DINACHARYA

AYURVEDA'S DAILY ROUTINE · THE MORNING

FREE GUIDE



7

Steps to a calmer morning

From two classical Ayurveda texts, in plain language

RISE

Wake before sunrise: how to actually do it

SWISH

Oil pulling: what the texts and the studies say

CLEAR

The 1-minute tongue habit from the classical texts



YOUR NEW MORNING, MAPPED

One calm hour before sunrise

Dinacharya means “daily routine”. It runs from waking to sleep; the classical texts give the most detail to the morning. Here it is, timed for a **6:15 sunrise.**

4:45	**Wake & wash**	before sunrise
4:55	**Clean teeth**	2 min
5:00	**Scrape tongue**	1 min
5:02	**Oil pulling**	3–5 min
5:10	**Oil massage**	5–10 min
5:20	**Move**	15–30 min
5:50	**Bathe & dress**	10–15 min
6:15	**Sunrise**	you’re ready

HOW TO START

Don’t try all seven at once. **Pick one or two,** keep them for 2–3 weeks, then add the next.

Traditional wellness practices, not medical treatment. On medication or living with a health condition? **Check with your doctor first.**



01

STEP 1 OF 7

RISE

Wake before sunrise

Start the day in the quiet hour before dawn, before the world gets busy.

DO THIS

1. Aim for **45–90 minutes before sunrise.** For a 6:15 sunrise, that's about 4:45–5:30.
2. Move your alarm **15 minutes earlier** every few days, not all at once.
3. **Go to bed earlier,** so you still get a full night's sleep.
4. On waking, use the toilet and **wash your face** first.

THE TEXT SAYS

Ashtanga Hridaya opens its daily routine with this: a **healthy** person rises in this hour to protect their health (Sutra Sthana 2.1).

SKIP IT IF

You're unwell, pregnant, recovering or working nights. **Rest comes first.**



02

STEP 2 OF 7

CLEAN

Clean your teeth

Ayurveda’s first step for the mouth: gentle, thorough, twice a day.

DO THIS

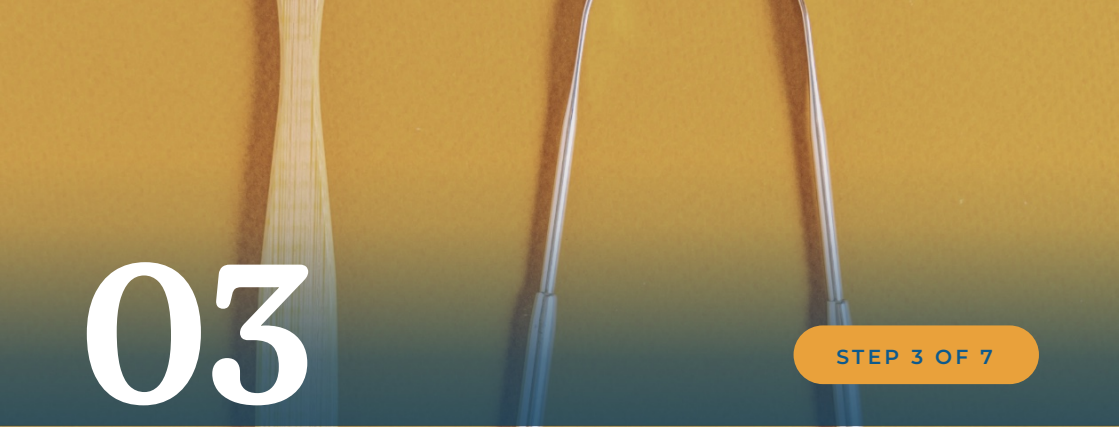
1. Soft brush, **small gentle circles,** about two minutes.
2. Clean the gum line **without scrubbing hard.**
3. Traditionally: chew one end of a **fresh twig** into a soft brush and use that.

THE TEXT SAYS

Charaka recommends a fresh twig of bitter or astringent plants, such as karanja or arjuna, used twice a day without hurting the gums (Sutra Sthana 5.71–73). **Neem** is the best-known example today.

GOOD TO KNOW

Never instead of your dentist’s advice. **Keep your usual toothpaste.**



03

STEP 3 OF 7

CLEAR

Scrape your tongue

A few seconds to clear the coating that builds up overnight.

DO THIS

1. Hold a **U-shaped scraper** (steel or copper) by both ends.
2. Place it gently towards the back of the tongue and **draw it forward.**
3. Repeat **5 to 7 times,** rinsing between strokes.
4. Wash and dry the scraper after use.

THE TEXT SAYS

Charaka links tongue coating to bad breath and describes a **curved, blunt scraper** of gold, silver, copper, tin or brass (Sutra Sthana 5.74–76).

