

Prakriti-Specific Dinacharya: A Conceptual Study on the Importance of Constitutional Type in Daily Routine

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Abstract: In Ayurveda, Prakruti refers to an individual's unique constitutional type, determined by the balance of the three Doshas—Vata, Pitta, and Kapha—at the time of conception. This inherent constitution influences a person's physical, mental, and emotional characteristics and plays a crucial role in determining their health and susceptibility to disease. Dinacharya, the Ayurvedic practice of a daily routine, is designed to harmonize the body's natural rhythms and promote overall well-being. However, a universal approach to Dinacharya may not be effective for everyone, as it is essential to tailor daily practices to one's specific Prakruti to maintain balance and health. This conceptual study explores the relationship between Prakruti and Dinacharya, emphasizing the importance of customizing daily routines based on an individual's constitutional type. By examining the characteristics of Vata, Pitta, and Kapha types, the study highlights how a Prakruti-specific Dinacharya can optimize health, prevent disease, and support mental and emotional well-being. It underscores that a routine aligned with one's natural constitution promotes greater vitality, mental clarity, and physical balance. The article aims to provide a deeper understanding of how personalized daily routines, rooted in Ayurvedic principles, can lead to long-term health benefits and overall life satisfaction.

Keywords: Prakruti, Dinacharya, Ayurveda, Constitutional Type, Doshas, Personalized Health, Daily Routine.

INTRODUCTION

In Ayurveda, the ancient system of natural medicine that has been practiced for thousands of years, Prakruti (constitution) and Dinacharya (daily routine) are two fundamental concepts that guide the maintenance of health and wellness. The unique combination of the three Doshas—Vata, Pitta, and Kapha—forms an individual's Prakruti, which refers to their inherent constitution and predispositions. This constitutional type influences not only an

individual's physical traits but also their emotional tendencies, mental characteristics, and overall susceptibility to health imbalances. Ayurveda emphasizes the importance of understanding one's Prakruti as a key to crafting personalized health strategies, especially in relation to Dinacharya, or the practice of a daily routine.

Dinacharya in Ayurveda refers to a set of daily practices that harmonize the body and mind with the natural rhythms of life, the environment, and the changing seasons. The aim is to foster balance, longevity, and vitality by aligning one's actions with their internal biological clock and the cycles of nature. However, the one-size-fits-all approach to Dinacharya, which works for some but not all, is not consistent with Ayurvedic principles. Ayurveda recognizes that each individual's Prakruti is unique, and therefore, their daily routine should be tailored to suit their constitutional needs for optimal health.

The importance of a Prakruti-specific Dinacharya lies in the fact that different constitutional types have varying needs, tendencies, and vulnerabilities. For example, a person with a Vata-dominant constitution, who is naturally energetic, creative, and quick-moving, may require grounding and stabilizing routines to counterbalance their tendency toward dryness, irregularity, and anxiety. On the other hand, a Pitta-dominant individual, known for their intensity, drive, and sharp intellect, may need cooling and calming practices to soothe their fiery nature, prevent burnout, and reduce stress. Similarly, a Kapha-dominant person, who tends to be calm, stable, and strong but may also struggle with lethargy and weight gain, would benefit from invigorating, stimulating routines to enhance their energy and motivation.

Thus, Ayurveda emphasizes the customization of Dinacharya to match one's Prakruti, ensuring that daily habits support the inherent qualities of the

individual. A personalized routine not only helps maintain balance and harmony but also serves as a preventive measure against the development of disease and imbalances. The science of Prakruti-specific Dinacharya is central to achieving a state of holistic well-being that nurtures the body, mind, and spirit.

This article delves into the conceptual relationship between Prakruti and Dinacharya, focusing on the importance of tailoring daily routines to an individual's constitutional type. By exploring how different dosha types—Vata, Pitta, and Kapha—experience and respond to daily habits, the study highlights the practical application of Ayurvedic principles for better health outcomes. Ultimately, it aims to underscore the role of personalized self-care routines in fostering a deeper connection to one's natural constitution and promoting a balanced, healthy life.

