

CIRCADIAN MEDICINE

Ayurveda has emphasized the importance of **dinacharya** (daily rituals for self care) for millennia. These rituals attune our biorhythm to that of the natural world. This is important because our fast-paced, high-tech civilization has disconnected the masses from circadian rhythms creating chronodisruption. Chronodisruption is linked to many health care concerns including poor cognitive function, mood disorders, sleep disorders, diabetes, obesity, daytime sleepiness, reduced school performance, reduced driving reaction time, substance abuse, heart disease and some cancers. Science is validating the importance of living in tandem with these rhythms and revolutionizing modern medicine. Here are some tips from the ancient tradition of Ayurveda merged with modern medicine to keep you in sync.

Morning Dinacharya

- Rise before sunrise
- Drink up to a qt. of warm to tea like hot water.
- Wash your face.
- Brush your teeth and scrape your tongue with a copper tongue scraper. This will remove gunk from the tongue and stimulate digestion and elimination.
- Eliminate within the first hour of rising.
- Exercise for approximately 20 minutes in the morning, break a light sweat.
- Apply ghee or sesame oil inside your nostrils. Kaphas and pittas may do neti pot.
- Practice pranayama for at least 5 minutes.
- Practice meditation for at least 5 minutes working up to half an our plus.
- Perform oil pulling - great for gum health and often acts as an expectorant.
- Enjoy daily abhyanga (self-massage using a pure oil) before, during, or after a bath or shower.
- Breakfast: Have raw green energy (kale, dandelions, wheatgrass, progreens) at breakfast. Vatas may need to cook this during fall/winter or change of seasons. Have some protein - soaked chia, breakfast kanjee, etc. use your intuition to decide what will give you sufficient energy until lunch.
- Eat only when hungry throughout the day.

Midday Dinacharya

- Lunch: Stimulate digestion by taking a walk or doing some nadi shodhana. A slice of ginger with rock salt and sucking on a lime 1/2 hour before is also helpful. Make lunch the biggest meal of your day. Eat in a peaceful atmosphere and mindfully use all the senses. Stop eating when you start to get full. Do not snack until dinner, sip hot water.
- Register satisfaction of the meal through deep breathing. Take a walk 15 minutes later to support digestion.

Evening Dinacharya

- Supper: the earlier and lighter, the better.
- Go for a walk 15 minutes after dinner.
- Quit working by 6pm.
- Do an enjoyable activity with the family or try gentle yoga, pranayama, and meditation.
- Cell phones and screens off as the sun sets. Be in bed and ready for sleep by 9:30pm.

