

Ayurvedic Daily Routine (Dinacharya)

Circle those practices that are best for YOU! On a separate sheet of paper - map out your ideal Ayurvedic Routine - choose those practices that you are going to begin to do - starting right away!

Gratitude

Gratitude Journal - Prayer - Affirmation - Thank You Note - Free Hugs

"Dear God, you are inside of me, within my very breath, within each bird, each mighty mountain.

Your sweet touch reaches everything and I am well protected.

Thank you God for this beautiful day before me.

May joy, love, peace and compassion be part of my life and all those around me on this day.

I am healing and I am healed."

After this prayer touch the ground with your right hand, then the same hand to the forehead, with great love and respect to Mother Earth."

Early to Bed - Early to Rise

It is good to wake up before the sun rises, when there are loving (sattvic) qualities in nature that bring peace of mind and freshness to the senses. Sunrise varies according to the seasons, but on average vata people should get up about 6 a.m., pitta people by 5.30 a.m., and kapha by 4.30 a.m. Right after waking, look at your hands for a few moments, then gently move them over your face and chest down to the waist. This cleans the aura.

Clean the Face, Mouth & Eyes

Splash your face with cold water and rinse out your mouth. Wash your eyes with cool water (or one of the eye washes mentioned below) 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.



Tridoshic eyewash: try triphala eye wash $\frac{1}{4}$ tsp. in 1 cup water, boil for 10 minutes, cool and strain.

Pitta eyewash: use cool water or rose water from organic rose petals - most commercial rose water has chemicals in it that will sting the eyes.

Kapha eyewash: try diluted cranberry juice, 3-5 drops in a teaspoon of distilled water.

Evacuation

Sit, or better squat, on the toilet and have a bowel movement. Improper digestion of the previous night's meal or lack of sound sleep can prevent this. However the water, followed by sitting on the toilet at a set time each day, helps to regulate bowel movements. Alternate nostril breathing may also help. After evacuation wash the anal orifice with warm water, then the hands with soap.

Clean the Teeth

Always use a soft toothbrush and an astringent, pungent, and bitter toothpaste or powder. The traditional Indian toothbrush is a neem stick, which dislodges fine food particles from between teeth and makes strong, healthy gums. Licorice root sticks are also used. Roasted almond shell powder can be used for vata and kapha, and ground neem for pitta.

Oil the Ears

Conditions such as ringing in the ears, excess ear wax, poor hearing, lockjaw, and TMJ, are all due to vata in the ears. Putting 5 drops of warm sesame oil in each ear can help these disorders.

Bathing

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.

Healing Scents

Using natural scents, essential oils, or perfumes brings freshness, charm, and joy. It gives vitality to the body and improves self-esteem.

For vata the best scent to use is hina or amber.



For pitta try using khus, sandalwood, or jasmine.

For kapha use either amber or musk

Hydration

Then drink a glass of room temperature water, preferably from a pure copper cup filled the night before. This washes the GI tract, flushes the kidneys, and stimulates peristalsis. It is not a good idea to start the day with tea or coffee, as this drains kidney energy, stresses the adrenals, causes constipation, and is habit-forming.

Tongue Scraping

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. Ideally, vata can use a gold scraper, pitta a silver one, and kapha copper. Stainless steel can be used by all people.

Gargling

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.

Nasal Drops

Putting 3 to 5 drops of warm ghee or oil into each nostril in the morning helps to lubricate the nose, clean the sinuses, and improve voice, vision, and mental clarity. Our nose is the door to the brain, so nose drops nourish prana and bring intelligence.

For vata: sesame oil, ghee, or vacha (calamus) oil.

For pitta: brahmi ghee, sunflower or coconut oil.

For kapha: vacha (calamus root) oil.

Self Massage

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 before bedtime will help induce sound sleep and keep the skin soft.



For vata use warm sesame oil.

For pitta use warm sunflower or coconut oil.

For kapha use warm sunflower or mustard oil.

Exercise

Regular exercise, especially yoga, improves circulation, strength, and endurance. 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.

Vata: Sun salutation x 12, done slowly; Leg lifting; Camel; Cobra; Cat; Cow. Slow, gentle exercise.

Pitta: Moon salutation x 16, moderately fast; Fish; Boat; Bow. Calming exercise.

Kapha: Sun salutation x 12, done rapidly; Bridge; Peacock; Palm tree; Lion. Vigorous exercise.

Pranayama - Breathwork

After exercise, sit quietly and do some deep breathing exercises as follows:

12 alternate nostril breaths for vata;

16 cooling shitali breaths (curling up your tongue lengthwise and breathing through it) for pitta;

100 bhastrika (short, fast breaths) for kapha.

Meditation

It is important to meditate morning and evening for at least 15 minutes. Meditate in the way you are accustomed, or try the "Empty Bowl Meditation". Meditation brings balance and peace into your life.

