

9 SIMPLE AYURVEDA LIFESTYLE & DAILY ROUTINES

For good health & well-being

By Nancy Huettig- AyuForLife



Dinacharya Guide

Dinacharya is Sanskrit and means daily routine.

Dinacharya helps to maintain the three pillars of life – Ahar (food, time, amount & quality), Nidra (sleep) and Brahmacharya (self-control). We all should follow a healthy Dinacharya to keep harmony with the rhythm of nature. This is the foundation of a healthy, happy, and vibrant life. It is essential to follow a daily routine to reduce the effect of the circadian rhythm. Many problems start when we don't understand the circadian rhythm and living a lifestyle that is against the natural rhythm.

In the healing system of Ayurveda, morning is a special time when we are ready to be renewed for the day to come. Incorporating a few Ayurvedic practices into your morning routine will ensure that you are optimizing immune function, balancing mind and body, and preparing yourself to face the day with a calm mind and rejuvenated soul.

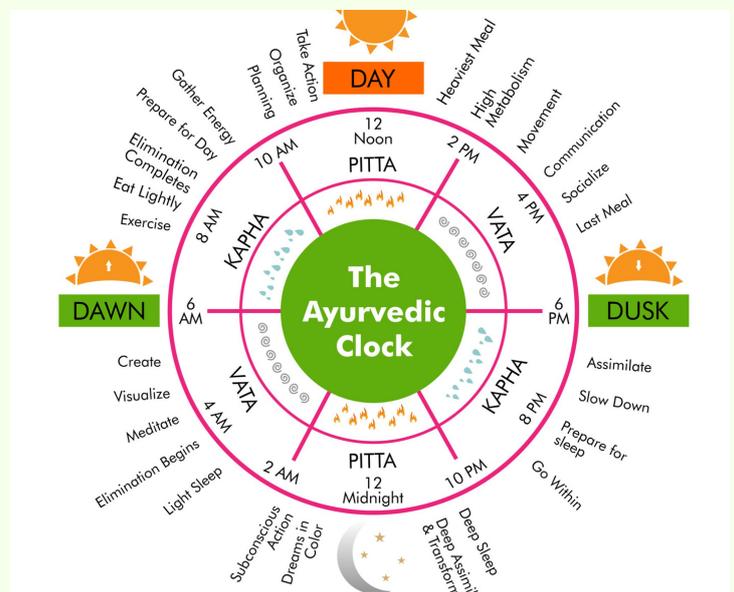
A daily routine is absolutely necessary to bring radical change in body, mind, and consciousness.

Every day there are two cycles of change:
From 6 am to 6 pm & from 6 pm to 6 am

Within each cycle, 4 hour periods are dominated by Vata, Pitta or Kapha energies. We also have Vata, Pitta and Kapha energies within our bodies in various strengths and combinations so it is good if we can prevent activities that aggravate the cycle of Vata, Pitta, Kapha.

6 am to 10 am - Kapha - 6 pm to 10 pm
10 am to 2 pm - Pitta - 10 pm to 2 am
2 pm to 6 pm - Vata - 2 am to 6 am

Therefore Dinacharya is basically an ideal daily schedule for us to follow, which analyzes the master cycles of nature and suggests optimal times for carrying out our daily routine.





1. Wake Up before sunrise

It is good to wake up before the sun rises when there are loving (sattvic) qualities in nature that bring peace of mind and freshness to the senses. Sunrise varies according to the seasons, but on average Vata people should get up about 6 am, Pitta people by 5:30 am and Kapha by 4:30 a.m.

Also, it is recommended to rise before 6 am to enhance a healthy elimination in the morning. Especially for those who have trouble going to the bathroom.

Right after waking, look at your hands for a few moments, then gently move them over your face and chest down to the waist. This cleans the aura.

Start your day with a positive mindset & gratitude prayer.

