

Intro to Maharishi Ayurveda Daily Routine – Dincharya

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Hippocrates : 5th Century BC

- “ Let Food be your Medicine and Medicine not be your Food”
- “ Eating alone will not keep a Man Well; He must also take Exercise”
- Hippocrates
- Eat at Regular times. Our bodies, including our Digestive System functions well by Routine.
- It is amazing to see, “How good one feel by simply adopting this Practice, Irregularity of Diet creates Ill Health”
- Sushruta

A person is shown from behind, sitting on a beach in a meditative pose. The background is a vast, blue ocean with gentle waves. The text is overlaid on the image in white, bold font.

Everyone in the world is doing their best to lead **Harmonious and Peaceful life not only with Longevity and also with quality of life!** Yoga and Ayurveda are becoming main stream sciences in modern world!

When one dives in this ocean of knowledge and time tested wisdom will really understand the applicability of these time tested heritage and principles in our daily lives.

The beauty of Ayurveda is its long term and time tested heritage which is still useful and very practical.

It is not ever changing and is still adaptable to changing trends in lifestyle, environment and other variable components of evolving human lives!

•Ayurveda is an ancient Vedic system and its timeless wisdom can be used and applied our day-to-day life.

•According to Ayurvedic Principles - every individual is

a.Indivisible,

b.Undivided,

c.Complete, a total unique expression of cosmic consciousness.

•We are individual, but we are not yet undivided because individual means total, and we are fragmented, broken up.

•Therefore, We tend to forget -who they really are and our Own True Nature..

• We also tend to forget

d.Constitution -their Prakruti and

a.Vikruti, current state.

f.We eat and live according to our moods and our emotions which results in

a.Creation of an internal imbalance of Vata, Pitta, and Kapha which can express as or lead to psychosomatic conditions.

•Vata, pitta, and kapha are the basic three organizations of the human body and they govern our unique psycho physiology.

•Our **unique nature** is **Prakruti and Prakruti** which is constantly bombarded by factors as

i.Seasonal changes,

ii.Dietary fluctuations,

iii.Emotional upsets,

iv.Job changes, and

v.Environmental influences.

vi.These variations cause the doshas to change and create a unique syndrome of imbalance known as **Vikruti**, the altered state of the dosha.

- Ayurvedic science is based on a great foundation of a
 - I. Profound philosophy, and**
 - II. Practical clinical observation.**
 - III. It also has a unique therapeutic value, including**
 - 1. Panchkarma (Detoxification program),**
 - 2. Rasayanas (Rejuvenation program), and**
 - 3. Dincharya (Diet and Lifestyle program).**
 - 4. Ritucharya (Tuning in Seasons)**
 - 5. In this sense, it is the science of longevity**

Ayurveda has integral eight limbs just like Yoga..

(Ashtanga Ayurveda)

They are as follows :

1.Internal Medicine: Kaya Chikitsa

2.Surgery: Shalya Tantra

3.Ear, Nose, Throat and Eye Diseases: Shalakyata Tantra

4.Pediatrics: Kumarbhritya

5.Toxicology: Agada Tantra

6.Psychiatry: Bhuta Vidya

7.Rejuvenation: Rasayana

8.Vitality : Vajeekarana

All these specialties are supported with the background and logic of following things :

1.: Five Elements :

- Air (Vayu)
- Space or Ether
- Fire (Agni)
- Water (Jala)
- Earth (Prithvi)

2.Three Doshas : Three Body Humors or Constitutions

- Vata : Air and Space
- Pitta : Fire and Water
- Kapha : Water and Earth

1.Seven Dhatus or Body Tissues

2.Plasma and Lymph (**Rasa**)

3.Blood (**Rakta**)

4.Muscle and Flesh (**Mamas**)

5.Fatty Tissue (**Meda**)

6.Bones (**Asthi**)

7.Bone Marrow (**Majja**)

8.Reproductive Fluid (**Shukra/Artava**)