Prakruti

“Prakruti: Sharirsvarupam” |

The "physical body" and the "mental body" make up this constitution. Prakruti refers to a person's "nature" or "natural constitution." Pra and kriti both refer to the "beginning" or "source of origin." Placed together Prakruti is Hindi for "natural form." The word "Prakruti" comes from "Prakarotiiti." Prakruti denotes the prevalence of a certain Dosha in a human being and is defined as the development of unique characteristics brought on by the predominance of the Doshas (Vata, Pitta, and Kapha, the functional components of the body). The composition of a body is also somewhat influenced by other elements. The idea behind Prakruti the definitions of "Prakruti" include "Swabhav," [1, 2,3]

Prakruti and way of life are both basically natural occurrences. The Vata-Pitta, Kapha, and Manasika Doshas (functional psychological variables) directly regulate all physiological processes; as a result, the predominating Dosha is a special kind of Prakruti. The observance of personal, moral, and seasonal behavior, as well as the maintenance of a manner of life that is in opposition to the Prakruti of an individual, are the two guiding principles for sustaining a suitable state of health for the body and lifestyle. Healthy tissues and Dosha equilibrium are the results of following Prakruti-based dietary and lifestyle guidelines. [1, 4]

The idea behind Prakruti The Brihtrayi Charak, Sushruta and Vagbhatt explained Prakruti in

detail, and Bhela and Shrangdhara also explained Prakruti in detail. [2, 5-9]

Emergence of Prakruti: - According to Acharya Sushruta Shukra and Shonit Sanyoga, for the formation of the foetus during this process, whichever Dosha is predominant, it will decide the Prakruti of Purush. Further, Acharya said that according to the predominance of three Dosha Prakruti, seven are of type, with Dosha being predominant in their combination [2, 10]

It is subsequently mirrored in a person as a set of traits influencing their behavior. Environmental elements such as climate, season, time factor, age, race, and familial heredity all affect the (Prakruti) constitution.

Factors affecting Prakruti

A number of elements either directly or indirectly contributes to the production of Prakruti are Garbhakalaj Bhava (Pre-natal), Jatiprasaktadi Bhava (Post-natal). In Garbhakalaj Bhava (Pre-natal) Shukra Shonita Prakruti (Characters of Spermovum), Kala-Garbhashaya Prakruti (Time of intercourse, fertilization and Age /condition of uterus), Matura Aharavihara Prakruti (Diet and behavior of mother), Mahabhuta vikara Prakruti (Influence of Akasha, Vayu, Teja, Jala & Prithvi) these are the factors affecting the Prakruti in pre-natal period. In Jatiprasaktadi Bhava Jatiprasakta Bhava (Caste/Racial Peculiarities), Kulprasakta Bhava (Familial preposition), Desha Anupatini Prakruti (Demographic effect), Kala Anupatini Prakruti (Seasonal effect), Vayo'anupatini Prakruti (Age effect), Pratyatmaniyata Prakruti (Self/Idiosyncrasy) these are the factors affecting the in post-natal period. [2,10,11]

Prakruti's classification

Prakruti is classified into Doshaj, Manas, Jatyadi, and Panchbhoutika.

1. In Doshaj Prakruti, it is divided into seven types: Vata, Pitta, Kapha, Vata-Pitta, Vata-Kapha, Kapha-Vata, and Samdoshaj.
2. Manas Prakriti It is divided into three types: Satvik, Rajasik, and Tamasik.
3. In Jatayadi Prakruti, it is divided into six types: Jatiprasakta, Kulaprasakta, Deshanupatini, Kalanupatini, Vayonupatini, and Pratyatmaniyata.
4. In Panchbhoutik Prakruti, it is divided into Prithvi, Apya, Tejas, Vayvya, and Aakash. [2,12-15]

Dinacharya

The word Dinacharya is derived from two words; '*dina*' meaning day and '*acharya*' meaning activity. Dinacharya, according to Ayurveda, is a daily routine that promotes self-care through different daily activities.

