

Daily Routine (Dinacharya)

Activity	Vata	Pitta	Kapha
Wake up	6:00 AM	5:30 AM	5:00 AM
Clean teeth, tongue and mouth, drink water, bowel movement	6:15 AM	5:45 AM	5:15 AM
Exercise, Yoga and Pranayama	7:00 AM (after shower)	6:00 AM	5:30 AM
Meditation	7:30 AM	6:30 AM	6:00 AM
Abhyanga (Then shower) and swishing	6:30 AM (Sesame oil)	7:00 AM (Coconut Oil)	6:30 AM (Mustard Oil)
Breakfast	8:00 AM	7:30-8:00 AM	None (or 7:00 AM)
Lunch	12 Noon	12 Noon	12 noon-1 PM
Dinner	6:00 PM	6:00-7:00 PM	7:00-8:00 PM
Bedtime	10:00 PM Sleep on left or back	10:00-11:00 PM Sleep on right side	11:00-12:00 PM Sleep on left
Perfumes	Hina, Amber or Frankincense	Khus, Sandalwood or jasmine	Hine, Amber or musk

Yoga	Slow gentle asanas, camel, cow, cat cobra, plough, spinal twist, leg lifting, 12 sun salutations	Calming asanas, boat, bridge, fish, child, 16 moon salutations	Stimulating asanas, lotus, lion, peacock, and palm tree, 20 sun salutations
Nasal Drops	3 to 5 drops of sesame oil or ghee or vacha oil	3 to 5 drops of brahmi ghee, sunflower oil or coconut oil	3 to 5 drops of vacha oil or mild mustard oil

Contraindications for Nasal Drop include:

- Young children
- During pregnancy
- An hour before and after bathing
- Immediately after exercise or sexual activity
- While intoxicated
- On a full stomach
- After vomiting or acute diarrhea
- Fever, hypoglycemia, dehydration

Contraindications for Yoga Asanas include:

- During Pregnancy
- Menstruation
- Retroverted uterus
- Slipped disk
- Rectal or vaginal prolapse
- Herniated disk
- High blood pressure
- Glaucoma
- Recent history of heart attack