Siddha *Dinacharya* and Health Promotion: Integrating Traditional Wisdom With Modern Science

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Introduction

Health is defined as a state of complete physical, mental, and social well-being rather than merely the absence of disease. Non-communicable diseases continue to be a major health concern worldwide despite breakthroughs in modern medicine, primarily because of poor lifestyles. Siddha medicine places a strong emphasis on keeping the three humours (*Vali*, *Azhal*, and *Iyyam*) in balance in order to prevent illness.

Dinacharya (daily routine), which encompasses regulated routines including hygiene, exercise, food, sleep, and mental discipline, is a crucial preventive concept. These practices are intended to improve general health and to align human biological rhythms with natural cycles. Therefore, this narrative review aimed to identify and critically examine the key principles of Siddha *Dinacharya* and to explore their relevance to contemporary health promotion and disease prevention by comparing traditional Siddha concepts with evidence from modern biomedical research.

Methodology

This study is a narrative review of contemporary biomedical research and Siddha medical literature. Classical Siddha texts and secondary sources were analysed to identify the core principles of *Dinacharya*. These principles were subsequently compared with findings from contemporary scientific disciplines. A literature search was conducted using PubMed, Google Scholar, Scopus, and ScienceDirect for studies published from 2000 to 2025. The search used combinations of the keywords "Siddha medicine", "Dinacharya", "daily routine", "health promotion", "disease prevention", "circadian rhythm", "sleep", "physical activity", "oral hygiene", "oil bath", "meditation", "yoga", "nutrition", and "meal timing". Relevant classical Siddha texts, peer-reviewed articles, review papers, and authoritative health resources were considered on the basis of their relevance to the principles of *Dinacharya* and contemporary health promotion. The identified literature was qualitatively synthesised to examine conceptual and practical parallels between Siddha preventive practices and evidence-based contemporary medicine.

Results and Discussion

The findings of this review indicate that the principles of *Dinacharya* in Siddha medicine show considerable alignment with the contemporary scientific understanding of health promotion and disease prevention. Although these traditions have roots going back hundreds of years, many of their fundamental principles align with recent findings in public health, lifestyle medicine, nutrition science, chronobiology, and sleep research. This convergence implies that Siddha *Dinacharya* offers a comprehensive framework for preserving health and reducing the risk of lifestyle-related diseases. The qualitative

synthesis identified recurring themes related to circadian regulation, elimination, oral hygiene, physical activity, stress management, dietary regulation, and sleep, which were subsequently compared with findings from contemporary health and biomedical research; each theme is discussed in turn below.

The first theme concerns early morning awakening and circadian rhythm. A key characteristic of Siddha *Dinacharya* is rising early in the morning at *Brahma Muhurtham*, approximately 1.5 hours before sunrise. According to Siddha medicine, this time is ideal for fostering mental clarity, emotional equilibrium, physical energy, and spiritual well-being (Durairasan, 1951). Because of the peaceful and pleasant atmosphere, traditional texts advise using this time for breathing exercises, yoga, meditation, and prayer. These traditions are supported by contemporary circadian rhythm research, which demonstrates that regular sleep–wake cycles in synchrony with natural light enhance immunity, hormonal balance, metabolic function, and cognitive function. Additionally, exposure to morning sunlight increases alertness, improves sleep quality, and helps regulate the secretion of melatonin and cortisol (Hall, 2021; Taheri & Arabameri, 2023). The Siddha advice to awaken during *Brahma Muhurtham* is therefore in line with current scientific knowledge regarding circadian health and general well-being.

The proper evacuation of urine and faeces is another crucial component of Siddha daily routines. Siddha philosophy states that incomplete or delayed elimination may disturb the equilibrium of the three humours and hasten the onset of disease (Durairasan, 1951). Contemporary medical science also acknowledges the significance of normal bowel function for gastrointestinal health: adequate dietary fibre, water, and physical activity support regular bowel movements and help prevent constipation and related diseases (Mahan & Raymond, 2023).

