

Ideal Daily Routine Description

To Bed by 10:00 PM. The Day Starts the Evening Before!

Morning

Arise before 6:00 AM
Evacuate bowels and bladder
Clean teeth, oil gargle, scrape tongue
Abhyanga
Bath or shower
Sun salutations and/or asanas plus pranayama
Meditation — The Transcendental Meditation technique is recommended highly.
(Not all meditations are the same.)
Morning walk or Exercise (minimum 30 minute walk – more if possible)
Wear clean, comfortable, natural fabric clothing
Balanced breakfast including some protein
Morning work or study with natural lighting

Afternoon

Warm cooked lunch with all six tastes (largest meal of day)
Sit for 10 minutes after eating followed by a walk
Afternoon work or study
3-4 PM have a balanced snack if hungry
Sun salutations and/or asanas plus pranayama
Meditation

Evening

Lighter evening meal before 7:00 PM is ideal
Sit for 10 minutes after eating followed by a walk
Pleasant, relaxing activity — no stimulating activity after 9:00 PM
To bed before 10:00 PM with natural fabric clothing and bedding

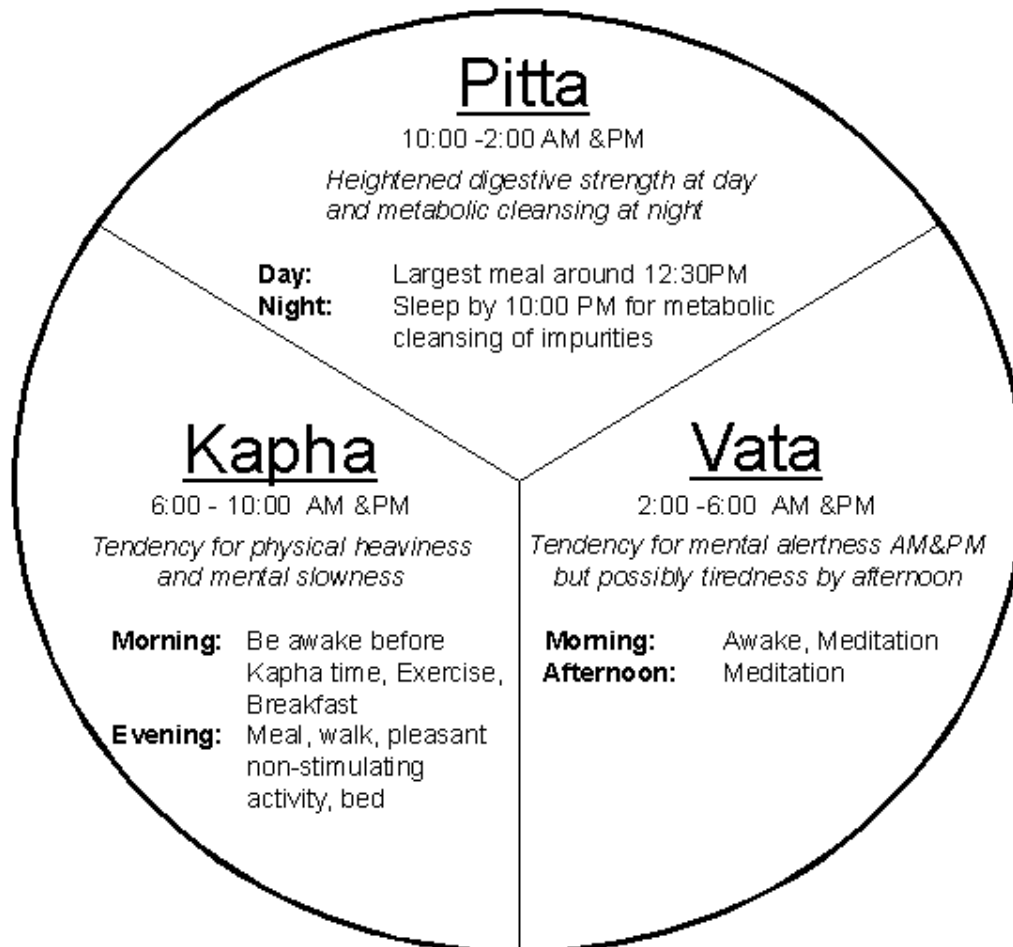
Daily

Drink hot/warm water throughout the day
Balanced, individualized diet and eating behavior
Take Maharishi Amrit Kalash Rasayanas AM & PM
Take individualized herbal supplements if recommended

Seasonal

Diet and exercise according to season
Maharishi Vedic MedicineSM consultation
Maharishi RejuvenationSM therapy

Doshas and times of day



Daily Routine Sequence Discussion

The day starts the night before: Preparing for sleep

Every organism in nature has a rest cycle. During rest, the energy and attention of the organism is freed from outer activity and can focus on internal balancing and healing. Making the most of this healing time is the foundation of good health. If this regeneration period is disturbed, imbalance and eventually sickness result.

