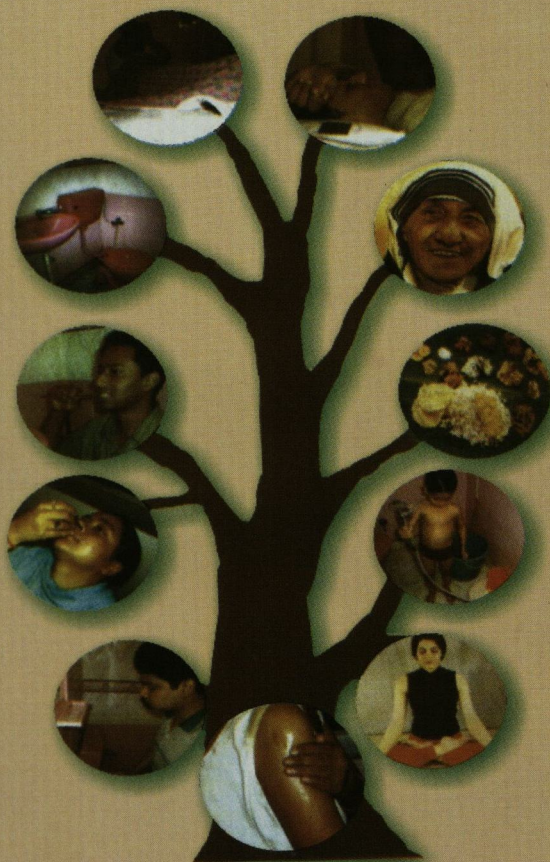


Dincharya (Daily-Regimen)- A Chronological Perspective : (An Ayurvedic Way To Prolonged & Healthy Living)



CENTRAL COUNCIL FOR RESEARCH IN AYURVEDIC SCIENCES
Ministry of AYUSH
(Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy)
Government of India

1. Brahm Muhurt Jagran (Early Rising)

Wake up Two Hours Before Sunrise
(4:30-5:00 AM)

A time when mind and total atmosphere is calm and devoid of pollution

2. Malotsarg (Attending Nature's Call)

Bowels, Urination etc.
Never Suppress nor forcefully void

Vegavidharan (Suppression) can lead to many diseases

3. Dant Dhawan (Care of Teeth)

Use fresh stick of
- Neem (Azadirachta indica)
- Khadir (Acacia catechu) etc.

Cleans Teeth, Vanishes foul smell

4. Nasya (Nasal Drops)

Put tow drops of Anu Taila
(An Ayurvedic medicine)

Prevents premature graying of hair, baldness and ensures good sleep

5. Gandush (Mouth Wash)

Fill mouth with Triphala decoction or other medicated oils

Prevents excess thirst, improves taste and maintains oral hygiene



6. Abhyang (Oleation)

Application of oil daily
e.g. Til Taila (Sesame oil)

Keeps skin soft, improves blood circulation and removes waste



11. Nidra (Sleep)

Keep the environment claim and pleasant. Avoid day sleeping

Provides health and longevity. Improves complexion and glow



10. Sadvrit (Right conduct)

Adopt Ayurvedic principles e.g. Do not follow violence, keep cheerful disposition, help distressed.

Provides mental peace and keeps pleasant and calm



9. Bhojan (Food)

Avoid spicy (Pungent) food.
Take tasty nutritious diet.
Do not over eat.

Enhances growth, gives strength



8. Snan (Bath)

Take bath half to one hour after exercise

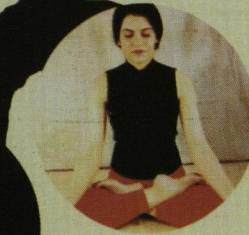
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7. Vyayam (Exercise)

Exert to half your capacity

Prevents excess thirst, improves taste and maintains oral hygiene



The Ayurvedic Regime of Proper living is designed for maintenance of health, achievement of long, healthy and active life, providing relief from diseases, allowing satisfactory enjoyment of life and attainment of realization.