9.Three Malas : Excretory Products

- **Urine**
- **Stools**
- **Sweat**

1.Trinity of -

- **Mind**
- **Body**
- **Spirit**

2.Marma Theory

1.Six tastes

- **Sweet**
- **Sour**
- **Salty**
- **Pungent**
- **Bitter**
- **Astringent**

**3. Rejuvenation Ideas for Longevity and Improved Quality of Life :
Panch Karma Detox : Massage, Steam, Shirodhara, Purgation, Food**



Abraham Lincoln 1809-1865

- Do not worry
- Eat Three Square Meals per day
- Say your Prayers
- Be Courteous to your Creditors
- Keep your Digestion Good
- Exercise, Go Slow and Easy
- May be there are other things your Special case requires to make you Happy..
- But, My Friend, these I reckon will give you a Good Life!



Vibrant Health :Niramaya

- **Every Individual's Constitution** is made up of a **Unique** combination of **Mind-body Types (Doshas)**
- This **Doshic Constitution** is called as **Prakriti** and describes the **Unique Nature** of the **Individual**
- In addition to **Prakriti**, we also have **Vikriti**, which are the **Imbalances** we want to address at any given time.



Three Doshas –Humors

Doshas

- **Vata, Pitta and Kapha**
- are the three **Psycho-physiological**
- **Ayurvedic principles that govern all the Activities of the Mind and Body.**
- **An Individual is in Optimal health when above principles are in perfect balance.**



Ayurvedic Insights : Doshas , Prakriti

- **Prakriti or the Constitution (Individual Characteristic Personality)** is determined by the **three Doshas :Vata, Pitta and Kapha.**
- **Doshas can be our Guide for**
- **Maintaining Optimal, Individual Health : Daily & Seasonal Routines**
- **To Predict possible Imbalances and to help**
- **Create an Action plan for**
- **Permanent Removal (Shodhana) or Palliation (Shamana) for the Imbalances**
- **These Three Doshas can manifest in Three possible ways :**

Three Doshas
(Ekadoshaj)
Vata Pitta Kapha


Dual- Dosha types (Dwandwaj)

One Blend of Three
(Tridosha/ SamaDosha)
Vata - Pitta – Kapha



Basic Functions

- ***Vata*** Governs bodily functions concerned with movement.
- ***Pitta*** Governs bodily functions concerned with heat, metabolism, and energy production.
- ***Kapha*** Governs bodily functions concerned with physical structure and fluid balance.

	Vata	Pitta	Kapha
Basic Functions	Governs bodily functions concerned with movement.	Governs bodily functions concerned with heat, metabolism, and energy production.	Governs bodily functions concerned with physical structure and fluid balance
Qualities	Moving, quick, light, cold, minute, rough, dry, leads the other doshas	Hot, sharp, light, acidic, slightly oily.	Heavy, oily, slow, cold, steady, solid, dull.
Balance	<ul style="list-style-type: none"> • Mental alertness • Proper formation of body tissues • Normal elimination • Sound sleep • Strong immunity • Sense of exhilaration 	<ul style="list-style-type: none"> • Normal heat and thirst mechanisms • Strong digestion • Lustrous complexion • Sharp intellect • Contentment 	<ul style="list-style-type: none"> • Muscular strength • Vitality and stamina • Strong immunity • Stability of mind • Affection, generosity, courage, dignity • Healthy, normal joints
Imbalance 	<ul style="list-style-type: none"> • Dry or rough skin • Insomnia • Constipation • Common fatigue (nonspecific cause) • Tension headaches • Intolerance of cold • Underweight • Anxiety, worry 	<ul style="list-style-type: none"> • Rashes, skin inflammations • Heartburn • Visual problems • Premature graying, baldness • Hostility, irritability • Excessive body heat 	<ul style="list-style-type: none"> • Oily skin • Slow digestion • Sinus congestion • Nasal allergies • Obesity • Lethargy, dullness



VATA

The energy of action, transportation,
and movement.

