

MORNING ROUTINE

1. Wake Early in the Morning

The air is naturally lighter from 2am - 6am, so waking during this time creates more energy throughout the day and peace of mind as well as freshness to the senses. If possible, try waking up without an alarm, and avoid looking at your phone, checking emails, and using social media right after you wake up.

It is suggested to wake around the following times for each dosha:
Vata types should get up about 6am, pitta types by 5.30am, and kapha types by 4.30am.

2. Create a Tone for Your Day

You can do this by offering gratitude and setting an intention. Make sure to create space in the morning to balance your mind, body, and spirit before the day begins. One simple way to do this is by writing reflections, intentions, thoughts, and/or ideas in a journal. It's also a good time to connect and cultivate a positive relationship with yourself.

3. Clean the Face, Mouth & Eyes

Splash your face with cool water and rinse out your mouth. Wash your eyes with cool water and massage the eyelids by gently rubbing them. Blink your eyes 7 times and rotate your eyes in all directions. Dry your face with a clean towel.



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4. Elimination

It is important to evacuate bowels and bladder every morning because the body has processed toxins overnight. Improper digestion of the previous night's meal or lack of sound sleep can prevent a bowel movement. Lifting heels off the floor can help.

5. Oil Pulling

To strengthen teeth, gums, and jaw, improve the voice and remove wrinkles from cheeks, gargle twice a day with warm sesame oil. Hold the oil in your mouth, swish it around vigorously, then spit it out and gently massage the gums with a finger.

6. Scrape Your Tongue

Gently scrape the tongue from the back forward, until you have scraped the whole surface for 7-14 strokes. This stimulates the internal organs, helps digestion, and removes dead bacteria.

7. Clean Your Teeth

Always use a soft toothbrush and an astringent, pungent, and bitter toothpaste or powder.

8. Drink Water

Drinking water helps flush out toxins that have accumulated over night and washes the gastro-intestinal tract, flushes the kidneys, and stimulates peristalsis. Warm lemon or lime water also helps eliminate toxins. You can also take a glass of room temperature water. Avoid cold drinks as this inhibits digestion.



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9. Neti Pot / Nasya Oil

Spring and summer are the best seasons to use a neti pot. You can follow the neti with nasya oil. To use the neti pot, fill with purified warm water and neti salt. Lean over a sink and tilt the head sideways so your face is horizontal, insert the neti pot spout into the upper nostril. Be sure the spout is fully inserted so water cannot leak out that nostril.

Open your mouth and breathe through your mouth while you gently pour. RELAX. After a few seconds, the water will begin to stream out of the lower nostril. Use half your solution in the first nostril; save the remainder for the second.

In fall and winter, nasya oil is best done alone to prevent dryness and keep the nasal passages supple and moist.

10. Exercise

Regular exercise, especially yoga, improves circulation, strength, and endurance. Take a walk, practice yoga, go for a swim, ride your bike, go on a hike, etc. It helps one relax and have sound sleep and improves digestion and elimination. Exercise daily to half of your capacity, which is until sweat forms on the forehead, armpits, and spine.

11. Meditation + Pranayama

Choose any meditation practice that helps steady the mind and creates clarity before getting started with your day. It is important to meditate morning and evening for at least 15 minutes. Choose a dosha specific sequence for your pranayama practice that is consistent with the Ayurvedic clock season.

12. Bathe

Bathing is cleansing and refreshing. It removes sweat, dirt, and fatigue, brings energy to the body, clarity to the mind, and holiness to your life.



WOMAN WARRIOR
ACADEMY

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13. Self-Massage: Abhyanga

Rub warm oil over the head and body. Gentle, daily oil massage of the scalp can bring happiness, as well as prevent headache, baldness, graying, and receding hairline. Oiling your body will help keep the skin soft.

14. Get Dressed

Wear clean clothes as it brings beauty and a new, fresh spirit to the day.

15. Enjoy Breakfast

Your meal should be light in the hot months or if your agni (digestive fire) is low, and more substantial in the cold.

MID-DAY MEAL + ROUTINE

The digestive fire is highest during the noon hour. Enjoy the largest meal mid-day in a relaxed manner to ensure proper digestion.

After lunch, rest on the left side and/or enjoy a short walk.

EVENING MEAL + ROUTINE

A small (or supplemental as in supper) evening meal allows the body to digest food before you sleep. Rather than digesting a large evening meal, the body is freed to digest toxins (ama) or other buildup from the day.

Create an evening routine that supports relaxation such as journaling, taking a warm bath or gentle stretching. Decrease use of phones, computers and television in the evening as it can be stimulating.

Retire before 10pm. This helps maintain the natural circadian clock (your inner clock). It is said that every hour of sleep enjoyed before midnight is worth two hours after midnight. The body also processes toxins most effectively between 10p - 2am.

