

Manuscript ID:
IJEBAMPSR-2026-030126

Volume: 3

Issue: 1

Month: February

Year: 2026

E-ISSN: 3065-9140

Submitted: 15-Jan.-2026

Revised: 20-Jan.-2026

Accepted: 22-Feb.-2026

Published: 28-Feb.-2026

Address for correspondence:

CA Snehal Pandurang Chavan
Department of Accountancy,
Mulund College of Commerce
(Autonomous), Mulund West,
Mumbai
Email:
snehal.chavan@mccmulund.ac.in

DOI: [10.5281/zenodo.19218492](https://doi.org/10.5281/zenodo.19218492)

DOI Link:

<https://doi.org/10.5281/zenodo.19218492>



Creative Commons (CC BY-NC-SA 4.0):

This is an open access journal, and articles are distributed under the terms of the Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International Public License, which allows others to remix, tweak, and build upon the work noncommercially, as long as appropriate credit is given and the new creations are licensed under the identical terms.

A Study of Ayurvedic Dinacharya and Ritucharya as Foundations for Learning Capacity in Holistic Education

Snehal Pandurang Chavan

Department of Accountancy, Mulund College of Commerce (Autonomous),
Mulund West, Mumbai

Abstract

Holistic education seeks to develop learners as integrated beings by nurturing intellectual abilities alongside physical health, emotional balance, ethical awareness, and social responsibility. However, contemporary education systems often prioritize measurable academic outcomes at the cost of students' holistic well-being, leading to rising levels of stress, cognitive fatigue, emotional imbalance, and reduced learning capacity. Ayurveda, the ancient Indian science of life, offers a comprehensive, lifestyle-based approach to sustaining harmony between the body, mind, and environment. Among its foundational principles, Dinacharya (daily regimen) and Ritucharya (seasonal regimen) emphasize disciplined living in alignment with natural rhythms.

This descriptive paper explores the role of Dinacharya and Ritucharya as foundational frameworks for enhancing learning capacity within holistic education. Drawing upon classical Ayurvedic literature and contemporary educational thought, the study examines how regulated daily and seasonal practices contribute to cognitive clarity, memory, concentration, emotional stability, and sustainable learning. The paper further discusses the relevance of these principles in the context of modern education and the digital knowledge economy. It concludes that integrating Ayurvedic lifestyle principles into educational frameworks can significantly strengthen holistic learning, promote student well-being, and support lifelong learning in a rapidly changing world.

Keywords: Ayurveda, Dinacharya, Ritucharya, Holistic Education, Learning Capacity, Student Well-being.

Introduction

Education is not merely a process of acquiring information; it is a transformative journey that shapes the intellectual, emotional, physical, social, and moral dimensions of an individual. Traditionally, education aimed at the cultivation of wisdom, character, and balanced living. However, in the present era, education systems across the world are undergoing rapid transformation due to technological advancement, digital learning platforms, and the expanding digital knowledge economy.

While these developments have significantly increased access to information and learning opportunities, they have also introduced serious challenges. Students today face academic overload, excessive screen exposure, sedentary lifestyles, irregular sleep patterns, and constant performance pressure. These factors contribute to rising levels of stress, anxiety, attention disorders, emotional instability, and learning fatigue. As a result, learning capacity—defined as the ability to concentrate, comprehend, retain, and apply knowledge—is increasingly compromised.

The growing concern over student well-being has led educators and policymakers to explore alternative educational paradigms that go beyond examination-oriented learning. Holistic education has emerged as a significant approach that emphasizes balance, well-being, self-awareness, and lifelong learning. In this context, traditional knowledge systems such as Ayurveda offer valuable insights into sustainable human development.

How to Cite this Article:

Chavan, S. P. (2026). A Study of Ayurvedic Dinacharya and Ritucharya as Foundations for Learning Capacity in Holistic Education. *International Journal of Economic, Business, Accounting, Agriculture and Management Towards Paradigm Shift in Research*, 3(1), 139–144. <https://doi.org/10.5281/zenodo.19218492>

Ayurveda presents a holistic understanding of life, emphasizing harmony between the body (*sharira*), mind (*manas*), intellect (*buddhi*), and environment.

Central to this system are the concepts of Dinacharya and Ritucharya, which regulate daily and seasonal living. This paper examines how these Ayurvedic principles can serve as foundational elements for enhancing learning capacity within holistic education, especially in contemporary educational contexts.

