

Panchakarma-Based Dincharya: A Holistic Framework for Preventive Healthcare in the Modern Era

**Prof. (Dr.) Gunjan Garg¹, Prof. (Dr.) Gopesh Mangal²,
Dr. Abhishek Ranjan Jha³**

¹Professor & Head, Dept. of Swasthavritta MJF College of Ayurveda Jaipur

²Dean PG, Professor & Head, Dept. of Panchakarma, National Institute of Ayurveda (DU), Jaipur

³PG scholar, Dept. of Panchakarma, National Institute of Ayurveda (DU), Jaipur

Corresponding Author: Dr. Abhishek Ranjan Jha

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ABSTRACT

Background: Ayurveda emphasizes preventive healthcare through lifestyle regulation and maintenance of physiological balance. One of the core principles of *Swasthavritta* is *Dincharya* (daily regimen), which prescribes systematic daily practices to maintain equilibrium of *Dosha*, *Dhatu*, *Mala*, and *Agni*. In modern society, rapid urbanization, sedentary lifestyle, unhealthy dietary habits, and psychological stress have contributed to a growing burden of non-communicable and autoimmune diseases. Integrating *Panchkarma* based preventive Ayurvedic practices into daily life may offer an effective approach to counter these conditions.

Objective: This review aims to explore the role of *Panchakarma* procedures incorporated within *Dincharya* in maintaining health, promoting physiological balance, and preventing lifestyle-related and autoimmune disorders.

Materials and Methods: A systematic literature review was conducted using classical Ayurvedic texts such as *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya*, and *Ashtanga Sangraha*, along with contemporary research articles retrieved from databases including Google

Scholar. Relevant information regarding *Panchakarma* practices included in *Dincharya* and their preventive health benefits was compiled and analyzed.

Results: Several *Panchakarma*-related procedures form an integral part of *Dincharya*, including *Abhyanga*, *Shiro Abhyanga*, *Pada Abhyanga*, *Nasya*, *Gandusha*, *Kavala*, *Dhumapana*, *Udvardana*, *Udgharshana*, *Utsadana*, *Anulepana*, and *Samvahana*. These practices help maintain *Dosha* balance, improve circulation, stimulate metabolic activity, eliminate toxins (*Ama*), enhance immunity, and promote mental relaxation. Regular practice of these therapies contributes to prevention of lifestyle disorders such as obesity, diabetes, hypertension, and stress-related conditions.

Conclusion: *Panchakarma* procedures incorporated within *Dincharya* represent an effective preventive healthcare strategy that promotes holistic well-being. Adoption of these daily Ayurvedic practices may help mitigate the rising prevalence of lifestyle and autoimmune diseases and support integrative approaches in modern preventive medicine.

Keywords: *Panchakarma*, *Dincharya*, Lifestyle disorders, *Swasthavritta*, *Ayurveda*

INTRODUCTION

Ayurveda, the traditional system of medicine originating in India, emphasizes the maintenance of health and prevention of disease through appropriate lifestyle, diet, and behavioural practices. The fundamental objective of *Ayurveda* is described as “*Swasthasya Swasthya Rakshanam Aturasya Vikara Prashamanam*”, meaning preservation of health in healthy individuals and alleviation of disease in the diseased.ⁱ In this context, Ayurveda places significant emphasis on *Swasthavritta*, which refers to a healthy lifestyle regimen aimed at preserving physiological balance and preventing disease.

One of the most important components of *Swasthavritta* is *Dincharya* (daily regimen). The term *Dincharya* is derived from the Sanskrit words *Dina* (day) and *Charya* (conduct or routine), which collectively refer to the daily lifestyle practices recommended for maintaining optimal health and longevity. Classical Ayurvedic texts such as *Charaka Samhita*, *Sushruta Samhita*, and *Ashtanga Hridaya* describe *Dincharya* as a structured sequence of daily activities beginning from awakening in *Brahma Muhurta* to sleeping at night. These practices aim to maintain equilibrium of *Dosha* (*Vata*, *Pitta*, *Kapha*), *Dhatu* (body tissues), *Mala* (waste products), and *Agni* (digestive and metabolic processes), which collectively define the healthy state of an individual.^{ii iii}

