

Daily routine

According to Ayurveda, a change of seasons affects the human psychophysiology just as it stimulates change in the life of a tree. Solar and lunar cycles also subtly and influence human life, as they do the lives of owls and bears. Made up of the very same elements and forces as all things in nature, we exist in the give-and-take of a cosmic ecological system to which our inner nature must continuously adapt. While the rest of the animal kingdom instinctually live in harmony with these forces, human beings, by virtue of free will, can-and often do-choose a way of life that is counter to our own natures. So-called primitive cultures and traditional agrarian societies live in attunement with natural patterns to a degree that technological societies do not.

Modern life, dictated by clock-time and Day timers-yet virtually time-less thanks to electric lights, climate-controlled buildings and supersonic travel - leaves us disconnected from our biological rhythms. When we live out of step with these innate rhythms for extended periods of time, the doshas becomes imbalanced and illness of some kind inevitably ensues.

Ayurvedic routine resynchronizes our activities with energy patterns throughout nature. Just as the doshas govern different life processes in the body, they govern times of the day and year, and their energetic influence increases in the environment during those times. Kapha, Pitta, Vata alternately dominate in six four-hour intervals beginning at sunrise and in the seasonal intervals. A Kapha-Pitta-Vata cycle also governs the arc of individual life from child hood to old age. By adjusting our lifestyle to move in time with these "master cycles,"our inner balance is not overthrown.

THE DAILY CYCLES

Sunrise marks the beginning of the morning Kapha period. In the table below, we have indicated 6 A.M. as the start of the day, but this time will vary depending upon where you live and the season of the year.

Kapha	6 A.M. to 10 A.M	6 P.M. to 10 P.M
Pitta	10 A.M to 2 P.M	10 P.M. to 2 A.M
Vata	2 A.M. to 6 P.M	2 A.M. to 6 A.M

Each period of the day reflects the energies of the dominant dosha. Inertia is high during Kapha periods, which is why we tend to feel lethargy when we sleep into the late morning hours and

tend to slow down in mid evening, High noon is high-energy time, thanks to Pitta's fueling effect. Consequently, digestion is strongest at lunch hour. Vata governs the nervous system, so the mind is more alert in the afternoon, while physical energy typically slumps around 3 or 4 P.M.

In general, the best time to go to sleep is before 10 P.M. when Kapha's settled and energy still prevails. If you stay up late, you are likely to get a second wind when pitta picks at midnight. At night, Pitta's energy goes to work on digesting supper and rejuvenating body tissue. Vata brings on the active dream phase known as REM sleep. At the peak of the morning Vata cycle, about 4 A.M., the plant and animal kingdoms start to reawaken. In fact, you can just about set your clock to the calls of certain birds who have distinct morning songs that they perform at the same hour every day. This rarefied atmosphere at midcycle of the early-morning Vata period has a powerful enlivening effect throughout nature, and if you are inclined to get up with the early birds (which is likely if you have dominant Vata), it is an excellent time to meditate and begin your own day. If not, try to awaken at least half hour before sunrise, when Kapha's groggy nature takes precedence again. You will actually feel more refreshed to awaken while Vata energy is still lively.

Obviously, you need to be most concerned about these energetic effects during the cycles that correspond to your dominant dosha. Everyone has more difficulty getting up during morning Kapha hours, for example, but people with Kapha bodies have the greatest problem. One of the worst things such individuals can do at that time is give in to their natural tendency to over sleep, since doing so only aggravates dosha even more. Invigorating exercise, a stimulating massage, or even a cup of coffee, if that is what it takes, is a better morning choice for Kaphas than sleeping in.

On the other hand, a late afternoon catnap will help balance Vata types during the peak of the enervating Vata cycle. Pitta face a different kind of challenge altogether.

When Pitta is high at noon, their tempers tend to flare. Thus, they are wise to avoid scheduling difficult discussions or negotiations during lunchtime hours.

VII. Svasthavrttam (Preventive Medicine) (DAILY ACTIVITY)

Dincharya (Daily regimen)

- Get up at Brahma muhurta (3 am to 6 am).
- Attend to your calls of nature (toilet routine).

Oral Hygiene.