Siddha medicine also emphasises oral hygiene practices, such as brushing the teeth and cleaning the tongue. Neem and other medicinal plant sticks were traditionally used to strengthen the gums and clean the teeth, and tongue cleansing was advised to promote digestion and remove coatings (Durairasan, 1951). According to modern dentistry, regular oral hygiene reduces dental plaque, periodontal disease, and oral infections. Additionally, studies have shown links between poor oral health and systemic conditions such as diabetes and cardiovascular disease (Mahan & Raymond, 2023).

The oil bath is a characteristic of Siddha preventive care. This practice, which entails applying oil to the scalp and body before bathing, is thought to lessen fatigue, enhance circulation, ease tension, and preserve physiological equilibrium (Durairasan, 1951). Current research on topical oil application and massage therapy has shown positive effects on circulation, relaxation, muscle healing, and mental health. The available evidence indicates that traditional oil bath techniques may help with stress reduction and musculoskeletal health, but further clinical research is needed to assess these practices specifically (Sharma & Clark, 2021).

Siddha *Dinacharya* places a strong emphasis on physical exercise. The Siddhas emphasised that excessive exercise could be detrimental and advised moderate exercise

based on an individual's age and physical condition (Durairasan, 1951). According to the World Health Organization (2024), physical inactivity is a significant risk factor for non-communicable diseases, and regular exercise is advised to preserve mental, metabolic, and cardiovascular health. Exercise has been demonstrated to lower blood pressure, reduce obesity, increase psychological well-being, and improve insulin sensitivity (Reddy, 2023).

With regard to yoga, meditation, and breathing practices, *Dinacharya* employs yoga, breathing techniques, meditation, and self-control to develop emotional stability and mental relaxation. The Siddhas understood that emotional disorders could play a role in the emergence of disease (Durairasan, 1951). According to current scientific research, chronic stress is linked to hypertension, cardiovascular disease, anxiety, depression, and weakened immunity, and yoga and meditation have been shown to lower stress, enhance emotional regulation, improve sleep quality, and boost resilience (Patwardhan, 2022).

Diet regulation is one of the main pillars of Siddha *Dinacharya*. To preserve physiological equilibrium, Siddha treatment places a strong emphasis on moderation, consistent meal scheduling, and the incorporation of all six tastes (*Arusuvai*) (Durairasan, 1951). These ideas are supported by contemporary nutrition science, which demonstrates that regular meal schedules and balanced diets enhance metabolic health and lower the risk of obesity and cardiovascular disease (Mentzelou et al., 2024; National Institute of Nutrition, 2023).

Sleep regulation is another key component of Siddha health promotion. Siddha medicine discourages excessive daytime rest and advises sufficient sleep at night (Durairasan, 1951). According to recent studies, insufficient or irregular sleep raises the risk of obesity, diabetes, high blood pressure, and cognitive impairment (Taheri & Arabameri, 2023). Siddha sleep advice is therefore in line with the most recent research on sleep health.

Overall, the reviewed evidence indicates that Siddha *Dinacharya* serves as a comprehensive preventive healthcare approach that simultaneously addresses several health variables. Physical, mental, and social well-being are influenced by a variety of factors, including early rising, appropriate elimination, oral hygiene, oil bathing, physical activity, balanced eating, sleep management, and mental discipline.

Conclusions and Implications

Siddha *Dinacharya* provides a holistic preventive framework encompassing sleep, hygiene, physical activity, mental well-being, and dietary regulation. The reviewed evidence shows alignment between several *Dinacharya* principles and contemporary health-promotion approaches, particularly in circadian health, exercise, stress management, nutrition, and sleep. These findings suggest that selected *Dinacharya* practices may have potential for integration into culturally appropriate health-promotion and lifestyle-intervention strategies. However, evidence for some traditional practices, particularly oil bathing, remains limited and requires further well-designed clinical and community-based research to establish their effectiveness, safety, and applicability in modern public health settings.

***Keywords*: *Dinacharya*, health, modern science, Siddha medicine**

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