

Ayurveda Lifestyle –Dinacharya & Rithucharya for a Healthy, Well-Balanced Life

Ayurveda and Yoga are sister sciences of ancient India. In most cases, the teachings overlap and complement each other well. In fact, Ayurveda practitioners recommend yoga and vice versa as a complete system for your spiritual, personal, family, and social wellbeing.

Dinacharya – daily routine

This is your daily routine. It includes all the activities you do in any day. The day is the time you wake up in the morning to the time you go to sleep. Dinacharya, as directed by Ayurveda and yoga acharyas (teachers) are a set of directions for daily living.

Rithu Charya – seasonal routines

The conditions of your body change with change in climate or seasons. There are set directions for the activities you can and cannot take during different seasons.

Following the directions of dinacharya and rithucharya will guarantee well being of your body, mind, and soul. This is because, these directions are natural and aligned to the natural functioning of our body.

Dinacharyas

Wake up early in the morning. Five in the morning is a good time to wake up. Stay in the bed for a few minutes, thinking about all the pleasant happenings of the previous day. Also think about all the good things you are going to do today. This is a good mental exercise to kick off your day on a positive note.

After dealing with nature's call, prepare yourself for some physical exercises. Yoga exercises are the best. They will strengthen all your organs and body systems. Exercising brings various advantages. It gives you stamina and fills you with energy for the whole day.

Apply some oil like coconut oil or sesame oil on your head and body – according to your body type before bathing. Daily bathing is a good habit.

Eat healthy food items. Wholegrain food items are best. Also take a good mix of fruits and vegetables, as they will supply you will all the essential nutrients. However, don't over-fill your stomach, as it can lead to indigestion.

Avoid all kinds of indulgence – whatever it is. Indulgence can come in various shapes – drinking, eating, certain activities, etc are all different forms of indulgence. Indulgence will weaken your body and mind.

Also, keep pleasant company with people. Don't gossip or talk ill of others. And do your jobs, and traveling when there is sunlight.

At dawn, be at home with your family, read religious text and keep a good atmosphere. This is strengthening for your mind and soul. Remember, Ayurveda is a complete lifestyle and not just a method of treatment.

Go to sleep at around 10 in the night. This will give you seven hours' sleep before you wake up at 5 in the morning.

Rithucharya

This is set directions to follow according to seasonal and climatic changes.

During winter, take sweet, sour and salty food items, along with warm water. Avoid bitter tasting food during this period. This is good period for extensive physical exertion including labor-intense tasks.

During rainy season, it is best to take easily digestible food. Avoid drinking water from public sources like rivers.

During summer season, avoid labor-intense activities as much as possible. Drink lot of fresh juices, salads, etc. Avoid wine and alcoholic beverages. Massage your body with oil almost everyday. Don't perform sexual activities too often. This season also allows a little sleep during the daytime.

During autumn season, avoid alcohol. Take easy to digest food items. Avoid fatty food, dairy products, etc. You can take bitter and astringent food items.

Those are the daily and seasonal routines to follow to keep your body healthy and to keep your lifestyle in tune with the nature.