

Ayurveda Dinacharya For Vitality and Health Ayurveda Daily Routine

Dinacharya, is a Sanskrit word made up of '*Dina*', meaning *day* and '*Acharya*', meaning *activity/behavior*. Ayurveda dinacharya is designed to keep us connected with our internal body clocks or circadian rhythm.

Following a daily routine creates a foundation for good health, and a sense of calm and clarity. An Ayurveda dinacharya practice helps us understand the best time for our daily routines for our doshas, such as waking, exercise, bathing, meditation/prayer, meals, study, work, relaxation, and restful sleeping.

MORNING ROUTINE

- **WAKE UP AT THE SAME TIME JUST BEFORE THE SUNRISE DAILY**
The time before dawn is when there are subtle and clear qualities in nature that promote peace of mind and awaken our senses. We support our digestion and elimination process as the colon and bladder are active early in the morning. Here is a general guide to waking for your dosha, even though sunrise times vary according to the seasons:
 - vata people should get up about 6 AM
 - pitta people by 5:30 AM
 - kapha by 4:30 AM
- **START WITH GRATITUDE BEFORE GETTING OUT OF BED**
It can revolutionize your day! You can set an intention for your day to be meaningful, filled with love, to be compassionate, and to be joyful. Upon waking each morning, try thinking of what you are thankful for. Maybe it is a person or your pet. Breathe deeply and exhale slowly, and imagine what or whom you are thankful for. Continue until you are ready to get out of bed and start your day.
- **MORNING HYGEINE**
Scrape Tongue using tongue cleaner to remove the bacteria-filled coating on the tongue and to stimulate the digestive system. Tongue scraper for each dosha (1):
 - vata use gold scraper
 - pitta use silver scraper
 - kapha use copper scraper
 - everyone may use stainless steel



Brush Teeth for good oral hygiene. A soft toothbrush is best and use an astringent, pungent, and bitter toothpaste or powder.

Drink Warm Water to cleanse and awaken the digestive tract, hydrate, and stimulate a bowel movement. Drink caffeinated beverages afterwards as caffeine will dry the mucous membranes of the colon, increasing vata dosha, and may lead to constipation.

Oil Pull or Swish to strengthen the teeth, gums, jaw, and voice, while improving the sense of taste. Swish oil in your mouth for anywhere from 1–20 minutes. Try swishing with coconut oil, ghee or olive oil.

Rinse Face, Mouth, and Eyes with warm water to soothe and feel rejuvenated.

- SELF-MASSAGE (ABHYANGA), EAR LUBRICATION (KARANA PURANA), AND NASAL LUBRICATION(NASAYA)

Daily Self-Massage (Abhyanga) is a practice of rejuvenation and loving self-care. The word oil, *sneha*, in Sanskrit also means love. Oiling your whole body daily will help support the doshas, calm the nervous system, promote longevity, keep the skin soft, and when done before bedtime, support sound sleep. Best oils for each dosha:

- vata and kapha use warm sesame, which has a warming quality
- pitta use warm sunflower or coconut oil which as a cooling quality
- herbal oils to support your doshas
- jojoba oil may be used for everyone

Ear Lubrication (Karana Purana)⁽²⁾ with warm oil helps to decrease the energy of ether and air, vata dosha, promoting a sense of calm and grounding. Warming oil drops in the ear often prevents drying of the small bones in the inner ear, called ossicles, supporting good hearing. Place 1–2 drops of warm oil. Banyan Botanicals Ear Oil is a good option.

Never practice Karana Purana at home if you are experiencing:

- any blood oozing out of your ears
- do not practice at home directly after a shower or swimming
- If you have an eardrum rupture, injury to the ear, cuts or wounds on or inside the
- ear, or burns that affect the ears
- if you experience itching, tickling or discomfort in the ear afterwards

Nasal Lubrication (Nasya)⁽³⁾ an Ayurvedic practice for maintaining the health of the nasal passageway and supporting the prana channel with cleansing and nourishing herbs and substances. Nasal lubrication keeps the nostrils healthy and open, and offers relief from symptoms of congestion and sinus discomforts. In addition, it supports mental clarity, memory, and balance of vata dosha.

Betty Brown, NAMA Certified Ayurvedic Practitioner, RN. B Well Ayurveda Health Coach LLC
www.bwellayurveda.com bwellayurveda@gmail.com



- BATHING AND NATURAL SCENTS

Showering will cleanse the body and bring energy and clarity of the mind . If you have done a self-massage, rinsing the skin with warm water will generally suffice to remove excess oil.

