Pratah Kala Charya (Daytime regimen)

- awakening early in the morning
- sipping of water
- brushing of teeth
- tongue cleansing
- face wash
- gargling of mouth and throat
- anjana application for eyes
- medicated smoking
- nasal drops
- exercise
- strolling
- oil massage
- foot massage
- head massage
- body massage with herbal powders
- bath
- anointments
- protective measures for germs
- washing of feet
- wearing cloths
- wearing garlands
- wearing footwear
- holding stick for self protection
- wearing turbans/hats
- holding umbrella

Ayurvedic Daily Rhythm Create Visualize Allign your daily rhythms in tune with Nature's rhythms. Support your day by the dominant energy inside and around you. Each day we cycle through the 3 doshas: Vata, Pitta, Kapha. The day is divided into six four-hour cycles. To live a life from turbulance to calm we must follow the Ayurvedic Clock.

Rithu Charya (Seasonal routines)

- Leading to a healthy life
- Promoting happiness
- Ayurveda recommends healthy diet pattern and lifestyle changes throughout the year including detoxification procedures
- Supports mind and body

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Shayam Charya (Evening regimen)

Should avoid the below activities

- food consumption
- sexual intercourse
- sleep
- reading
- walking

Ratri Charya (Night regimen)

dinner

Post dinner activities

- hand wash after dinner
- teeth cleaning
- mouth wash
- eating betel leaves
- medicated smoking
- walking 100 steps
- consumption of triphala
- application of anjana
- sleep
- sexual intercourse