



**Swarnnim Startup and Innovation University, Gandhinagar**

**Aarihant Ayurvedic Medical College**

**VALUE ADDED COURSE (2019-20)**

**Sanskrit Samhita Siddhanta Department**

**Course name – Practical Utility of Dincharya (Daily Regimen) In Today's Era**

**Organizing Department – Sanskrit Samhita Siddhanta Department.**

**Course code – S3DTE1**

**Course co-ordinators – Dr. Dilip Nalge, Mrs. Nilesa Jani**

**Duration – 30 hours**

**Date – 1<sup>st</sup> May 2020 to 20<sup>th</sup> June 2020**

### **Preamble**

In today's fast-paced world, the pursuit of health and wellness has become more crucial than ever. The ancient Ayurvedic concept of Dincharya (Daily regimen) offers a timeless framework for achieving holistic well-being. Rooted in the principles of natural rhythms and the balance of bodily doshas (Vata, Pitta, Kapha), Dincharya provides a structured approach to daily living that aligns with the body's innate biological clock.

This ancient regimen encompasses various practices, including waking up early, oral hygiene, physical exercise, meditation, proper meal timings, and adequate rest. Each activity is designed to support the body's natural detoxification processes, enhance metabolic function, and foster mental clarity. By integrating Dincharya into our daily lives, we can cultivate resilience against stress, improve digestion, boost immunity, and maintain overall health.

In this era of constant connectivity and hectic schedules, the practical utility of Dincharya lies in its simplicity and adaptability. It encourages mindfulness and intentionality in everyday actions, making it accessible to people of all ages and backgrounds. As we navigate the challenges of contemporary living, embracing the principles of Dincharya can lead to a more balanced, fulfilling, and health-conscious lifestyle.

### **Aims**

1. To explore and evaluate the practical utility of Dincharya (daily regimen) as described in Ayurveda in enhancing the overall health and well-being of individuals in the contemporary era.
2. The course aims to assess how ancient daily routines can be adapted and implemented to meet modern lifestyle needs and challenges.

### **Objectives**

1. To study the traditional principles and practices of Dincharya as outlined in classical Ayurvedic texts.
2. To identify key components of Dincharya that are relevant to maintaining physical, mental, and spiritual health.

3. To identify potential benefits and challenges of integrating Dinacharya into modern daily routines.
4. To review scientific literature and empirical studies on the health impacts of specific Dinacharya practices.
5. To formulate practical and adaptable guidelines for implementing Dinacharya in today's context.

### Content of the course

Sr. No.	Module	Duration
1.	Introduction to Ayurveda and Dinacharya	2 hour
2.	The time and importance of early wake-up.	2 hour
3.	The method of elimination of Faces and cleaning of orifices	2 hour
4.	The method and importance of Cleaning of Teeth	2 hour
5.	The method and importance of Anjana (Collyrium)	2 hours
6.	The method and importance of Navana (Nasal Drops)	2 hours
7.	The method and importance of Gandusha (Gargling)	2 hours
8.	The method and importance of Dhoomapana (Smoke Inhalation)	2 hours
9.	The method and importance of Tambula Sevana	2 hours
10.	The method and importance of Abhyanga (Oil Massage)	2hours
11.	The method and importance of Vyayama (Exercise)	2 hours
12.	The method and importance of Udwartana (Powder Massage)	2 hours
13.	The method and importance of Snana (Bath)	2 hours
14.	The method and importance of Ambara dharna, Gandha Malya Nishevana , Ratna dharana etc	2 hours
15.	Good conducts (Sadvrutta )	2hours

### Teaching aids

PPTs, Video, Demonstration, and Discussion.

### Assessment criteria

Assessment would be done based on oral examination, presentation, Assignments, and Projects. The certificate would be provided on successful completion of the course.

### Eligibility criteria

Medical Students – UG, PG students of BAMS.

