

# Ayurvedic Sundial

- **Kapha 1 (6:00am/sunrise – 10:00am):**
  - Kapha begins to gather energy as the sun rises. This is the time for elimination, meditation, pranayama, light physical movement such as hatha yoga, first food intake, and cleansing rituals including garshana and abhyanga.
- **Pitta 1 (10:00am – 2:00pm):**
  - Agni (digestive fire) is at its peak. This is the time of day for the largest meal to be taken, work to be pursued and energy to be focused into daily productivity.
- **Vata 1 (2:00pm – 6:00pm):**
  - Metal activity is at its highest. This is the ideal time for social interaction, as well as the final light meal of the day.
- **Kapha 2 (6:00pm – 10:00pm):**
  - Energy begins to slow down during Kapha 2 time of day. This is the time to turn inward, unwind and reflect. The last time to exercise should be done at the start of Kapha 2 time, followed by relaxing activities such as reading and writing. Sleep should begin before this time has come to a close.
- **Pitta 2 (10:00pm – 2:00am):**
  - The internal cleansing process is in full action. Restoration and deep sleep commence.
- **Vata 2 (2:00am – 6:00am):**
  - Sleep becomes lighter as the elimination process starts. This is the time to awaken and begin morning meditation/spiritual rituals.

# Dincharya: The Daily Ayurvedic Routine

- **Awake with the sun:** During Vata time; start the morning off with gratitude by pausing to send loving energy into the universe. Give thanks and welcome the blessings of the day yet to come.
- **Empty bladder**
- **Cleanse face, eyes, ears and mouth with cool water:** Reduces Pitta excess that has built up during the night. Senses will become open and receptive.
- **Brush teeth/scrape tongue:** Check the tongue to observe ama (waste) collected throughout the night. Using a tongue cleaner starting in the back of the mouth pulling to the tip of the tongue. Brush teeth using an herbal, natural toothpaste.
- **Sip warm water with Lemon:** Cleanses the GI tract and removes ama (waste) from the digestive & elimination systems.
- **Empty bowels**
- **Engage in Garshana (dry brushing) and Abhyanga (body oil massage)**
- **Shower/cleanse in body temperature water:** Making sure not to shock the body in too hot or too cold temperatures, use an all natural body wash as to not strip your skin of their natural oils.
- **Swab nostrils:** Using a q-tip, dip in rosewater hydrosol and swab nostrils; follow with dipping a new q-tip into nasya oil or sesame oil and repeat swabbing nostrils. Use a neti pot as needed for present irritants.