In recent decades, the world has witnessed a dramatic rise in non-communicable diseases (NCDs) and autoimmune disorders, largely attributed to changes in lifestyle patterns. According to the World Health Organization (WHO), non-communicable diseases account for approximately 74% of global deaths, with cardiovascular diseases, diabetes, chronic respiratory diseases, and cancers being the leading contributors.^{iv} In India, the burden of NCDs has increased significantly, accounting for nearly 63% of total mortality, primarily due to rapid urbanization, sedentary behaviour,

unhealthy dietary habits, and psychological stress.^v

In addition to lifestyle disorders, there has also been a notable rise in autoimmune diseases, which occur when the immune system mistakenly attacks the body's own tissues. Autoimmune conditions such as rheumatoid arthritis, SLE, psoriasis, inflammatory bowel disease, and autoimmune thyroid disorders are becoming increasingly prevalent worldwide. Epidemiological studies estimate that autoimmune diseases affect approximately 5–8% of the global population, and their prevalence continues to rise, particularly in populations exposed to modern lifestyle and environmental stressors.^{vi}

Several factors associated with Westernized lifestyle patterns contribute to the development of these disorders. These include consumption of highly processed foods, excessive intake of refined sugars and fats, reduced physical activity, irregular sleep patterns, chronic psychological stress, environmental pollution, and disruption of circadian rhythms. Such lifestyle factors lead to metabolic disturbances, systemic inflammation, and impaired immune regulation, which ultimately increase the risk of chronic and autoimmune diseases.

From an Ayurvedic perspective, these disorders arise primarily due to *Dosha* imbalance, *Agni* dysfunction (*Mandagni*), *Ama* formation, and impaired *Ojas* (vital immunity). Improper diet and lifestyle habits cause disturbance in digestive and metabolic processes, resulting in the formation of *Ama*, a toxic metabolic byproduct that accumulates within the body. *Ama* obstructs the body's channels (*Srotas*), disrupts physiological functions, and acts as a major pathogenic factor in the development of chronic inflammatory and autoimmune diseases.^{vii}

In this context, the principles of *Dincharya* become highly relevant in modern preventive healthcare. Regular adherence to daily regimen helps regulate circadian rhythms, maintain digestive fire (*Agni*), eliminate metabolic waste, and strengthen

immune function. Importantly, many procedures described under Panchakarma therapy are recommended within *Dincharya* as daily health-promoting practices.

Panchakarma is a specialized therapeutic modality in Ayurveda that aims to eliminate accumulated Doshas from the body and restore physiological balance. The five principal Panchakarma procedures include *Vamana* (therapeutic emesis), *Virechana* (therapeutic purgation), *Basti* (medicated enema), *Nasya* (nasal therapy), and *Raktamokshana* (bloodletting).^{viii} These procedures are generally performed therapeutically under medical supervision; however, several allied Panchakarma practices are recommended for routine use as part of *Dincharya*.

These include *Abhyanga* (oil massage), *Nasya*, *Gandusha*, *Dhumapana*, *Udvardana*, and *Karna Purana* etc. which function as preventive therapies that support physiological balance and promote health. For example, *Abhyanga* improves circulation, nourishes tissues, and pacifies *Vata Dosha*; *Nasya* enhances neurological and respiratory functions; *Gandusha* and *Kavala* maintain oral hygiene and digestive efficiency; and *Udvardana* helps reduce *Kapha* and *Meda* (body fat), thereby preventing metabolic disorders.

In the modern era characterized by chronic stress, sedentary lifestyle, environmental toxins, and dietary irregularities, the integration of *Panchakarma* procedures within *Dincharya* provides a practical and holistic approach for maintaining health. These procedures promote detoxification, regulate metabolism, enhance immunity, and help restore physiological homeostasis. Furthermore, by preventing the accumulation of *Ama* and maintaining *Dosha* equilibrium, *Panchakarma* practices may play an important role in preventing lifestyle disorders and autoimmune conditions that are increasingly prevalent in Western-influenced societies. Therefore, understanding the role of *Panchakarma* procedures in *Dincharya* is essential for exploring their potential contribution to

preventive healthcare and integrative medicine in the contemporary world.

MATERIALS & METHODS

This review article is based on a systematic literature review of classical Ayurvedic texts and contemporary research articles related to *Dincharya* and *Panchakarma*.

Sources of Data

Data for this review were collected from the following sources:

1. Classical Ayurvedic Literature

Relevant references were collected from classical texts including:

- *Charaka Samhita*
- *Sushruta Samhita*
- *Ashtanga Hridaya*
- *Ashtanga Sangraha*

These texts provide detailed descriptions of *Dincharya* and *Panchakarma* procedures and their therapeutic significance.