Review of Literature

The paper by Sharma et al., published in the American Journal of Psychiatric Rehabilitation in 2025, explores Ritucharya, Ayurveda's seasonal regimen for aligning lifestyle and diet with nature's cycles to prevent disease and maintain health.□□ It draws from classical texts like Charaka Samhita's Tasyashiteeya Adhyaya, detailing recommendations for six ritus (seasons)—such as sweet, unctuous foods in winter for strong Agni and cooling liquids in summer—based on tridosha dynamics, Agni fluctuations, and seasonal bala (strength).□ The authors bridge this ancient wisdom with modern science, linking it to chronobiology's seasonal impacts on sleep and metabolism, immune gene variations, and gut microbiome benefits from Ayurvedic herbs.□ Ritucharya embodies preventive medicine via "Swasthyashya Swasthya Rakshanam," offering personalized strategies against lifestyle disorders amid environmental disconnect.□ The paper calls for more clinical trials to validate these tenets empirically.

The paper by Munde V.D., Shinagare A.H., and Lokhande G.V., published in the Journal of Ayurveda and Integrated Medical Sciences in 2024, provides a concise overview of Grishma Ritucharya, the Ayurvedic summer regimen tailored to mitigate the season's intense heat and environmental challenges.□ It emphasizes aligning diet, lifestyle, and behaviors with Grishma ritu's qualities—hot, dry winds, depleted moisture, and rising Pitta dosha—while Kapha subsides and Vata begins accumulating, leading to weakened Agni (digestive fire).□ Recommendations include light, sweet, cooling foods like milk, ghee, rice, and meat soups; abundant cold water scented with Ushira or Khaskhas; twice-daily cool baths; minimal exercise; and moonlit terrace sleeping to preserve strength and prevent dehydration or lethargy.□□ Daytime sleep, heavy exertion, pungent/sour/hot foods, and sexual activity are contraindicated to avoid doshic imbalances.□ The authors advocate this regimen for preventive health, drawing from classical texts like Charaka Samhita to promote holistic adaptation in modern contexts.

Khandelwal A.'s 2025 paper in the Journal of Ayurveda and Integrated Medical Sciences examines Ritucharya as a key Ayurvedic strategy

for preventing and promoting recovery from lifestyle disorders like obesity, diabetes, hypertension, and metabolic syndrome. It highlights how seasonal regimens—drawn from texts like Charaka Samhita—align diet, exercise, and daily routines with the six ritus to balance tridoshas, counteract weak Agni, and adapt to environmental shifts that modern lifestyles ignore. For instance, summer calls for cooling foods and rest, while winter favors warming, nourishing intake to bolster immunity and digestion. The author links these practices to contemporary issues, arguing they address doshic imbalances fueling chronic diseases amid urbanization and poor seasonal awareness. It advocates integrating Ritucharya into public health for holistic wellness, urging clinical studies to validate its efficacy.

The paper by Anagha S. And Deole Y.S. outlines Dinacharya, Ayurveda's structured daily regimen aimed at preserving optimal health by harmonizing body, mind, and spirit with natural circadian rhythms.□ Drawing from classical texts like Ashtanga Hridayam, it details a sequence starting with waking during Brahma Muhurta (pre-dawn), followed by evacuation, tongue scraping, nasal administration (Nasya), oil massage (Abhyanga), bathing, exercise, meditation, and dosha-specific meals—emphasizing the largest midday intake when Agni peaks.□□ Evening practices include light dinner, relaxation, and early sleep to support detoxification, dosha balance, and vitality. The authors stress personalization by prakriti (constitution), noting benefits like enhanced immunity, digestion, and mental clarity amid modern stressors. It positions Dinacharya as preventive medicine, adaptable for contemporary lifestyles to avert disorders from irregular habits.

Deepthi R. et al.'s 2021 paper in the Journal of Ethnic Foods investigates how Ayurveda's Ritucharya (seasonal regimen) can modulate seasonal fluctuations in the human gut microbiome to enhance health. The study links classical Ayurvedic principles—such as season-specific diets, herbs, and lifestyles from texts like Charaka Samhita—with modern microbiome research, noting how environmental shifts influence microbial diversity, metabolism, and immunity. For instance, summer's Pitta-pacifying cooling foods may foster beneficial bacteria resilient to heat stress, while winter's warming regimens support cold-adapted strains. Authors propose Ritucharya as a culturally attuned intervention to counter dysbiosis-linked disorders like IBS or allergies, exacerbated by modern dietary monotony. Empirical validation through metagenomic studies is recommended to bridge ancient wisdom with contemporary science.

