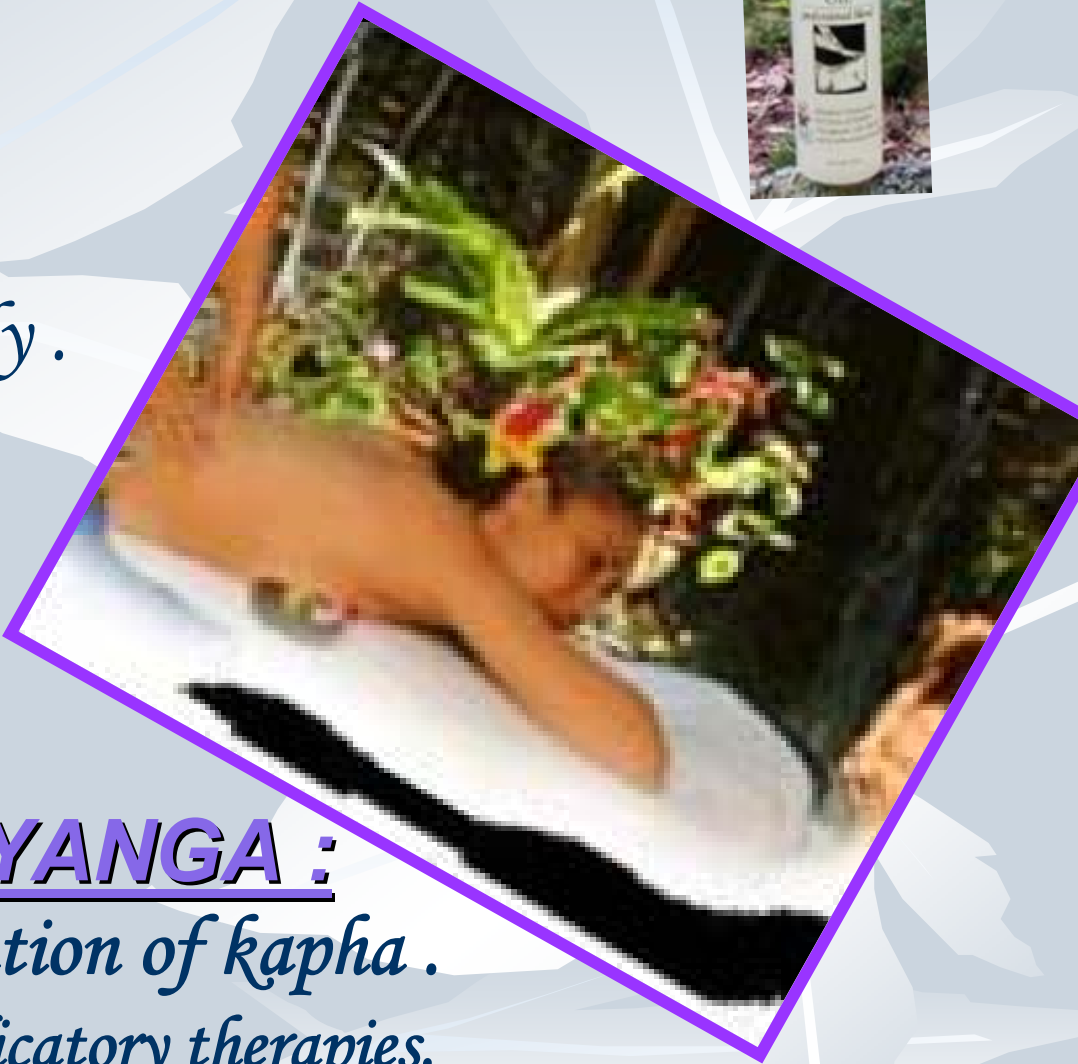
- ABHYANGA: { Oil-massage. }

- BENEFIT :

1. Gives good vision .
2. Nourishment to the body .
3. Long life .
4. Good sleep .
5. Good and healthy skin .

- UNFIT FOR ABHYANGA :

1. Persons having aggravation of kapha .
2. Who have undergone purificatory therapies.
3. Who are suffering from indigestion.



