



ROLE OF DINACHARYA W.S.R. TO ABHYANGA AND SNANA FOR SKIN HEALTH

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ABSTRACT:

Introduction-In *Ayurveda*, the term "health" refers to equilibrium and harmony in every *Dosha*, *Agni*, *Dhatu* and *Mala*. It is not only confined to the absence of diseases, but also to maintain a person's mind, sense organs, and spirit in a perfect state of equilibrium in order to give happiness and maintain the healthy body. **Material and Methods-**The review draws from Ayurvedic classics *Charaka Samhita*, *Sushruta Samhita*, *Ashtang Samgraha*, and *Ashtang Hridaya*, with their commentaries and scholarly databases like Google Scholar, ResearchGate, and PubMed Central for comprehensive analysis. **Discussion-** *Ayurveda* provides several health restoration methods, such as *Dinacharya*, *Ritucharya*, *Achara Rasayana*, and *Sadvrata*. In *Ayurveda*, the concept of *Dinacharya* (daily routine) encompasses a number of conduct that are extremely beneficial to the skin. **Abhyanga** facilitates natural elimination of toxins from the body through the skin. Detoxification is greatly aided by the drainage system, which is stimulated by the massage. According to *Ayurvedic* principles, **Snana** is not just a means of physical cleanliness but also a vital practice for spiritual purification. *Snana* helps in maintaining skin health by keeping it clean and hydrated. **Conclusion-** *Snana* (bathing) and *Abhyanga* holds a significant place in *Ayurveda* as part of the *Dinacharya*. *Abhyanga* promotes the healing and regeneration of skin tissues.

Keywords- *Dinacharya*, *Abhyanga*, *Snana*, *Twak*, Skin

INTRODUCTION

Pratidinam Kartavaya Charya Dinacharya^[1]

A man must maintain his health if he wants to live a long and healthy life. In addition, everyone aspires to be attractive and naturally radiant, and women especially desire to have an amazing personality. In this present era of fast pacing life, man has to run faster than his capacity to cope with ups and downs of life.

The body's first presenting organ is the skin. Healthy and lustrous skin symbolizes the inner health of the individual. According to *Ayurveda*, health is not just wealth but also true beauty.

Dinacharya means daily routine" or "daily regimen." *Dinacharya* is derived from the terms *Dina* and *Charya*. *Dina* signifies day, while *Charya* signifies moving toward the cyclic pattern of time. *Dinacharya* is considered the most effective preventive measure in *Ayurveda* for a wide range of diseases. Ayurveda teaches us that regularity helps to develop balance, and knowing daily cycles is essential for improving health. It promotes metabolism, balances the body's biological rhythm, and promotes longevity, self-esteem, discipline, and happiness.

Dinacharya, plays a significant role in maintaining overall health and well-being. The disciplinary conduct of the daily routine (*Dinacharya*) helps to avoid the need for medication and keep away from diseases. Nowadays, everyone is spending a lot of money and time on cosmetics, further chemical cosmetics are very harmful not only for our skin

but also for our entire body.^[2] Shiny, healthy skin is a sign of a person's inner well-being. In a recent global survey, 94% of the 14,584 respondents surveyed wanted to improve their healthy and glowing skin.^[3] Everyone wants to have more radiant healthy, and beautiful skin in order to improve their appearance.

The goal of this study is to determine how *Dinacharya*, which is mentioned in ancient *Ayurvedic* texts, can promote healthy inner beauty. *Dinacharya* includes practices such as waking up early, *Anjana*, *Dhumapana*, *Nasya*, Oral hygiene: method of cleaning teeth, tongue, and directions for tooth brush use (*Jivha Nirlekha*, *Gandusha*,) skin care (*Abhyanga*, *Snana*, etc.) In this study, we focus on skin health maintenance using *Abhyanga* and *Snana*. Daily application of oil on the body for massage (*Abhyanga*) is recommended for promotion of skin health. It rejuvenates the body and encourages a toned physique and youthful appearance. It is beneficial for the body's sustenance and enhances the quality of sleep. Ayurveda explains cleansing the body by bathing as *Snana*. It emphasizes personal hygiene through physical cleanliness. *Snana* plays an important role in an effective skin health management that nourishes, purifies, and revitalizes the body and mind.