NCERT's 2025 curriculum update for middle school (Classes 6-8) integrates Ayurveda into science textbooks under the National

Education Policy (NEP) 2020, emphasizing holistic health education. □ Key inclusions cover core principles like Panchamahabhuta (five elements), alongside practical regimens such as Dinacharya (daily routines) for optimal digestion, sleep, and vitality, and Ritucharya (seasonal regimens) tailored to India's six ritus for dosha balance and disease prevention. □ □ This reform, announced by NCERT Director Dinesh Prasad Saklani, aims to blend ancient Indian knowledge with modern science, fostering environmental awareness, nutrition, and well-being from an Indian perspective. □ Ayurveda also features in Physical Education from Classes 3-10, incorporating yoga and wellness habits, while teacher training ensures effective delivery. □ The initiative supports AYUSH Ministry goals for integrative healthcare, promoting cultural pride and preventive lifestyles amid global health challenges. □

Research Objectives

The present descriptive study aims to:

- To examine the Ayurvedic concepts of Dinacharya and Ritucharya.
- To explore the relationship between lifestyle regulation and learning capacity.
- To analyze the relevance of Ayurvedic regimens in holistic education.
- To highlight the applicability of these concepts in contemporary educational contexts, including the digital knowledge economy.

Research Methodology

This study adopts a descriptive and conceptual research methodology. The paper is based on an extensive review of classical Ayurvedic texts such as *Charaka Samhita*, *Sushruta Samhita*, and *Ashtanga Hridaya*, which provide foundational knowledge on Dinacharya, Ritucharya, and mental well-being.

In addition, secondary literature related to holistic education, student well-being, lifestyle studies, and contemporary educational challenges has been reviewed. The study also involves interpretative analysis of Ayurvedic concepts in relation to modern educational practices and learning theories.

No primary data has been collected, as the focus of the study is conceptual exploration rather than empirical validation. The objective is to establish a theoretical foundation that can guide future empirical research.

Meaning of Holistic Education

Holistic education is an educational philosophy that recognizes the learner as a whole person rather than a mere recipient of academic knowledge. It emphasizes the interconnectedness of intellectual development with physical health, emotional stability, social responsibility, ethical awareness, and spiritual growth.

Unlike conventional education systems that primarily focus on academic achievement and standardized testing, holistic education aims to cultivate:

- Self-awareness and self-discipline
- Emotional intelligence and resilience
- Physical vitality and mental clarity
- Ethical sensitivity and social harmony

A balanced relationship with nature and society

Holistic education views learning as a lifelong process rooted in well-being and personal growth. It aligns closely with traditional Indian educational philosophies, where education (*Shiksha*) was considered a means of self-realization and harmonious living.

Need for Holistic Education

Modern students are exposed to multiple stressors, including competitive academic environments, excessive digital engagement, social comparison, and uncertain career prospects. These pressures often result in mental exhaustion, reduced motivation, and disengagement from learning.

The increasing prevalence of stress-related disorders, anxiety, depression, and attention deficits among students highlights the limitations of conventional education models. Holistic education addresses these challenges by emphasizing balance, health, emotional regulation, and self-care as essential components of learning. In this context, integrating lifestyle-based approaches such as those offered by Ayurveda can enhance the effectiveness and sustainability of education.

Ayurvedic Perspective On Learning Capacity

Concept of Learning in Ayurveda:

Ayurveda views learning as a function of overall health and mental balance. Intellectual capacity is not independent of physical and emotional well-being. Classical Ayurveda texts describe learning through concepts such as:

- **Medha:** intellectual grasping, comprehension, and understanding
- **Smriti:** memory, retention, and recall
- **Dhi:** discriminative intelligence and decision-making ability
- **Dhairya:** mental stability, patience, and perseverance

Effective learning occurs when these faculties function in harmony.

Role of Tridosha in Cognitive Functioning:

According to Ayurveda, mental and cognitive functioning is governed by the balance of the three doshas:

- **Vata:** governs movement, creativity, communication, and nervous system activity
- **Pitta:** governs intellect, reasoning, digestion of information, and analytical ability

- **Kapha:** governs stability, memory, emotional calmness, and endurance

Imbalances in these doshas—often caused by irregular routines, poor diet, or seasonal neglect—can impair concentration, memory, and emotional regulation, thereby reducing learning capacity.

