

An Observational Study on Effect of Bala and Vyadhikshamtava with Special Reference to Dinacharya

Dr Ritu Rathore¹, Dr Rashmi Pradhan², Dr Shagufta Bano³

¹M.D. Scholar Kriyasharir, Government Auto. Ayurveda College and Hospital Gwalior, Madhya Pradesh, India

²M.D. Kriyasharir – H.O.D. & Professor, Government Auto. Ayurveda College and Hospital Gwalior, Madhya Pradesh, India

³M.D. Rachnasharir – Reader, Government Auto. Ayurveda College and Hospital Gwalior, Madhya Pradesh, India

Abstract: Ayurveda supported the philosophy that doshas can be balanced and maintained through Dinacharya that support physical, mental, and spiritual well-being. In the modern era, irregular lifestyle habits—such as poor dietary practices, insufficient sleep, stress, and lack of physical activity—have contributed to a decline in Bala (strength and vitality) and Vyadhikshamtava, increasing susceptibility to various diseases. This observational study explores the conceptual understanding of Bala, Vyadhikshamtava, and Dinacharya as outlined in Ayurvedic scriptures, while assessing the impact of contemporary lifestyle patterns on overall health. The study further evaluates the role of a well-structured Dinacharya in enhancing innate strength and disease resistance. Through analysis of classical references and lifestyle observations, the research aims to provide practical solutions for adopting a healthy daily regimen that promotes better health, mental positivity, and prevention of disease.

Keywords: Bala, Vyadhikshamtava, Dinacharya, Ayurveda, Lifestyle, Immunity, Health Promotion

1. Introduction

Ayurveda, rooted in ancient texts like the Charaka and Sushruta Samhitas, takes a holistic approach that aligns the human body (*Purusha*) with the external environment (*Loka*). It emphasizes balance through daily and seasonal routines such as *Dinacharya*, which helps regulate the *doshas* and maintain overall well-being. In today's fast-paced lifestyle, disrupted routines, stress, poor diet, and lack of exercise weaken *Bala* (physical and mental strength) and *Vyadhikshamtava*, making individuals more prone to disease. Ayurveda underscores that strong health requires consistent daily practices that support bodily balance, mental stability, and natural disease resistance. This study highlights the importance of adopting a healthy *Dinacharya* and limiting harmful habits to strengthen *Bala* and immunity, enabling a healthier, disease-free life.

Aims & Objectives

- Conceptual study of *Bala*, *Vyadhikshamtava* and *Dinacharya* based on *Samhitas*.
- To assess how the modern lifestyle followed in present era affect the overall health of an individual.
- To elaborate the role of a healthy *Dinacharya* regarding *Bala* and *Vyadhikshamtava* according to the relevant reference of *Samhitas*.
- To find out the proper solution in the form of a healthy lifestyle required for achieving better health and positive attitude that prevents the occurrence of many diseases.

2. Review of Literature

Ancient: -

बल:-

तत्रबलेनस्थिरोपचितामांसतासर्वचेष्टास्वप्रतिघातःस्वरवर्णप्रसा
सादोबाह्यानामाभ्यन्तरणांचकरणानामात्मकार्यप्रतिपत्तिर्भवति।

(सु.सू.15/25)

Bala maintains the stability of *mansa dhatu* and provides nourishment to it, helps in performing all kinds of activities, makes the voice clear and complexion fair. Helps external (hands, legs) and internal (*mana*, *buddhi*) aspects of *indriyas* to actively perform their duties.

Bala has a direct relationship with *vyadhikshamtava* or immunity of body and strength. The extrinsic expression of *Bala* is *vyayamashakti* which may be co-related with physical strength. The intrinsic characteristics or expression of *Bala* is *Vyadhikshamtava*.

त्रिविधं बलमिति- सहजं, कालजं, युक्तिकृतं च।

सहजं यच्छरीरसत्त्वयोः प्राकृतं, कालकृतमृतुविभागजं वयःकृतं
च, युक्तिकृतं पुनस्तद्यदाहारचेष्टायोगजम्।

(च.सू.11/106)

According to Acharya Charak *bala* is of three types:-

- 1) Sahaj bala
- 2) Kalaj bala
- 3) Yuktikrut bala

व्याधिक्षमत्व :-

व्याधिक्षमत्वं व्याधिबलविरोधित्वं व्याध्युत्पाद प्रतिबन्धकत्व

मिति यावत्।

(चक्र.आयुर्वेददीपिका)

Resistance of body towards disease is called *Vyadhikshamatva*. *Vyadhikshamatva* is illustrated as the power of resistance capable enough to check the progress occurrence or recurrence of disease.

दिनचर्या:-

To achieve optimum health and *vyadhikshamatva* it is necessary to follow a healthy routine and lifestyle. The routine is referred as *Dincharya* in *Ayurveda* texts.

प्रतिदिनकर्तव्याचर्यादिनचर्या।

(इंदु)

प्रत्युत्थान:-

In *Ayurveda* *Brahmahurata* has been mentioned ideal time for waking up and starting of new day.

