

AYURVEDIC DAILY RHYTHM / DINACHARYA

Ayurveda recommends certain activities and practices, at different times of the day, for optimal health and resiliency. Each dosha is dominant during two different chunks of the 24-hour day. We can look to the strengths and challenges of each dosha to help us tailor and synchronize our daily schedules.

I've listed suggestions for activities and practices that are aligned with the time of day, and some things to "Notice" (examples of how that dosha may present when out of balance).

VATA 2AM-6AM

- Stillness practice: meditation, breathing
- warm liquids, elimination
- Notice: anxiety, rumination, sleep disturbance

KAPHA 6AM-10AM

- Best time for movement practice/exercise
- Light and easy to digest warm meal
- Notice: lethargy, dullness, procrastination

PITTA 10AM-2PM

- Eat largest meal of the day
- Finish analytical / technical work (if possible)
- Notice: anger, frustration, irritation

VATA 2PM-6PM

- Creative projects
- Restorative practice
- Notice: anxiety, worry, poor digestion

KAPHA 6PM-10PM

- Second best time for movement practice/exercise
- Eat light dinner and relax
- In bed by 10pm
- Notice: unskillful habits of decompressing from the day

PITTA 10PM-2AM

- Body is processing experiences of the day
- Hours slept before 10pm are considered twice as potent as hours slept after
- Notice: second "wind" of energy – get to bed before it hits so your body can use that energy to support digestion and detoxification