Ayurveda emphasizes importance to maintenance of health of a healthy person and curing the disease of an ill. The Ayurvedic practice of Dinacharya refers to daily self-care routines. This routine is a set of self-care practices which are cleansing and rejuvenating.^[16]

Activities under Dinacharya

1. Brahma Muhurta jagarana: Wake up early in the morning at Brahma Muhurta. Brahma Muhurta means 1 to 1.5 hours before sunrise.
2. Malotsarg : If there is a movement of feces and urine
3. Danta dhavana : This removed the dirt of the tongue & teeth.
4. Jihvanirlekhana : Jihvanirlekhana should be done after brushing teeth.
5. Anjana - It is good to apply a collyrium called *sauviranjana* to the eyes daily
6. Nasya - Medicine or any kind of medicated affection is used through the nostrils, it is called Nasya Karma.
7. Kavala evam Gandhusa - The quantity of medicine or liquid which is kept only in the mouth and cannot be rotated here and there, is called Gandhusa
8. Dhoma pana - Dhumpa means inhaling dhum. If this dhum is received through the nostrils,
9. Tambula sevana
10. Abhyanga - Abhyanga (oil-massage) should be resorted to daily, it wards off old age, exertion and (aggravation of) vāta bestows good vision, nourishment to the body, long life, good sleep, good and strong (healthy) skin.
11. Vyayama - Lightness (of the body), ability to do (hard) work, keen digestion, depletion of (excess) fat, stable and distinct physique accrue from vyayama (physical exercise).
12. Snana - Snana (bath) improves appetite, sexual vigour, span of life, valour (enthusiasm) and strength; removes itching, dirt, exhaustion, sweat, stupor, thirst, burning sensation and sin.
13. Udvartana - Udvartana (massaging the body with soft, fragrant powder) mitigates kapha, liquifies the fat and produces stability

(compactness, strength) of the body parts and excellence of the skin.

14. Bhojana vidhi - In the middle of the first hour of the night, food should be consumed in lesser quantity than during the day. Slow digestive food should be avoided at night. Eating should be done following the Aahar vidhividhan.
15. Shayan- The early night and the early morning are for the practice of Vedas study, so the middle six hours are considered suitable for sleeping.

Dinacharya for Balancing Vata Dosha

Morning Routine

- Regularly wake up before sunrise every morning
- Proper rest is minimum of 8 hours sleep
- Make a habit of proper elimination or bowel movements
- Practice gentle yoga, breathing techniques, and meditation
- Brush your teeth and scrape your tongue
- Gandusha (oil pulling) with Valiya Arimedas Tailam – 1 tsp.
- Nasya (nasal oil drops) with Anu Oil- 2 drops per nostril
- Abhyanga (oil body massage) with vata balancing oil - Dhanwantharam oil
- Shiro Abhyanga (oil head massage) with vata balancing oil - Nilibhringadi Hair Oil
- Warm shower or bath
- Throughout the day, maintain feeling of relaxation both physically and mentally

Midday Routine

- Have only freshly cooked meals containing all six tastes (sweet, sour, salty, bitter, spicy, and astringent)
- Avoid raw food, cold beverages, and dry foods
- Have foods that are moist and oily
- Eat only until your stomach is 2/3 full
- Walk 100 steps after lunch then take few minutes rest sitting with eyes closed
- If tired in the afternoon, then a short nap is okay for vata type person

Evening Routine

- Practice meditation after work and before dinner to release stress
- Eat light dinner with ghee

- Have gap of 2 – 3 hours between dinner and bedtime
- Before bed read inspirational books or listen to them
- Go to bed before 10 pm
- Practice being calm and relaxed before bedtime

Dinacharya for Balancing Pitta Dosha

Morning Routine

- Everyday wake up early at least an hour before sunrise.
- Make a habit of eliminating bowels in the morning.
- Brush your teeth and scrape your tongue
- Gandusha (oil pulling) with Irimedati Tailam
- Nasya (nasal oil drops) with Goghruata
- Practice yoga, breathing techniques, and meditation
- Abhyanga (body oil massage) with pitta balancing oil - Ksheerabala Oil
- Shiro Abhyanga (head oil massage) with pitta balancing oil – Yashti Oil
- Warm shower or bath
- Take time to relax both physically and mentally
- At sundown it is time to slow down and prepare for rest, bedtime is 10pm.