Composition Ether + Air

Qualities Light, dry, cold, rough,
subtle and mobile

vata in balance

- energetic... vivacious
- learns easily
- clear & alert mind
- falls asleep easily at bedtime
- balanced digestion & elimination
- good circulation & even body temperature

vata out of balance

- tired and/or fatigued
- forgetful, or "spaced out"
- lack of focus
- difficulty falling asleep
- occasional constipation
- poor circulation (cold feet & hands)
- feelings of anxiousness & worry



PITTA

The energy of transformation,
conversion, and metabolism.

Composition Fire + Water

Qualities Light, hot, sharp, oily,
mobile, liquid

pitta in balance

- perfectionist (type A personality)
- strong intellect
- strong digestion
- radiant, glowing skin
- sleeps through the night
- inner peace & happiness

pitta out of balance

- controlling, fiery personality
- workaholic tendencies
- overheated, excess stomach acid
- skin rashes & acne
- interrupted sleep
- loose bowel movements



KAPHA

The energy of construction,
lubrication, and nourishment.

Composition Water + Earth

Qualities Heavy, cold, moist, dull,
soft, sticky and static

kapha in balance

- stable temperament
- good long-term memory
- healthy robust physiology
- strength & stamina
- compassionate & affectionate
- sound sleep

kapha out of balance

- gains weight easily
- sluggish digestion
- prone to sinus & respiratory issues
- lethargy
- feelings of sadness
- difficulty waking up
- food cravings



Finding Your Imbalances

Finding Imbalances is a very thorough Process in Ayurveda which includes : Observations, Pulse, Tongue, Voice, Discharges etc..

- Inferences are used in two key areas to learn **Prakriti** – Individual *Essential Nature* as well as the *Nature of their Imbalance* or their **Vikriti**.
- In Maharishi Ayurveda, **One size does not fit All.**
- **Each Constitution is Different and has it's Own Unique Needs**
- From this **knowledge**, the Expert /Vaidya begins to explore **possible ways to Re-balance Mind and Body** including, **Lifestyle changes, Diets, Foods, Herbs, Activities, Meditation practices, Aromas** and many more
- **The Extent of the Imbalance determines the Type and Duration of the Modalities used**

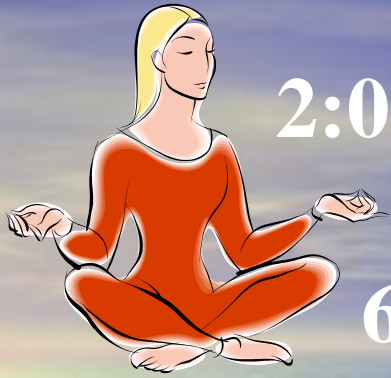


“The great advantage of the Ayurvedic approach is to identify imbalances before they actually manifest as a disease.”

“This can allow the Ayurvedic practitioner to take remedial action and reverse the imbalances at an earlier stage of development, thus preventing the emergence of the full-blown disease.

Prevention is the Key

Prevention has always been the first and major goal of Ayurveda. According to the most ancient Ayurvedic text, Charaka Samhita, only when the physician has failed in that first goal does he or she need to resort to the second goal—which is cure.



2:00 AM to 6:00 AM Vata active Awake before 6:00 AM

Good for meditation

6:00 AM to 10:AM Kapha active Good for exercise

Avoid sleeping into this period

10:00 AM to 2:00 PM Pitta active Digestion is strongest

Largest meal at lunch (12:30)

2:00 PM to 6:00 PM Vata active Tendency for tiredness

Herbal tea & spices in water or milk

Rejuvenate with meditation

6:00 PM to 10:00 PM Kapha active Evening walk

To bed before 10 PM

10:00 PM to 2:00 AM Pitta active Metabolic housecleaning strong

Sleep for best purification



Vata

Keep a calming, regular routine.

Here are some tips:

- Go to bed early
- Eat meals at the same time every day
 - Have regular elimination
 - Keep warm in cold weather
 - Drink plenty of warm liquids
 - Avoid stimulants
- Favor **sweet, sour and salty** foods



Pitta

Moderation and keeping cool is the key.

It's best for you to avoid:

- Excessive heat or exposure to the sun
 - Alcohol, smoking
 - Stressful deadlines
- Excessive activity or overwork
- **Avoid Spicy, sour or salty food**
 - skipping meals



Kapha

Stimulation is the key for you.

