



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

“Dincharya: Applying In Daily Routine”

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ABSTRACT

Dincharya is an ancient Ayurvedic daily routine designed to keep the body and mind healthy. It helps maintain balance between the mind, body, and soul by caring for digestion, the body's natural energies (Doshas), tissues (Dhatus), and waste (Mala). Ignoring this routine has contributed to lifestyle diseases like high blood pressure and diabetes.

Dincharya includes habits such as waking up early during *Brahma Muhurta* (before sunrise), brushing teeth (*Dantadhawana*), cleaning the tongue (*Jihva Nirlekhan*), applying nasal drops (*Nasya*), oil pulling (*Kavala*), oil massage (*Abhyanga*), following good conduct (*Sadvritta*), and mindful eating (*Bhojana*).

Each practice serves a special purpose.

- Waking up during *Brahma Muhurta* supports stress control, immunity, and metabolism.
- *Kavala* (oil pulling) improves oral hygiene.
- *Abhyanga* (oil massage) balances the body's internal clock and promotes good sleep.
- *Vyayama* (exercise) strengthens the heart, body, and mind.
- *Nasya* (nasal therapy) boosts immunity and prevents respiratory problems.

When we neglect Dincharya, our immunity and metabolism weaken, increasing the risk of illness.

In short, Dincharya provides timeless guidance for living a healthy, balanced life. Following this daily routine helps prevent disease, increase energy, and restore overall well-being in today's fast-paced world.

INTRODUCTION

The Ayurvedic system is not just about treating diseases it's a complete way of living. Its main goal is to help people stay healthy and to cure illnesses by keeping the body's three key elements Dosha, Dhātu, and Mala in balance. To maintain this balance and prevent lifestyle-related diseases, it's important to follow the daily routine rules known as Dinacharya.

In today's world, many people suffer from lifestyle disorders because of unhealthy habits. These problems have led to a rise in both infectious and non-infectious diseases such as cancer, heart diseases, and metabolic disorders.

Although modern medicine has achieved great progress, it still struggles to completely cure many diseases. In particular, the growing number of non-communicable diseases, especially heart-related issues, shows how serious this problem has become. At the same time, mental stress has become very common, affecting families, society, and overall well-being.

An unhealthy and unbalanced lifestyle also weakens the immune system and disrupts metabolism from an early age. This makes it even more important to understand and apply Ayurveda's holistic approach to maintain both physical and mental health.

Ayurveda's daily routine — includes a set of practices meant to create harmony between the body, mind, and spirit. Although these ideas come from ancient wisdom, they remain highly relevant today, offering practical guidance for living a healthier and more balanced modern life.

AIM

To achieve the goal of health maintenance and disease prevention by following Dinacharya the daily regimen as per Ayurveda.

MATERIAL AND METHODS

The information collected from Ayurvedic texts and related sources has been organized to explain the practical side of Dinacharya the daily routine recommended in Ayurveda. Dinacharya helps maintain physical, mental, and emotional health through daily habits.

The main parts of Dinacharya include:

Prataha-utthana: Waking up about 45 minutes before sunrise.

Shauchavidhi: Attending to nature's calls (urination and defecation).

Danta-dhavana: Brushing the teeth.

Jihva-nirlekhna: Cleaning the tongue.

Anjana: Applying herbal eye ointment (collyrium).

Nasya: Putting medicated drops in the nose.

Gandusha: Oil pulling or holding oil in the mouth.

Dhumapana: Inhaling herbal or medicated smoke.

Vyayama: Doing physical exercise.

Snana: Taking a bath.

Bhojana: Following proper rules for eating.

Sadvrutta Palan: Practicing good behavior and discipline.

In simple terms, Dincharya means following a healthy daily routine that keeps the body, mind, and emotions balanced and strong.

1.PRATAHAUTTHANA-WAKING UP EARLY: (BRAHMAMUHURATA)

Rising with the sun or before it is considered auspicious in Ayurveda. This aligns our biological clock with the natural rhythms of the day, promoting vitality and alertness. But it should be done only if the meal taken previous night is properly digested otherwise it causes metabolic disorders due to Doshas imbalance.

