

Dinacharya - the science and art of healthy,
happy and
harmonious living with
Nature



Come back to Nature, Come to Ayurveda

The Veda(s), along with Ayurveda, are a large body of texts originating in ancient India over six and a half millennia ago in a civilization that was drastically different from ours, a culture in which human life was intimately intertwined with the natural world. The Ayurvedic Sages understood the great rhythms and forces of nature- the alteration of day and night, the rhythmic cycle of seasons- all affect us, as do the seasons and cycles of human life.

Being in tune with mother nature, they knew, also means being in tune with your individual nature and that in Ayurveda they named as 'Praktiti' further mentioning as Sharir Prakriti- meaning your physical constitution— your biotype and Manas Prakriti- meaning your mental makeup- your mind type.

Your biotype is comprised of three subtle forms of energies- **Tridosha** viz.

Vata, the energy of movement and motion;

Pitta, the energy of digestion and metabolism; and Kapha, the energy of form, shape, structure and lubrication.

Vata Type

People with a predominant Vata dosha display physical and emotional characteristics linked to the elemental qualities of space/akasha and air/vayu. They are very active-mobile, restless and energetic. They have quick metabolism, so are often thin with little muscle development and protruding joints that may make cracking noises. Their skin is dry, rough and thin with visible veins.

Pitta Type

People with a Pitta dosha display an inherent fire/agni elemental character. They are of medium build, with greater muscular development than that displayed by vata. Their skin is soft and warm, and they have a lot of body heat and often perspire excessively.

Their hair is thin and often reddish or blond, and they may experience premature graying, baldness or excessive hair loss. Their skin flushes easily and they often have many freckles and moles. Their skin develops acne, rashes, bruises or sunburn easily.

Kapha Type

People with a predominant Kapha dosha tend to have a heavy and solid, or large build. They are often overweight, gain weight easily and have high muscle development (plump and round). Their skin is thick, smooth and moist with few wrinkles. Their complexion is usually clear, fair or pale, and hair is oily, thick and wavy. Their teeth are strong, white and well formed.

Your mind type is comprised three mental attributes- Triguna viz.

Sattva (pure, goodness, constructive, harmonious),

Rajas (passion, active and confused), and

Tamas (darkness, destructive, chaotic). All of these three attributes are present in everyone

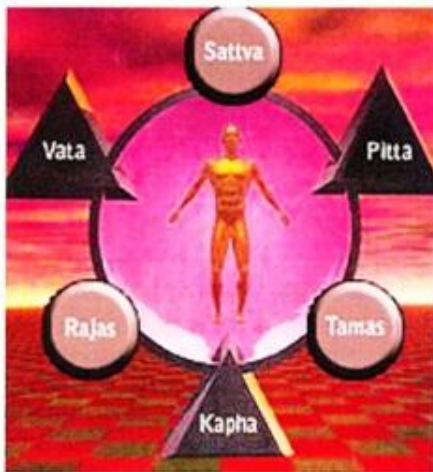
and at all times; it is the proportion that is different. The interplay of these mental attributes defines the character of someone of nature and determines the progress of life.

Appropriate patterning, or ritual conduct, is the foundation of a healthy life. Ayurveda for daily living- '**Dinacharya**'- Daily Conduct promotes healthy organization of the energy channels and the seating of the **Prana**, the life force. You may want to fine-tune this practice for your constitution. In order to do that, consult a beginners book about Authentic Ayurveda or your Ayurveda Therapist (Upocharak - upacharika) or an Ayurveda Doctor

(Vaidya) or an Ayurveda Pulse Diagnosis, Marma and Panchakarma Specialist (Vaidya raja- Vaidya rani).

This version of Ayurveda for daily living- 'Dinacharya' - Daily Conduct has been shortened and simplified. You can find instructions for a more detailed version including the spiritual living with pure devotion and love and just love at:

shortly or in books by respected Ayurvedic physicians. An Ayurveda Vaidya raja I Vaidya rani or your spiritual Master will give you more detailed instructions based on your constitution and your spiritual practices- 'Sadhana'.



