

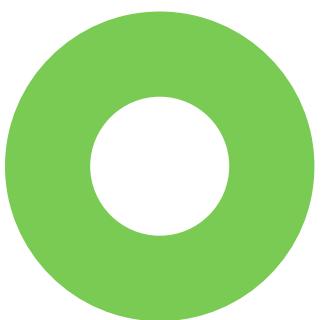
AYURVEDIC
LIFESTYLE SKILLS
& SELF CARE



Dinacharya Plan

Presented by
Liza Wade

Presentation Outline



LIZA'S DINACHARYA PLAN

Ayurvedic Clock
Sense Cleansing
Meal Times
Mediation
Yoga
Exercise
Herbals





A BALANCED LIFESTYLE
CREATES ITS OWN
DEFINITE RHYTHM IN A
PERSON'S LIFE.

VASANT LAD

What Are My Goals?

OPTIMAL WELLNESS

A daily routine is necessary in bringing about positive transformations in body, mind, and consciousness. Routine aids in establishing balance in one's Prakriti. My goals are to regulate my biological clock, enhance digestion, absorption and assimilation, and elevate my quality of life through improved self-esteem, discipline, peace, happiness, and longevity. (Lad, 2019)



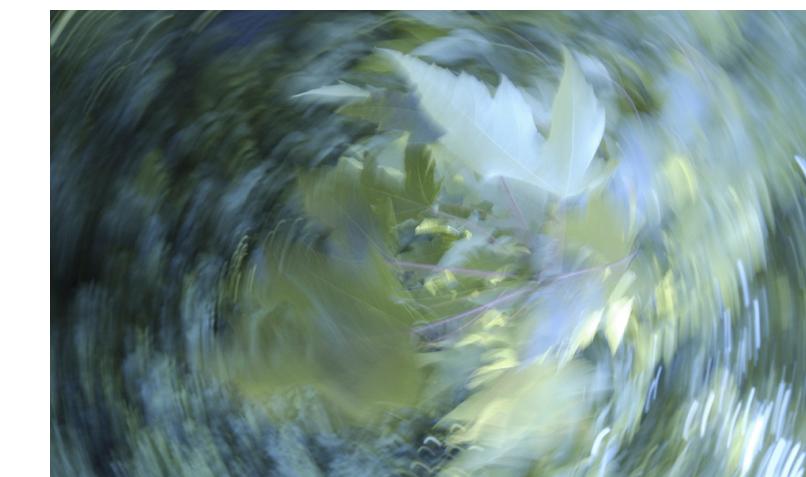


Ayurvedic Clock

DAILY RHYTHMS

Kapha Dosha
Pitta Dosha
Vata Dosha

DAILY RHYTHMS



VATA

2 PM - 6 PM / 2 AM - 6 AM
Elements of Ether & Air



PITTA

10 AM - 2 PM / 10 PM - 2 AM
Elements of Fire & Water



