DAILY ROUTINE

AYURVEDA

DINACHARYA & RATRICHARYA

“What to do every day to maintain good health, circulate energy and cultivate a light heart with a clear and just mind.”

**Morning**
- Wake up naturally (at the end of a sleep cycle)
- Go to toilet to clear bladder and bowel
- Brush your teeth and scrub your tongue
- Drink a large glass of lukewarm water
- Apply oil to the joints or all over the body
- Do 30 minutes of gentle exercise: yoga, qi gong, tai chi, stretching, somatic, pilates + do breathing exercises (= Pranayama)
- Take a shower
- Get dressed and fragranced
- Have breakfast
- Go with your planned occupations for the day

**Night**
- To improve eyesight: Take 1 teaspoon of Triphala powder with honey and ghee (not in the same quantity)
- Brush the teeth
- Gargle with lukewarm water or 1 teaspoon sesame oil, spit out after a few minutes
- Moisten the eyes with a little water or place a slice of fresh cucumber
- 10 p.m. Bed time

**Afternoon**
- Resume to your activities
- End activities around 4:30 p.m. - 5 p.m.
- 20-30 minutes of physical exercise: sports, cycling, walking, cardio exercises (if the day has been sedentary), yoga, pranayama, pilates, nature walk, meditation / concentration (if the day was occupied mainly with mental stimulation: work on computer etc)

**Evening**
- Shower
- Prepare a light dinner 7 / 7:30 p.m. Dinner (there should be 2 hours before dinner time and bed time)
- Relaxation of the senses (no internet stimulation) to prepare for a good restful sleep

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