

PAY ATTENTION TO WAKING & SLEEPING TIMES

According to Ayurveda, our body is a clock. It states that each organ has a definite time of maximum function. Morning time = lung time, midday = stomach, afternoon = liver and late afternoon = colon and kidney time. It is stated that this biological clock works in conjunction with the doshic clock (mentioned in your theory presentation).

GO TO BED EARLY

According to Ayurveda, going to bed early is one of the ideal ways to maintain good health. Try to be in bed by 10 pm, as it is said that the body detoxifies and renews itself between 10 pm and 2 am. Switch off your devices an hour before you wish to sleep. It is recommended to turn off the wifi or at least keep your devices away from your body while you are sleeping.

WAKE UP EARLY

After a proper night's sleep, you should not feel that it is difficult to wake up early. It is said in Ayurveda that sleeping beyond sunrise leads to the clogging of your communication channels with impurities that make your mind feel dull, your mood depressed and your body lethargic all day long.

Vata should wake up around 6am

Pitta by 5:30am

Kapha at 4:30am! (Thank goodness I am not a Kapha :)

SAY A PRAYER

This can be any kind of prayer from any faith or practice whatsoever. Here is a simple prayer that I have edited slightly, with the original work being by Dr. Vasant Lad:

Dear universe, you are inside of me, within my very breath.

Within each bird, within each mighty mountain.

Your sweet touch reaches everything, and I am well protected.

Thank you universe, for this beautiful day before me.

May love, joy, peace and compassion be part of my life, and all those around me on this day. I am healing and I am healed.

START WITH WATER

As you wake up, gently stretch your body and drink an 8oz glass of water (vata and kapha do best with hot water, pitta's with lukewarm), preferably from a pure copper drinking cup. Warm water, activates the organs to function properly throughout the day and also supports an easful bowel movement. Splash cold water on your face, swish and rinse your mouth. Wash your eyes with cool water and gently massage your eyelids. Blink your eyes several times, and then rotate your eye in all directions: side to side, up and down, diagonally, clockwise and counter clockwise. All this will help you feel alert and fresh.

EMPTY YOUR COLON

Following your first glass of water, sit or even better, squat, on the toilet. Do not force it, just sit for a few moments until a bowel movement occurs; this is habit forming. After the movement, wash your anus and hands with warm water.

CLEAN YOUR TEETH AND TONGUE

One of the most important Ayurvedic health regimes to maintain is proper oral hygiene. By using a tongue scraper, you eliminate the toxins that build up in your mouth throughout the day, which also helps maintain a healthy digestion. Scrape from back to front. If you smell last nights dinner, or a bad smell, that means you have not digested, which means do not eat breakfast that day, and that something to do with your digestion must be adjusted - maybe you are eating the wrong kind of food or maybe you at too late. Then, with herbal toothpaste and a good quality brush, brush your teeth. You can lastly gargle with salt water - add garlic to clear the throat.

CLEAN YOUR NOSE

It is then recommended to perform Neti Kriya to cleanse the nostrils, or drop 3-5 drops of warm ghee into each nostril. This helps to clean the sinuses and improve voice, vision and mental clarity.

OIL MASSAGE

Take 4-5 ounces of warm oil and rub it all over your head and body. Gently massaging the scalp with oil can bring happiness into your day, as well as help to prevent headaches, slow balding and grey hair. If you oil your body again before going to bed, it will help induce sound sleep. Oil massage improves circulation, calms the mind and reduces excess vata. The skin on the entire body becomes soft, smooth and bright.

SHOWER

Following your morning oil massage, take a bath or shower. Bathing is cleansing and refreshing. It removes fatigue, brings energy, alertness, and promotes a long life. Ayurveda states that bathing every day brings holiness into your life.

YOGA, PRANAYAMA, AND MEDITATION

The ideal order according to Ayurveda in which to perform these practices are to start with yoga, followed by a breathing, or “pranayama” practice, then concluded with meditation. Everyone should do some exercise every day. A walk in the fresh early morning air and some yoga stretching are good enough for many, some additional aerobic exercise may also be benefits, depending on your Prakriti.

BREAKFAST

If your tongue scraping supports it, it is now time for breakfast! Your meal should be fairly light in the hot months, and more substantial in the cold weather. Vata and pitta should eat some breakfast, kappas are better off if they don't eat, since eating during Kapha time will increase Kapha in the body.

FOLLOW THE AYURVEDIC MEAL TIMES SCHEDULE

MEAL	VATA	PITTA	KAPHA
BREAKFAST	8AM	7:30AM	7AM / N/A
LUNCH	11AM-NOON	NOON	NOON-1PM
DINNER	6PM	6-7PM	7-8PM / NO SNACKS!

References: Information Modified from The Complete Book of Ayurveda Home Remedies, Dr. Vasant Lad