Midday Routine

- Make healthy cooked meals that contain all six tastes (sweet, sour, salty, bitter, spicy, and astringent) & ghruta Pradhan meal.
- Avoid excess hot and spicy foods.
- Eat until you are only 2/3 full.
- Walk 100 steps after lunch and then rest for a few minutes.
- Take more foods that are sweet and bitter.
- Practice breathing deeply, avoids shallowing breathing.
- Only drink room temperature water
- During lunch, your entire focus should be on eating and nothing else, this ensures proper assimilation of nutrients in the body.
- Eat slowly and avoid indulging in talking, watching television or reading.

Evening Routine

- Practice meditation after the workday to release stress.
- Have a light dinner with pitta balancing vegetables and lentils.

- Have dinner early enough so there is a gap of 2-3 hours before bedtime.
- Read, watch or listen to inspirational books before bedtime.
- Go to bed early before 10pm.
- Have at least 8 hours of sleep each night.
- Practice being calm and relaxed before bedtime.

Dinacharya for Balancing Kapha Dosha

Morning Routine

- Wake up early in the morning (before 6 am) consistently every day.
- Make a habit to eliminate bowels in the morning.
- Brush your teeth and scrape your tongue
- Gandusha (oil pulling) with Valiya Arimedasa Tailam
- Nasya (nasal oil drops) with Anu Oil
- Practice intense exercise but based on your strength do yoga, walking, jogging.
- Abhyanga (Ayurvedic body massage) with Kapha balancing oil - Karpuradi Oil
- Shiro Abhyanga (Ayurvedic head massage) with Kapha balancing oil – Cheriya Bhringamalakadi Oil
- Warm shower or
- Take proper rest with a minimum of 8 hours sleep
- Need to relax physically and mentally calm.

Midday Routine

- Have proper healthy cooked meals with all six tastes (sweet, sour, salty, bitter, spicy, and astringent), but include more hot and spicy foods.
- Take 100 steps walk after lunch.
- Make sure you eat only until your stomach is 2/3's full.
- Consume foods that are more spicy, astringent, and bitter.
- Drink 1 cup of buttermilk after lunch.
- Practice deep breathing exercises.
- Drink only warm or hot water.
- While having lunch, your entire focus should only be on eating with no distractions, for proper digestions and assimilation of nutrients.
- Eat slowly and avoid indulging in talking, watching television or reading.

Evening Routine

- Take a gentle walk after working to increase circulation.
- Have a light dinner with kapha balancing vegetables and lentils.
- Have a 2 – 3 hour gap between dinner and bedtime.
- After dinner drink a cup of warm ginger tea and walk for few steps.
- Read inspirational books or watch or listen to them.
- Try being calm and relaxed before bedtime.
- Go to bed early (Before 10pm)

DISCUSSION

The concept of Prakriti-Specific Dinacharya is rooted in the idea that each individual's unique constitutional type (Prakriti) plays a crucial role in determining their daily needs and activities. By understanding an individual's Prakriti, practitioners can design a personalized daily routine that caters to their specific requirements, promoting optimal health and well-being.

Principal of Dinacharya is basically related with harmonization of human body with environment and this practice basically balances the doshas which ultimately results in good health. Daily physical exercise, daily prayer, daily oiling in scalp, ear & feet, bathing, nasya, balanced diet etc. These points are looking very simple and negligible but play very important role in maintenance of health and thus prevention of various communicable and non-communicable diseases.

Prakriti is a critical factor in determining an individual's daily routine. Each Prakriti type has distinct characteristics that influence their physical, mental, and emotional needs. For instance, individuals with a predominantly Vata Prakriti require a daily routine that emphasizes stability and warmth, while those with a predominantly Pitta Prakriti require a routine that emphasizes cooling and relaxation.

CONCLUSION

Prakriti-Specific Dinacharya offers a personalized approach to daily routine, acknowledging the unique characteristics and needs of each individual. By tailoring daily routines to an individual's Prakriti, one can promote balance, health, and well-being. This approach has significant implications for

preventive healthcare, disease management, and overall quality of life.

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