Waking up in Brahma Muhurta

A healthy person man or woman should wake up early in the morning during Brahma Muhurta to protect and promote a long, happy, and healthy life.

Meaning of Brahma Muhurta

Brahma Muhurta is the period that falls roughly 1 hour 36 minutes before sunrise the last part of the night.

Some scholars explain it differently:

According to Arundatta, “Out of the 15 muhurta (time units) of the night, the 14th is called Brahma Muhurta.”

However, according to the text Muhurtachintamani, the 14th muhurta is named Tvashtara, whose ruler is the star Chitra, and the 8th muhurta is called Brahma.

Arundatta further explains: “The muhurta suitable for studying or thinking about Brahma (spiritual knowledge) is called Brahma Muhurta.”

In another source, it is said, “The last yama (quarter) of the night that particular muhurta is called Brahma Muhurta.”

So, in short the Brahma Muhurta means the last few hours before sunrise, and it is recommended only for healthy individuals.

Sushruta simply says: “One should get up daily early in the morning” (Su. Chi. 24/3).

2. DANTADHAVANA: ORAL HYGIENE:

After waking up, one should first think about their body whether they feel fit enough to perform daily activities.

If they are healthy, they should then go for natural urges (urine and stool), clean the organs properly using soil and water, and afterwards perform Dantadhavan (cleaning of teeth).

For brushing, one should use a fresh, thin twig from any of the following trees:

Arka (Calotropis), Nyagrodha (Banyan), Khadira (Acacia catechu), Karanja (Pongamia pinnata), or Kakubha (Arjuna tree).

The twig should be about 12 finger-widths long and of the thickness of one's little finger.

While brushing, one should do it gently without injuring the gums.

Wake up before sunrise about 1.5 hours earlier as this time is best for mental clarity, peace, and learning.

After checking that your body feels fine, relieve yourself, clean your private parts properly, and then brush your teeth using a fresh twig from certain medicinal trees. Brush gently to clean without harming your gums.

The day usually begins with cleaning your teeth, often by using practices like tongue scraping or oil pulling. This helps remove toxins that build up overnight and keeps your mouth healthy.

Charaka recommends brushing the teeth twice a day in the morning and at night.

Vagbhata advises brushing in the morning and after every meal.

According to Ayurveda, substances with astringent, spicy, or bitter tastes are best for cleaning the teeth.

When to Avoid Using a Chewing Stick (Dantadhavana):

According to Ayurveda, one should not use a chewing stick in the following conditions:

- Indigestion (Ajrṇa)
- Vomiting (Chhardi)
- Asthma or breathlessness (Shvasa)
- Cough (Kasa)
- Fever (Jvara)
- Facial paralysis (Ardita)
- Excessive thirst (Tṛishna)
- Mouth ulcers or inflammation (Asyapaka)
- Heart disease (Hirdroga)
- Eye diseases (Netra Roga)
- Headache or head diseases (Shiro Roga)
- Ear diseases (Karna Roga)

3.JIHVA-NIRLEKHANA:

After brushing the teeth (using Dantadhavana or chewing stick), one should also clean the tongue. This practice is mentioned by Charaka, Sushruta, and Vagbhata (in Ashtanga Sangraha), but not in Ashtanga Hridaya.

According to the method described by Sushruta, a tongue cleaner should be made from gold, silver, or wood to remove the coating or dirt from the tongue. Nowadays, copper or stainless steel tongue cleaners are commonly available in the market. In earlier times, people used to split the end of the same chewing stick (Dantadhavana) with their teeth to make a tongue cleaner hence it was called Vārṅṣa jihvī (made from a tree).

For reference, this is mentioned in Charaka Samhita, Sutrasthana, Chapter 5, verses 74–75.

In all these conditions, brushing the teeth with a chewing stick is not advised.

Regularly cleaning your tongue after brushing is important to remove dirt and impurities that cause bad breath. According to Charakacharya, using a flexible metal strip or a piece of plant material is helpful. This practice helps eliminate bad odor, reduces phlegm (Kapha), improves taste and appetite, and makes you feel light and fresh.