Remember that Dinacharya is a ritual. Don't treat Dinacharya, as a series of must do distinct activities. Try to directly experience the rhythm you are establishing in your life. As you are practicing dinacharya, feel that you are honoring your self, your body and God by participating in this daily ritual.

Good Morning Suprabhat

Good morning is the Brahma vela of the dawn. The period from twenty-four minutes before sunrise to twenty-four minutes after the sun has risen is known as Brahmavela of Brahmamuhurta. It is this duration that is called the time of self-awakening. At this very time, the holy voice rains down. Just as hordes of lotus in a lake bloom at this time, our lotus-heart too comes to bloom on waking up at this moment, which brings freedom from illness to our lives, and whatever pious resolutions are made at this moment, respectably, generate self-confidence and firm capacity to work. What kind of thought and ideas ought to be entertained after rising early?

Wake up by 6 A.M. People with Pitta and Kapha constitutions can wake up earlier. If you can't manage this at first, work your way into it. You can train yourself to wake up at this time naturally. It helps to sleep in a room that allows some natural light to enter.

Before opening your eyes or getting out of bed, sense the energy of the day. Spend a few moments connecting with the larger cosmos. Breathe through the top of your head directly into your heart space. You can visualize a golden, luminous stream of compassion and love coming to you from all of your

spiritual teachers, past, present and future, and from all realized beings. Feel a sense of grace expanding throughout your body.

Rub your palms together quickly to generate warmth, then gently cover your face with palms, gently massage your face, head, arms and hands with long, smooth strokes. Repeat this sequence until you have gently massaged your entire body, including your feet.

Sit on the edge of your bed facing North or East. Say a little prayer asking for help to act appropriately and grow, or simply expressing sincere gratitude for having found the dharma, the righteous attitude in this lifetime. If it feels real, you can generate a desire for the liberation of all beings and send that out. In spiritual way of life.

Evacuate your bowels. You can train yourself to do this at this time. If your digestion is normally sluggish, drink a glass of warm water. You may use chopped fresh ginger.

Wash your hands, and splash cold water on your face. Scrape your tongue with scraping tool (silver tongue scraper are the best) available at Ayurvedic Stores. Brush your teeth with mild, natural toothpaste preferably containing a well-known bitter Herb known as **Neem** and a soft toothbrush.

If you are doing a seated practice, perform 5-10 minutes of gentle hatha yoga and begin your day. If your practice includes more vigorous hatha yoga, do this after your seated practice. The aim is to maintain the softer, more open feeling you have when you first wake up and bring that to your seated practice.

Perform Abhyanga - self-massage with gently warmed **Bala Guluchiadi Oil** (good for head and body, relieves catarrh and related problems, provides strength and immunity and helpful in retaining youth) or **Sahacharadi Oil** (useful in Ayurvedic treatment of Vata diseases, tremors, convulsions, psychosis, stiffness of thigh, muscle cramps, and muscle wasting, gynecological disorders helps to relieve rhinitis and sinusitis. Spend a few moments massaging the oil into your skin with long strokes, including ears, face and neck. A drizzle of warm oil may be poured on the crown of your head if you are planning to wash your hair. If your constitution is mainly Kapha, you should perform abhyanga only one to two times per week. You may want to use one of the massage oils formulated specifically for a Kapha constitution. If you are experiencing high Vata or Pitta, you may want to use sesame oil or coconut oil respectively.

On a weekly basis, Rejuvenating Face Oil Concentrate is excellent for pimples, acne and premature wrinkles over face. Another oil attributed to Vatsyayana Kama Sutra named as **Beauty Breast Oil**, if applied on the breast by women, their gradual development, firmness, and shape will not be impaired even in old age. Some women suffer from genital disorders, roughness in vaginal area, some may have pain during menstruation or irregular menstruation vaginal application of **Subidan Oil** regulates menstruation, smoothens it and satisfies the partners. For man **Vajibala Oil** application acts as an alternative tonic and aphrodisiac, cures loss of libido and impotency in various kinds of sexual weakness, removes weakness and general debility, as it is externally useful in massage over penis.

