

# DINACHARYA

## Āyurvedic Daily Routine



VĀTA

2:00 AM VĀTA BECOMES ACTIVE  
 5:00 AM WAKE UP  
 MORNING SELF-CARE:  
 BRUSH TEETH, SCRAPE TONGUE, OIL PULLING,  
 RINSE FACE WITH COLD WATER, ROSE WATER,  
 NĀŚAYA, APPLY ESSENTIAL OILS, ELIMINATION  
 5:30 AM MEDITATION, PRĀṆĀYAMA, AND SET INTENTION  
 FOR THE DAY

KAPHA

5:30 AM KAPHA BECOMES ACTIVE  
 YOGA  
 6:30 AM EAT LIGHT BREAKFAST  
 WALK  
 7:15 AM GET DRESSED AND READY FOR THE DAY  
 7:30 AM PERFORMA DHARMIC DUTIES (WORK)

PITTA

10:00 AM PITTA BECOMES ACTIVE  
 11:30 AM LUNCH/MAIN MEAL  
 SHORT WALK  
 VĀMAKUKṢHI (LEFT-SIDE LAYING)  
 12:30 PM PERFORM DHARMIC DUTIES

VĀTA

2:00 PM VĀTA BECOMES ACTIVE—ENERGY DIP?  
 5:00 PM EAT LIGHT DINNER

KAPHA

6:00 PM KAPHA BECOMES ACTIVE  
 WALK  
 7:30 PM EVENING SELF-CARE:  
 GARṢHAṆA (DRY BRUSHING), ABHYAṄGA (WARM  
 OIL MASSAGE), BRUSH TEETH, SCRAPE TONGUE, OIL  
 PULLING, NETI POT, AND WARM BATH/SHOWER  
 8:30 PM WARM TEA, READING, AND MEDITATION  
 JOURNALING AND PRĀṆĀYĀMA

PITTA

9:30 PM BEDTIME  
 10:00 PM PITTA BECOMES ACTIVE  
 RESTORATIVE SLEEP

