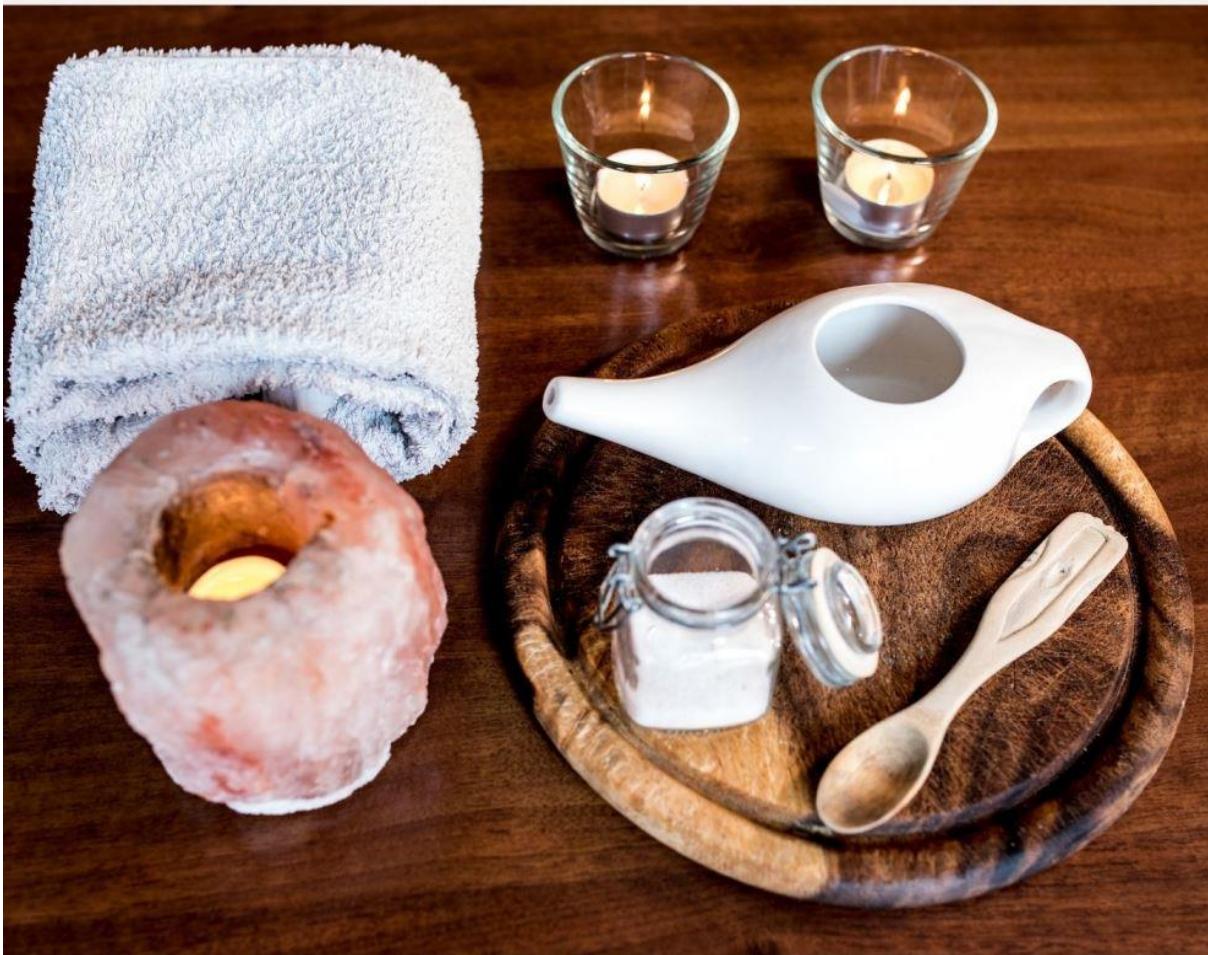


AYURVEDIC DINACHARYA

DAILY ROUTINE FOR
A HEALTHY LIFE



BY TRADITIONALBODYWORK.COM

Contents

PREFACE	4
INTRODUCTION.....	6
<i>What Is Ayurveda?.....</i>	7
<i>Dinacharya – Daily Self-Care</i>	9
<i>The Five Elements Pancha Bhoota</i>	12
<i>Three Doshas Tridosha.....</i>	14
<i>The Use of Oils in Ayurveda.....</i>	17
DINACHARYA ROUTINES.....	19
<i>General Outline.....</i>	20
<i>Early Morning Routine.....</i>	21
<i>Daytime Routine</i>	24
<i>Evening Routine.....</i>	25
DINACHARYA ACTIVITIES.....	27
<i>Abdominal Massage Nabhi</i>	28
<i>Abhyanga Self-Massage</i>	30
<i>Bathing Snana</i>	31
<i>Breast Massage</i>	33
<i>Dry-Brushing Garshana.....</i>	34
<i>Ear Massage & Oiling Karna Purana.....</i>	35
<i>Eye Care Anjana Kriya.....</i>	36
<i>Eye Wash Netra Prakshalana</i>	37
<i>Facial Massage Mukha Abhyanga</i>	38
<i>Foods and Drinks Bhojana Vidhi</i>	39
<i>Foot Massage Pada Abhyanga</i>	40
<i>Foot Wash Pada Prakshalana.....</i>	43
<i>Full-Body Oil Massage Abhyanga</i>	44
<i>Head Massage Shiro Abhyanga.....</i>	46
<i>Herbal Smoke Inhalation Dhumapana.....</i>	48
<i>Meditation and Prayer.....</i>	49
<i>Nasal Oleation Nasya</i>	50
<i>Neti Pot Nasal Wash</i>	52
<i>Oil Pulling Gandusha and Kavala.....</i>	53
<i>Physical Exercise Vyayama</i>	55
<i>Pranayama Breathwork.....</i>	57
<i>Sleeping Nidra</i>	59
<i>Tongue Scraping.....</i>	60
<i>Threading.....</i>	61
<i>Paste and Powder Massage Udvartana</i>	62
<i>Yoga</i>	64
SUPPLEMENT	66
<i>Agni Digestive Fire</i>	67
<i>Chakras</i>	68
<i>Chinese Self-Care Practices Yang Sheng</i>	74



<i>Coconut Oil in Ayurveda</i>	75
<i>Dhatus</i>	76
<i>Herbal Medicine and Applications</i>	77
<i>Mantras.....</i>	80
<i>Oil Massages and Aromatherapy</i>	85
<i>Panchakarma Five Treatments</i>	88
<i>Purusartha Four Aims in Life.....</i>	90
<i>Sattva, Rajas, and Tamas Three Gunas</i>	92
<i>Sesame Oil in Ayurveda.....</i>	96
<i>Thai Self-Care Practices Dhammanamai</i>	97
<i>Traditional Self-Care in Asia.....</i>	100
APPENDIX.....	102