

# BHARTIYA JEEVEN SHALEY

- Sushruta advocates for “**swasthya vritta**” (positive health), recommending “**dincharya**” (daily routine), “**ritucharya**” (seasonal routine), diet, exercise & virtuous conduct for positive health
- **Yog guru Patanjali** advocated to follow **eight-fold path of yoga** to get insight and sublime purity of the soul
  - “**Yama**” (self control) with five rules, i.e., non-violence, truthfulness, not stealing, chastity & avoidance of greed
  - “**Niyam**” (observance) through purity, contentment, austerity, study of Vedas and devotion of God
  - “**Asana**” (posture)
  - “**Pranayama**” (control of the breath)
  - “**Pratyahara**” (restraint)
  - “**Dharana**” (steadying of the mind)
  - “**Dhyana**” (Meditation)
  - “**Samadhi**” (deep meditation)

# DINACHARYA

(DAILY ROUTINE AS PER  
ANCIENT INDIAN WISDOM)

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*There are no better and more powerful medicines, tools, techniques, methods etc than to tune in with the rhythm & laws of Divine, Almighty **NATURE***

## MORNING

- **Get up two hours before sunrise**
- **Elimination** - Drinking a glass or two of warm water helps in elimination. As soon as possible empty your colon and bladder
- **Cleaning of Senses** - Wash eyes with water, preferably use rose water and Triphala to purify the sight
- **Brush teeth and scrape the tongue** to purify your mouth and sense of taste. Ayurveda considers the coating of the tongue as an indicator of 'Ama' or toxins in the colon.
- **Gargle with warm water or herbal tea** to purify your voice and strengthen your teeth.
- **Finally do Jal neti and put a little oil in your nose**
- **Traditional Dinacharya also recommends that you inhale the smoke of medicinal herbs** every morning to purify the mind, head, face, neck and lungs
- **Abhyanga for 5 minutes** - oil massage with sesame oil - typically a self massage
- **Vyayama** - Usually some Yoga postures and breathing exercises (Pranayam)
- **Bath - Usually warm water baths are suggested**

## MORNING

### • Meditation

- For a few minutes to an hour - **sit down and see who you really are**
- Put your **attention towards Awareness**
- This is the **most important aspect of Dinacharya**. Simply be quiet, sit in Peace
- **Breakfast** - This should be warm, nourishing and wholesome
- **Study / Work** - Do what you do from now until noon

## NOON

- **Lunch** - It should be taken early **between 12 and 1 PM**
- This coincides with the peak **Pitta** period - Pitta is responsible for the digestion
- Ayurveda recommends that **lunch should be the largest meal of the day**
- After meal it is good to take a little walk
- **Siesta** - **Anything more than a short nap should be avoided**
- **Study / Work** - Do what you do from now until supper

## SUNDOWN

- Special **time of balance** between day and night
- This is the **time for evening prayers and meditations** in many cultures around the World
- From **dinner to bedtime just take it easy**. Spend time with family, read and relax

## DINNER

- It should be **taken around 7 PM** - lighter than the lunch
- At least **three hours before bedtime** - gives body ample time to digest food
- **Sleeping just after the dinner** with a heavy stomach - **not conducive** for a sound sleep
- **Walk for 10-15 mins** to aid digestion

## BEDTIME

- Go to **sleep around 10 PM** so that you can get **6 to 7 hours of sleep** before 4:30 am
- **Massage the soles of your feet with calming oil** before going to bed
- **Take Triphala** before sleep