4.SUCHI VIDHI (ELIMINATION):MALVISARJAN

Removing waste from the body is very important for good health.

Having regular bowel movements can be encouraged by drinking warm water and eating foods rich in fiber.

Waking up early in the morning helps stimulate the natural urge to pass stool because, during that time, the Vata dosha — especially Apana Vayu — is most active.

6.KAVALA AND GANDUSHA:

These practices help prevent diseases of the mouth, teeth, and gums.

According to Charaka, Gandusha (oil holding or mouth rinsing) strengthens the jaws and improves the voice. It keeps the face firm and healthy, enhances taste perception, prevents dryness of the throat and cracking of the lips, protects against most dental problems, and makes the teeth strong enough to chew even hard foods.

Modern research also shows that oil pulling can significantly reduce plaque, gum inflammation, and harmful bacteria in the mouth.

7.NASYA:ACHARYAS

Nasya is described by the Ayurvedic texts as very beneficial when done regularly. It helps maintain clear vision, smell, and hearing, prevents hair fall and premature greying, and protects against conditions like stiff neck, headache, facial paralysis, jaw lock, sinus issues, and tremors. It also strengthens the blood vessels, joints, and tissues of the head, brightens the face, improves the voice, and sharpens all the senses.

8.ABYANGA: DAILY OIL MASSAGE

One should do or get an oil massage (Abhyanga) every day. This practice helps to slow down aging, remove tiredness, and prevent diseases caused by Vata dosha (like stiffness, dryness, or body pain). It improves eyesight, strengthens and nourishes the body, increases lifespan, promotes deep sleep, keeps the skin beautiful and glowing, and makes the muscles firm and well-shaped.

The term Abhyanga includes not only body massage but also related oil-based practices such as:

Applying oil or paste on the body (like massage or herbal paste application)

Using oil or ointment around the eyes or ears

Applying medicated collyrium (Kajal) prepared with oil or ghee

Applying warm compresses or fomentation

All these are considered forms of Alankarana (body beautification and care).

According to Sushruta Samhita (Su. Su. 21/10 and Su. Chi. 24/30–37) and Dalhana's commentary, oil is considered eight times more beneficial than ghee for body massage. However, depending on the situation, ghee or other oily substances (snehas) may also be used for massage.

It helps slow down aging, reduces tiredness, and balances excess Vata symptoms.

It improves eyesight, nourishes body tissues, promotes deep and healthy sleep, and gives the skin a natural glow and good complexion.

This practice also helps prevent many nervous system problems, strengthens and nourishes the whole body, keeps joints and muscles flexible, improves blood circulation, and helps remove waste products from the body.

9.VYAYAM-(EXERCISE):

Vyayam increases the power to work, the stomach fire or digestive fire is ignited, the medas (obesity) is destroyed, i.e. obesity is reduced, the limbs (muscles) are made clear and they become solid.

Who should avoid vyayam:

People suffering from diseases caused by Vata or Pitta dosha, as well as children, elderly people, and those with indigestion (Ajirna), should not do exercise.

According to Ayurvedic scholar Arunadatta (commentator on Vagbhata's texts):

A child is one who is below 16 years of age.

An elderly person is one who is above 70 years of age

Hence, children below 16 and people above 70 should avoid exercise.

How much exercise to do (Ardha Shakti rule):

Those who are strong and eat nourishing, oily, and rich foods (like ghee, oil, nuts, almonds, cashews, etc.) should exercise up to half of their capacity (Ardha Shakti), especially during cold seasons (Hemanta and Shishira – winter) and spring (Vasanta).

In all other seasons, they should do even less exercise.

What does “half strength (Ardha Shakti)” mean?

When exercising, the moment you start breathing heavily through your mouth (panting), it means you’ve reached your half capacity.

Other signs of reaching this limit are:

Sweat appears under the armpits, on the forehead, above the nose, on the hands, feet, and joints.

The mouth starts to feel dry.

At this point, you should stop exercising, sit quietly, and gently massage your body. Avoid exercise if you’re sick, very young, old, or have indigestion. Do only half-strength exercise stop when you start panting and sweating. Do more exercise in cold seasons, and less in hot seasons.