Take a shower. Avoid using Shampoos based on foam producing agent like Sodium Laurel Sulfate rather choose Shampoo containing natural ingredients or **Neem**. Use only natural soap and only on underarms, genital area and your face if you like. Pat yourself dry always with a soft towel.

Enjoy your breakfast. Follow the Ayurvedic dietary instructions for your constitution. Avoid caffeinated drinks; choose white or green tea or basilicum tea. Drink black tea only if you are not already nervous, angry, depressed or hot. Do not drink coffee, however you may switch to decaffeinated coffee. Ayurveda teaches to bring Sattva on a higher level than Rajas and Tamas (the three states of Mind) and to achieve pure Sattva you may choose to take 1 vegcap **Manasatva** and 1 vegcap **Savedi** after breakfast with your herbal tea or warm water.

Throughout the day, try to remember to connect with the sense of a larger cosmos.

Good Evening Shubh Shyam

Good evening is the twilight hour of the evening and is called as Godhuli vela. Enjoy shower after work if the day has been stressful or if the weather has been especially cold, hot or humid. The sheets or soaked towels of warm water from the bucket are much more relaxing than a typical shower. Enjoy your dinner no later than 7 P.M. and follow the dietary guidelines for your constitution.

It is the time from ancient ages when cows generally return home from pasture and is consequently marked by clouds of dust raised by their hoofs. It is the time to adore truth being the start of eve, before one enters in dream world, worship is a define mode to know God.

People with a predominant Vata dosha follow Vata diet

Food Items	Eat more	Eat less
	Warm, heavy, moist, sweet foods	Cold, light, dry, pungent, bitter foods
Vegetables	Avocado, beet root, asparagus, carrot, eggplant, leeks, olive, pumpkin, radish, sweet potato, spinach, courgette	Raw or frozen vegetables, green peas, Brussels sprouts, broccoli cauliflower, cabbage, cucumber, corn, celery, lettuce, mushroom, potato
Fruits	Apricot, banana, cherries, fresh figs, peaches, citrus fruits, dates, mango, papaya, grapes, berries, pineapple, plums	Dried fruits, apple, pear, prunes, pomegranate, cranberries, melon
Grains	Rice, oats, wheat, pasta	Barley, buckwheat, rye, corn, millet, rice cakes, puffed or dry cereals
Beans	Mung beans, soya beans (in tofu, milk or cheese)	Most beans: kidney, lima, navy, pinto, split peas, white beans, black beans, lentils
Nuts & Seeds	All nuts in moderation. Sesame, pumpkin and sunflower seeds.	Dry roasted or smoked nuts
Dairy	All dairy in moderation	Powdered milk, ice cream
Herbs & Spices' "	Asafetida, basil, caraway, clove, cardamom, sage,	Coriander seeds, fenugreek, parsley

	cinnamon, pepper, coriander, cumin, fennel, garlic, onion, ginger, nutmeg, curcuma	
Oils	Most oils, especially sesame	Corn oil
Beverages	Warm drinks, herbal or spiced teas, warm milk, fresh fruit and vegetable juice without ice.	Carbonated drinks, cold or iced drinks, coffee, tea, alcohol

People with a predominant Pitta dosha follow Pitta diet

Food Items	Eat more	Eat less
	Cool, sweet and juicy foods	Acidic, sour, spicy, salty, oily foods
Vegetables	Asparagus, bell pepper, broccoli, Brussels sprouts, cabbage, cauliflower, celery, corn, cucumber, lettuce, mushroom, green peas, parsnip, potato, squash, courgette, salads	Avocado, beet root, carrots, chilies, eggplant, olives, onion, pickles, radish, spinach, tomato, turnip
Fruits	Apples, banana, dates, coconut, grapes, lychee, mango, melon, pomegranate	Apricots, berries, cherries, citrus fruits, cranberries, papaya, peaches, pineapple, plums rhubarb