OBJECTIVES

To study the concept of *Dinacharya* & significance of *Abhyanga* and *Snana* in promotion of skin Health.

METHODS AND MATARIALS

The original sources like *Ayurvedic* classic texts *Charaka Samhita*, *Sushruta Samhita*, *Ashtang Samgraha*, and *Ashtang Hridaya*, with their commentaries as well as academic journals, publications, and research articles, are referred for the review. Databases like Google Scholar, Research Gate and PubMed Central are also extensively searched for review articles.

DISCUSSION

Ayurveda is the eternal science of life. *Ayurveda*, the ancient Indian system of medicine, emphasizes on maintenance of health and the prevention and cure of diseases. One of the fundamental concepts in *Ayurveda* to achieve this goal is *Dinacharya*, which refers to the daily routine or regimen. According to *Ayurvedic* texts, adhering to a well-structured daily routine is crucial for maintaining balance and promoting overall health and well-being.

Dinacharya is about living in harmony with nature. By cultivating healthy habits and routines, individuals can support their overall health and well-being on a daily basis. By incorporating *Ayurvedic* principles into your daily routine, you can promote overall health and well-being, which will reflect positively on skin health as well. The detailed description of *Abhyanga*, *Snana*, and its explanations are available in the *Brihatrayi* of *Ayurveda*.

Abhyanga-

Abhyanga therapy is an ancient practice that predates the Vedic period. Massage in a particular direction enhances blood flow, makes it easier for toxins to be removed from tissues,

reduces mental and physical exhaustion, enhances the musculoskeletal system's performance, removes stiffness and weight from the body, and makes one feel lighter. It promotes the growth of a healthy body, enhances one's physical appearance, repairs bodily tissues, and lowers body weight and fat.

Abhyanga, an essential practice in *Ayurveda*, is categorized under *Bahirparimarjana Chikitsa* (external therapies). A man becomes healthy if he does *Abhyanga* on a daily basis.^[4]

The oils used are often medicated and warm to enhance their therapeutic benefits.

The practice is traditionally performed before bathing to allow the oil to penetrate deeply into the skin and tissues.

Nirukti-

Abhyanga- Abhi + Anja Ghny Pratyaya

Abhyanga is a combination of the words *Abhi* and *Anja*, which means *Abhyanjana*.

Abhi: toward, into, upon, etc.

Anja: to smear or anoint. Rubbing with an unctuous material and covering the body with oil.

Abhyanga is a massage of the entire body, including the head, with oil.

Importance of Abhyanga-

Acharya Charaka Abhyanga says that just as an axis (of a cart), a pitcher, and dry skin all become strong and resistant to the application of oil, so too does the human body become strong and smooth-skinned through oil massage; it is also resistant to Vata disorders and resilient to fatigue and effort.^[5]

Vayu dominates within the tactile sensory organ and this sensory organ is lodged within the skin. Massage soothes our integumentary system, muscular system, circulatory system, digestive system, excretory system, nervous system and endocrine system.^[6] So, it help in maintaining the overall health of the body by maintaining the health of these systems. Therefore, practice should be done regularly. The body of someone who regularly receives oil massage therapy is less likely to sustain injuries from exhausting tasks or accidents; their physique is lovely, strong, smooth, and flabby. The aging process is slowed down by routinely using the oil massage.

^[7] A good massage helps prevent aging, treat Vata issues and fatigue, enhance complexion, nutrition, vitality, and sleep.

Direction ^[8]-

Abhyanga should be done in the direction of the hair (*Anulomana Gati*) for proper absorption of medicaments like *Taila*, *Ghrita*, medicated powder, etc. At the joint, it should be done in a circular motion.

