

ROLE OF *DINCHARYA* TO ENHANCE AND MAINTAIN BEAUTY

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ABSTRACT

Beauty is the quality which gives pleasure to the senses. The way you lived life will be reflected in your face, body and skin. Ayurveda is science of life has also emphasized its importance by saying good looks, helps in boosting the psychological state of mind and make person feel good, about one self. Beauty of person includes their complexion, skin texture, hair care, care of eyes, foot care etc. Beauty is not achieved in a single day, but it should be enhanced or maintain by following the daily regimens mentioned in our classics. In the Ayurvedic text there is importance of Dincharya that is daily regimens which is said by Acharyas for human beings to be healthy. There is Dincharya procedures for skin becoming healthy and for its good complexion and its texture. To maintain and enhance beauty many Dincharyaprocedures like Mukhaprakshalana, Dantadhavan, Anjana, Nasya, Abhyanga, Shirobhyanga, Padabhyanga, Udavartana, Snana, Anulepana etc are gives in details along with their indications, contraindications and time also when to use them. In present era these procedures are ideal as when used regularly, these are less time consuming and cost effective. Thus, these procedures can play important role in elevating the beauty as well as to prevent the skin diseases, like Udavartana helps in removing dark spot, pimple and is indicated in skin disease like Vyanga. Shirobhyanga helps in growing of deep-rooted long hair and prevent graying and falling of hair.

So, following these Dincharya procedures not only helps in enhancing or maintaining beauty but also prevention of many skin diseases and enhancing healthy life style.

Keywords – Beauty, Dincharya.

INTRODUCTION

Beauty not only gives a person an attractive personality but also builds a person's confidence. The meaning of beauty is not only to be a fair complexion, but external beauty includes healthy hairs, teeth, feet, eyes, etc, which increases the physical attractiveness of the person. In our ancient text, many such deeds have been described, which can be enhanced and maintained beauty by following them. *Dincharya* plays an important role in it.

Dincharya procedures like *Dantadhavan*, *Anjana*, *Nasya*, *Abhyanga*, *Shirobhyanga*, *Padabhyanga*, *Udavartana*, *Snana*, *Anulepana*, *Vastradharana*,

chatradharana etc can play role in showing the cosmetic effect in elevating the beauty as well as to prevent the diseases. So we can say that if we follow these procedures on daily basis as *Acharyas* has said then there will no need to any external application for beauty skin or for other cosmetic procedure because these procedures include beauty of skin, face, hair, feet, nails, teeth etc.

AIMS AND OBJECTIVES

The main aim of this paper is to show how external and internal beauty enhanced and maintained by

following *Dincharya* (daily regimen) procedures as described in our ancient text.

MATERIAL AND METHODS

This is a conceptual study, in which all the references from Brihatrayee and respective commentaries regarding 'Role of *Dincharya* to enhance and maintain beauty' will be compiled and analyzed.

Daily regimen (*Dincharya* procedures) for beauty

- 1) **Ushapaan** – *Ushapaan* means drinking of water before the sun rise. It helps in prevention of many diseases and also helps in reducing weight.
- 2) **Dantadhavana (Brushing of teeth)** – One should brush in morning and night after intake of food.

Benefits – It brings about freshness, takes away bad odor and coating on teeth. It produces alleviation of Kapha, cleanness in the mouth and desire for food.

Contraindications- In case of indigestion, vomiting, difficulty to breath, cough, fever, facial paralysis, excessive thirst, mouth ulceration, diseases of heart, eye, head and ear are contraindicated for teeth brushing.

- 3) **Jihvyanirlekhana (Tongue cleaning)** – Tongue cleaning should be done with the help of instrument which is smooth, soft, 10 *angula* in length, made of silver, gold, or iron.

Benefits- It removes bad taste, odor of mouth, cures oedema, stiffness of tongue and gives taste.

- 4) **Gandusa (Gargaling)** – Mouth is completely filled with *gandusa* dravya and kept without movement in gargaling or *gandusa*. Every day *Gandusa* is ideally done with oil or meat soup.

Benefits – Practice of *Gandusa* enhances strength of mandible, resonance of voice, nourishment of face, taste sensation and good taste. It prevents dryness of throat, cracking of lips, decay of teeth and makes the teeth strong.