- Brush the teeth with twigs or the roots of trees of bitter, pungent and astringent tastes e.g. Arjuna (*Terminalia arjuna*), Vata (*Ficus bengalensis*), etc., (Regular brushing with toothpaste and occasional gum massage with herbal tooth powder is advised).

- Gum massage with the powders of triphala, trikatu (Black Pepper, Long pepper, Dry ginger) or trizat. (Cardamom, Clove, Bark of Clove) with honey is effective.
- Clean the tongue with the scrapper (stick or steel) to remove mucus and to enhance taste perception
- Do gargling with cold water and splash the eyes with the same, especially in summer and autumn.
- Gargling with oil (sesame oil) is also advised.

Anjana (Collyrium)

- Apply collyrium (prepared with antimony sulphide) to the eyes daily to improve the vision
- Apply Rasānjana made from Daruharidra (Beriberis aristata) once in week. (Daruharidra is a plant and the collyrium is made from that plant)

Nasya (Nasal medication)

- Do Pratimarsa nasya (nasal application of medicine) with anu tailam (prepared ayurvedic medicine available from Ayurvedic stores) (2 drops in each nostrils)
- Daily usage of nasya will give strength to the shoulder muscles; prevents sinusitis, spondylosis, and produces clarity of senses, hair growth and good voice.

Abhyanga (Oil massage)

- Do oil massage to mitigate Vāta, to promote strength, sleep, growth, etc.,
- Apply oil on head, ears and feet.
- Avoid oil bath during indigestion, cough, cold, diarrhea, menstrual cycle and respiratory infection.
- Kapha people can undergo dry massage instead of oil. Powders of Triphala can be used for the same.

Vyāyāma (Exercise).

- Do exercise to produce lightness of the body, to reduce fat, to make the body firm active
Persons suffering from indigestion, vāta and pitta should avoid exercise,
- Exercise can be done for half an hour during winter and spring and still less in other seasons.
- After exercise do a good massage to the body.

Benefits of Exercise

- Improves the way the body handles dietary fat.
- Helps to lower blood cholesterol and triglyceride levels.
- Raises levels of HDL, the "good" cholesterol.
- Prevents osteoporosis.
- Improves immune function.
- Aids digestion and elimination.
- Increases endurance and energy level.

Musculoskeletal System

- Increases muscle strength.
- Increases flexibility of muscles and range of joint movement.
- Produces stronger bones, ligaments, and tendons.
- Lessens chance of injury.
- Enhances posture, poise, and physique.

Heart and Blood Vessels

- Lowers resting heart rate.
- Strengthens heart function.
- Lowers blood pressure.
- Improves oxygen delivery throughout the body.
- Increased blood supply to muscles.
- Reduces heart disease risk.

Mental Benefits Processes

- Helps to reduce tension and anxiety.
- Improves mental outlook and self-esteem.
- Helps to relieve depression

- Improves the ability to handle stress.
- Stimulates mental function
- Induces relaxation and improves sleep.

Sana (Bath)

- Take warm shower after the exercise schedule.
- Bath will improve appetite, vigor and removes exertion
- It clears the pores

Tambula sevana

- Take Tambula (betel leaves along with cardamom, areca nuts, calcium. which is good for heart and digestion. But it is contra indicated in pitta-Vata diseases.

DharmikaVruti

- Do a profession which is noble, respected, beneficial to you and your
- Spend time in company of good people and follow the scriptures. Be humble, charitable enthusiastic and perform spiritual duties,
- Avoid daśa vidha pāpās (ten sins according to Vāgbhata who follow cruelty to other living beings, stealing, unlawful sex, backbiting, telling lies hard speech, hatred, jealousy, misunderstanding and faithlessness in God.
- Take easily digestible foods in the evening and sleep well by keeping your head in East or south direction.
- Recollect the events happened in the day, thank God and Nature for caring you
- Never suppress the urges of flatus, faeces, urine, thirst, hunger, sleep, vomiting cough etc.
- One should adopt what is the best (essence) for the life.
- The life of a person which is endowed with health, wealth, learning and practice of dharma kriyas (acts of benevolence) for long years is known as Sukha Ayu also Hita (suitable) one, while life with opposite qualities is Dukkha ayu.