2. Contemporary Research Articles

Published research articles, review papers, and clinical studies related to *Dincharya* and *Panchakarma* were reviewed from databases such as:

- Google Scholar
- Ayurvedic research journals

3. Secondary Literature

Additional information was obtained from modern textbooks of Ayurveda and research publications discussing preventive healthcare and lifestyle disorders.

METHODOLOGY

The collected literature was analyzed to identify:

- Panchakarma procedures included in *Dincharya*
- Their physiological and therapeutic benefits
- Their role in disease prevention and health promotion

Relevant data were compiled, critically analyzed, and interpreted to present a comprehensive understanding of *Panchakarma* in *Dincharya*

OBSERVATION & RESULT

Mechanisms of Panchakarma in

Dincharya

Dincharya represents the preventive healthcare aspect of Ayurveda. The daily practices described in classical texts are designed to maintain physiological equilibrium and promote longevity.

Role in *Dosha* Balance

Different *Panchakarma* procedures target specific *Doshas*:

- *Abhyanga* pacifies *Vata Dosha*^{ix}
- *Udvartana* reduces *Kapha* and *Meda*^x
- *Nasya* balances *Kapha* and *Vata* in the head region
- *Dhumapana* clears *Kapha* from respiratory passages

Regular practice of these therapies prevents *Dosha* imbalance and disease development.

Role in Detoxification

Modern lifestyle leads to accumulation of toxins due to poor diet, stress, and environmental factors. *Panchakarma* procedures help remove these toxins and restore metabolic balance.

Role in Lifestyle Disorder Prevention

Lifestyle disorders are often associated with metabolic disturbances and sedentary habits. *Panchakarma* procedures in *Dincharya* help:

- Improve metabolism
- Enhance circulation
- Reduce obesity
- Lower stress levels
- Strengthen immunity

Thus, they contribute significantly to prevention of lifestyle disorders such as diabetes, hypertension, and cardiovascular diseases.

Psychological Benefits

Many *Panchakarma* procedures have calming effects on the nervous system. *Abhyanga*, *Nasya* and *Shiro Abhyanga* help reduce stress and anxiety by promoting relaxation and improving sleep quality.

Modern Relevance

The principles of *Dincharya* are highly relevant in modern preventive healthcare. Adopting Ayurvedic daily practices can complement modern medicine and help manage lifestyle disorders effectively.

Table 1: Panchakarma Procedures in Dincharya and Their Benefits

S. No	Panchakarma Procedure	Description	Dosha Effect	Health Benefits
1	<i>Gandusha</i>	Holding medicated oil or decoction in the mouth	<i>Kapha-Pitta</i> balancing	<ul style="list-style-type: none"> ➤ <i>Danta-Dardhya-Karam</i>-Strengthens teeth and gums, ➤ <i>Ruchyam</i> improves taste perception, ➤ Prevents dryness of mouth, improves voice quality
2	<i>Kavala</i> ^{xi}	Gargling with medicated liquids or herbal pastes	<i>Kapha-Pitta</i> balancing	<ul style="list-style-type: none"> ➤ Prevents oral diseases, ➤ Improves oral hygiene ➤ <i>Vaktralaghvum</i>- feeling of lightness, freshness, and comfort in the mouth.
3	<i>Nasya (Pratimarsha Nasya)</i> ^{xii}	Administration of medicated oil through nostrils	<i>Kapha-Vata</i> pacifying	<ul style="list-style-type: none"> ➤ Alleviates diseases occurring above the clavicle (<i>Urdhva Jatru</i>) such as head and ENT disorders ➤ <i>Indriyanam Cha Vaimalyam</i>-Improves sensory perception, ➤ <i>Asyam Sugandhi</i>- Produces pleasant fragrance in the mouth ➤ Strengthens the jaw, teeth, head, neck, shoulders, chest, and arms ➤ Helps prevent wrinkles (<i>Vali</i>), premature greying of hair (<i>Palita</i>), baldness (<i>Khalitya</i>), and facial blemishes (<i>Vyanga</i>) ➤ Prevents sinusitis, strengthens hair

