



Understanding Ayurvedic daily regimens for healthy living

Sonia

SDM Institute of Ayurveda & Hospital, India

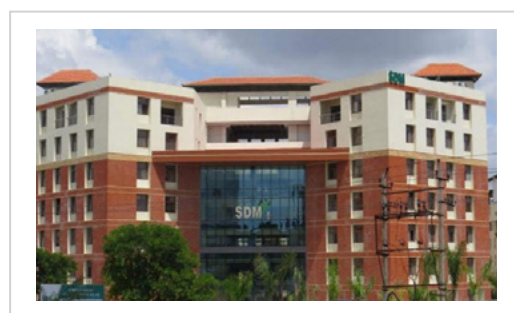
Abstract

In Ayurveda emphasis is being given to maintenance of health of a healthy person and curing the disease of an ill. Within the present era of technologies, people live their life only to earn money in pursuit of prosperity to measure responsible family life but they neglect their physical activity, dietary schedule and sleep pattern etc. which leads them to suffer from lifestyle diseases. Ayurveda being a holistic health science emphasizes the importance of healthy lifestyle for the prevention of lifestyle diseases. Among the varied aspects told in Ayurveda, Dinacharya (daily regimen) is one among the concepts which may be adopted by the individuals for maintenance of excellent health. By following daily regimen (Dinacharya) one is going to be ready to follow a healthy lifestyle thereby maintaining health. Consistent with many daily regimens means to follow certain things like awakening early within the morning, brushing teeth etc whereas in Ayurveda alongside this stuff there are different procedures like Nasya (Nasal installation), Tambula (gargling), Abhyanga (Massage), Snana (Bath), etc. Dinacharya (daily regimen) includes things which are mandatory to follow regularly so as to maintain normal equilibrium of the body components. Dinacharya is straightforward to know and implementation of it; for being healthy one should follow the daily regimen which is described in Ayurveda.

Keyword: Ayurveda, Daily regimen, Dinacharya, Health

Biography

Sonia practices at SDM Institute of Ayurveda and Hospital - Kengeri. Her following qualifications- BAMS, MD - Ayurveda Medicine. She specialises as Ayurveda. She has an overall experience of 6 years in Ayurveda.



10th International Conference on Traditional Medicine and Acupuncture
November 9-10, 2020

Citation: Sonia, Understanding Ayurvedic daily regimens for healthy living, Traditional Medicine 2020, 10th International Conference on Traditional Medicine and Acupuncture, November 9-10, 2020, 07