



Daily Morning Routine (Dinacharya)

How you start your day sets the tone for how you live it, and ultimately, how you live your life.

One powerful way to bring more harmony and health into each day is by embracing an Ayurvedic morning routine. This practice aligns us with our body's natural rhythm, promoting balance and well-being and supports the optimal functioning of the body, mind and consciousness. Routine helps to establish balance in one's constitution. It also regularises a person's biological clock, aids digestion, absorption and assimilation, and generates self-esteem, discipline, peace, happiness, and longevity.

At the heart of the Ayurvedic morning ritual is; waking at a time that suits your constitution (the same time each day) tongue scraping, dawn water, emptying the bowels, oil pulling and nasal cleansing with Anu thailum oil, Abhyanga, Meditation and light exercise.

Daily routines help balance the doshas, ensuring that Vata, Pitta, and Kapha remain in harmony. Imbalanced doshas can disrupt digestion and lead to constipation. Following a structured daily routine can reduce stress and anxiety, which are known to affect digestive health. Stress can disrupt digestion and contribute to constipation.

Abhyanga is a traditional Ayurvedic warm oil self-massage performed about 15 minutes before bathing, however many people may not have time for this in the morning, therefore in the evening before bed is also recommended. This soothing practice enhances blood circulation, aids in detoxification, nurtures the skin, and soothes the nervous system. After just two weeks of incorporating this traditional Ayurvedic technique into your routine, you'll likely notice a remarkable difference.

Daily routine may vary slightly for people with different doshas, but this is the basic daily routine. Naturally, it is easy to follow when you are living in an ashram or an Ayurvedic resort in India, however, it's a little more challenging to implement and adhere to in the West, persevere and good luck. Even if you succeed in small stages, you will be doing well. As you adjust your life appropriately to fit in with the natural rhythm of the earth, sun, and moon, you will notice the differences.

Creating a morning routine that is the key to healthy digestion and vitality, it is also beneficial to the body and helps calm the mind;

- Rise with the sun or at least by 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. Sleep before 10pm. A regular bedtime, promotes restful and rejuvenating sleep.
- Say a Prayer before Leaving the Bed, e.g. "Dear source/universe/consciousness, 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, source/universe/consciousness, 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, Namaste" 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.
- Avoid using electronic devices and mobile phone for at least the first hour of the day.
- Rejuvenation of the senses: splash your face with 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. Eye wash with Rosewater to prevent irritation.
- Oral Hygiene: Use natural toothpaste (always use a soft toothbrush and an astringent, pungent, and bitter toothpaste or powder) and also incorporate a tongue scraper (to monitor internal health and toxicity levels in the body), before drinking any water.
 - 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.
- Dawn Water: Drink a cup of warm water with a fresh slice of lemon and tiny sliver of fresh ginger. Water, preferably from a pure copper cup filled the night before. This washes the GI tract, flushes the kidneys, and stimulates peristalsis (scraping effect which helps reduce toxins in the body). 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. Eat Aloe Vera fresh pulp (1 tsp) with water. Aloe Vera (Is useful in conditions of excess heat, skin problems, liver functioning



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and energy levels. Aloe Vera is excellent for digestive system, female reproductive system and circulatory system).

- Evacuation: Emptying the bowels – sit 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. Malasana (Squatting Pose) can stimulate bowel movements and reduce Vata imbalances.
 - Malasana helps in stretching the lower back and opening the hips, which can aid in relieving constipation by encouraging smooth bowel movements. How to do it: Squat down with your feet wider than hip-width apart. Bring your palms together in a prayer position and gently push your elbows against your inner thighs. Stay in this pose for a few breaths.
- Oil Pulling with Gum & Mouth Oil. Gargling To strengthen teeth, protects oral cavities and gums and jaw, improve the voice and remove wrinkles from cheeks, gargle twice a day.
 - Bioveda's Gum & Mouth Oil is a traditional Ayurvedic formula of 40 herbs infused in cold pressed Black Sesame Oil, known as Arimedhas Thailam, which has been used for centuries to support oral health.
 - Place 10 - 20ml of oil into the mouth, gargle, and swish around for 10-20minutes and then spit out. It can be used before or after brushing teeth.
- Nasya application of oil to nostrils in the morning and before bed. Our nose is the door to the brain, so nose drops nourish prana (Health protector of all sense organs, useful for brain functions. Nourishes brain, improves memory and intellect, helps reduce frequency and intensity of migraines/stress/anxiety/depression/nervous system disease or getting fatigued. Gives coating to nasal mucosa, so help reduce snoring and allergens can't come into direct contact - cat hair/grass seeds etc. (Prevents allergic conditions as increases immunity/strength of region so approximately 6-8 months of daily use will be less susceptible to allergies).
 - Use 2 drops 2 times/day (morning and before bed) Instil drop into one nostril first, sniff, then instil oil in other, sniff in.
- Oil Drops in the Ears (Karana purana) 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.
- Apply Oil to the Head & Body (Abhyanga) with Cold Pressed black sesame oil. Rub warm oil over the head and body. Gentle, daily oil massage of the scalp can bring happiness, as well as prevent headache, baldness, greying, and receding hairline. Oiling your body before bedtime will help induce sound sleep and keep the skin soft. (Increases circulation of blood, free movement of joints and muscles, helps pacify Vata).
- Exercise: daily morning walk-in nature for at least 20 minutes. 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.
- Pranayama After exercise, sit quietly and do some deep breathing exercises.
- Meditation: It is important to meditate morning and evening for at least 15 minutes. Meditate in the way you are accustomed; Meditation brings balance and peace into your life. You can observe your breath or read a passage from a spiritual text. Be conscious and aware, perhaps chanting the mantra "Om" and cultivate love and kindness (This will help to start your day with a positive and peaceful mind).
- 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. shower before meals as showering after meals depletes digestive power. After the self-care practice.
- Breakfast – Mindful eating. Establishing regular meal times allows you to eat mindfully and pay attention to your body's hunger and satiety cues. This fosters better digestion and prevents overeating. Your meal should be light in the hot months or if your agni is low, and more substantial in the cold. Have a warmed light breakfast as spiced oats porridge.

Cautions - Oil Pulling with Gum & Mouth Oil: Take care not to swallow any oil. If you suffer any disease or health issue related to the mouth, visit Michelle, Ayurvedic Consultant for further guidance.

Cautions – Aloe Vera pulp should not be taken if bleeding from bowels, visit Michelle, Ayurvedic Consultant for further guidance.

Cautions - Nasal cleansing with Anu thailam oil: Nasya should **not** be administered immediately after food, bath or sex (wait at least 1 or 2hours) or during pregnancy and menstruation. Visit Michelle, Ayurvedic Consultant for further guidance.

Please Note: The recommendations are not intended to diagnose, treat, or cure any disease



MY AYURVEDIC PATH
DISCOVER YOUR PATH TO HOLISTIC HEALTH

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- Rise with the sun or at least by 6am
- Say a Prayer
- No devices for 1 hour
- Rejuvenation of the senses
- Oral Hygiene
- Dawn water (lemon and ginger)
- Evacuation
- Oil Pulling with Gum & Mouth Oil
- Nasya application
- Oil Drops in the Ears
- Daily massage (abhyanga)
- Exercise
- Pranayama
- Meditation
- Bathing
- Breakfast

Print this page and tape to your bathroom mirror for a daily reminder