				roots, improves neurological functions
4	Dhumapana ^{xiii}	Inhalation of medicated smoke from herbal drugs	<i>Kapha</i> reducing	➤ Clears respiratory passages, relieves cough, rhinitis, throat disorders
5	Sarvanga Abhyanga ^{xii}	Oil massage over the entire body	<i>Vata</i> pacifying	➤ Improves circulation, delays aging, ➤ <i>Mruja-Varna-Bala-Prada</i> -enhances skin health, ➤ <i>Dhaatunam Pushtijanan</i> - strengthens muscles and joints
6	Shiro Abhyanga ^{xiv}	Oil massage over scalp and head	<i>Vata-Kapha</i> balancing	➤ <i>Kesanam Mardavam Dairghyam Bahutvam Snigdha-Krsnatam</i> - Prevents hair fall, improves sleep quality, Makes hair soft, long, thick, and lustrous black. ➤ <i>Santarpanam Cendriyanam</i> - nourishes sense organs ➤ <i>Sirasah Pratipuranam</i> - Promotes overall well-being of the head and nervous system
7	Pada Abhyanga ^{xv}	Oil massage of the feet	<i>Vata</i> pacifying	➤ Nidrakar- Promotes sound sleep ➤ <i>Deha-Sukha</i> - Provides comfort and relaxation to the body ➤ <i>Caksusyah</i> - Improves vision ➤ <i>Pada-Tvak-Mrdu-Kari</i> - Softens the skin of the feet ➤ <i>Srama-Supti-Nut</i> - Relieves fatigue and exhaustion
8	Karna Purana	Instillation of medicated oil into ears	<i>Vata</i> pacifying	➤ <i>Hanu-Manyas-Shira-Karna Shulagna</i> -Prevents ear disorders, improves hearing, reduces stiffness in neck and jaw
9	Udvardana ^{xvi}	Powder massage using herbal powders	<i>Vaat-Kapha-Meda</i> reducing	➤ <i>Kapha-Medo-Vilapanam</i> - Reduces <i>Kapha</i> and liquefies excess body fat (<i>Meda</i>) ➤ <i>Sthirikaranam Anganam</i> - Provides firmness and stability to body parts ➤ <i>Tvak-Prasadakaram Param</i> -Improves the clarity, texture, and complexion of the skin
10	Udgharshana ^{xvii}	Dry powder massage without oil	<i>Kapha</i> reducing	➤ <i>Kandu-Kotha-Anilapaham</i> - alleviates itching, skin eruptions (urticaria), and disorders caused by <i>Vata</i> ➤ <i>Siramukha-Viviktatvam Srotas</i> (microchannels) become clear and unobstructed ➤ <i>Tvak-Sthasyagneśca Tejanam</i> - The skin metabolism (<i>Tvak-stha Agni</i>) is stimulated. Circulation improves through better functioning of vascular channels
11	Utsadana ^{xviii}	Massage with herbal paste	<i>Kapha</i> balancing	➤ Improves skin tone and texture
12	Anulepan ^{xix}	External application of medicinal pastes, powders, oils, or herbal formulations over the body or a specific body part.	Based on used drugs	➤ <i>Varna Prasadana</i> -Improves skin complexion ➤ <i>Sweda-Daurgandhya-Hara</i> – removes foul smell of sweat ➤ <i>Ojo-Bala Vardhanam</i> – enhances <i>Ojas</i> and body strength. ➤ <i>Sramaghna</i> -relieves fatigue or

				exhaustion
13	Samhavana ^{xx}	Gentle therapeutic massage performed with soft pressure and rhythmic strokes over the body using hands.	<i>Kapha-Vaat Shamak</i>	<ul style="list-style-type: none"> ➤ <i>Priti-Nidrakaram</i>- Produces pleasure and relaxation, Induces good sleep ➤ <i>Vrusyam</i>- Acts as an aphrodisiac ➤ <i>Sramaghna</i>- Reduces fatigue and exhaustion.
14	Seka ^{xx}	Medicated liquids are continuously poured over a specific body part or the whole body in a steady stream for a prescribed duration.	<i>Vaat pacifying</i>	<ul style="list-style-type: none"> ➤ <i>Sramaghna</i>- Relieves fatigue ➤ <i>Bhagna-Sandhi-Prasadhakah</i>- Helps in proper alignment and healing of joints

DISCUSSION

The integration of Panchakarma procedures within *Dincharya* represents an effective preventive healthcare strategy that addresses the root causes of disease development. By regulating daily activities according to natural biological rhythms, *Dincharya* supports optimal metabolic functioning and prevents the accumulation of pathogenic factors.

In the modern context, where chronic stress, environmental toxins, and unhealthy lifestyle habits are prevalent, the adoption of *Dincharya* practices may significantly reduce the risk of lifestyle disorders and autoimmune diseases. Regular practice of

Panchakarma-related daily therapies promotes detoxification, improves immune regulation, and enhances overall physiological resilience. Furthermore, the emphasis on preventive healthcare aligns with the global shift toward integrative and holistic medicine, where traditional health systems such as Ayurveda are increasingly recognized for their potential contributions to modern healthcare.