According to Ayurveda, *when* you start your eight hours of sleep makes a difference. Sleep research shows that those who work the night shift and sleep during the day are more prone to a number of health disorders, including insomnia, digestive problems, heart attacks, and breast cancer. But even lesser diversion from the usual human sleep pattern can make a difference. Have you ever felt extra sluggish the day after a late night and sleeping in, even though you have slept your usual number of hours? Changing sleep patterns can also work in your favor. An NIH study once found that many depressed individuals can achieve a remission from their symptoms simply by shifting their bedtime and getting up times forward, for example, going to bed by 8:30 PM and getting up by 3:30 or 4:00 AM.

Ayurveda states that the *start* of the activity affects the nature of the rest of the activity, according to the expression "well begun is half done." Accordingly, Ayurveda predicts the greatest benefits from sleep that starts in the time when the body is dominated by the qualities of Kapha dosha, between 6:00 PM and 10:00 PM. Kapha is the heavy, grounding, inert principle in nature. Going to sleep in Kapha time supports easily falling asleep and having a deeper, more rejuvenating sleep throughout the night.

Also, if we are in bed by 10:00 PM, we will be sleeping during Pitta time (10:00 PM—2:00 AM) when the body is in its active "Pitta mode" of metabolism, cleansing the blood and skin of toxins and impurities. If awake, that metabolic activity provokes hunger and the proverbial "midnight snack." Unfortunately, this habit interferes with the body's cleansing cycle and also tends to pack on weight.

Reading, watching TV, working on the computer, and other wakeful activities after 10:00 PM also put stress on the eyes and nervous system, using energy that would otherwise go for rejuvenation and thereby accelerating the aging process. For the *most* rejuvenating beauty sleep, get your 8 hours starting before 10:00 PM. You will not only feel more fresh and energetic, but you will *see* the difference in your face in the morning.

**Note: A full discussion of Vata, Pitta, and Kapha will be provided in Chapter 3.*

When we go to bed by 10:00 PM, we have the greatest chance of awakening early and having the necessary time to do the rest of our full daily routine. This is why the day starts the evening before, and proper bedtime is the foundation for the next day's activity.

Other important ways to support good sleep are:

- 1) Do not engage in activities that activate the mind or body in the hour before going to bed, such as watching TV, reading, or vigorous exercise.
- 2) Use natural fabric like wool and cotton for your sleeping garments and bedding. These fabrics breathe and create the proper environment for your physiology both during sleep and in activity.
- 3) Go to sleep about the same time each evening. Regularity of routine is important to balance Vata, and imbalanced Vata is the source of insomnia for most people.
- 4) Only use your bedroom for sleeping. To promote the most conducive environment for rest, do not watch TV, work, or exercise in your bedroom.
- 5) Take a walk in the evening after dinner. A walk in the settled atmosphere of Kapha time, between 6-10 PM, allows the body and mind to deeply absorb the gentle, peaceful, and relaxed Kapha influence, promoting a deep and uninterrupted sleep.

Morning Routine

Awake before 6:00 AM

It is recommended to awaken before 6:00 A.M. Since we do not want to strain or use alarm clocks to do this, going to bed before 10:00 PM is usually necessary so that the body is fully rested and ready to go by 6:00 AM.

The period before 6:00 AM is the time when all of nature awakens, and Vata dosha is most enlivened in the environment. Vata controls the nervous system and our level of alertness. Remember the principle of "well begun is half done?" If we start our day in Vata time, our mind will experience more of the qualities of balanced Vata throughout the day – increased energy, clarity, intelligence, and alertness.

On the other hand, if we sleep past 6:00 AM, we are sleeping into the Kapha time of day. For example, sleeping until 7:30 AM involves 1 1/2 hours of sleep during Kapha time, imbuing the body with the qualities of excess Kapha – dullness, heaviness, and lethargy. Not exactly how we want to feel at the start of the day and *exactly* why so many people do not feel they can function until they have their espresso! Sleep after 6:00 AM day after day, year after year, can cause a Kapha imbalance build up with symptoms such as sinus congestion, fluid retention, weight gain, headaches, joint aches, and stiffness, and (perhaps worst of all) bags under the eyes!

