

10 TIMELESS INDIAN PRACTICES TO ENRICH YOUR LIFE



|| सत्यम् ज्ञानं अनन्तम् ||



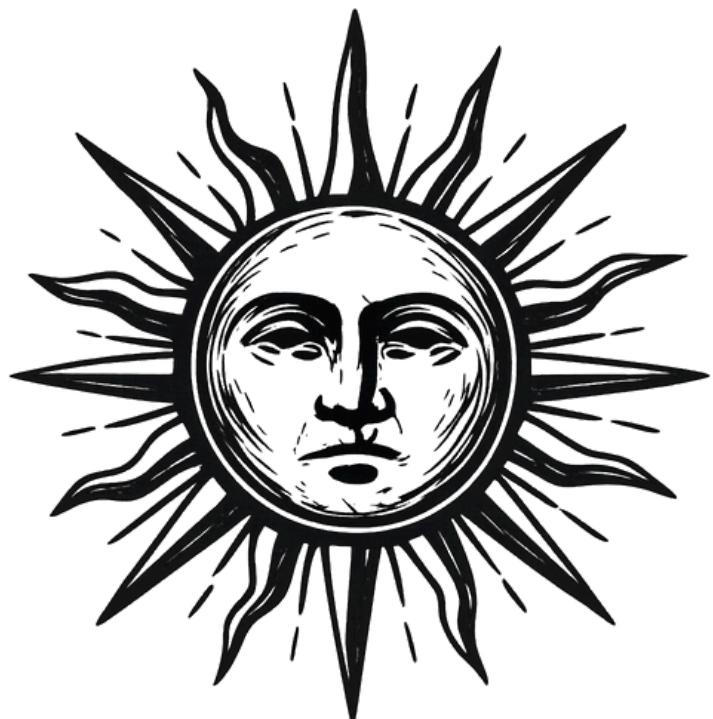
1

दिनचर्या

Dinacharya

(Daily routine)

Ayurveda, Siddha and Yoga systems prescribes a daily routine that may include **early rising, tongue scraping, oil pulling, specific dietary patterns, and mindful rituals matched to your constitution and the season, supporting holistic well-being.**



2

अभ्यङ्ग

Abhyanga

Self-massage with oil

Abhyanga is the Ayurveda and Siddha tradition of massaging the body **with warm, often herbal, oils, that are now clinically proven to enhance circulation, remove toxins, and promote relaxation.**

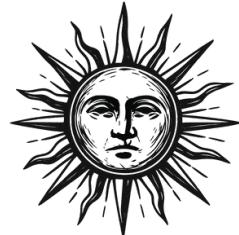


3

योग Yoga

Yoga is a 8 limbed system that includes practices for each of these limbs like **Asana (postures)**, **Pranayama (life force regulation)**, **Pratyahara (withdrawal)**, **Dharana (concentration)** and **Dhyana (meditation)**.

One of the most popular processes is **Surya Namaskara (sun salutation)**



4

प्राणायाम

Pranayama

Life force regulation

Pranayama, or Yogic breathwork, includes techniques like **Nadi Shodhana** (subtle energy channels cleansing technique) and **Brahmari** (humming bee breath), which balance the nervous system, energy, and emotional health.



5

ध्यान

Dhyana

Meditation

Meditation is a foundational aspect of all Indic traditions like Hinduity, Jainity, Buddhitiy, Sikhity etc.

This fosters **deep self-awareness, mental clarity, focus, and stress reduction.**



6

कृतशता

Kritagyata

Practicing gratitude

Daily gratitude and thanksgiving practices are part of all Indic traditions and every scripture extols the same.

This helps to shift your mindset **from scarcity to abundance**, increasing resilience and contentment.



7

अपरिग्रह

Aparigraha

Non-attachment

Indian spiritual frameworks teach letting go of unnecessary attachments as that helps to cultivate 3 precious mental states: **inner freedom, peace of mind and true contentment.**



8

सात्त्विक आहार

Sattvika Ahara

Mindful eating

A Sattvic diet emphasizes **fresh, seasonal, lightly spiced vegetarian foods*** and eating with generosity and presence - a practice that fosters better digestion, energy, and clarity.



