

# AYURVEDA

## DAILY ROUTINE

### DINACHARYA & RATRICHARYA

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

#### 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

#### 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)

#### Midday

Have lunch between 11:30 a.m. and 1:30 p.m.  
Take 20 minutes for lunch / eating  
Take a few steps to help to settle the food in the stomach  
Sit 20 minutes to rest your senses (do not lie down!)

#### 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

#### 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