Grains	Barley, oats, rice, wheat	Corn, millet, rye, buckwheat
Beans	All beans	Lentils
Nuts & Seeds	Coconut, pumpkin and sunflower seeds	Most nuts, sesame seeds
Dairy	Unsalted butter, ghee, milk, soft cheeses, buttermilk, sweet lassi	Sour cream, yogurt, hard cheeses, sour buttermilk, ice cream
Herbs & Spices	Cardamom, coriander, cumin, dill, fennel, lemongrass, mint, rose, turmeric	Asafetida, basil, boy leaf, caraway, clove, cayenne, cinnamon, fenugreek, garlic, sage, ginger, mustard seeds, nutmeg, onion, pepper
Oils	Coconut, pumpkin and sunflower seeds	Almond, corn, sesame, olive, peanut
Beverages	Cool drinks, milk, water, coconut milk, fruit and vegetable juice	Carbonated drinks, hot drinks, coffee, tea, alcohol

People with a predominant Kapha dosha follow Kapha diet

Food Items	Eat more	Eat less
	Dry, light, spicy, heating foods	Heavy, cold, sweet, sour, watery foods
Vegetables	Asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, celery, peas, eggplant, lettuce, bell peppers, radish, spinach,	Avocado, cauliflower, corn, cucumbers, mushroom, potatoes, pumpkin, parsnip
Fruits	Apples, apricots, pears, berries, cherries, peaches, dried fruits, papaya, cranberries, pomegranate	Banana, citrus, dates, coconut, figs, grapes, mangoes, melons, pineapple, plums, rhubarb, strawberries
Grains	Barley, corn, rye, millet, buckwheat	Oats, rice, wheat, pasta
Beans	Mung beans, tofu, lentils	Kidney beans, chick peas
Nuts & Seeds	Sunflower and pumpkin seeds	All nuts, sesame seeds
Dairy	Skim milk, butter milk, goat milk	Most dairy products
Herbs & Spices	All spices	Salt
Oils	Corn, sunflower, mustard	Most oils
Beverages	Warm drinks, herbal and spice teas, fruit and vegetable juice	Carbonated drinks, cold or iced drinks, coffee, tea, alcohol

Stop watching TV, using the computer or reading at least an hour before bed. Instead, spend some quiet time with your loved ones. Or sit quietly, linking up with your Master or simply the larger cosmos and a sense of grace. You can also do a second session of seated practice now.

Good night - Shubh Ratri

Go to sleep by 10 PM at the latest, before you become exhausted, or even very sleepy. Try to fall asleep with God or Master or both in your heart.

Naveen Gupta (vaidya raja - ayurved acharya*)



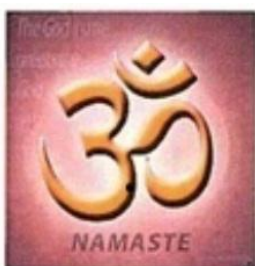
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P.G.C.R. - Post Graduate Certificate in Rehab., All India Institute of Physical Medicine & Rehabilitation, Mumbai;

Post Graduate Certificate in Panchakarma - AVS, Kerala.

***Disclaimer Statement:** these titles, qualifications and membership are related to Ayurveda, the Indian system of Medicine and are received at Delhi University, Central Council of Indian Medicine and Ayurved Academic and Research Institutes/ Associations/ Foundations and AYUSH Ministry Govt. of India. Naveen Gupta's emails, posts and websites do not serve any medical purpose. All advises, guidances and trainings will not constitute any medical knowledge, medical consultation, advice, or any final, complete or exhaustive diagnosis, prescription or treatment and shall therefore not serve as a substitute for the advice of any healthcare provider nor be used as substitute for a visit to such healthcare providers.



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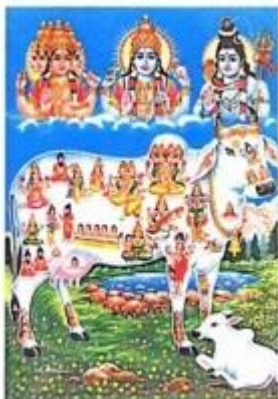
Acharya travels as a messenger of absolute health

1) Organize Consultations with Acharya: Ayurveda Pulse diagnosis consultations for your clients at your place/ Ayurveda centers I Yoga studies.

