

# Ayurvedic Lifestyle & Diet

## Practical Guide to Daily Ayurvedic Living

### Dinacharya - Daily Routine

Following a daily routine aligned with natural rhythms promotes health:

#### MORNING (6-10 AM - Kapha Time)

- Wake before sunrise
- Tongue scraping and oil pulling
- Warm water with lemon
- Yoga and meditation
- Light breakfast

#### MIDDAY (10 AM - 2 PM - Pitta Time)

- Main meal when digestive fire is strongest
- Include all six tastes
- Eat in a calm environment

#### EVENING (6-10 PM - Kapha Time)

- Light, early dinner
- Gentle walk after eating
- Relaxing activities
- Early bedtime (before 10 PM)

## Diet According to Dosha

**VATA** - Favor warm, moist, grounding foods

Sweet, sour, and salty tastes; cooked vegetables; warm grains

**PITTA** - Favor cool, refreshing foods

Sweet, bitter, and astringent tastes; raw vegetables; cooling herbs

**KAPHA** - Favor light, dry, warming foods

Pungent, bitter, and astringent tastes; spices; light grains

## The Six Tastes

Include all six tastes in each meal for balance:

Sweet, Sour, Salty, Pungent, Bitter, Astringent

## Mindful Eating

- Eat in a peaceful environment
- Chew food thoroughly
- Avoid overeating
- Wait 3-6 hours between meals