Overexertion and Its Dangers -

Doing too much physical activity such as excessive exercise, staying awake at night, walking long distances, sexual activity, too much laughing, talking loudly, or doing any kind of over-adventurous or daring acts can harm even a strong and healthy person.

It’s like a lion that tries to drag a heavy elephant it has killed because of overexertion, the lion itself becomes weak and may even die.

Even strong people get destroyed by overdoing physical or mental activities. Moderation is essential in everything.

10.SNANA (BATHING):

Bathing plays an important role in maintaining health and well-being. It improves digestion, enhances physical strength, and acts as a natural aphrodisiac by refreshing both body and mind. Regular bathing increases energy, enthusiasm, and vitality, while protecting life and supporting longevity. It helps remove dirt, sweat, and fatigue, relieving sensations of itching, burning, and excessive thirst. Bathing also refreshes the senses, clears mental dullness, and provides a feeling of purity and renewal. In Ayurvedic philosophy, it is even said to wash away physical and emotional impurities, symbolically cleansing one of negative energies.

Benefits of snana Simple Explanation:

snana has many health benefits.

It helps to:

Stimulate digestion (improves appetite and digestive fire), Increase vitality and strength,

Promote sexual vigor (acts as a natural aphrodisiac), Increase lifespan, Bring enthusiasm and energy, Remove itching, dirt, tiredness, sweat, sleepiness, thirst, burning sensation, and even help prevent diseases.

Snana makes the mind fresh and happy, which naturally improves physical and mental energy that’s why it is considered Vṛṣya (promotes vitality and reproductive health).

According to Ashtanga Hridaya (Uttarasthana 40/35), snana after proper routine enhances cheerfulness and vigor.

Use of hot and cold water:

Hot water (uṣṇa jala) is good for the body bathing the body below the neck with warm water increases strength and helps relieve stiffness and tiredness. However, hot water should not be used on the head, because it weakens the hair and eyes. So, use warm water for the body and cool or lukewarm water for the head. Bathing daily keeps the body clean, energetic, and disease-free. Warm water strengthens the body but can harm hair and eyesight if used on the head. Therefore, use warm water below the neck and cool water for the head.

When snana Should Be Avoided Simple Explanation:

Bathing is not recommended for people suffering from the following conditions:

Facial paralysis (Ardita - partial paralysis of face or mouth), Eye diseases, Mouth diseases, Ear problems, Diarrhea (Atisara), Bloating or gas (Adhmana), Cold or sinus issues (Pīnasa), Indigestion (Ajirna), and also immediately after eating food.

Snana in these situations can worsen the condition and harm health.

After snana, you should:

Gently dry your hair with a clean towel, Apply a small amount of oil to the hair, Comb the hair properly, Wear clean clothes. This keeps the body healthy and pure.

Many more daily routine (Dinacharya) activities are mentioned in texts like Charaka Samhita and Sushruta Samhita. You can also read Ashtanga Sangraha, Chapter 3, for more detailed instructions on daily routines.

11.BHOJANA (FOOD AND EATING HABITS):

Rules for Eating and Daily Conduct Simple Explanation:

After taking a bath and once the previous meal has been fully digested, one should eat food that is wholesome (healthy) and in the right amount.

Never try to forcefully suppress the natural urges of the body, like the urge to urinate or pass stool. If you feel these urges, don't hold them back and don't get busy in any other work until you relieve them. Also, if you are suffering from a disease that can be cured, don't ignore it and start doing other things before proper treatment. Treat the disease first.

Ayurveda's daily routine (dinacharya) is different from that mentioned in the Smritis (like the laws of Manu), because the purpose is different. The Smritis focus on spiritual and social conduct, while Ayurveda focuses on health and longevity.

For example, in Manusmriti (4.89–93), after bathing one is told to do Sandhya (prayer), whereas Ayurveda says that after bathing and after digestion of previous food, one should eat.

Hita (Wholesome food): Food that has the power to nourish and sustain the body. It should suit your season (ritu), place (desha), and individual constitution (satmya).