KAPHA

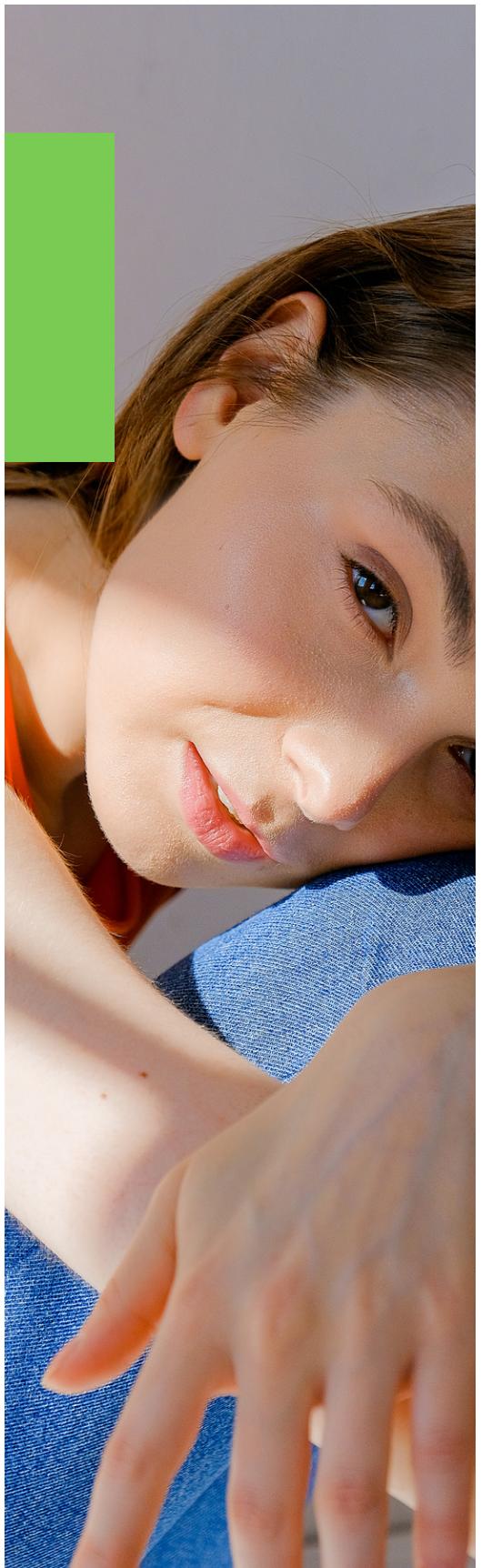
6 AM - 10 AM / 6 PM - 10 PM
Elements of Earth & Water



Sense Cleansing

A SACRED PRACTICE

- Ear
- Skin
- Eyes
- Tongue
- Nose



○ EAR

Place warm ghee into each nostril in the morning to lubricate the nose, clean the sinuses and improve mental clarity. (Lad, 2019)

○ SKIN

Splash face and body with cool water. (Lad, 2019)

○ NOSE

Place warm ghee into each nostril in the morning to lubricate the nose, clean the sinuses and improve mental clarity. (Lad, 2019)

○ EYES

Wash the eyes with a cool Tripahla tea which is appropriate for Vata-Pitta dosha. (Lad, 2019)

○ TONGUE

Scrape the tongue from back to front, about 10 strokes. A stainless steel scaper is appropriate for Vata-Pitta dosha. (Lad, 2019)

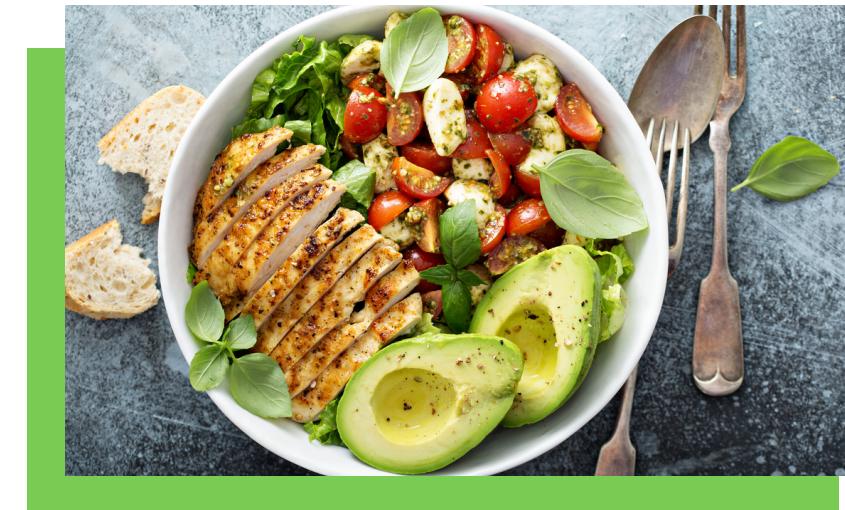


Meal Times

AYURVEDIC SCHEDULE

- Breakfast - 7 AM
- Lunch - 12 PM
- Supper - 5 PM

SUNRISE TO SUNSET



BREAKFAST

7 AM - 8 AM

Light in summer but more substantial in winter.