2) Organise Trainings with Acharya: Ayurveda workshops on diverse topics such as Satvika Virtuous Nutrition, Ayurveda Abhyanga and Marma Massages for your student participants at your place/ Ayurveda centers I Yoga studies.

3) Prana Panchakarma Retreat with Acharya: if you are struggling with your health on any level, it is time to make a commitment and invest in your own wellbeing with Prana Panchakarma Retreat at Brecht in Belgium or Vevey in Switzerland or arranged privately at your own place of choice for 1 day/ weekend/5 days/ full week retreat session.

4) Satvika Spiritual Solutions with Acharya: Discover your deepest passions and find your purpose through intimate mentoring sessions (beeja mantra/ rituals/ abhisheka/ arti/ navagraha puja) with Acharya for you alone or with your partner at Brecht in Belgium or arranged privately at your own place for a early morning session beginning with greetings to Sun God and ending up with Satvika Ayurveda breakfast according to your dosha/ prakriti/ body-mind type and spiritual awakening.



Coaching and Mentoring into Bhakti Ayurveda life learning and chanting Sutras of awareness.

5) Bhakti Ayurveda Tirtha Yatra in Soul of India: Acharya's journeys of discoveries in India- 'Tirtha Yatra' refers to spiritual journey; visiting and meditating at places where one can cross from the material world to the spiritual. Many sacred places are considered gateways to the higher realms and to a higher consciousness.

Please contact Naveen Gupta by email or phone for Ayurveda Consultations,

Individual sessions, Therapies, Tutorials for Groups, Coaching & Mentoring to individuals/partners/ couples:

Nadi Vidya– Pulse examination/ readings and assessments of Palms, Eyes, Tongue, Nails etc.

Marma Shastra 108 points in Human Physiology- Ayurveda Abhyanga

Satvika Ahaara Vihaara Vichara - Virtuous Nutrition, Lifestyle Practices and Thoughts with devotion to body & mind as temple of love.

Ayur Jyotish Vedanga - Bolanee with Ayurvedic Astrology and Gemstones.

Ayur Nakshatra Upavana - Constellation Garden - an innovative concept of Ayurveda to bring into one's life absolute health, happiness, harmony, wealth and success in accordance with one's planets and stars.

Ayur Ceremonies– Vidyà arambha (beginning of Ayurvedic journey with Mantra, Sutra and Samskaras; Garbhadhana (birth and birthday celebrations); Grahashta ashram (Vedic weddings); Purusha Prakriti Dhyana (Universal consciousness and Eternal Nature Meditation) .

Ayur Gandharva Veda– Ayurveda Songeet Mala (music of the soul and soul mate) and Maha Raas Leela with Marma Mudras (spiritual gesture and energetic postures in conjunction with pranayama, the yogic breathing exercises to stimulate different parts of the body involved with breathing and to affect the flow of prana in the body) and Marma Dance (dissolution of self).

Satvika Panchakarma– Detoxification, Rejuvenation and Regeneration therapies for Body & Mind (and tree Sprit).

Ayurvedic Jyotish Astrology Consultation can be arranged on very specific requests. At first meeting I may not undertake Ayurvedic Astrology Consultation as need specific preparations before the appointment and this consultation I offer at early morning hours, which could be 6 A.M. or even earlier depending upon *Ayurvedic Panchang.* Ayurvedic Panchang = Calender based on specifically calculated week days, days chosen from 2 fortnights in any given month - based on moon calender such as Rama paksha or Krishna paksha and Ayurvedic months and specific ekadashi- 11 th day of any given fortnight or other auspicious days).

Na tvaham kameye rajayam,
Na swargam na punarbhavam!
Kamaye dukhtaptanaam,
Praninaam arti nashnam!!

I don't desire lordship over others, nor do
aspire for heavenly pleasures, nor do pray to be
released from the bondage of birth and
death, my only ambition is to become an
instrument of relieving the sufferings of those
who are groaning under the scourge of one or
the other disease.

This is the motive by which, practitioners of Ayurveda
are perpetually guided.