

# Daily Routine

## General Aayurvedic recommendation for the tridosha

<b>Morning</b>	<b>Day time</b>	<b>Evening</b>
Awake during Brahma Muhurta (1 ½ hours - 50 min. before sunrise)	Touch see auspicious things before leaving home; pay respect to elders: and say goodbye (wear vibhuti /sacred ash)	Evening Arati (Evening worship)
Arise mindfully say a prayer	Do not rush	Family Meals – Taking meals with the family is good for relations
Drink water – This hydrates the body and helps to eliminate waste	Wear shoes when going out And coat and hat if needed	Family time – Devote time to spend time with the family at least once a week
Wash face, mouth, eyes	Take a walking stick / umbrella	Resolve all conflicts – before sleep
Eliminate of waste from the body – do not eat before waste is eliminated, triphala may be used for constipation	Don't travel too much and take an appropriate vehicle	Talk with children – Guide them, help them, answer questions
Shiavambu (drink urine) – this purifies the body. 1 oz or so is taken daily from midstream of the first urine of the day	Avoid dark, dangerous, dirty, and low-vibrational places / avoid going out at bad times	Treat children with love and compassion – No violence or yelling – positive reinforcement
Smoke herbs – Specific herbs may be smoked for the health of the lungs	Do some work each day for livelihood and to help the world	Pancha Yajnam – offerings are made daily for Gods, Sages, Ancestors, Men / society, and Creatures / nature
Scrape tongue – this clears toxins and promotes digestion and stops bad breath	Work a dharmic job – which you enjoy, and which serves the world in ways important to you	Dashamamsha Vrata – Tithe to your Guru or Temple or Church
Clean teeth – Ayurvedic toothpowders may be used or commercial toothpaste (don't forget to floss)	Do not work at inappropriate times – avoid jobs which require night shifts	Vanaprasta dharma – Elders should take an active role in guiding the younger generations
Massage Gums – with sesame oil	Get plenty of rest and leave the work behind when you end your workday	Preparation for bed – Wind down, do not do stimulating activities like exercise or reading
Neti (pour water through the nostrils) / Naasya (oil / herbs in nose) / Ear drops	Lunch (should be the biggest meal of the day) try to eat at the same time every day	Triphala – May be taken – for proper digestion and elimination (1 tsp) This could also be done in the morning
Trim hair and nails if needed – done about once a week	Charitable activities	Warm milk with ¼ tsp nutmeg may help sleep
Abhyanga (oil massage) Is done daily before bath with dosha specific oils	Spiritual service	May do evening asana or pranayam
Bath – this is done every morning and more often if needed	Dharmic social activities	Wash mouth hands and feet – do not go to bed with wet hair
Dress / comb and tie hair if long	Dharmic recreational activities	Teeth – brush teeth
Tilakam (sandalwood, ash, red powder on the forehead)	Dharmic entertainment	Oil feet and head – this calms vaata and promotes deep sleep
Fragrance / Garland (gems, yantras), women wear flower	Seek satsanga / avoid asanga	Hair oil – wearing hair oil to bed like bhringaraj oil is good for the mind and hair – this should be done once a week
Morning Prayers	Returning home – Visit the place of prayer, wash and wear vibhuti / sacred ash	Place water – Before sleep place water for the morning
Meditation	Family Life – Devote time to the family	Prayer
Exercise – Yoga (Yoga could be done before meditation)	Single life – celibacy (the scriptures do not recommend dating)	Meditation
Breakfast / Herbs	Moral conduct – Live according to your dharma serving others and spreading love and light	Sleep – try to remain mindful of spiritual thoughts while falling asleep