(Lad, 2012)

LUNCH

12 PM - 1 PM

Largest meal of the day, incorporating meat if desired

(Lad , 2012)

SUPPER

5 PM - 6 PM

Lighter meal than lunch, eaten before sunset.

(Lad, 2012)



Meditation

A DUAL APPROACH

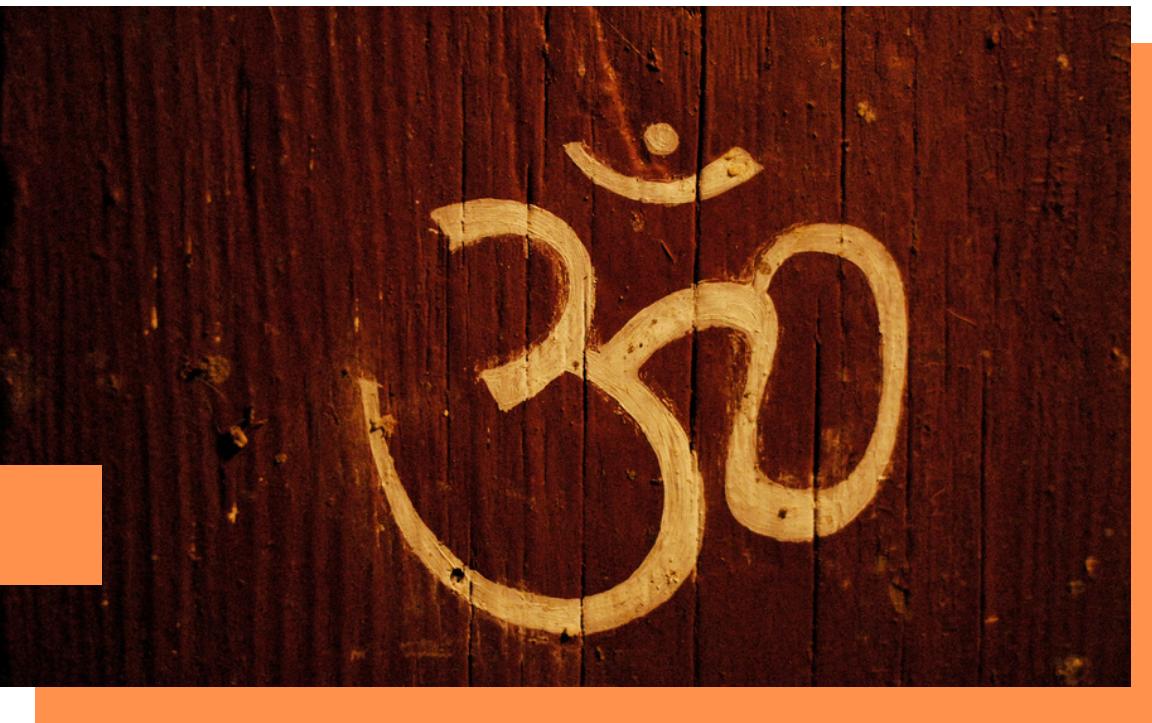
My Vata-Pitta requires a meditation program designed to promote peace and tranquility.

MANTRA

"Om, Shanti, Shanti, Shanti"

Means peace in mind, body and earth and creates calmness.

(Titha, 1998)



GUIDED MEDITATION

With a Vata-Pitta dosha I need a guided meditation to keep me focused. The Chopra Center is a favorite source. www.chopra.com



Yoga

CUSTOMIZED ASANAS
Yoga poses which will balance
Vata-Pitta Dosha.

