

# Dinacharya

Dinacharya is the traditional Ayurvedic practice of a structured daily routine designed to align bodily rhythms with nature, promoting long-term health, immunity, and mental clarity. It involves self-care habits—such as waking before sunrise, tongue scraping, oil massage (abhyanga), and meditation—to detoxify the body and reduce stress.

## Key Components of a Morning Dinacharya

- **Wake Up Early:** Rise during *Brahma muhurta* (roughly 4:30 a.m. to 6:00 a.m.) to experience sattvic (peaceful) energy.
- **Elimination & Cleaning:** Scrape the tongue to remove toxins, brush teeth, and drink warm water to stimulate digestion.
- **Abhyanga (Oil Massage):** Massage the body with oil to calm the nervous system and nourish the skin.
- **Oral Hygiene:** Practice oil pulling (gandusha) with oil to strengthen teeth and gums.
- **Movement & Mindfulness:** Engage in yoga or Qigong, pranayama (breathing exercises), and meditation to clear the mind.

## Key Benefits of Dinacharya.

- **Boosts Digestion:** Consistent, timely meals strengthen *Agni* (digestive fire).
- **Reduces Stress:** Establishes a sense of stability and self-care in a hectic world.
- **Prevents Disease:** Regular, intentional habits build longevity and immunity.
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## Simplified Daily Routine (Dinacharya)

1. **Morning:** Wake up, scrape tongue, brush, oil pulling, warm water, exercise, abhyanga (oil massage), shower, meditation.

2. **Midday:** Eat the main, largest meal between 12:00 p.m. and 1:00 p.m..
3. **Evening:** Light dinner, light activity, and screen-free time before bed to aid sleep.

Dinacharya is highly personal and adaptable to an individual's constitution and needs.

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