- 5) **Anjana (Collyrium)** – Eye is most important among all the sense organs. So it protect it one should be apply *Anjana* every day.

Benefits – Application of *Anjana* cleans the human eyes, which makes them shine like the bright moon in the sky.

Contraindications – One should not apply *Anjana* in the condition of tiredness, crying, after intake of alcohol, anger, fever, fear.

- 6) **Nasya** – Nose is the entry way for the head and medicine used in the form of nasal instillation, cures the diseases of head through this routes only.

Nasya indicated as daily regimen is *Pratimarsh Nasya*.

Benefits – Practice of *Nasya* at proper time as said in the text prevents diseases of eyes, nose, and ears. There will be no white or grey hair, no hair fall instead they grow well. Veins, skull bones, joints, ligaments and tendons are nourished by *nasya* and become strong. Face becomes pleasant and nourished, voice become sweet, deep and loud, clearness in sense organs and strength get enhanced.

- 7) **Vyayam (Exercise)** – Exercise nourish the body, gives good complexion, proportionate body parts, take away laziness, provide lightness, purifies the body, enhance tolerance power of tiredness.

- 8) **Abhayanga (Massage)** - One should massage the body with Luke warm oil, according to season in the direction of body hair. Oil can be used according to the season, *dosa* and condition.

Benefits – Daily practice of *Abhayanga* delays ageing, cures tiredness and *Vata* disorders, improve vision, complexion, nourishment, life, sleep, good lustrous skin and strength. This should be done specially to head, ears and feet.

- 9) **Padabhayanga (Foot massage)** – *Padabhayanga* helps to remove dryness, stiffness, roughness, tiredness and numbness instantly. It also makes the skin smooth, provides strength and stability to feet, improve vision. It also prevents diseases like sciatica, cracking of foot and stiffness of ligaments.

- 10) **Shirobhayanga (Head massage)** – Daily practice of head massage prevents balding, graying, hairfall, gives strength to skull, strengthens hair roots, make the hair black and long. It also

nourishes the sense organs , softness the skin , provides luster to face.

11) **Udvardana** – Massage done after oil massage is *Udvardana*. Massage with powder of herbs without oil is *Udgharsana*. Massage with the paste of herbs without oil is *Utsadana*.

Benefits – By *Udgharsana* blood vessels get dilated and *agni* of skin (*Bhrajaka pitta*) get enhanced. *Udgharsana* cures itching, rashes, *Vata* diseases, enhance strength of thighs and provides lightness. *Utsadana* enhance complexion of ladies, gives pleasures, clearness and lightness in the body.

12) **Snana(Bath)** – Taking bath is auspicious , enhances virility , longevity , strength , compactness and *Ojas* , at the same time cures tiredness , sweat and impurities of the body.

13) **Vastradharana(Wearing cloths)** – Wearing clean cloths enhances beauty , success , longevity , pleasantness of mind , recognition in the society and destroys poverty.

14) **Padatradharana(Wearing of foot wear)** – Wearing foot wear is good for eyes , skin and destroys diseases of foot. It enhance strength, courage and virility.

15) **Chatradharana(Wearing head turban and umbrella)** – Wearing turban over the head , helps to keep the hair clean and good for hair. Umbrella protects from rain, wind, dust and intense heat of sun. It improves complexion and good for eyes and enhances *Ojas* and is auspicious.

16) **Diet** – Diet also play an important role in maintaining beauty. So one should have proper diet along with above mentioned procedures.

RESULT

Following these procedures on regular basis increases beauty.

CONCLUSION

In today's era of hurry and worry it is very difficult to maintain beauty. The problem of graying hair, wrinkle, pimple etc increases these days because of wrong lifestyle and stress. Following *Dincharya* procedure on regular basis helps to maintain equilibrium of *Dosha*, *Dhatu*

and *Mala*. Along with enhancing and maintaining beauty it also prevents many diseases. To enhance beauty now a day people spend lot of money and these cosmetic use are very costly and some time does not gives result as expected so sometime become reason for physical , mental and financial burden. If everybody follows these *Dincharya* procedures there is no need of any external application for beauty. If we follow these procedures on daily basis beauty enhance naturally.

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