TRIO OF ASANAS



ADHO MUKHA SVANASANA

Downward Facing Dog is ideal for both Vata and Pitta Doshas.
(Tirtha, 1998)



BALASANA

Child's Pose provides calming for Pitta Dosha. (Lad, 2019)



SURYA NAMASKARA

Sun salutation is considered Tridoshic. (Tirtha, 1998)



Exercise

VYAYAMA

Daily exercise tones and balances all seven dhatus and all srotas, improves circulation, muscle tone, and encourages a harmonious state of mind. (Titha, 1998)

One Day at a Time

FOUR OF MY FAVORITE ACTIVITIES



WALKING

Walking a minimum of 20 minutes to get heart rate up.



BIKING

Biking at least a mile to imbibe a bit of nature.



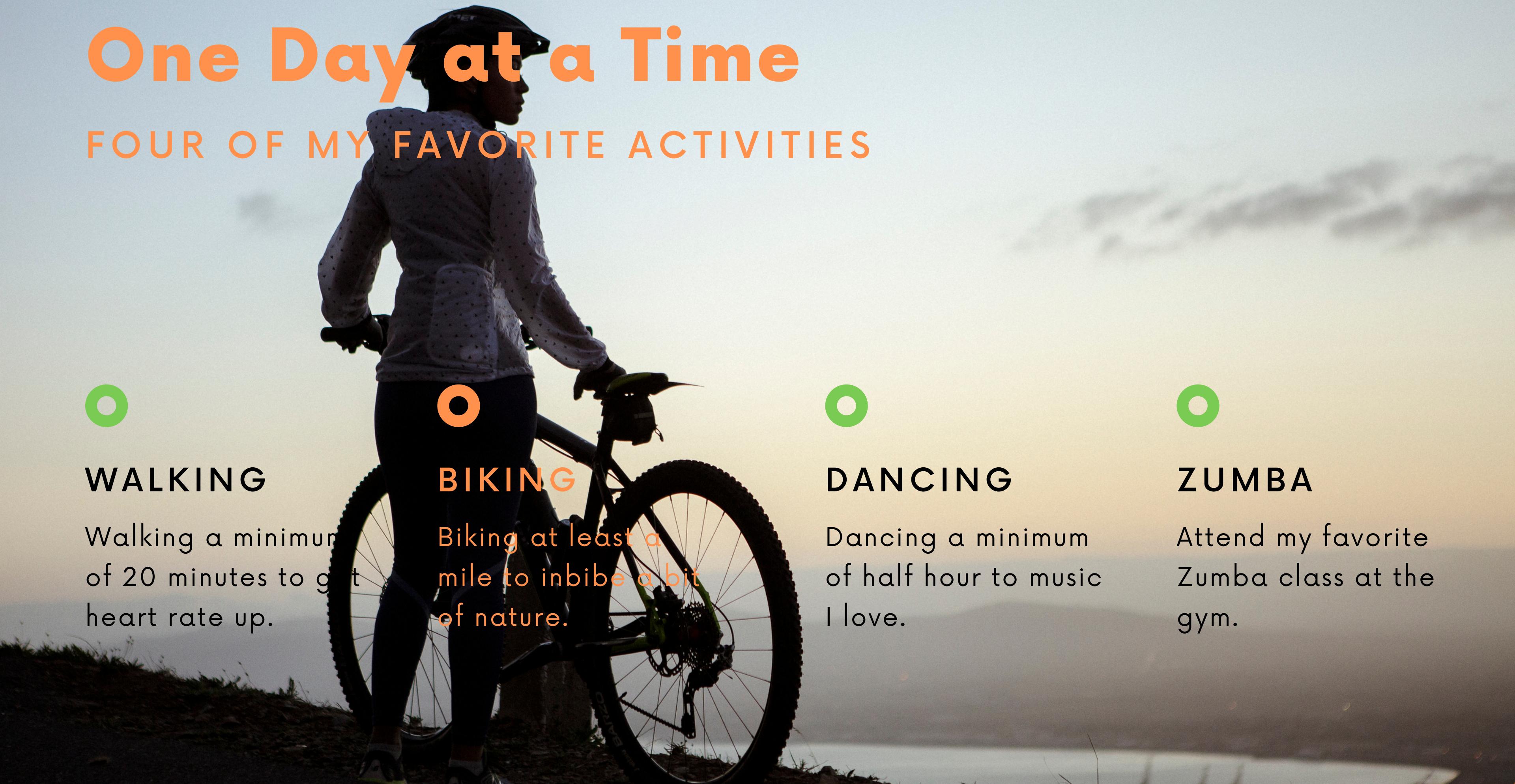
DANCING

