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Editorial's:**COVID & DINACHARYA**

After unlocking, people are normalizing their daily routine. But the situation of pandemic coronavirus is not yet over. So this is very critical time for us. According to ayurveda for longer healthy life one should follow Dinacharya & other classical information of ayurveda. In this pandemic situation people want healthy life. Ayurveda provided different protocols in different season along with the day to day activity. Dinacharya is best practice for healthy life.

Dinacharya includes waking up at Bramhamuhurta (One and a half-hour before sunrise), Dantdhavan (Brushing teeth), Nasya (Oleation through nasal route), Abhyanga (Oleation of the body), Vyayam (exercise), Snana (Bathing), Sharirshudhi (Cutting nails, hairs, keeping the cleanliness of private parts). Following Dinacharya is good way to prevent COVID-19 situation.

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