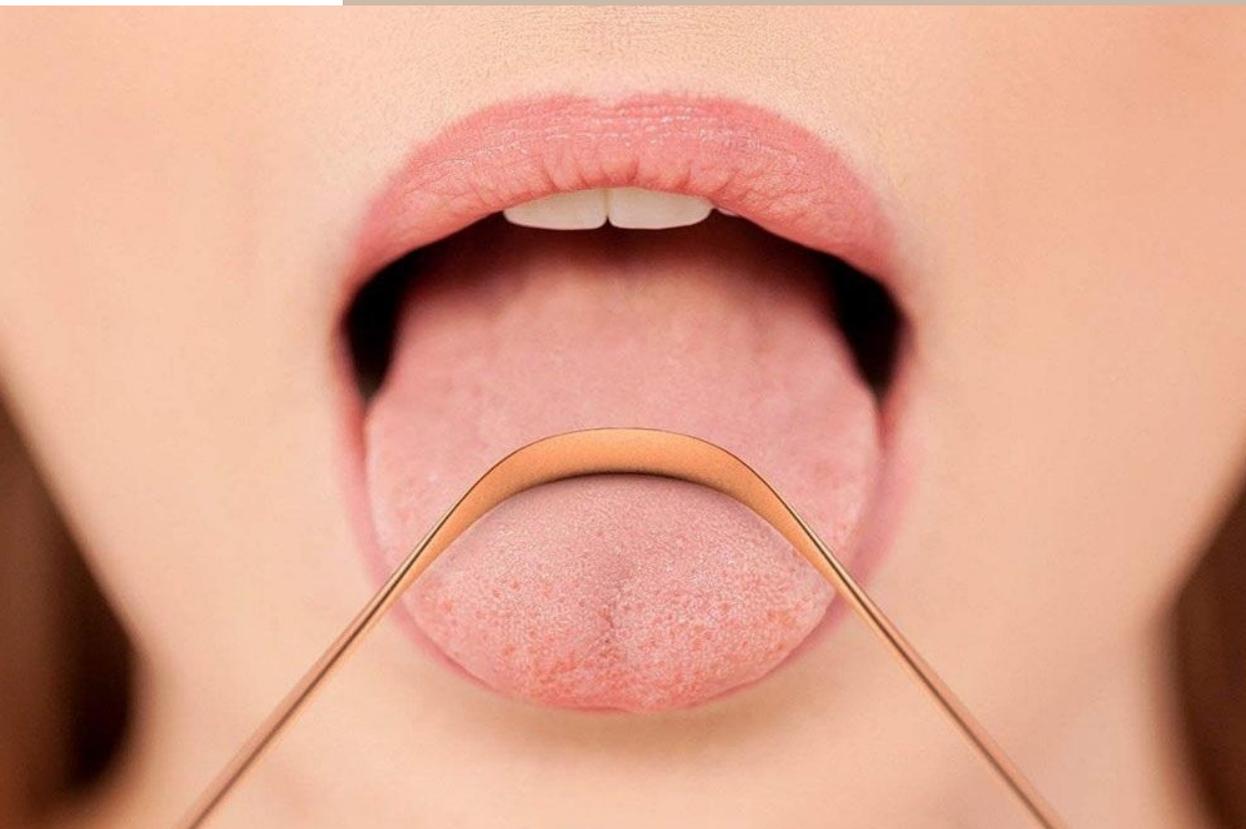
Say to yourself: " That's going to be a good day."

2. Tongue Scraping - Jivah Prakshalan

An important morning Kriya routine is to scrape your tongue. Tongue scraping is a fast way to remove extra particles, including the ones that cause bad breath – from the surface of your tongue.

It's done with a small, slightly rounded tool made from silver, metal or copper. This morning ritual should be done every morning to remove the ama from your tongue.

Although no amount of scraping can replace a good toothbrushing, its purported benefits have enticed quite a few to add this extra step to their morning and evening routines.





3. Oil pulling - Kaval

Oil pulling is an important part of Ayurvedic daily routine practices that support and maintain good health. Oil pulling benefits are numerous. Oil pulling is classically described in ancient Ayurvedic literature – the Charak Samhita, Sushruta Samhita and Ashtanga Hridaya. In all three of these ancient Ayurvedic texts, various kinds of techniques of oil pulling are described.

There are two different techniques:

1. In gandush, you fill the liquid or oil in the mouth fully so there's no movement in your mouth and so your mouth is completely distended. You completely stretch the muscles of your cheeks. There are several reasons why you do that. This process is very good for your teeth. It releases a lot of impurities and toxins, literally pulling them out. Toxins and impurities in the mouth may get lost in different parts of the body and create stress on the immune system. That's the reason why oil pulling activates the immune system.
2. Kaval is a process where you take the oil or liquid in your mouth and move it around and gargle it all the way to the back of your throat for a specific amount of time.



4. Nasal Care - *Nasyam*

Ayurveda explains the application of Nasya can be used for stabilisation and clarity of all of the senses, especially the sense of sight, smell, hearing and taste.

Benefits are: Premature wrinkles and dryness of the face, strengthens the neck, face and chest, improves sleep, relieves fear and anxiety, stimulates the brain and eyes, sinusitis, allergies, earache etc.

Drop 1-2 drops of warm sesame oil in your nose and massage your nose one the side and circle around your eyes.

Don't swallow the oil!

5. Drink Water in the Morning - Ushan Paan

Drink a glass of room temperature water, preferably from a pure copper cup filled the night before. If you don't have a copper cup and normal glass is fine too.

This washes the GI track, flushes the kidneys, and stimulates peristalsis. It is not a good idea to start the day with tea or coffee, as this drains kidney energy, stresses the adrenals, causes constipation, and is habit-forming.

If you have chronic constipation you can take Triphala with water in the morning. You can also add few drops of lime or lemon to your water.





6. Exercise – Vyayama

In Ayurveda exercise is an integral part of a healthy routine. Ayurveda recommends regular exercise and movement activities to maintain health and also treat some diseases.