Site-

According to *Acharya Vagbhatta Abhyanga* (oil massage) should be done on regular basis, or at least on the head, ears, and feet, to maintain good health. The importance of massaging the most important parts, such the head (*Shira*), ears (*Sravana*), and feet (*Paada*), is explained. ^[9]

Padaabyanga ^[10] –

Applying massage oil to the feet instantly cures roughness, immobility, dryness, weariness, and numbness. It also improves foot strength,

stability, and tenderness. *Padaabhyanga*, the foot massage, indeed provides a range of benefits, including clearing the eyes and relieving vitiation (imbalance) of *Dosha*, particularly *Vata*.

Applying an oil massage to the feet can prevent sciatica, foot cracking, restriction of arteries, and foot ligaments.

Shiroabyanga ^[11]-

Regular application of *Tila* oil to head prevents balding, graying, hair fall, strengthens the hair root, and makes the hair long and black. He has especially strong forehead and head muscles. His hair become dark and lengthy, firmly entrenched in his sense.

A head massage cures head ailments, renders softness, length, laxity, gloss, and blackness, to the hair soothes the head, makes the face charming, saturates the sensory organs, and replenishes the empty space in the head.

Oily massage softens the body, checks *Kapha* and *Vata*, promotes health of *Dhatu* and provides cleanliness, complexion and strength.

Selection of Sneha-

The selection of *Sneha* for *Abhyanga* should be based on *Prakriti*, *Satmya*, *Ritu*, *Desha*, *Dosha* and *Roga*. ^[12]

When the organ functions properly, the skin on his face becomes brighter. Sound sleep and happiness can be achieved by applying *tila* oil to the head.

Tila taila, ^[13] (sesame oil) is widely used in *Ayurveda*, especially for *Abhyanga*. due to its many advantages. It is an essential component

of Ayurvedic self-care routines. Its role in nourishing and moisturizing the skin, calming the nervous system, and improving overall physical health ensures holistic well-being.

Table No. 1 Rasa Panchaka of Tila

Sr. No.		Guna	Virya	Rasa	Prabhava
1.	Tila	Guru, Snidgha Sookshma	Ushna	Tikta,	Deepan

In addition to helping the skin and having antioxidant qualities, it provides strength, nutrition, and digestive power. This oil is highly recommended to be applied in condition of *Vata Vyadhi*. Additionally, it softens the skin, nourishes the sensory organs, dilates blood vessels, and improves the color of the skin, improves the strength of the thighs, treats *Vata* illnesses, and gives lightness.

Procedure –

Abhyanga is the process of applying oil on the body and softly rubbing it. The oil, which is often medicinal and heated, is rubbed into the entire body before to bath. It can be used to preserve health and as a treatment for certain diseases. It may be incorporated into a regimen that is suitable for practically everyone.

Time and Duration-

The process of oil moving through the tissues is described in terms of *Matrakala*, a traditional time unit in Ayurveda, where 1 *Matrakala* is approximately 48 seconds (though interpretations can vary). Specific time periods are mentioned for nourishment of *Twak* and other specific *Dhatu*.

It provides nourishment to *Twak* after contact period of 400 *Matrakala* and thereafter it provides nourishment to next *Dhatu* with additional contact period of 100 *Matrakala* and lastly nourished *Majja Dhatu* after contact period of 900 *Matrakala*.^[14]

Table No. 2 Oil Moving through the skin tissue

Dhatu	Kala		
	Matra	Time (in Second)	Time (in Minute)
Roma	300	95	1.5
Twak	400	127	2.11
Rakta	500	159	2.65
Mamsa	600	190	3.16
Meda	700	220	3.66
Asthi	800	254	4.23
Majja	900	285	4.73

Samvahana^[15]

A gentle massage removes *Kapha*, boosts circulation, improves virility, promotes sleep, and strengthens connection.

Indication –

Daily massage stashes the old age-related changes, pacify exertion and *Vata Dosha*, beneficial for eye health, provides nourishment to the body, helps in long life, good sleep and healthy skin [16]. Massage softens the body, pacifies *Kapha Vata Dosha*, provides cleanliness, complexion and strength also.^[17]

Contraindication-

Abhyanga should not be performed in conditions like *Taruna Jwara*, *Ajeerna*, *Santarpanotta Vikara*, or immediately after *Shodhana*.^[18]

Abhyanga Vis-a-vis Massage-

In the modern era, *Abhyanga* is correlated with massage, but it's a broad term. Massage is particularly based on techniques of systemic rubbing, while *abhyanga* is a massage with oil or an unctuous substance. *Abhyanga* provides a passive form of exercise even for those who cannot perform active physical exercise.