Dancing a minimum of half hour to music I love.



ZUMBA

Attend my favorite Zumba class at the gym.

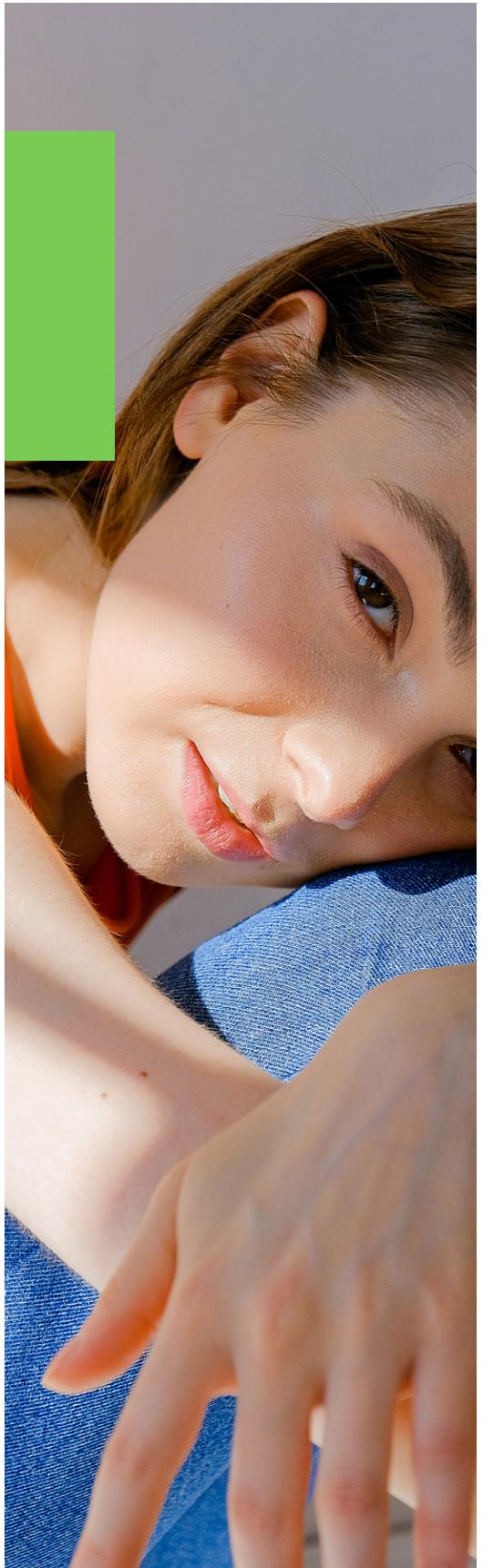




Herbals

HERBAL THERAPEUTICS

Vata decreasing
Pitta balancing
Rejuveation



DIGESTION

cardamom, cinnamon,
fennel, and mint
(Tirtha, 1998)



ELIMINATION

licorice, triphala
(Tirtha, 1998)



ENERGY

comfrey, marshmallow,
bala, and shatavari
(Tirtha, 1998)



MIND

calamus, basil, chamomile,
goukola, ashwagandha, and
jatamansi
(Tirtha, 1998)



ANTIRHEUMATIC

angelica, myrrh, and
occassional garaj guggul
(Tirtha, 1998)



AROMATHERAPY

sandalwood, rose,
geranium, and lilly
(Tirtha, 1998)

What's the best part of my Dinacharya Plan?