“Mita” (Moderate food): Food taken in the right quantity, not too much, not too little.

Do not engage in other work while having a natural urge” This is emphasized in Charaka Samhita (Sutrasthana, Chapter 7) and Ashtanga Hridaya (Sutrasthana, Chapter 4).

“Do not do other work before curing a curable disease” This is especially meant for acute or fast-acting diseases. In slow or long-term diseases (like diabetes or piles), patients can still do daily tasks while being treated. But if a person ignores an acute, curable disease and gets busy with other activities, that disease can later become incurable.

Eat only after your previous meal is digested.

Eat wholesome, suitable, and moderate food.

Never suppress natural urges like urination or defecation.

Treat curable diseases promptly don't neglect them.

This is the original Ayurvedic way of healthy eating and living.

Ayurveda places great emphasis on the proper way of eating. The texts describe detailed rules related to Ahara-Bhojana that is, how, when, and what to eat for maintaining balance and health. The quantity of food (Ahara Matra) should be appropriate not too little and not too much so that digestion remains strong. The timing and intervals between meals (Ashana) are also important to allow the body to fully process the previous meal before taking the next.

Ayurveda further recommends Anupana, or suitable drinks taken with specific foods, such as warm water with oily foods or buttermilk after heavy meals, to aid digestion. It also warns against Viruddha Ahara, or incompatible food combinations, such as milk with fish, which can disturb the body's balance and lead to disease. The concept of Anna Visha refers to food contamination or toxins formed due to improper cooking, storage, or consumption.

Additionally, Aharavidhivisheshayatana and Aharavidhividhana outline the special principles and proper methods of food intake including the environment, posture, state of mind, and attention while eating. Altogether, these guidelines teach that eating should not merely be an act of filling the stomach, but a mindful and sacred process that nourishes both body and mind, promoting health, energy, and longevity.

12.SADVRITTA (GOOD CONDUCT):

Along with physical health, Ayurveda also emphasizes mental well-being through Sadvritta, which means following good behavior and moral conduct. It helps maintain a healthy mind by keeping the mental doshas Raja (passion) and Tama (ignorance) in balance, while increasing Satva (clarity and positivity). According to Ayurveda, some diseases are not only caused by physical dosha imbalance but also by one's improper actions or negative behavior either from this life or previous lives (Dosha-Karmaja diseases).

13.NIDRA-. QUALITY SLEEP:

Getting enough good-quality Nidra is essential for overall health, energy, and a balanced mind. Creating a calm and comfortable sleep environment, and following a regular bedtime routine, can greatly improve sleep quality.

By following these daily health practices (Dincharya) regularly, one can achieve complete physical and mental well-being and maintain a healthy lifestyle.

In today's modern world, adapting the principles of Dincharya can still provide great benefits helping people stay balanced, healthy, and peaceful even amid the fast pace and stress of daily life.

Here are some ways to apply the principles of Dincharya (daily routine) in today's modern lifestyle:

1.MORNING ROUTINE:

Waking up early helps start the day with a fresh and positive mindset. However, everyone's routine is different, so it's important to find a time that suits your schedule. Including mindfulness practices such as meditation, deep breathing, or a few minutes of quiet reflection in the morning can help you feel calm and focused throughout the day.

2. TECHNOLOGY USAGE:

Nowadays, many people check their phones as soon as they wake up. Instead, try avoiding screens for at least the first hour of your morning. This simple change can reduce stress and improve mental clarity. Use this time for self-care activities like stretching, journaling, reading, or enjoying a peaceful, healthy breakfast without distractions.

3. EXERCISE AND MOVEMENT:

Regular physical activity is essential for good health. You can choose any form of movement you enjoy such as going to the gym, practicing yoga, taking a brisk walk during breaks, or even using a standing desk at work. Staying active helps improve energy, mood, and overall well-being while reducing the effects of sitting for long periods.

4. NUTRITION:

With busy schedules, it's easy to rely on fast or processed foods that are high in sugar and unhealthy fats. To stay healthy, try planning and preparing meals in advance. Cooking on weekends or packing your lunch can save time and ensure you're eating balanced, nutritious meals during the week. Choosing whole, fresh foods helps keep your body strong and energized, even with a busy lifestyle.

