

AYURVEDIC DINACHARYA

DAILY ROUTINE FOR
A HEALTHY LIFE



BY TRADITIONALBODYWORK.COM

Contents

PREFACE	4
INTRODUCTION.....	6
<i>What Is Ayurveda?.....</i>	<i>7</i>
<i>Dinacharya – Daily Self-Care.....</i>	<i>9</i>
<i>The Three Doshas Tridosha.....</i>	<i>12</i>
<i>The Use of Oils in Ayurveda.....</i>	<i>15</i>
DINACHARYA ROUTINES.....	17
<i>General Outline.....</i>	<i>18</i>
<i>Early Morning Routine.....</i>	<i>19</i>
<i>Daytime Routine</i>	<i>22</i>
<i>Evening Routine.....</i>	<i>23</i>
DINACHARYA ACTIVITIES.....	25
<i>Abdominal Massage Nabhi</i>	<i>26</i>
<i>Abhyanga Self-Massage</i>	<i>28</i>
<i>Bathing Snana</i>	<i>29</i>
<i>Breast Massage.....</i>	<i>31</i>
<i>Dry-Brushing Garshana.....</i>	<i>32</i>
<i>Ear Massage & Oiling Karna Purana.....</i>	<i>33</i>
<i>Eye Care Anjana Kriya.....</i>	<i>34</i>
<i>Eye Wash Netra Prakshalana</i>	<i>35</i>
<i>Facial Massage Mukha Abhyanga</i>	<i>36</i>
<i>Foods and Drinks Bhojana Vidhi.....</i>	<i>37</i>
<i>Foot Massage Pada Abhyanga</i>	<i>38</i>
<i>Foot Wash Pada Prakshalana.....</i>	<i>40</i>
<i>Full-Body Oil Massage Abhyanga</i>	<i>41</i>
<i>Head Massage Shiro Abhyanga.....</i>	<i>43</i>
<i>Herbal Smoke Inhalation Dhumapana.....</i>	<i>44</i>
<i>Meditation and Prayer.....</i>	<i>45</i>
<i>Nasal Oleation Nasya</i>	<i>46</i>
<i>Neti Pot Nasal Wash.....</i>	<i>48</i>
<i>Oil Pulling Gandusha and Kavala.....</i>	<i>49</i>
<i>Physical Exercise Vyayama</i>	<i>51</i>
<i>Pranayama Breathwork.....</i>	<i>53</i>
<i>Sleeping Nidra</i>	<i>55</i>
<i>Tongue Scraping.....</i>	<i>56</i>
<i>Threading.....</i>	<i>57</i>
<i>Paste and Powder Massage Udvartana</i>	<i>58</i>
<i>Yoga</i>	<i>60</i>
SUPPLEMENT.....	62
<i>Agni Digestive Fire.....</i>	<i>63</i>
<i>Chinese Self-Care Practices Yang Sheng.....</i>	<i>64</i>
<i>Coconut Oil in Ayurveda</i>	<i>65</i>
<i>Dhatus</i>	<i>66</i>
<i>Herbal Medicine and Applications</i>	<i>67</i>

<i>Oil Massages and Aromatherapy</i>	70
<i>Panchakarma Five Treatments</i>	72
<i>Purusartha Four Aims in Life</i>	74
<i>Thai Self-Care Practices Dhammanamai</i>	76
<i>Sesame Oil in Ayurveda</i>	78
<i>Traditional Self-Care in Asia</i>	79
APPENDIX	81