The exercise involved the movement of the body. Any movement of the body is influenced by Vata Dosha. Exercise is a Vata activity and increases Vata Dosha.

When we do work out the temperature tends to increase around us. We start sweating. These are related to Pitta – temperature and sweat. Means workout increase Pitta Dosha. For this reason, people suffering from Vata and Pitta disorder should avoid exercise, till the disease is completely treated and you are back to your Prakriti.

Yes, gym and workout help to burn fat. Fat is related to Kapha dosha, which means workout decrease Kapha. BUT, if you are suffering from Vata/or Pitta aggravation and the body is under stress, the body goes into saving and survival mode and resist burning fat, most likely you will gain fat instead of losing weight.

Ayurveda recommends to workout only to half strength or 75%. If you exhaust yourself fully it will cost your body a lot of energy to restore.

Best time to exercise

Morning is the best time to exercise before 10 am.

If you want to exercise in the afternoon, Ayurveda recommends aerobic exercise like walking, swimming and mild cycling.

7. Pranayama - Nadi Shodhana

ALTERNATE NOSTREL BREATHING

Pranayama is control of Breath". "Prana" is a Breath or vital energy in the body. On subtle levels prana represents the pranic energy responsible for life or life force, and "ayama" means control. So Pranayama is "Control of Breath".

Nadi Shodhana, or "alternate nostril breathing," is a simple yet powerful technique that settles the mind, body, and emotions.

If you're feeling stressed, follow these steps to help you find your centre.

You can use it to quiet your mind before beginning a meditation practice, and it is particularly helpful to ease racing thoughts if you are experiencing anxiety, stress, or having trouble falling asleep.

There are several different styles of Nadi Shodhana, but they all serve the purpose of creating balance and regulating the flow of air through your nasal passages. In fact, the term Nadi Shodhana means "clearing the channels of circulation."





8. *Meditation - Silent practice*

Meditation is a journey from external activity to inner silence. For most of your life, you may be busy doing things, but meditation will allow you to just Be. The opportunity to remember that in your essence you are a human being rather than a human doing.

Meditation guides you to quieter levels of the thinking process until you slip beyond thought to discover the perfection that you are and have always been.

The perfection has been hidden by layers of stress, fatigue, toxins, doubts, fears, and confusion.

I am Meditation

Self-Inquiry or I Am meditation is practised in Hindu, Buddhist and secular traditions. Its goal is to remove illusions of ourselves (transcend the ego) and abide as our true nature. It involves constant attention to the I or I am as a means to achieve a state of self-awareness.

Meditate daily for 15 - 20 minutes and observe the changes that happen.

9. Gratitude & Affirmation

Before you even get out of bed, give yourself a few minutes to smile and practice gratitude.

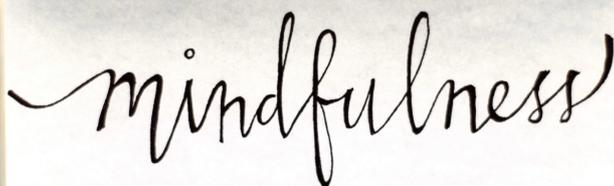
When you smile, it signals your brain to release the feel-good neurotransmitters (dopamine, endorphins, and serotonin), which lift your mood, relax your body, and lower your heart rate.

Who wouldn't want to start their day on this positive note?

As you smile, start to reflect upon what you're grateful for. Studies have shown practising gratitude reduces stress hormones and improves mood, among other benefits. So, adding a simple daily gratitude practice is a great way to kick-start your morning.

Begin by taking one minute in bed before you rise to reflect on one person and one opportunity you are grateful for in your life. You can do your gratitude practice in the morning or evening.

It is useful to write down what you are grateful for and read it in difficult times to remind yourself.



mindfulness



About Nancy

Nancy Huettig is an Ayurveda Lifestyle Coach & Therapist, Yoga Teacher, Founder of AyuForLife and full-time (unshakable) optimist. Here to awaken the holistic version in all human beings, she teaches body-mind awareness with AyuForLife one-on-one coachings, consultations, therapies, online courses, masterclasses and Wholistic Island Retreats. Originally from Germany, she left after corporate burn-out and a string of life-shattering events woke her up to the big question.

Whose reality am I living?

She now wakes up on the island of her dreams, Koh Phangan in Thailand! She can't imagine another morning without scraping her tongue and rolling out the mat for morning meditation practice by the crystal blue sea.

Through 8 years of extensive travels around Asia, personal practice, study and training with Ayurvedic doctors, she developed a natural blend of ancient wisdom with modern wellbeing to support her clients in living harmoniously with Nature. Her greatest joy is to meet them in their unique mind-body constitution and design lifestyle plans for long-lasting health and happiness.

Her Pitta/Vata constitution drives her zest for life, which she leads with a passionate, structured and honest heart. She is equally at home hiking mountains and swinging kettlebells as she is relaxing at the spa in between cuddles with her beloved dog.

[Contact Nancy for a Free 30-minute Discovery Call.](#)

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