Elimination

It is beneficial to have elimination in the morning. To help evacuate the bowels and bladder and create a cleansing influence in the physiology, drink a glass of fresh, warm or room temperature water upon awakening. Add a squeeze of fresh lemon and a half teaspoon of raw honey to kick start your digestion and metabolism for the day.

Cleansing the mouth and teeth

In addition to brushing the teeth, it is recommended to cleanse the tongue. This can be done by brushing the tongue with your toothbrush or ideally using a stainless steel or silver tongue scraper to scrape any white film or coating off the tongue. A coating on the tongue in the morning is a sign that your body is not fully eliminating toxins and

impurities. Scraping the tongue not only freshens the mouth and breath, but it stimulates the digestion and metabolism of residual wastes in the body, according to Ayurveda.

Oil gargle

Gargle with sesame oil for 1-2 minutes swirling through teeth and gums. Sesame oil has an anti-bacterial effect, absorbs oil-soluble impurities, and nourishes gum tissue.

Ayurvedic herbalized oil massage: Abhyanga

Daily morning Ayurvedic oil massage is one of the most powerful rejuvenation regimens you can add to your daily routine.

The motion and pressure of the massage create heat and friction and help to loosen up impurities, improve circulation, and enliven the body. The quality of the oil is also important, as it is being massaged into the entire surface area of the body and is being absorbed. The proper oils and herbs create a cleansing and nourishing influence throughout the body and help keep the skin youthful and supple.

Ayurvedic oil massage is especially good at removing Vata imbalance, the usual cause of weakness, anxiety, and fatigue. Most people report feeling much stronger, emotionally smooth, and balanced throughout the day as a result of their morning abhyanga.

*See appendix 1 for a full discussion of how to do abhyanga and what massage oil to use.

Asanas and/or sun salutations

After the bath or shower, it is highly recommended to go through a three-part sequence of practicing yoga asanas, pranayama (yogic breathing technique), and meditation. (I highly recommend the Transcendental Meditation (TM[®]) technique.) Although each of these practices is valuable alone, when used in this sequence each step prepares you to gain even greater effects from the following ones.

Asanas and sun salutations help remove stiffness and heaviness in the body and are an aid in increasing circulation and flexibility. Improving flexibility removes surface fatigue and stress and helps reconnect the physiology with its inner intelligence. Wherever there is stiffness or hardness in the body, it indicates that part of the body is losing contact with circulation and the nervous system. When this happens, the fertile ground for disease has been created in the affected tissues. Maintaining a high level of flexibility in the body through asanas and sun salutations is a vital pillar of good health.

Yoga asanas postures are also excellent for this but should be learned from qualified instructors for proper technique and the correct sequence of postures. Maharishi Vedic Schools and Maharishi Vedic Medical Centers can be found in many major cities and teach excellent courses in Yoga asanas. Call 1-888-Learn-TM or connect to www.tm.org for the center nearest you.

Pranayama (Ayurvedic breathing exercises)

Pranayama is practiced after asanas or sun salutations. Pranayama further purifies and refines the functioning of the body and also helps remove dullness and fatigue. The best

source of pranayama instruction is through Maharishi Vedic Schools and Maharishi Vedic Medical Centers. Qualified instructors of the TM technique can also instruct you in the proper practice of pranayama after TM instruction.

Asanas and pranayama sequentially remove surface fatigue and tension, thereby preparing the mind and body to gain the most from the meditation period.

Eyes closed meditation (ideally the TM technique)

I respect the fact that many individuals are already practicing some type of meditation daily, enjoy their technique and benefiting from it. However, I do highly recommend the TM program and encourage everyone to hear an introductory lecture on the TM technique, so they gain the necessary information to make the most informed choice for their personal meditation practice.

Maharishi Ayurveda describes the twice-daily practice of the TM technique as the single most powerful healing recommendation available. The benefits of the TM technique have been scientifically validated in over 600 published research studies in a variety of medical and scientific journals, including the *American Journal of Cardiology*, the American Heart Association's *Stroke*, and the *Journal of Behavioral Medicine*. During the twenty minute TM practice, the body experiences a state of deep rest characterized by more orderly brain functioning and increased mental awareness. Regular TM practice helps the body throw off deep stress and fatigue, improves mental functioning, and is an ideal preparation for the activity of the day. The TM technique is also an authentic, Vedic technique for the development of higher states of consciousness and the full health potential of the physiology.

For more information on the TM technique, please visit the TM web site at <http://www.tm.org> or call 1-888-Learn-TM to contact your closest center.

Morning Walk or Exercise

We cannot over emphasize the benefits of the morning walk. There is a story in Ayurveda about a king with many physicians and he held a contest where the physicians were to discover a medicine that was good for everyone, cost nothing and easy to do. The physician who prescribed the morning walk won the competition.

