

## DINACARYA: Daily Rhythm for Health and Deeper Practice

Daily rhythm is one of the greatest ways to ward off disease. The great majority of diseases have Vāta dosha (air and space elements) at the root. These elements together create irregularities of all types. Daily routine gives the body clock some stability and can regulate digestion, sleep, menstrual cycles, metabolism and rejuvenation. Proper food, daily practices, and sleeping patterns are the simplest ways to prevent illness and support health. Moreover, a simple routine with proper hygiene supports deeper practices of meditation and yoga.

Consider modeling the day after the one who makes the day, the Sun to balance daily activities and get sounder sleep. There is a time for everything!



### SAMPLE DAILY ROUTINE

1. SUNRISE! Arise! before the sun. One of the greatest ways to ward off depression is to see the rising sun. Ideally, one even can wake up before the sunrise at the most spiritually subtle and powerful time of day.

## 2. Bathroom Routine:

- pee
- rinse mouth with cold water
- scrape tongue (observe the āma)
- brush teeth
- splash cold water in the eyes, or rosewater, (cooling site of pitta)
- drink cup of warm water (to stimulate digestion)
- swish mouth with sesame oil until oil is frothy, then spit (for health of gums)

## 3. Practice:

- pranayama
- yoga
- meditation

## 4. breakfast:

- Eat according to dosha and season followed by light walk to burn āma.

## 5. lunch & tips:

- between 12-2
- set the space to eat with a prayer, breaths, or quiet moment
- Eat according to dosha and season
- optionally followed by light walk to burn āma.

## 5. dinner:

- 6-7, or at least many hours before sleep
- set the space to eat with a prayer, breaths, or quiet moment
- Eat according to dosha and season
- Do not discuss disturbing topics or watch the news channels
- Eat all 5 tastes, but avoid heavy yogurt or ice-cream
- optionally followed by light walk to burn āma.

\*herbs after meals, if taking

## 6. After Dinner Absorptions Time:

a light walk, sunset, agnihotra, music, pleasant family time (for proper physical and mental digestion of the day)

## 7. One Hour Before Sleep:

- Prescribed Virechana like triphala, if taking (to keep the colon clean)

## 8. Bathroom routine

- brush teeth gently
- scrape tongue
- etc

## 9. Before sleep Practice:

- options like abhyanga
- deep relaxation techniques

- pranayama and meditation

10. sleep

- 6-8 hours, according to one's constitution