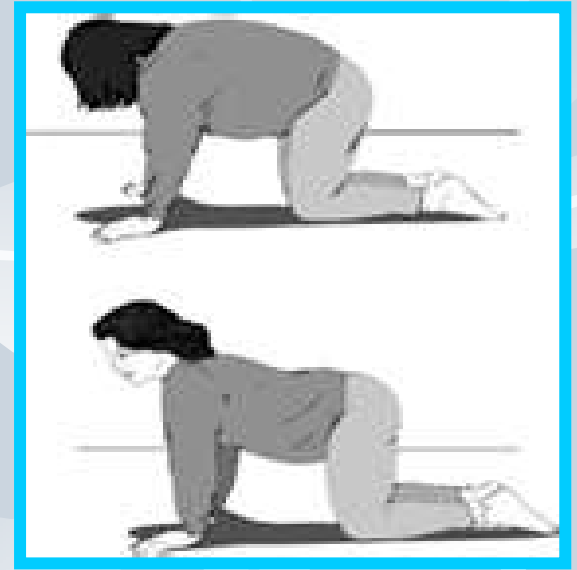
• *It should be resorted to daily , In case of :*

1. *Old age.*
2. *Exertion.*
3. *Aggravation of vata.*

• *It should be done specially at :*

1. *Head.*
2. *Feet.*
3. *Ears.*

- **VYAYAMA : { Exercise. }**



- **BENEFIT :**

1. Lightness (of the body.)
2. Ability to do (hard) work.
3. Keen digestion and depletion of fat.
4. Stable and distinct physique.

- **UNFIT FOR VYAYAMA :**

1. Person suffering form diseases of vata and pitta.
2. Children.
3. The aged and those having indigestion.

• *Person who are strong and who indulge in fatty foods:*

1. In cold seasons and spring season: should do exercise to half their strength.
1. In other season: should do it mildly .

• *Bad-effect of excess of exercise :*

1. Thirst.
2. Emaciation.
3. Severe dyspnoea.
4. Bleeding disease.
5. Exhaustion.
6. Feeling of debility.
7. Cough.
8. Fever.
9. Vomiting.

- **UDVARTANA:** { *Massaging the body with soft, fragrant powders.* }



- **BENEFIT :**

1. *Udvartana mitigates kapha.*
2. *Liquifies the fat.*
3. *Produces stability (compactness , strength) of the body parts.*
4. *Excellence of the skin.*

- **SNANA :{ Bath. }**

- **BENEFIT :**

- **1. Improves :**

- Appetite.
- Sexual vigour.
- Span of life.
- Valour. (enthusiasm.)
- Strength.

- **2. Removes:**

- Itching.
- Dirt.
- Exhaustion.
- Sweat.
- Stupor.
- Thirst.
- Burning sensation and sin.



• POURING WARM WATER:

1. Over the body :- Gives strength .
2. Over the head :- Gives loss of strength of the hair and eyes.

• UNFIT FOR BATH :

1. Who are suffering from facial paralysis .
2. Diseases of the eyes , mouth and ears.
3. Diarrhoea.
4. Flatulence.
5. Pinasa. (discharge of foul smelling liquid from the nose.)
6. Indigestion.
7. Who have just taken the food.

- *SADVRUTA : { Good conduct. }*

- *A.) ABOUT FOOD :*

1. One should not take food after digestion .
2. One should take food which suitable for him .
3. One should take limited quantity of food .

- *B.) ABOUT URGES :*

1. Urges should not be initiated forcely.
2. Urges should not be patent.

- *C.) ABOUT DISEASES :*

1. One should not take other therapies or drugs without treating curable disease .

• *ABOUT ACTIVITIES :*

1. *Activities means for the happiness of all the living beings .*
2. *Such happiness based on dharma.*

• *FRIENDS :*

Should be served with affection and good deeds.

• *OTHERS :*

Should be keep at a distance .

