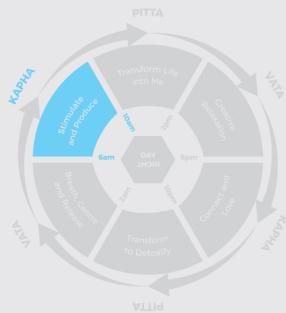


# ThaiVedic Dinacharia

Daily Ayurvedic Biorhythms for Optimised Lifestyle

## DAY CYCLE

Balance the dosha through activity and opposing qualities

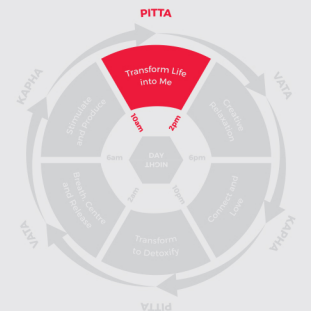


### KAPHA 6-10am | Stimulate and Produce

Watch sunrise and get sunshine on chest and belly. Heating exercise e.g. sun salutations. Shower to cleanse the senses. Adorn with sattvic scents. Consume stewed grain breakfast to build digestive strength and kick-start metabolism for the day. Launch into life activities and task list for the day. Best time for demanding activities.

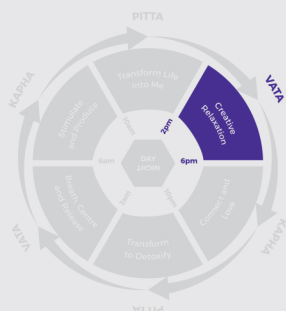
### PITTA 10am-2pm | Transform Life into Me

Continue with productive activities but be aware of excess heat or mental burn out. Take little breaks and sip liquid regularly, but avoid excess liquid 30min before or after lunch. Digestion is strongest in this time. Best time of day to include leafy greens and salads. Worst time of day for intense exercise.



### VATA 2-6pm | Creative Relaxation

Start winding down your day and avoid demanding activities. Plan day so you can rejuvenate with a yoga nidra when energy drops. Best time for fresh fruit or sweet snack as blood sugar naturally drops at this time. Good time for creative planning and/or task list for next day. Peaceful walk in nature/park before sunset. Another time period for exercise yet it should be less demanding. Watch sunset and clear the mind before dinner.

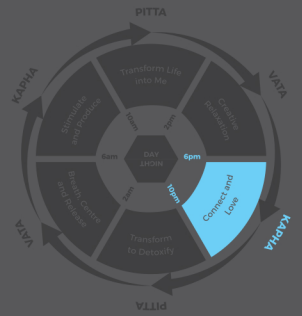


# NIGHT CYCLE

Balance the dosha through passivity and avoiding similar qualities

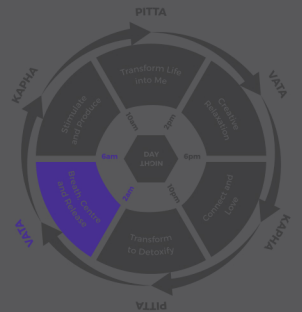
## KAPHA 6-10pm | Connect and Love

Avoid bright lights and use warm orange lighting. This increases melatonin, lengthens life and improves sleep. Light dinner 3-5hrs before sleep, soup or only herbal tea is enough for Kapha imbalances. Loving connections with friends or family. Nervous system nourishment drink before bed e.g. chamomile or chywanprash or warm milk with cardamom and nutmeg. Massage the feet with oil to improve sleep. Short meditation. Sleep before 10pm.



## PITTA 10pm-2am | Transform to Detoxify

Staying up late heats the mind, dry's the body, and increases toxins. Avoid focused activities and computer work. The liver works to detoxify the body while we are sleeping, if we are awake at this time then more toxins will remain in the body. If we are in deep sleep we will make more human growth hormone to repair the tissues.



## VATA 2-6am | Breath, Centre and Release

Wake before sunrise. Scrape tongue, brush teeth, wash face, and evacuate bowels. Consume water or warming tea. Spiritual peace time through meditation and breath practices. Meditation is most effective at this time because there is less activity in the surrounding environment before sunrise.

The dosha time periods can also be used for individual diagnosis and treatment

### DIAGNOSIS

If there are reoccurring symptoms during that time of the day then they could be because that dosha is aggravated in the body. E.g. waking at 3am every morning could indicate aggravated Vata.

### TREATMENT

If a dosha is aggravated then quickest results will come from applying therapies during the related dosha time zone. E.g. If experiencing Vata insomnia, be sure to rest and perform Yoga Nidra in afternoon Vata cycle.

### VATA Individualisation

#### Eating:

Smaller meals so there is a little hunger between meals is best. Breakfast 8-9am. Morning snack if hungry, piece of fruit or some nuts. Lunch 12-1. Afternoon snack if hungry. Dinner before sunset/6pm. Ojas drink before bed.

#### Waking and Sleeping:

Wake just before sunrise. Sleep 9-10 pm.

#### Treatments:

Self massage before shower in the morning or before bath at night. ThaiVedic Vata Sequences in afternoon. Vata balancing meditation when waking or before sleeping.

### PITTA Individualisation

#### Eating:

Breakfast 7.30 - 8.30 am. Lunch 11.30 - 12.30. Afternoon snack if hungry. Dinner after sunset/6-7 pm. Ojas drink before bed.

#### Waking and Sleeping:

Wake 5 - 5.30 am. Sleep 9.30 pm

#### Treatments:

Cooling liquids like mint water or coriander seed tea during middle of the day. Swim in natural water.

### KAPHA Individualisation

#### Eating:

Breakfast 9-10am. Lunch 1-2. Dinner light soupy dinner if hungry, skip if not hungry and drink herbal teas.

#### Waking and Sleeping:

Wake 4.30 - 5.30 am. Sleep 9.30 - 10.30 pm.

#### Treatments:

Strong exercise in the morning. Only ginger tea for dinner some times. Spices with every meal.

The resource was created by Kimmana Nichols for the yoga schools ThaiVedic.com and pureflow.yoga.



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