

Dinacharya, Your Secret Power to Wellness

"To create a healthy tree, one must first nourish the root. The root of our lives is our lifestyle."
-Dr. David Fawley

Self-care and sacred rituals are the foundation for health.

Dinacharya, or daily routine, is a foundational concept in Ayurveda that emphasizes the importance of establishing a consistent and balanced daily routine to promote overall health and well-being. According to Ayurveda, following a proper daily routine helps maintain the balance of the doshas (vata, pitta, and kapha), enhances immunity, and supports physical, mental, and emotional health.

Modern medicine now understands the importance dinacharya, a daily routine.

The Circadian Rhythm

Ayurveda has understood for centuries that we are connected to the natural cycles of nature, seasonally and daily. All living entities from humans to plants, and even tiny microbes are governed by cycles of nature, or the circadian rhythm.

Circadian rhythms are natural, internal processes that regulate our body's functions over a roughly 24-hour cycle. These rhythms influence various vital processes within our body, even the function of each little cell. Our circadian rhythm regulates our sleep-wake cycles, hormone release, mood, eating habits, and digestion.

Out of Balance, Circadian Misalignment

Waking up in the morning feeling exhausted, foggy, and crummy is a sign of imbalance.

Recognizing the signs of imbalance-circadian misalignment, understanding why this happens, and realigning with the rhythms of nature can bring us back to support our health and overall well-being.

The absence of a daily routine can create imbalance, a circadian misalignment, creating physical and mental chaos, leaving us feeling disoriented and stressed.

Short term challenges

- living life without focus and enthusiasm
- mood swings, increased irritability, anxious, and even depressed
- sleep challenges, insomnia and excessive daytime sleepiness

- digestive Issues, frequent stomach aches, increased/decreased appetite, excessive gas, bloating
- elimination challenges, constipation, loose stools

Long term challenges

- cardiovascular disease
- metabolic disorders
- mental health challenges
- gastrointestinal problems
- hormonal imbalances
- challenge in managing stress
- weakened immune system
- increase risk of cancer
- reproductive and infertility challenges
- accelerated aging

Taking Steps to Realign with One's Circadian Rhythm, Sacred Daily Rituals

A daily routine offers the foundational support we need to realign to nature's rhythm of life, to our own circadian rhythm.

Create a morning routine to start the day feeling balanced, calm, and ready to navigate the stressors we face daily

- awaken early at the same time daily
- cleanse the body
- hydrate
- self-massage with oil
- gentle movement
- meditate and breath practice

Balancing daily life

- maintain a schedule of when to eat and when to sleep
- eat the largest meal at lunch time
- connect with nature, go for a walk outside
- do something that brings you joy daily

Evening practices

- create calming bedtime rituals before sleep, such as reading an inspiring book, warm soothing bath, foot massage, or gentle yin yoga
- go to sleep by 10:30 pm to support natural sleep cycle
- sleep without artificial lights

The benefits of a personalized dinacharya practice builds resilience, allowing one to manage the stressors in life. Implementing these practices reassures our physical body and mind that they are cared for, which can reduce stress and prevent burnout.

When we have been in a state of imbalance, and have been out of sync, sometimes another “To Do List” feels overwhelming and unattainable. Support and encouragement may be what is needed, a gentle nudge to put ourselves first, not in a selfish manner, but in a nurturing and caring way.

Join me and Jenn Gebhart to dive deep into the sacred ritual of Ayurveda’s dinacharya. Learn how to create your personalized daily, sacred rituals, to meet your needs. We understand how responsibilities of family, work and life’s commitments can feel like a barrier to the selfcare practices we need to thrive. But we are here to support you, to help you create your own dinacharya practice.

Join our workshop, **Dinacharya, Your Secret Power to Wellness**, on Tuesday November 18, 7pm -8:30pm ET at Radiant Yoga +Wellness

Register at <https://www.radiantyogaandwellness.com/schedule>