A significant part of the benefit comes from the special health promoting qualities of the morning sun. Vedic Science describes how the effects of the sun are very different at different times of the day. The setting sun is calming and relaxing – the effect most of us have when watching a sunset.

The morning sunrise effect is considered one of the most powerful positive forces in all of nature.

In fact it is so powerful that Vedic Science recommends all buildings are oriented to the East to bring in the nourishing and enlivening effect of the rising sun into the home. People who take early morning walks almost universally feel a significant subtle

vibration of energy and alertness throughout the day. Early morning walks are actually a standard Ayurvedic recommendation if someone is feeling depressed or fatigued due to the tremendous positive energy that is picked from the rising sun. Drinking water in the morning on arising and taking a morning walk is also an important aid in maintenance of regular bowel movements.

The walk also gets the body and mind awakened and starts blood flowing and helps the cleansing of the tissues from any heaviness or toxin buildup that occurred over the dormant time of sleep. Research has shown that the natural light coming into the eyes in the morning helps turn off the sleep hormone melatonin and enliven the biochemistry of wakefulness and alertness.

The morning walk is one of the absolutely most powerful and important things an individual can do for overall physical and mental health.

Early morning is also Kapha time (6-10 AM) which is considered the best time for exercise. *See [appendix 2](#) for more detailed information on the Ayurvedic approach to exercise.

Natural fabric clothing

Maharishi Ayurveda recommends natural fabric clothing as the most suitable attire for the health of the body. Natural fabrics breathe and do not disturb the subtle energy fields of the physiology. Cotton, wool, silk, and rayon are the preferred fabrics. Wearing polyester clothing of any kind is not recommended.

Breakfast

Digestion is not as strong at breakfast compared to lunch, so food should be lighter and easier to digest in the morning. Stewed apples, raisins that have been stewed or soaked overnight, ripe sweet juicy fruits, hot milk, medjool dates, and mixed grains cooked in water are examples of foods that are nourishing and appropriate for most people at breakfast. Avoid meats, eggs, and cheese at breakfast.

Please follow the advice of your medical doctor regarding any changes in your diet.

Afternoon Routine

Lunch

Digestion is strongest during the middle of the day when we are most active and the heat element in nature, the sun, is strongest. This enlivens the heat element within our bodies, Pitta, which is responsible for digestion and metabolism. Therefore, the largest meal of the day should be lunch, taken between 12:00 noon and 1:30 PM, when digestion is strongest.

Because lunch is the main meal of the day, we should put the most attention and planning into it. Ideally, lunch should be a warm, cooked meal with all six tastes. Warm or room temperature liquids should be sipped with the meal to aid secretion of digestive juices and

absorption of food. Avoid cold drinks and ice water during meals, as they greatly depress digestion.

Lunch should be eaten in a comfortable environment while sitting down. We should try to have at least one-half hour for lunch. At the end of the meal, we should continue to sit for at least ten minutes to allow the digestion a good start. Many people have made great strides in improving their digestion, and how they feel in the afternoon, by adding this ten minute rest period to the end of lunch.

This rest period is appropriate not just at lunch but anytime we eat. We should always try to sit for at least 5-10 minutes before we get up from the table. After this rest period, it is recommended to walk at least 3-5 minutes before returning to our afternoon activities.

Asanas, pranayama, and meditation

After the work of the day, but some time before the evening meal, it is again recommended to go through the three-part sequence of asanas, pranayama, and meditation. In order to accomplish this and start dinner before 6:30 PM, it is idea to end work by 5:00 PM.

By investing in this after-work rejuvenation period to remove accumulated stress, to develop consciousness, and to increase mind-body coordination, we have a much better chance to grow healthier day by day instead of becoming more tired and imbalanced as time goes on.

Evening Routine

Dinner

During the evening digestion is not as strong. Additionally, soon we will be lying down to sleep, which will slow digestion and circulation even more. For this reason, it is better to eat a smaller quantity of food and less heavy, hard to digest foods at night. Most people should avoid heavy meats, cheeses, desserts, and yogurt in the evening.

One of the main reasons people buildup toxins and heaviness in the body is that they eat large evening meals, which they cannot fully digest, and then they lie dormant in sleep for many hours. Avoiding large meals in the evening is one of the most important practices for maintaining good health and normalizing weight.

If you are over 40 and overweight, light evening meals may be the single most crucial recommendation for getting your weight under control!