*The diet (Veg, Non Veg, Vegan, raw etc) was / is designed based on individual's profession, health needs, climatic conditions and family custom.

9

स्वाध्याय

Svadhyaya

Self-study and reflection

Self-inquiry, introspection, or journaling are encouraged in Indian traditions for **self-growth, self-understanding, and continuous learning.**



10

धर्म

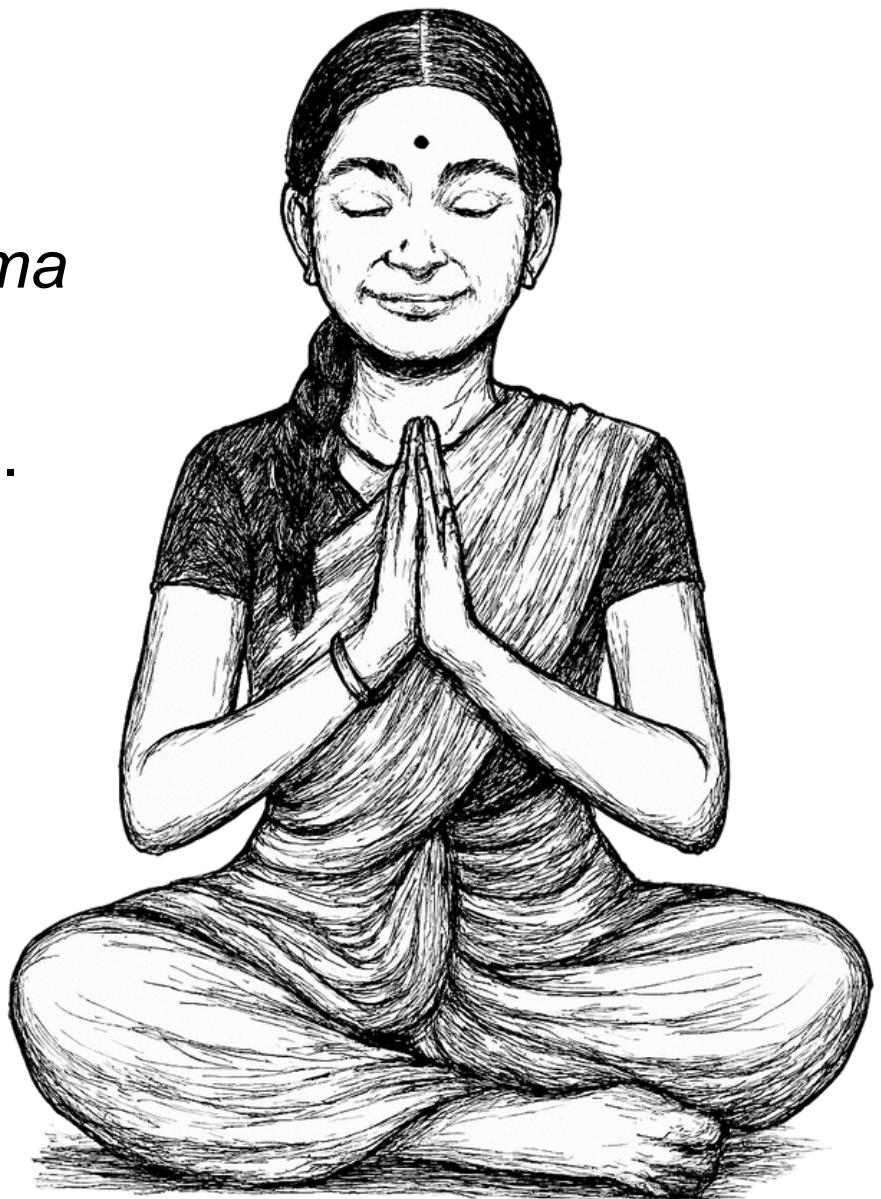
Dharma

Living by Dharma

That which supports, sustains and enables proper functioning of any system is called Dharma.

One aspect of Dharma is *Swadharma* i.e. figuring your own and unique purpose of this birth and living by it.

Dharma includes discharging your roles and responsibilities in a way that resonates with the definition of Dharma.





Indic Wisdom is replete with
such transforming ideas.

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could help others in your network.**