• *TEN-SINS PERTAINING TO THE BODY ,SPEECH AND MIND SHOULD BE AVOIDED :*

1. *HIMSA : Torture.*
2. *STEYA : Robbing.*
3. *ANYATHAKAMA : Unlawful sex activity.*
4. *PAISUNYA : Harsh speech.*
5. *ANRATA VACANA : Speaking untruth.*
6. *SAMBHINNA ALAPA : Separation.*
7. *VYAPADA : Quarrel.*
8. *ABHIDYA : Jealousy.*
9. *DRGVIPARYAYA : Faithlessness.*

• PERSONS TO WHOM SHOULD BE HELPED

ULMOST EXTENDS :

1. *Who have no means of livelihood.*
2. *Who are suffering from diseases.*
3. *Who are affected with grief.*

• BEHAVIOUR TOWARDS INSECTS AND ANTS

1. Should be with compassion.
2. Should be with kindness.

• THESE SHOULD BE WORSHIPPED :

1. God.
2. Cow.
3. Brahmana.
4. Elders.
5. Physician.
6. King.
7. Guest.

• BEHAVIOUR TOWARDS BEGGERS:

1. Should not be disappointed.
2. Should not be objected.

• A.) BEHAVIOUR TOWARDS FOES:

1. Helpful.
2. Even though they are not helpful.

B.) MAINTAINING CALMNESS OF MIND:

1. During wealth.
2. During calamity.

C.) One should be envious of the cause but not be jealous of the effect.

• **ONES SPEAKING :**

1. *Should be appropriate to the occasion.*
2. *Should be with words which are good.*
3. *Should be in brief.*
4. *Should not be untrue.*
5. *Should be pleasing.*

• **ONE SHOULD START CONVERSING WITH OTHERS**

FIRST AS FOLLOWS :

1. With a pleasant face.
2. Should be virtuous , kind and soft.
3. Should not be comfortable and happy alone.
4. Should neither believe every body nor suspect everyone.
5. Should not reveal that some one his foe and that he is an enemy of some one else.
6. Should not make public to insults he had and disaffection towards the master.

• CLEANING BODY:

1. One should cut nails, hairs and mustaches.
2. Keeping his feet and orifices of waste materials clean.
3. Take bath daily.
4. Put on scents and good dress which is not superfluous but is pleasant to look.

A.) One should always wear precious stones, potent hymns and herbs.

B.) One should walk holding an umbrella, putting on foot-wear and looking straight at distance of 4-arms in front.

C.) In case of urgent work at night one should go equipped with :

1. A baton.
2. Head-dress.
3. An assistant.

- HOW TO DEAL WITH OTHERS :

1. By keeping in mind nature of the person.
2. Deal with them as best pleasing to them.
3. Becoming well-versed in the art of adoring others.

- OCCUPATION SHOULD NOT BE DEVOID OF 3-THINGS:

1. Dharma.
2. Artha.
3. Kama.

- IN ALL ACTIVITIES, ONE SHOULD ADOPT THE MIDDLE MEAN.

• ONE SHOULD NOT INVADDE { OCCUPY } ON FOLLOWING THINGS :

1. *The shade of holy tree on which deities resides.*
2. *Materials of worship.*
3. *Banner and unholy things.*
4. *Heap of ash.*
5. *Sand dunes.*
6. *Boulders.*
7. *Places of bali.*

• THE THINGS WHICH SHOULD NOT BE DONE :

1. *Swimming across rivers with arms.*
2. *Walk facing towards huge fire.*
3. *Travelling in a risky boat.*
4. *Climbing a tree doubtful of strength.*
5. *Ride on a vehicle of bad condition.*

● WE SHOULD COVER MOUTH WHILE :

1. Sneezing.
2. Laughing.
3. Yawning.

● THE THINGS WHICH SHOULD BE AVOIDED :

1. Blowing nose.
2. Scratching ground without any reason.
3. Doing ugly movements of body part.
4. Sitting on ones own heels for longer time.