

## AYURVEDIC DINACHARYA TIP SHEET

### AYURVEDIC DAILY RHYTHM TIP SHEET

#### Morning 6 - 10 am

- Wake up preferably before the sun
- Scrape your tongue before brushing your teeth
- Drink 2 cups of hot water (with lemon or ginger) to increase alkalinity if desired
- Full elimination of bowels within an hour
- Exercise for 20 minutes breathing through your nose
- Meditate (at least 5 minutes)
- Lymph brush and massage your body with oil (before or after shower)
- Eat a whole foods breakfast, preferably plant based smoothies

#### Mid-day 10 - 2 pm

- Eat your largest meal in the middle of the day in a quiet atmosphere. Drink water or warm tea between meals.
- Avoid rushing, worrying or overeating.

#### Afternoon/Evening 2 - 6 pm (Vata Time)

- Quit work before 6 pm (unplug from the day)
- Treat yourself with loving kindness. Cultivate gratitude and ease.

#### Evening 6 - 10 (Kapha Time)

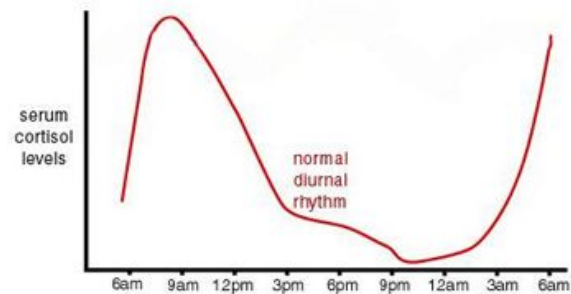
- Eat a light meal in the evening.
- Go for a walk or evening meditation.
- Engage in activities that bring you joy.
- Take a warm bath, read or journal
- Avoid blue light and electronics at night
- Retire before 10 pm

### DIURNAL RHYTHM AYURVEDIC CLOCK

Your Body has a natural diurnal rhythm. When you work against your daily rhythm, you are literally working against your body. If your cortisol levels go outside of this natural range, you make your body sick. Ayurveda knew this 5,000 years ago, when the Ayurveda clock was created. The clock chart below conveys the energy dominant during different times of day.

- Vata, air and ether energy 2 - 6 am/pm
- Kapha, earth and water energy 6 - 10 am/pm
- Pitta, transforming fire energy 10- 2 am/pm

#### Diurnal Rhythm Chart



#### Ayurveda Clock

