

# 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

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

KAPHA

8:30 PM WARM TEA, READING, AND MEDITATION

JOURNALING AND PRĀṆĀYĀMA

9:30 PM BEDTIME

PITTA

10:00 PM PITTA BECOMES ACTIVE

RESTORATIVE SLEEP