

Dinacharya Checklist

A printable 24-hour routine, rooted in classical Ayurveda

Dinacharya — from *dina* (day) and *acharya* (conduct) — is the Ayurvedic art of aligning your day with nature's rhythms — the cycles of Vata, Pitta and Kapha that govern every 24 hours. Done consistently, it steadies digestion, sleep, mood and immunity. Print this checklist, stick it on your fridge, and tick what you complete each day. Start with three items — not all of them.

Brahma Muhurta

4:30 – 6:00 AM

■ Wake before sunrise

Rise 90 min before dawn. Sit up, take 3 slow breaths, set an intention.

■ Drink warm water (Ushapan)

1–2 glasses of warm water; add lemon or a pinch of ginger if cold-natured.

■ Eliminate (Mala Visarjan)

Allow bowels and bladder to empty naturally — never force or rush.

■ Scrape your tongue (Jihva Nirlekhana)

7–14 gentle strokes back-to-front with a copper or steel scraper.

■ Brush teeth & gum massage

Use a herbal powder or paste. Massage gums with sesame oil once a week.

■ Oil pulling (Gandusha / Kavala)

Swish 1 tbsp sesame or coconut oil 5–10 min. Spit, don't swallow.

Morning Sadhana

6:00 – 8:00 AM

■ Nasya (nasal drops)

2 drops of Anu taila or plain sesame oil in each nostril; inhale gently.

■ Abhyanga (self oil-massage)

10 min warm-oil massage — sesame (Vata), coconut (Pitta), mustard (Kapha).

■ Movement (Vyayama)

Yoga, surya namaskar, or a brisk walk — to half your capacity, never to exhaustion.

■ Bath (Snana)

Warm water on body, cool on head. Wash off oil with chickpea flour or mild soap.

■ Pranayama & meditation

5 min Nadi Shodhana + 10 min silent sitting. Face east if possible.

Forenoon

8:00 AM – 12:30 PM

■ Light breakfast (only if hungry)

Warm, cooked, easy to digest — stewed fruit, dalia, or moong soup.

■ Focused work block

Do your hardest cognitive work now — Kapha-into-Pitta hours peak focus.

■ Sip warm water through the day

Avoid iced drinks. They extinguish Agni (digestive fire).

Midday — Main Meal

12:30 – 1:30 PM

■ Eat your largest meal at noon

Agni is strongest now. Include all 6 tastes; sit, eat slowly, no screens.

■ 5-minute walk after eating

'Shatapavali' — 100 steps aids digestion. Then rest 10 min on the left side.

Afternoon

2:00 – 6:00 PM

■ **Creative & collaborative work**

Vata hours — best for meetings, writing, planning, conversations.

■ **Herbal tea, not coffee**

Try CCF (cumin-coriander-fennel) or tulsi to keep Agni steady.

Evening

6:00 – 8:00 PM

■ **Light, early dinner**

Finish by 7:30 PM. Warm soup, khichdi, or cooked vegetables. No raw salads.

■ **Family / connection time**

Eat together. No phones at the table. Walk after dinner.

Night Wind-Down

8:30 – 10:00 PM

■ **Screens off by 9:30 PM**

Dim lights. Read, journal, or chant. Avoid news and stimulating content.

■ **Foot massage (Padabhyanga)**

Rub soles with warm ghee or sesame oil — calms the nervous system.

■ **Sleep by 10 PM (Nidra)**

Lie on the left side first. Aim for 7–8 hours. Bedroom cool and dark.

HOW TO USE THIS CHECKLIST

- **Start small.** Pick 3 practices for week 1 (e.g. wake early, tongue scrape, oil pulling). Add one per week.
- **Match your dosha.** Vata — keep warm & oily. Pitta — keep cool & calm. Kapha — keep light & active.
- **Consistency beats intensity.** 5 minutes of pranayama every day beats 30 minutes once a week.
- **Honour the seasons (Ritucharya).** In summer, lighten meals. In winter, oil massage more. Adapt — never rigidly repeat.

This checklist is generic. Your routine shouldn't be.

Take the 2-minute Prakriti quiz — get a Dinacharya matched to your dosha, season and sleep. Start at heal.software/register · or book a 15-min consult with a Vaidya.

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