THE STUDIES SAY

Small trials: a **slight, short-lived** improvement in breath (Cochrane, 2019).

SKIP IT IF

It feels sore or bleeds. **Light pressure only,** and don't reach so far back that you gag.



04

STEP 4 OF 7

SWISH

Oil pulling

Holding or gently swishing oil in the mouth: the classical practice of gandusha.

DO THIS

1. **About a tablespoon** of sesame or coconut oil, room temperature or lightly warmed.
2. Hold or swish slowly for **3 to 5 minutes.** Start with 2.
3. Spit it **into the bin,** not the sink. Oil can block drains.
4. Rinse your mouth with warm water.

THE TEXT SAYS

Charaka praises holding oil in the mouth for **strong jaws, a strong voice and good taste** (Sutra Sthana 5.78–80).

THE STUDIES SAY

A possible **short-term** benefit for oral hygiene; the evidence is **limited** (Gbinigie et al., 2016).

SKIP IT IF

Never swallow the oil. **Not for young children.** It adds to brushing and flossing; it doesn't replace them.



05

STEP 5 OF 7

OIL

Oil massage

Abhyanga: a few minutes of warm oil before your bath, head to feet.

DO THIS

1. Warm sesame or coconut oil by standing the bottle **in hot water.**
2. Fingertips on the **scalp,** then face and neck.
3. **Long strokes** on arms and legs, circles over the joints.
4. Finish with the **soles of the feet.** 5–10 minutes in all.

THE TEXT SAYS

Charaka compares the oiled body to a well-oiled axle: **supple and strong.** He calls daily oiling especially good for the skin, and foot massage good for tired feet (Sutra Sthana 5.81–92).

SKIP IT IF

You have fever, indigestion or feel heavy and unwell. **Patch-test new oils,** and watch for slippery floors.



06

STEP 6 OF 7

MOVE

Move at half your strength

Gentle daily movement. Never to exhaustion.

DO THIS

1. Walk, stretch or do yoga for **15–30 minutes.**
2. Stop at a **light sweat** on the forehead or under the arms.
3. A little **more in cool months,** a little less in the heat.

THE TEXT SAYS

Ashtanga Hridaya says exercise brings lightness and strength when done to **about half your capacity,** and warns against overdoing it (Sutra Sthana 2.10–13).

SKIP IT IF

You have a heart, joint or other health condition. **Ask your doctor** what suits you.



07

STEP 7 OF 7

REFRESH

Bathe, then dress in clean clothes

Wash off the oil, refresh the body, start the day clean.

DO THIS

1. **Warm water** for the body.
2. **Cooler or lukewarm** water for the head and face.
3. **Don't bathe** straight after a meal.
4. Change into **fresh, clean clothes.**

THE TEXT SAYS

Charaka calls the daily bath cleansing and refreshing, and recommends clean clothes (Sutra Sthana 5.93–95). Ashtanga Hridaya warns that **very hot water on the head** isn't good for hair and eyes (2.17).

GOOD TO KNOW

Oil left on the hair? A **mild soap or herbal powder** removes it.

BEFORE YOU START

Go gently

Seven small habits, a few sensible limits.

— **Waking early is for the healthy.** Ill, pregnant, elderly, recovering or on nights? Don't lose sleep for it.

— **Never swallow the oil.** Spit it into the bin. Not for young children. Keep brushing and flossing.

— **Scrape gently.** Stop if it's sore or bleeds. Keep the scraper clean.

— **Skip oil massage** with fever, indigestion or a heavy feeling. Patch-test new oils.

— **Stop exercise at a light sweat.**

LEAVE THESE TO A PRACTITIONER

Nasya, anjana and dhumapana

The classical morning also includes **nasal oil drops, eye salves and herbal smoke inhalation.** They need the right preparation and dose for each person, so ask an Ayurveda doctor first.

Not medical advice. Anyone with a health condition, or on medication, should speak to their doctor before starting.



AYURRISE MED TOURS

Start with one step tomorrow morning.

Questions about your own routine, or the practitioner steps? Reply to this message and our Ayurveda doctors will be happy to help.

SOURCES Charaka Samhita, Sutra Sthana 5 (carakasamhitaonline.com) · Ashtanga Hridaya, Sutra Sthana 2 (satyori.com) · Cochrane review on bad breath, 2019 (cochrane.org/evidence/CD012213) · Gbinigie et al., oil pulling review, Complementary Therapies in Medicine, 2016 (pubmed 27261981) · American Dental Association on oil pulling (adanews.ada.org)

Written in our own words and reviewed by an Ayurveda doctor. Traditional wellness practices, not medical treatment.