The use of natural scents or essential oils brings freshness, charm and joy, improves vitality to body and mind and improves self-esteem. Best aromas for each dosha⁽⁴⁾ :

- vata use warming ground aromas-amber, sandalwood
- pitta use cooling and soothing aromas- jasmine, rose
- kapha use warming and energizing aromas – lavender, patchouli

- YOGA-EXERCISE, BREATHE AND MEDITATION

Yoga and regular exercise improves circulation, strength, endurance, promote sound sleep, and improves digestion, elimination and relax. Ayurveda recommends to exercise to the point where sweat forms on the forehead, armpits, and lower spine.

Breathing-Pranayama is encouraged after exercise.

vata try calming breaths like alternate nostril breathing

pita try cooling breaths like [sheetali](#) or [sheetkari](#)

Link for sheetali: https://youtu.be/XmXsOSlRWTg?si=YD_ekpb1ZSOW4Y6m

Link for sheetkari: <https://youtu.be/vGKmHg4DUMQ?si=yu4qMUaFpucPESPX>

kapha try: heating breaths like [bhastrika](#) – bellows breath or [kapalabhati](#) – shining skull breath.

Link for bhastrika: <https://youtu.be/yl34Xo7ReXE?si=zF3HapdAlovYluG2>

Link for Kapalabhati: https://youtu.be/7Po_mbqJqzU?si=jTdTDLcV5_1Bi4c0

Meditation is helpful to practice in the morning and evening for at least 15 minutes.

“Continuous silent, peaceful watching of the breath eventually slows down the thinking and one can perceive the space in between two thoughts. That gap can in time expand into vast silence, in which the perception of the universal consciousness starts appearing. In meditation, the tissues become relaxed, the enzymatic system is activated and digestion is promoted, circulation is improved and the channels dilate. The parasympathetic nervous system activates and stress is managed. This silence works as a vacuum and helps the doshas move back into the gastrointestinal tract. Meditation brings balance and peace into your life.” ⁽¹⁾



DAY ROUTINE

- EAT REGULAR MEALS CONSISTENTLY AT THE SAME TIME OF DAY

Enjoy three meals a day with little to no snacking. Irregular meals and excessive snacking can weaken the digestive fire.

- Eat your largest meal from 12 pm -2 pm, when your digestive fire is at its strongest and at its optimal level. Focus on eating without distraction and in a calm environment.
- Eat fresh, seasonal foods. In the colder months favor warm cooked meals.

EVENING ROUTINE

- DRINK WARM WATER TWO HOURS BEFORE BED

Stay hydrated and support your body's detoxification. Drink no more than 8 oz to prevent waking up at night to urinate.

Ayurveda recommends taking Triphala in the evenings, a colon tonic which is revered for its unique ability to gently cleanse and detoxify the digestive tract while replenishing, nourishing, and rejuvenating the tissues. Triphala supports healthy elimination upon waking in the morning.

- GENTLE YIN YOGA AND YOGA NIDRA practice to help you wind down, and sleep soundly

Yin Yoga for sleep: <https://youtu.be/6VDss0P4Y-Q?si=1RjbLalF5wUDYsSo>

Yoga Nidra Guided Meditation: https://youtu.be/XlgXhN_zQjg?si=9EczyIBxeXg3toGH

- SLEEP AT A REGULAR BEDTIME EACH NIGHT

Allows your body to wind-down, and promote sound sleep.

Go to sleep and lights out by 10 pm when the energy of the evening is grounding and calm (kapha time). ⁽⁵⁾

When you are new to Ayurveda dinacharya, the “to do” list may seem overwhelming. Start by choosing one practice until it becomes a habit. Gradually add additional self-care practices into your daily routine. Adjust and modify practices to balance your dosha, to meet your needs.

Adopting the Ayurveda daily routine is one of the most grounding and nurturing things you could do for yourself.



Have a beautiful day!

References:

- (1) <https://ayurveda.com/ayurvedic-daily-practices-to-transform-your-health/>
- (2) <https://www.artoflivingayurveda.com/blog/2022/1/10/all-about-karana-purana-what-is-it-how-to-practice-at-home-recipe>
- (3) <https://ayurveda.com/nasya/>
- (4) <https://www.auromere.com/blog/aromatherapy-balancing-the-bodys-three-doshas/?srsId=AfmBOorTO20gZ0YcF8qo63AzO1ZELaDyHjdvDB9dY2w9QSNjkj0dy8LO>
- (5) <https://www.healthline.com/health/sleep/an-ayurvedic-guide-to-sleep>

All information in this article is for educational purposes only. Please consult your medical provider before you try lifestyle practices, any self-care practices, make dietary, herbal or supplemental changes or incorporate new exercise routines.