To feel better:

- Avoid excessive rest and oversleeping
- Favor **spicy, bitter and astringent-tasting** foods
 - Get plenty of exercise
 - Seek out variety in life
- Don't eat too many heavy, oily foods
 - Keep warm in cold, wet weather

Diet is an important therapeutic modality of
Maharishi Ayurveda.

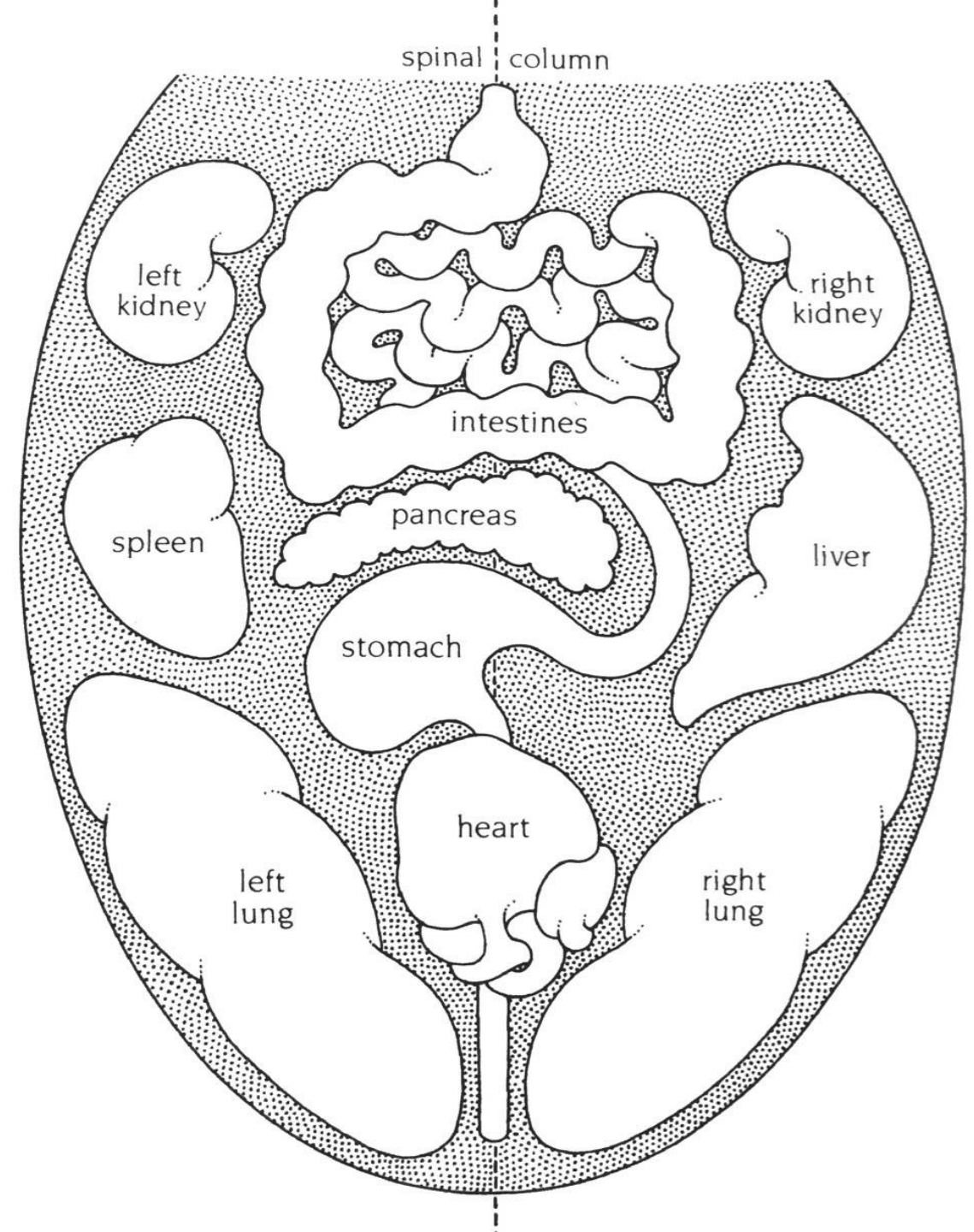
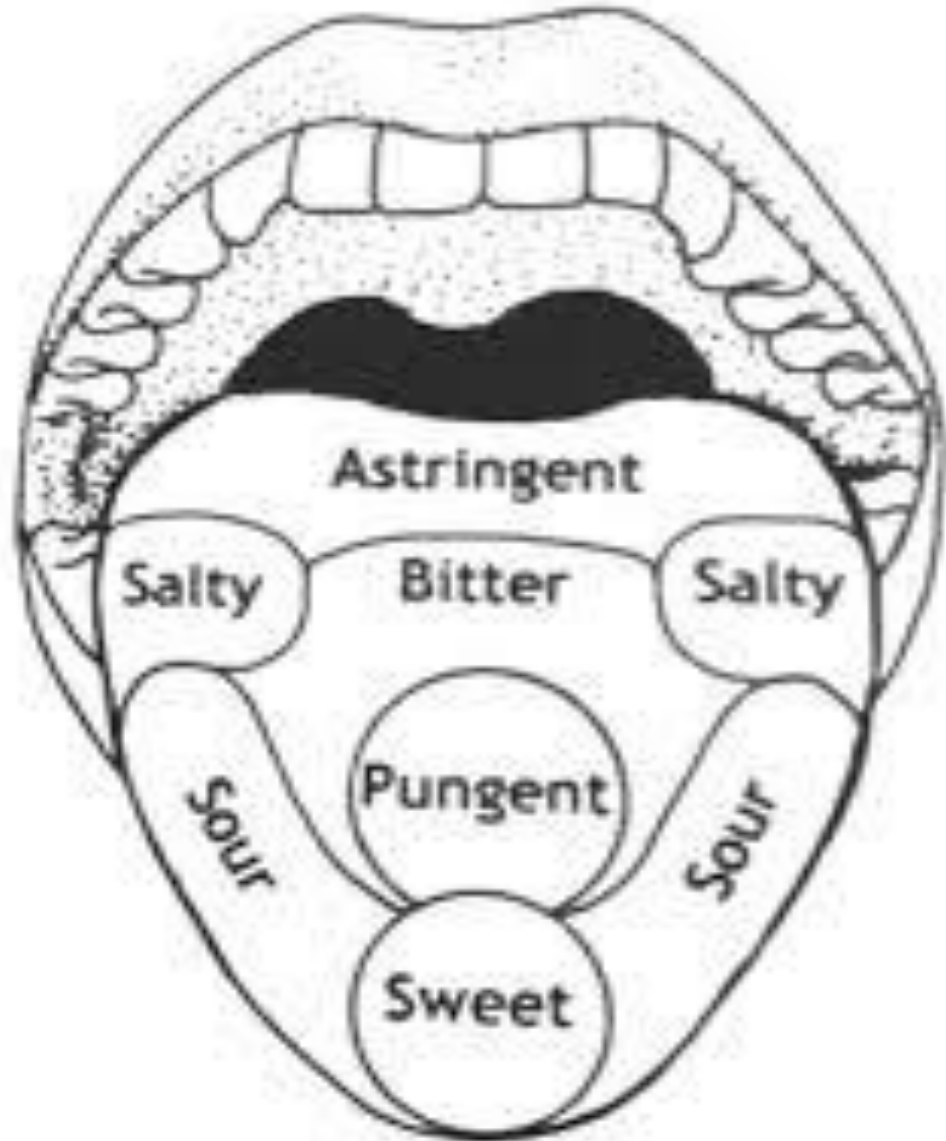
Like the other Maharishi Ayurveda approaches, **diet is tailored according to individual needs—based on the imbalances** that may be present in the **physiology and mind**.

Maharishi Ayurveda describes **six tastes**, which form the basis for a healthy diet.

Inherent within each taste are certain properties of nature that have an effect on Vata, Pitta and Kapha.