Since digestion is stronger in the early evening, it is better to have dinner between 5:30 and 7:00PM rather than later. The later we eat the less we should eat. If we eat later we should have light, easy to digest foods like soups, and we should avoid heavy foods. Again sitting at the table for 5-10 minutes and then taking a walk (at least 100 steps, according to the ancient texts!) is recommended after eating the evening meal.

Relaxing activity

Pleasant relaxing activity is ideal for the evening. Strenuous or exciting mental and/or physical activity in the evening could make it more difficult to fall asleep. Since Kapha, the heavy, dull element is strongest in nature between 6:00 PM and 10:00 PM, an evening walk is recommended. Not only does the evening walk aid digestion, it also allows the mind and body to absorb the deeply restful qualities of Kapha that are enlivened outdoors. This will help promote a good night's sleep.

To sleep before 10:00 PM

To gain maximum rejuvenation from sleep, going to bed before 10:00 PM is recommended. Remember, the day starts the evening before with the quality and quantity of sleep we get.

Additional Daily Routine Recommendations

Drinking warm or room temperature water throughout the day

Most everyone can benefit from drinking water frequently throughout the day. This provides a daily cleansing of the digestive tract. It also keeps the channels of circulation open and helps the body eliminate impurities. The water should not be cold. Drink water at room temperature or warmer. The most cleansing water is hot water, boiled for 10 minutes before placing in a thermos. Be sure to take the extra time for this if you are trying to lose weight or have digestive problems.

Maharishi Amrit Kalash Rasayana

Rasayanas are Ayurvedic herbal preparations that have general, overall balancing and nourishing effects for people of all constitutions.

Maharishi Amrit Kalash (MAK) is the premier rasayana in Maharishi Ayurveda and consists of two formulas, "Ambrosia" and "Nectar." Scientific research has found the MAK formulas to be exceptionally high in antioxidant, free radical scavenging activity, with 1000 times the effects of vitamins C or E. (*Pharmacology, Biochemistry and Behavior*, 1992. Vol. 43, pp 1175-1182.)

The MAK rasayanas are usually taken twice a day, morning and evening.

Maharishi Amrit Kalash is, in my experience, the single most powerful Ayurvedic herbal preparation available today. MAK can be used by virtually all body types and constitutions. If you wish to take an Ayurvedic herbal formula, I would recommend MAK as the foundation of your herbal program. (Note: please be sure to check with your health care provider before starting any herbal supplements.)

Maharishi Amrit Kalash is available through [Maharishi Ayurveda Products International](#) at 1-800-All-Veda.

Ayurvedic Seasonal Routines

Diet and the Seasons

1. Pitta Season: Summer

Because the hot, warm weather of summer increases Pitta within the body, we should adjust our diet to favor foods that pacify (decrease) Pitta. Eat more cool foods, cool drinks and foods with sweet, bitter, and astringent tastes. Include the fresh, sweet, fruits and vegetables that grow during the summer season. Take fewer foods with pungent, sour, and salty tastes. Eat less of the following foods: yogurt, cheese, tomatoes, vinegar, and hot spices. (Please note “cool” does not mean cold.)

2. Vata Season: Winter

The cold, dry weather of winter increases Vata, and we should follow a more Vata pacifying diet at this time. Favor warm food and drinks, heavier foods, and more unctuous (oily) foods. Eat more of the sweet, sour, and salty tastes. Avoid dry and cold foods and cold drinks. Eat fewer foods with pungent, bitter, or astringent tastes.

3. Kapha Season: Spring

The cold, wet weather of spring increases Kapha, therefore we should follow a more Kapha balancing diet. Favor a diet that is lighter and less unctuous (oily). Favor warm foods and drinks. Eat more foods with the pungent, bitter, and astringent tastes and fewer foods with the sweet, sour, and salty tastes.

Exercise and the Seasons

Since exercise is most appropriate at Kapha periods more exercise is recommended in spring.

In summer, it is important not to become overheated. Therefore, less exercise and exercise taken at cooler times of the day in early morning is recommended. To keep Pitta in balance, it is important not to overexert in the hot sun.

Seasonal MAHARISHI REJUVENATION Therapy

After the body has been functioning for 4 months in the specific climatic conditions of any of the seasons, it builds up the toxins and impurities that come from functioning in that climate.

One of the main reasons people fall sick at the change of seasons is due to this accumulation of impurities from the past season and the body having the extra challenge of adjusting to a new climate.

Maharishi Vedic Medicine recommends cleansing the body of accumulated toxins and blockages at the change of seasons through Maharishi Rejuvenation Therapy, the revival of the authentic practice of the "Panchakarma" treatments of Ayurveda.

*See appendix 4 for a discussion of the panchakarma program at [The Raj](#), the oldest and largest in-residence panchakarma center in North America.