Mental Qualities (Gunas) and Learning:

Ayurveda also explains mental functioning through the concept of *Gunas*:

- **Sattva:** clarity, calmness, balance, and wisdom
- **Rajas:** restlessness, overactivity, and agitation
- **Tamas:** inertia, dullness, and ignorance

Learning is most effective when Sattva predominates. Ayurvedic lifestyle practices aim to reduce excessive Rajas and Tamas while enhancing Sattva, thereby creating an optimal mental state for learning.

Dinacharya: Daily Regimen as A Foundation for Learning

Concept and Importance of Dinacharya

Dinacharya refers to a structured daily routine designed to align human activities with natural circadian rhythms. Ayurveda emphasizes that regularity in daily habits is essential for maintaining physical health, mental clarity, and emotional stability.

A disciplined daily routine helps regulate biological rhythms, stabilize the nervous system, and enhance mental focus.

Components of Dinacharya

Key elements of Dinacharya include:

- Waking up during *Brahma Muhurta*
- Personal hygiene and self-care practices
- Physical exercise, yoga, and *Pranayama*
- Timely and balanced meals
- Structured work and study routines
- Adequate rest and quality sleep

Educational Significance of Dinacharya:

For students, Dinacharya promotes:

- Discipline and consistency in study habits
- Improved concentration and attention span
- Emotional stability and stress management
- Enhanced memory and cognitive efficiency

A stable daily routine creates an internal environment conducive to sustained and meaningful learning.

Ritucharya: Seasonal Regimen and Adaptive Learning

Concept of Ritucharya:

Ritucharya refers to lifestyle and dietary adaptations according to seasonal changes. Ayurveda recognizes six seasons (*Ritus*) and prescribes specific practices to maintain physical and mental balance during each.

Seasonal Variations and Student Well-being:

Seasonal changes significantly affect energy levels, immunity, mood, and mental focus.

For example:

- Heat in summer may reduce stamina and concentration
- Cold in winter may increase lethargy and inertia
- Humidity during monsoon may affect digestion and immunity

Ignoring these changes can negatively impact learning capacity.

Educational Relevance of Ritucharya:

By adapting routines according to seasons, students can:

- Maintain consistent mental and physical energy
- Reduce seasonal stress, illness, and fatigue
- Develop adaptability and resilience
- Seasonal awareness supports sustainable learning throughout the academic year.

Dinacharya And Ritucharya in Holistic Education

Ayurvedic principles can be integrated into education through:

- Health and lifestyle awareness programs
- Inclusion of yoga, meditation, and mindfulness
- Seasonal wellness initiatives
- Promotion of digital discipline and sleep hygiene

Such integration supports the goals of holistic education by nurturing balanced and self-aware learners.

Holistic education emphasizes the balanced development of learners by integrating intellectual growth with physical health, emotional stability, ethical values, and environmental awareness. In this context, the Ayurvedic concepts of Dinacharya and Ritucharya provide practical and lifestyle-based frameworks that naturally complement the goals of holistic education. These principles move beyond theoretical instruction and offer actionable guidelines for cultivating disciplined habits, self-awareness, and sustainable learning practices.

Dinacharya as a Pedagogical Foundation

Dinacharya, or the daily regimen, plays a crucial role in establishing consistency and discipline in a learner's life. Holistic education recognizes that learning capacity is significantly influenced by daily routines related to sleep, diet, physical activity, and mental hygiene. A well-structured daily routine helps regulate biological rhythms, stabilize emotional responses, and improve cognitive efficiency.

From an educational perspective, Dinacharya encourages learners to develop time consciousness, self-regulation, and responsibility—qualities essential for effective learning. Practices

such as waking up early, engaging in physical activity, maintaining personal hygiene, consuming balanced meals, and ensuring adequate rest contribute to physical vitality and mental clarity. These habits directly support sustained attention, improved memory, and emotional resilience in academic environments.

Moreover, Dinacharya promotes mindfulness and intentional living. When students follow regular routines, they experience reduced mental fluctuations and stress, creating a stable internal environment conducive to deep learning. Thus, Dinacharya serves as a foundational pedagogical tool that supports both academic performance and personal well-being.