Because each taste affects Vata, Pitta and Kapha differently, a balanced diet should include all six tastes in every meal—or at least once every twenty-four hours

Areas of Six Tastes on the Tongue



Besides giving guidelines for diet, Maharishi Ayurveda offers recommendations for improving digestion.

The strength of digestion is considered very important in Maharishi Ayurveda, as important as the food we eat.

This is because no matter how careful we might be in the selection of our food, if we cannot properly digest it, we cannot fully assimilate and utilize the nutrients contained in the food.

1. Eat in a settled and quiet atmosphere. Do not work, read or watch TV during meals. Always sit to eat.
2. Eat at approximately the same times each day.
3. Don't eat too quickly or too slowly.
4. Eat to about three-fourths of your capacity.
5. Do not leave the table hungry or very full.

6. Avoid taking a meal until the previous meal has been digested. Allow approximately three to six hours between meals, and do not eat unless you are hungry.

7. Water or juices are fine to sip during meals in moderation. Milk, however, generally should not be taken with a full meal, as it is best not to mix milk with certain tastes (especially salty tastes and sour tastes, such as yogurt, cheese and vinegar).

Milk also should not be mixed with meat or fish.

Milk may be taken with toast, cereals or sweet-tasting foods.

8. Avoid yogurt, cheese, cottage cheese and cultured buttermilk at night.

6. Do not eat heated or cooked honey.

9. Avoid ice-cold beverages or food, as they interfere with digestion.

10. Take a few minutes to sit quietly after eating.





CREATING BALANCE THROUGH PROPER DAILY ROUTINE

One of the central themes of Maharishi Ayurveda is that the individual and nature are very closely connected.

Your body is like a finely-tuned clock that runs in synchrony with the cycles of nature.

There are **daily, monthly, seasonal and annual** cycles that **greatly influence your mind and body.**

In the daily routine, Maharishi Ayurveda gives detailed knowledge of which activity should be undertaken at what time of day so we can closely correlate our own individual biological rhythms with the daily rhythms of nature.



Maharishi Ayurveda Daily Routine

Morning

- Arise early in the morning.
- Evacuate bowels and bladder.
- Clean teeth. Clean tongue.
- Ayurvedic oil massage (Abhyanga).
- Shave and cut nails (as appropriate).
 - Gargle with sesame oil.
 - Bathe or shower.
- Transcendental Meditation program.
- Wear clean and comfortable dress suitable to the season and activity.
 - Eat a light breakfast (optional).
 - Work or study.



Afternoon

For lunch, follow a Vata, Pitta or Kapha diet to suit your personal needs for balance.

- Ideally, eat your heaviest meal at lunch, when the digestive fire is strongest.
 - Take a few minutes after eating to sit quietly.
 - Work or study.

Transcendental Meditation© program.

Evening

For supper, follow a Vata, Pitta or Kapha diet to suit your personal needs for balance.

- Take a brief walk for ten to fifteen minutes.
 - Engage in pleasant, relaxing activity.
 - Early to bed.

Ayurvedic Dincharya -Daily Routine

Swasthavritta (Vibrant Health)

describes in depth a plethora of time tested information on how to stay Healthy with elaborated Do's and Don'ts including and not limited to Diet and Lifestyle for the individual.

Daily routine of an individual is emphasized as most critical step for optimal health and longevity.

A daily routine, which is designed according to the normal body type of an individual -constitution (Dosha), describes guidelines for the behavior of a person right from early morning since we wake up till bed time.

There are some natural elevations of *Doshas* (body humors) during the day and night time.

The structuring of a daily routine for an individual has to take into consideration the normal variations of the *doshas*- the objective is maintenance of balance of the *doshas*.

Waking up: (*Brahma muhurta*)

One should rise early in the morning at least with Sunrise with local time.

Brahma muhurta, meaning auspicious time which is the time to acquire Supreme knowledge and eternal happiness.

This time is said as 96 minutes before sunrise depending on the season.

After sound sleep body fatigue goes away and mind becomes more enthusiastic.

