

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.

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- **Morning sadhana:** Morning Yoga practice; Surya Namaskar (Sun Salutations).
- **Pranayama:** Morning breath work.
- **Meditation**
- **Mantra:** Set an intention for your day.
- **Morning meal:** Breakfast should be taken at first point of hunger. Should be consumed in silence to break your overnight fast.
- **Daily work/tasks/activity:** During this time of day complete the tasks that require the most focus.
- **Mid-day meal:** Lunch should be the largest meal of the day when agni (digestive fire) is highest (10am-2pm). To aid in digestion, lay on the left side of the body following your meal.
- **Social interaction:** Vata time of day (2pm-6pm) is best to gather with friends and loved ones.
- **Evening meal:** Dinner should be light and served at the next point of hunger. Eat just enough to bring you until bedtime, but not right before going to sleep – should be at least 2 hours prior to your slumber.