5. STRESS MANAGEMENT:

Modern life is often busy and stressful. Practicing stress management techniques like mindfulness meditation, deep breathing, or taking short relaxation breaks during the day can help calm the mind, reduce tension, and improve overall well-being.

6. WORK-LIFE BALANCE:

Maintaining a healthy balance between work and personal life is very important to avoid burnout and protect mental health. Setting clear boundaries between work and rest, making time for self-care, and enjoying hobbies or leisure activities can help create a happier and more satisfying lifestyle.

7. SLEEP HYGIENE:

Good-quality sleep is essential for both body and mind. Creating a relaxing bedtime routine such as reading, listening to soft music, or taking a warm bath helps prepare the body for rest. It's also helpful to keep the bedroom comfortable and free from electronic devices to improve sleep quality.

8. MINDFUL TECHNOLOGY USE:

Technology is a big part of modern life, but too much screen time can harm physical and mental health. Taking regular breaks from devices, setting limits on phone or computer use, and occasionally doing a "digital detox" (a full day or few hours without screens) can help the mind relax and stay balanced.

9. ADAPTING DINCHARYA FOR MODERN LIFE:

By adjusting the traditional Ayurvedic daily routine (Dincharya) to fit today's lifestyle, people can develop healthy habits that support overall well-being, build resilience against stress, and maintain energy and positivity in the fast-paced modern world.

9.DISCUSSION

Life style disorders Overweight and obesity are associated with high blood pressure /cholesterol levels and increased risk of developing diabetes (insulin resistance). Excess body fat accounts for nearly 60% of diabetes and 20 % of cardiovascular disease respectively.

Elevated cholesterol alone is responsible for 60% of CVD morbidity globally.

Major diseases of the 21st century like diabetes and hypertension affects our body and causes very severe effects over body.

They are remaining silent for 5 to 7 years. Thus they are called as „silent killers“. They effect very severely over vital organs like- kidney, eye, heart,brain etc.

There can be no symptoms for diseases like -high cholesterol, high blood sugar, and high blood pressure.

All these diseases are caused due to unhealthy lifestyle and dietary habits. People who experienced chronic anxiety, long period of sadness and negativity,unremitting tension were found to have double the risk of disease- including asthma, arthritis, headaches, peptic ulcers and heart disease.Now a days the above mentioned life style disorders are affecting today's society, as one of the quotation says that "Prevention is better than cure". We can prevent the diseases by maintaining the life style. For preventing the diseases we should follow the above mentioned healthy diet, exercise, positive attitude and yoga. So these lead to the healthy life style. Waking up in Brahmi muhurtha i.e.,two hours before the sunrise", Brahma is knowledge,which is gained by reading.

It is the time which is ideal for gaining of the knowledge. And also now a day, there is a lot of pollution in the environment. And in the morning hours it will be clean without pollution. Along with the clean air, the pleasant atmosphere, absence of noise, the morning rays of the rising sun is very beneficial to the health. Sun is the god of health.

Health is got from the sun. So, one should get up early in the morning before sunrise.

Achamana means to wash, which will be done after cleaning the excreta, tears, sneezing, and after travelling. It will helpful for the digestion of food, and also evacuation of the bowel completely.

CONCLUSION

In today's fast-paced world, many people overlook the traditional rules for maintaining their health, both in terms of what they eat and how they live. This lack of attention to health is leading to numerous health problems for society. While modern medicine can help with some of these lifestyle-related issues, it often only provides temporary relief and can be expensive and complex. That's why there's a growing focus on making changes to how people live their lives.Ayurveda, an ancient systemof medicine, offers promising solutions for preventing and treating many lifestyle-related diseases. By following specific guidelines for daily routines, known as Dincharya, Ayurveda can help individuals avoid common mistakes that contribute to health problems. This includes paying close attention to symptoms and seeking treatment promptly even for minor issues. By sticking to these principles, individuals can potentially prevent many lifestyle-related diseases from developing into more serious conditions.

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