Ritucharya as an Adaptive Educational Framework

Ritucharya, or the seasonal regimen, emphasizes adaptability and environmental awareness—key principles in holistic education. Learning does not occur in isolation from nature; seasonal changes influence energy levels, mood, immunity, and cognitive functioning. Ritucharya acknowledges these variations and prescribes seasonal modifications in diet, activity, and rest to maintain balance.

In educational settings, Ritucharya encourages learners to become sensitive to their physical and mental states across different seasons. For instance, recognizing reduced stamina during summer or increased lethargy during winter allows students and educators to adjust academic intensity, schedules, and self-care practices accordingly. Such adaptability prevents burnout and supports sustained learning throughout the academic year.

By incorporating seasonal awareness, holistic education fosters resilience, flexibility, and ecological consciousness among learners. Ritucharya thus extends education beyond classrooms, connecting learning with environmental rhythms and promoting harmony between humans and nature.

Integration of Ayurvedic Principles in Educational Institutions

The integration of Dinacharya and Ritucharya into holistic education can be achieved through structured health education programs, inclusion of yoga and meditation in daily schedules, seasonal wellness initiatives, and awareness campaigns on sleep hygiene and digital discipline. These initiatives encourage students to take responsibility for their well-being and learning processes.

Educational institutions that adopt these principles move toward a preventive model of student welfare, addressing learning challenges at their root rather than through corrective measures alone. Such an approach aligns with contemporary

educational goals that emphasize student well-being, life skills, and sustainable development.

Contribution to Holistic Learning Outcomes

Together, Dinacharya and Ritucharya contribute to the development of balanced learners who are physically healthy, mentally alert, emotionally stable, and environmentally conscious. By nurturing discipline through daily routines and adaptability through seasonal awareness, these Ayurvedic principles strengthen learning capacity and support the holistic development of students.

Incorporating Dinacharya and Ritucharya into holistic education thus represents a synthesis of ancient wisdom and modern educational needs, offering a sustainable framework for cultivating lifelong learners in an increasingly complex and dynamic world.

Relevance In the Digital Knowledge Economy

In the digital age, students face information overload, screen fatigue, and disrupted routines. Dinacharya encourages structured daily living, while Ritucharya promotes adaptability to environmental and seasonal changes. Together, they offer a balanced framework for navigating digital learning environments without compromising well-being.

Conclusion

This descriptive study highlights Dinacharya and Ritucharya as foundational Ayurvedic frameworks that enhance learning capacity within holistic education. By aligning daily and seasonal living with natural rhythms, these practices promote cognitive clarity, emotional balance, disciplined habits, and sustainable learning. Integrating these principles into modern education can contribute to the development of healthy, resilient, and lifelong learners capable of thriving in the contemporary knowledge economy.

Acknowledgment

I would like to express my sincere gratitude to all those who supported and guided me in completing my study titled “A Study of Ayurvedic Dinacharya and Ritucharya as Foundations for Learning Capacity in Holistic Education.”

I am deeply thankful to my teachers and mentors for their valuable guidance, encouragement, and insightful suggestions throughout the course of this research. Their constant support helped me to understand the importance of traditional Ayurvedic practices such as Dinacharya and Ritucharya in promoting holistic well-being and learning capacity.

Financial support and sponsorship

Nil.

Conflicts of interest

The authors declare that there are no conflicts of interest regarding the publication of this paper.

References:

1. Sharma S., Ojha K., Sharma P., Thakur S., Vyas Y. Seasonal Regimen in Ayurveda (Ritucharya): An Ancient Lifestyle Science with Modern Applications. American Journal of Psychiatric Rehabilitation, 2025.
2. Munde V.D., Shinagare A.H., Lokhande G.V. Rutucharya – A Brief Postulation of Grishma Ritucharya (Summer Regimen). Journal of Ayurveda and Integrated Medical Sciences, 2024.
3. Khandelwal A. Ritucharya: A Preventive and Promotive Ayurvedic Regimen for Lifestyle Disorders. Journal of Ayurveda and Integrated Medical Sciences, 2025.
4. Anagha S., Deole Y.S. Daily Regimen for Preservation of Health (Dinacharya).
5. Deepthi R., Vandana Rani M., Delvin T. Robin, et al. Adopting Seasonal Regimen (Ritucharya) to Modulate Seasonal Variation in Gut Microbiome. Journal of Ethnic Foods, 2021.
6. NCERT (2025) — Inclusion of Ayurveda (including Dinacharya and Ritucharya) in Middle School Curriculum