Therefore, the incorporation of Panchakarma procedures into daily routine not only preserves health but also provides a sustainable and cost-effective strategy for preventing chronic and autoimmune diseases in contemporary society.

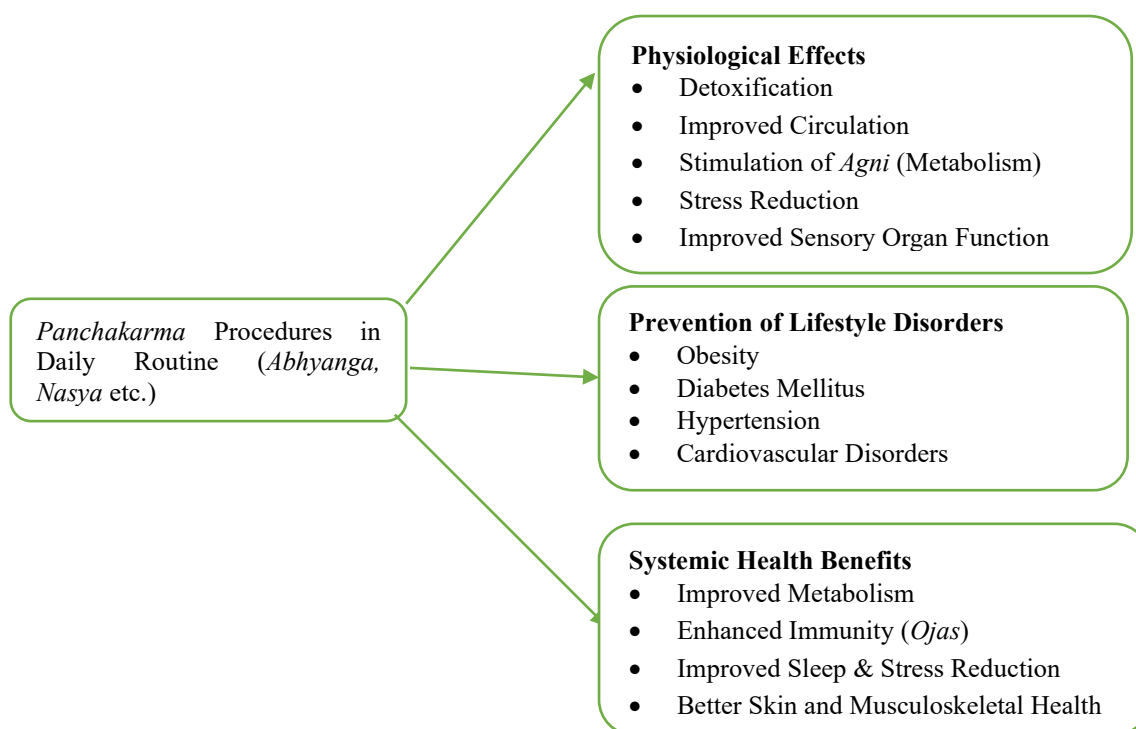


Figure 1: Diagrammatical presentation of effect of *Panchkarma* based *Dincharya*

CONCLUSION

Practices such as *Abhyanga*, *Nasya*, *Gandusha*, *Dhumapana*, and *Udvardana* help maintain *Dosha* equilibrium, enhance metabolism, strengthen sensory organs, and prevent disease development. In the modern era characterized by increasing lifestyle disorders, integrating Panchakarma procedures into daily routine offers a holistic and effective approach to preventive healthcare.

Therefore, promoting awareness and practice of *Panchakarma* in *Dincharya* can significantly contribute to improving quality of life and achieving long-term health.

Despite the growing global interest in Ayurveda and integrative medicine, the preventive potential of Panchakarma procedures incorporated within *Dincharya* remains underexplored in modern scientific research. Most available studies focus on the therapeutic effects of Panchakarma in clinical settings, while limited attention has been given to its role as a daily preventive health practice. Well-designed clinical trials and longitudinal cohort studies are required to investigate how these practices influence metabolic parameters, inflammatory markers, immune regulation, and stress responses. There is also a need to develop standardized protocols for preventive Panchakarma practices that can be safely adopted by the general population. Incorporating these practices into community health programs may help reduce the burden of lifestyle-related and autoimmune diseases.

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