ब्राह्मोर्हूर्तउत्तिष्ठेत्स्वस्थोरक्षार्थआयुषः।

(अ.ह.सू.2/1)

The total day is divided into 30 equal parts to 48 minutes. *Brahmahurata* is the second last mahurata before sunrise (calculation is done considering sunrise at 6:00 AM) i.e. 1 hour 36 minutes equals to 96 minutes before sunrise i.e. 4:24 AM to next 48 minutes i.e. upto 5:12 AM.

दंतधावन:-

आपोथिताग्रंद्वौकालौकषायकटुतिक्तकम्

भक्ष्येत्तदंतपवनदंतमासान्यबाधयन् ।

(च.सू.5/71)

Teeth should be cleaned twice a day after elimination of urine and feces at morning and after consumption of food at evening. Principally twigs of kashaya, katu, tikta rasa dominant tree khadira, karanja and nimba are used, the tip of the twigs should be chewed to prepare soft bristles and so that they shouldn't harm the gums. Further antimicrobial and healing properties are also present in the herbal twigs which are used for *Dantdhawana*. Thus, it helps to clean oral area, prevents gum diseases and cavities.

कवलगण्डूष:-

Filling the mouth with oil or herbal decoctions in such quantity so that it can be moved inside the mouth or swished is known as kaval whereas in *gandush* the *snehadravya* is filled in such quantity that it can't be moved or has to be hold for sometime.

मुखवैरस्यदौर्गन्ध्यशोफजाड्यहरंसुखम्।

दन्तदाढ्यकरं रुच्यं स्नेहगण्डूषधारणम्।

(सु.चि.24/14)

Gandush or oil pulling eliminates bad breath, swelling, dull senses. Brings a feeling of freshness, makes teeth strong and enhances the senses.

व्यायाम:-

Vyayama or physical exercise is an important preventive, curative and rehabilitative measure of lifestyle.

लाघवम्कर्मसमार्थ्यदीप्तोग्निर्मेदसःक्षयः।विभक्तघनगात्रत्वंव्याया
मादुपजायते॥

(अ.ह.सू.2/10)

Vyayama produces lightedness in body, increases the capacity to work, stimulates digestive power, physical development, compactness of body parts and their firmness, decreases fat in body when practiced daily. *Vyayama* should always be done in proper amount referred as *balardh* or *ardhshaktya* (half of strength).

स्नान:-

Regular bathing as a part of *Dincharya* clears all the dirt of the skin.

पवित्रंवृष्यमायुष्यंश्रमस्वेदमलापहं।

शरीरबलसंधानमस्नानमोजस्करं परम्॥

(च.सू.5/94)

Bathing is considered pious and spiritually it is necessary to take bath before going to temple in Hindu culture. Along with that bathing enhances sexual vigor, decreases fatigue, stress, dirt and sweat, improves body strength. Regular bathing keeps the body and mind healthy, fresh, energetic and rejuvenated for the day to day activities.

अभ्यङ्ग:-

अभ्यङ्गमचरेन्नित्यम्, सजराश्रमवातहा।

दृष्टिप्रसादपुष्ट्यायुःस्वप्नसुत्वक्त्वदाढ्यकृत्॥

(अ.ह.सू.2/8)

Abhyanga is one of the most important measures mentioned in *dincharya* and is an ancient Indian *Ayurvedic* approach adopted for healing, relaxation and treating various types of diseases. Abhyanga delays aging, reduces stress and alleviate *vata-dosha* if done regularly. It increases *aayu*, good for skin and improves quality of sleep and helps in muscle and skin development.

आहार:-

Ahara is one and best beside the three sub pillars that are necessary to sustain life.

त्रय उपस्थंभाइति- आहारःस्वप्नोब्रह्मचर्यम् इति।

(च.सू.11/35)

It is possible to maintain an individual's good physical health only through a healthy diet, no medicines can be equated with food.

आहारःप्रीडनःसद्योबलकृतदेहधारकः।

आयुस्तेजःसमुत्साहमृत्योजोऽग्निविवर्धनः॥

(सु.चि.24/68)

Ahara strengthens and develops the body, helps to provide immediate power, increases the immunity and excitement towards food increasing the appetite or digestive fire, it also enhances the memory power. Ahara is one of the most important part of life for prevention and promotion of health.

Ahara should always be taken in optimum quantity because only such Ahara increases the digestive fire and appetite. Quantity of should be decided on the basis of heavy and light food. In *Ayurveda*, food is called '*mahabhaisajya*' which means the superior medicine. You can maintain your health and prevent diseases for a long time if you eat the right food and follow the right kind of lifestyle as per your needs and in line with the seasons and cycles of nature.

3. Materials & Methods

Study Design: Observation or survey- based study

Population: Urban and rural individuals between 18-70 years.