BALANCE VATA-PITTA DOSHA



Liza Wade

STUDENT OF AYURVEDA

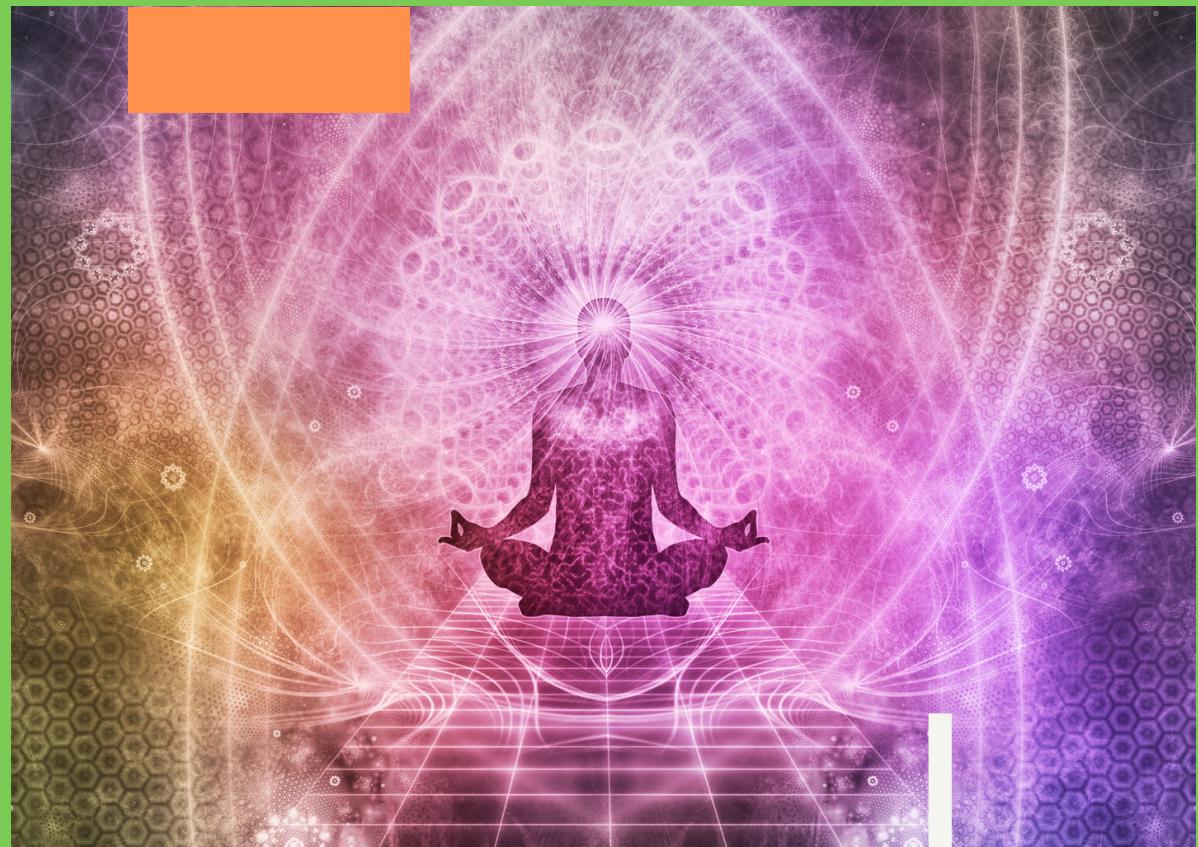
ABOUT LIZA

A PBC Certificate in
Herbal Studies at MUIH
lead her to her current
pursuit of Ayurvedic
Wellness.

HER PHILOSOPHY

Healing Presence
World Heritage Herbalism





References

DINACHARYA PLAN

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