



DINACHARYA: YOUR AYURVEDIC MORNING RITUAL

Dinacharya is the Sanskrit term for daily Ayurvedic rituals which, when practiced regularly, help us to support a life of optimal wellness through routine, detoxification & nourishment.

MORNING: 6am-10am

TONGUE CLEANING

Gently scrape the tongue to remove ama (toxins), freshen breath & spark digestion (*agni*).

OIL PULLING

Oil is swished for about 10-20 minutes to strengthen the gums, teeth, eradicate harmful bacteria & pull toxins from the body.

CLEAN TEETH & GUMS

Brush & floss teeth & massage gums with Sesame Oil.

DRINK WARM WATER

- Initiates digestion (*agni*) & elimination.
- Drink a glass of room temperature or warm water, preferably with lemon, to help alkalize the body.

ELIMINATION

If not already a part of your routine, begin sitting on the toilet to encourage elimination & consider taking Triphala, an Ayurvedic digestive tonic.

NETI POT

Process of irrigating & cleansing the nasal passages.

NASYA

Nasya oil can be used on its own or in conjunction with a neti pot to clear & moisturize the nasal passageways.

SELF-ABHYANGA

Daily oil application through a loving massage.

EAR OIL

The practice of placing warm oil in the ear.

EYE WASH

Once per week to cleanse & cool the eyes.

ASANA

Practice yoga postures for a healthy body & mind.

PRANAYAMA

- Best for Balancing Vata: Anuloma Viloma
- Best for Balancing Pitta: Sitali & Sitkari
- Best for Balancing Kapha: Kapalabhati

MEDITATION

Calm the mind with 5-20 minutes each day.

SHOWER & SKINCARE

Incorporate your PAAVANI Skincare Ritual!

BREAKFAST

Proper energy & nutrients for a successful day.

TEA

Drink along with your meal to aid in healthy digestion.

DAYTIME: 10am – 6pm

10am – 2pm

Harness the energy of pitta dosha & tackle the day's biggest projects. Your agni (digestive fire) is strongest at noon; thus, plan the largest meal of the day at this time.

2pm – 6pm

This time of day relates to vata dosha. Hence, allow these hours for creative thinking & problem solving. Rather than reach for that afternoon dose of caffeine or sugar, opt for a walk in nature to replenish your energy levels.

EVENING: 6pm – 10pm

6pm – 8pm

Flow with the energy of kapha dosha, surrendering to the feelings of fatigue from your long & productive day. This is the perfect time to take a gentle yoga class like a Restorative or Yin Practice to wind down your day, enjoy a walk in nature or curl up with your favorite book.

8pm – 10pm

TRIPHALA PREPARATION

Gently detoxify, balance digestion & promote healthy elimination patterns with the use of PAAVANI's Triphala Churna. One can take Triphala Churna in the evening or upon waking in the morning.

PROPER REST

An essential time for the body to repair & detoxify. The ideal time for sleep is from 10pm – 6am

Be gentle with yourself as you begin to make adjustments in your routine. Take one step at a time & don't expect to implement this all overnight. Although these practices may seem simple to initiate, making changes to your habitual patterning is often the most challenging part. Begin with a recommendation that feels most supportive to your needs & build from there. Once your new routine becomes a habit feel free to add on from there. Soon, your dinacharya will come as second nature & its practices will be ones you can not live without.



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