Abhyanga helps to moisturize and nourish the skin deeply. The rhythmic massage strokes of *Abhyanga* stimulate blood circulation to the skin, promote oxygenation and nutrient delivery to skin cells. Enhanced circulation also supports detoxification, by removing toxins and impurities from the skin, which can contribute to a clearer complexion. *Abhyanga* facilitates lymphatic drainage, which helps in removal of waste products and toxins from the body. By stimulating lymphatic circulation, *Abhyanga* supports the body's natural detoxification processes, leading to clearer, healthier skin. The *taila* used in *Abhyanga* strengthens, nourishes, and raises *Agni* in the tissues. The skin is an enormous sensory organ, according to modern physiology. The body receives information from its millions of nerve endings about changes in the surrounding environment. The limbic system, which secretes hormones that are physiologically similar to happiness and health, mediates this pleasure from touch. Massage or touching, from the perspective of modern physiology, has been found to increase secretion of growth hormone.

Snana ^[19]–

Nirukti- Snana Shauche

Types-

Aaplava, Aplava, Snana

Bathing eliminates toxins, sweating, and fatigue while also stimulates libido and restores strength. It results in increased physical strength and is the best tool for improving *Ojas*.

Bath removes sleep, burning and fatigue; eliminates sweat, itching and thirst; is pleasing, excellent cleanser, arouses all sensory and other organs; pacifies drowsiness and inertia, provides contentment, promotes sexual potency, pacifies blood and stimulates digestive power.

Direction ^[20]–

Bathing head with hot water is always unwholesome to eyes; on the contrary, bathing head with cold water is wholesome to eyes; but, as a part of therapy, hot head-bath is permissible, as desired, in aggravation of *Kapha* and *Vata* after considering the strength or otherwise of the disease.

The temperature of the bathwater must be appropriate for the climatic conditions of the distinct seasons. In general, a hot water bath is indicated to increase lower-body strength. Cold water is appropriate for head baths. Extremely cold bathing water throughout the winter might aggravate *Vata* and *Kapha*. Similarly, using excessively hot water throughout the summer aggravates *Pitta* and *Rakta*.

Time

Acharya have mentioned that one should take a bath early in the morning [21]. Among

Dinacharya, according to the *Ayurvedic Samhita*, the *Snana* should be done after exercise. After finishing the exercise, one should massage the body with medicated oil and then one should take a bath to reliving tiredness. ^[22]

Indication-

Each person should take a bath for *Sharir* and *Mana Shuddhi*. Hot water should not be used for the head, but it is used down the clavicle level.

Contraindication-

Fever, facial palsy, diseases of eyes, mouth & ears, diarrhea, flatulence, rhinitis, indigestion, who have just taken food.

Enhanced circulation contributes to a healthy, glowing complexion and supports the skin's natural healing processes. By eliminating bacteria, sweat, dirt, and other impurities from the environment that might build up on the skin's surface over the day, bathing helps in cleansing the skin. By keeping pores clear, this washing process eliminates the chances of developing acne, blackheads, and other skin problems.

CONCLUSION

By following *Dinacharya*, one can align with the natural rhythms and cycles of the body and environment, leading to enhanced physical health, mental clarity, and emotional stability.

Dinacharya, as defined in Ayurveda, promotes skin health. This evidence-based approach promotes physical, mental, social, and spiritual well-being. This contributes to a more positive and healthy future for individuals. The scientific element of *Dinacharya* is crucial

for an extensive understanding of global realities. Abhyanga, or oil massage, plays a critical role in promoting "*Dhatu Pushti*," which refers to the nourishment and strengthening of all Dhatu. The nourishment of Dhatu leads to the nourishment of all *Updhatu*. *Twak* (skin) is an *updhatu*, so nourishment of the skin is possible due to *Abhyanga*. *Upadhatu* serves a specific function and is nourished by *Dhatu*.

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