This period is full of *Satva guna*. (**Optimal Mind Body Balance in Physiology**)

The mind is stable; concentration is at its highest and is traditionally considered as the ideal time for meditation and studies.

In contrast to

- **Rajas** Guna which leads to mental hyperactivity or irritation or
- **Tamas** Guna lethargy.

It is also the time when *Apan vata*, which is a part of *Vata*, predominates, thus facilitating excretion.

Children, pregnant ladies and older people should be omitted from this rule as they might require more rest.

Elimination

- When we wake up we should see the state of our digestion from last night's food which manifests by getting natural urge to eliminate.
- Waking up followed by urge to eliminate is considered as a sign of good health and balance.
- One should not have to defecate forcefully as it provokes the *doshas* like *vata*.

Mouth Cleaning

- After elimination, one should clean teeth and mouth with **bitter** and **pungent** flavor water and should **gargle** with the same.
 - Clean the tongue with the tongue cleaner made with silver or copper.
 - Mouth is the place of *Bodhaka Kapha dosha* (type of *kapha dosha*) which tends to increase in the mouth during early mornings and thus needs to be removed using bitter or pungent tasting water or gel made up of herbs like *neem* or *triphalala* which is a combination of three herbs.
 - Tongue should be cleaned by a flexible and long strip of metal or wood.
- Cleansing the tongue not only cleans the mouth but also stimulates the whole digestive tract and improves the digestive fire.
 - It is important to clean the mouth each after meal.
 - To clean the mouth one can gargle the mouth with herbal preparations.

Gargling

There are two methods for gargling the mouth.

1. *Gandusha* and another is

2. *Kavala*.

3. *Gandusha* one should take such a large amount of fluid in the mouth that is unable to move it inside the mouth.

Here the fluid penetrates the oral mucus membrane and gums by pressure and exerts its specific action.

Kavala one holds and moves the fluid in the mouth.

It also exerts a soothing and cleansing action on the mouth.

There are different types of fluid which are used for these procedures.

various oils,

milk,

herbal preparations etc.

Eye care (Anjana)

Anjan means putting some medicated cream like substance in eyes.

Nasal Care (Nasya)

Nasya means to put medicated oil in the nose for eyes and nose health.

In this busy life style one can perform these procedures once a week.

Abhyanga

A Massage with warm oil is recommended before bath.

The individuals of

Vata constitution should use sesame oil,

Pitta coconut oil,

Kapha constitution individuals should use mustard oil.

Abhyanga is also recommended for individuals who perform heavy physical activities.

Head Massage

By massaging head with oil prevents premature hair loss or graying of the hair.

Foot Massage

Massage of the feet improves eyesight too.

When it is not practical to have a massage every day, try to have a massage at least twice a week.

Bath

After cleaning of teeth and tongue one should take bath with lukewarm water.

A daily massage improves skin texture and improve skin luster.

Exercise and Activities

After having massage and bath one should exercise everyday.

Ayurveda describes the benefits of exercise in great detail.

It increases 'digestive fire' which aids in digestion which in turn leads to proper production of essential elements like *Dhatus*.

Excessive exercise should be avoided as it decreases these essential *Dhatus*.

While doing exercise due consideration should be given to

- age, strength, physical condition, time, season and diet.

If exercise is done without taking consideration of these factors otherwise it will aggravate *Vata* and *pitta*.

Breakfast:

After exercise one should have Breakfast that is warm and easy to digest.

Combination of milk and fruits should be avoided.

Lunch:

Lunch should be main meal for the day.

Lunch time is very important.

It should be in middle of the day when the internal 'digestive fire' is at its highest as the food will be easily digested.

Dinner.

It should be taken at least 3 hours before going to bed.

It should be warm, moist and the serving size should be smaller than that of lunch.

Night Routine -Ratricharya

lists the rules to be followed from dusk to night.

It is a physiological state of rest for mind, body, sense and motor organs.

When the mind is exhausted and exhausted organs distracted from their objects,
the man sleeps.

There are different types of sleep which has been described in text like *Charak*.