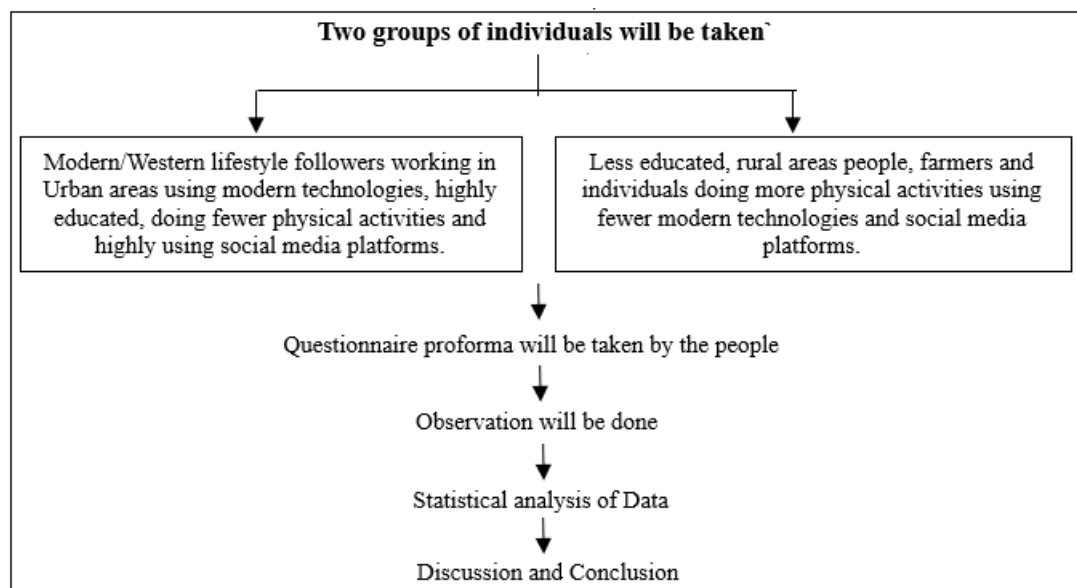
Tools: Structured questionnaire pro-forma and semi-structure Interview based on *Dinacharya* practices and *Bala*, *Vyadhikshamatva* indicators.

Assessment: Grading systems for daily routine adherence and health status.

Method of Data Collection:

In this research work, selection of about 300 individuals will be done by inclusion and exclusion criteria with the help of screening questionnaire.

Sampling Procedure



Inclusion Criteria:

Age - 18-70 years.

Gender- Male and Female willing for the survey.

Exclusion Criteria:

- Emergency conditions and Hospitalized patients, suffering from chronic and severe acute diseases.
- Person below 18 years and above 70 years.

Withdrawal Criteria: -N/A

Method of data collection:

With the help of screening questionnaire pro-forma and semi-structure Interview.

Study Centre: -

This work will be performed in Government (Autonomous) Ayurveda College and Hospital Amkho, Lashkar, Gwalior (M.P.) as well as various places like colleges, Hostels, Hospitals,Banks,IT sectors and in some major cities and villages of Madhya Pradesh.

Duration of Study: -

1 year 6 months

4. Observation and Results

Observations were collected from a total of 300 participants who were registered and randomly selected for the study. The aim was to assess the *dinacharya* followed by the participants. Among these, 150 subjects from rural areas and 150 from urban areas were taken, regardless of their socioeconomic status, religion, occupation, or other background factors.

In the present study the observations were made under the following headings:

- Demographic observations
- Observations of *Dinacharya* questionnaires
- Observation of *Bala* questionnaires
- Observation of *Vyadhikshamatva* questionnaires

5. Discussion

The impact of *Dinacharya* on *Bala* and *Vyadhikshamatva* is not isolated but synergistic. A well-structured daily routine strengthens *Bala*, and this enhanced *Bala* in turn supports stronger *Vyadhikshamatva*. Conversely, irregular routines disrupt circadian balance, weaken digestion, accumulate *Ama*, and eventually reduce both strength and immunity.

For example:

- A person who follows proper *Dinacharya* experiences better digestion, clearer mind, sound sleep, and reduced stress—all of which contribute to improved immunity.
- A person with disrupted *Dinacharya* may suffer from fatigue, poor metabolism, and lowered disease resistance, making them more susceptible to both infectious and chronic diseases.

A total of 300 healthy individuals participated in this observational study, comprising 150 participants from urban areas and 150 from rural areas. The demographic information and the information obtained through various questionnaires based on *Dinacharya*, *Bala* and *Vyadhikshamtava* gathered during the survey is presented and discussed in the form of various tables and graphs.

6. Conclusion

This observational study on 300 individuals (150 urban and 150 rural) found that adherence to *Dinacharya* significantly influences *Bala* and *Vyadhikshamatva*. Rural participants followed daily Ayurvedic practices more consistently, showed better dietary discipline, and demonstrated stronger psychological and physical attributes such as *Utsaha*, *Dhriti*, and *Prasada*. They also exhibited milder illnesses, quicker recovery with less medication, better sleep, and higher overall immunity. In contrast, the urban population showed irregular eating habits, poor sleep, higher disease severity, and lower adherence to traditional regimens, despite better hygiene. Though rural groups had certain drawbacks like addictions and urge suppression, their alignment with natural routines and traditional practices contributed to superior *Bala* and *Vyadhikshamatva*. Overall, the study supports the Ayurvedic principle that consistent practice of *Dinacharya* enhances strength, immunity, and well-being, suggesting that urban populations can greatly benefit from reintegrating these routines into modern life.

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