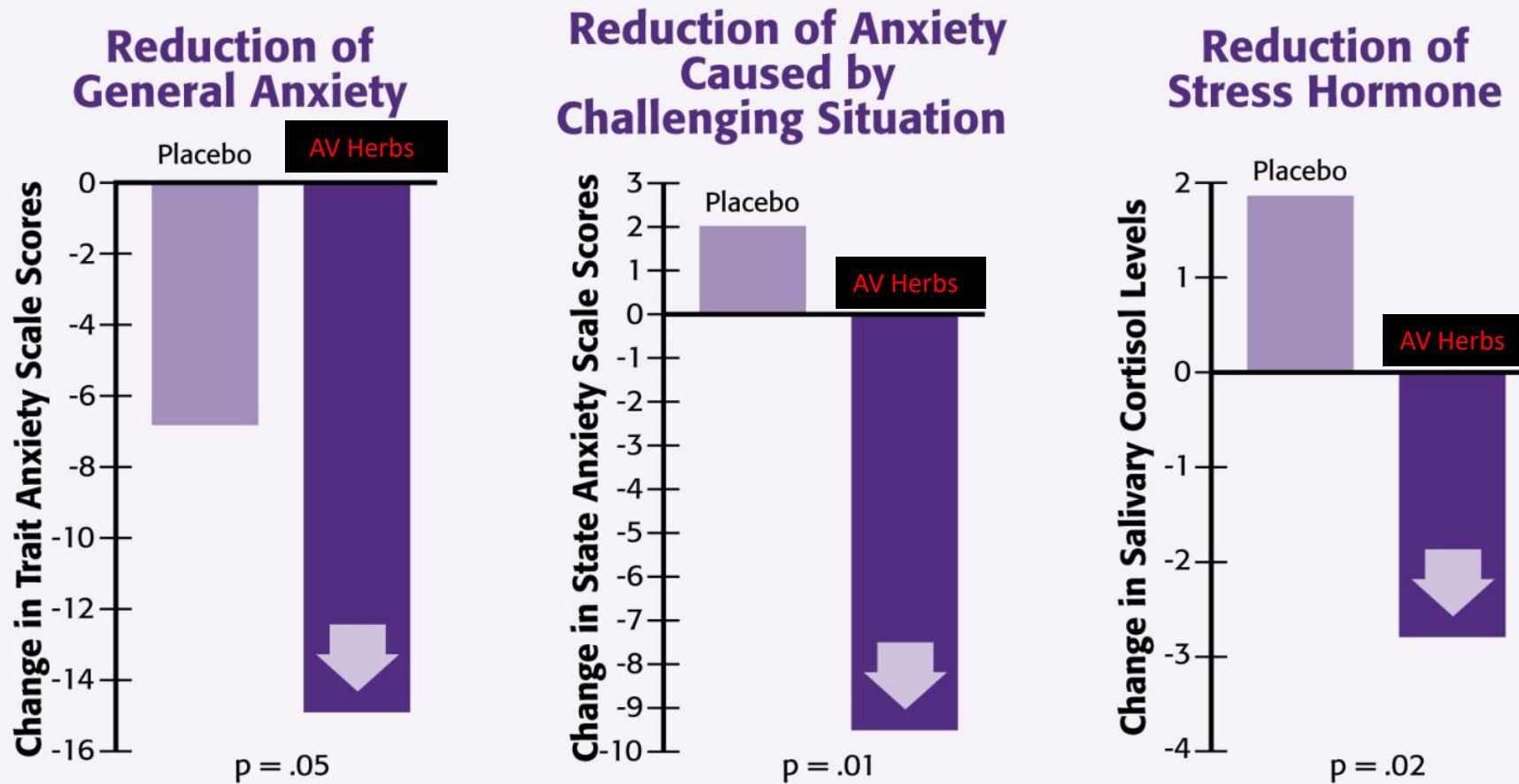
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*Reference: Mills, P.J. et al. "Effects of a traditional herbal supplement on anxiety in patients with generalized anxiety disorder," *Journal of Clinical Psychopharmacology* 2002; 22 (4):443-444.



Thank You!

