

CGH EARTH
AYURVEDA


KALARI KOVILAKOM

AYURVEDA PRACTICES FOR PHYSICAL AND MENTAL WELLBEING

From CGH Earth Ayurveda, Kalari Kovilakom

DINACHARYA, OR DAILY ROUTINE TO BE FOLLOWED :

- **Wake up early in the morning – 30 minutes before sunrise**
First thing to do after waking up, is to clean the nine openings, i.e. the mouth, the nostrils, both eyes, ears, anal and urinary orifices.
Sip on some room temperature water as soon as you wake up. Drink a maximum of 2 glasses, and do not gulp, just sip from a glass.
- **Gaze at the rising or setting sun**
Spend 5-10 mins looking straight at the sun. This sun-gazing technique helps to boost your immunity, reduce stress and increase your positive mood and energy. It also helps to reset the circadian rhythm. During these unprecedented times, this practice is recommended for those who have their private balconies, terraces, or home gardens. Please practice social distancing while sun gazing, and kindly do not look at the bright sun.
- **Expose your body to direct sunlight**
Take a sun bath for 10-20 mins between 7-9 am or 4-6 pm, if you are in India. Otherwise, choose a comfortable time depending on your time zone and sun duration. During these unprecedented times, this practice is recommended for those who have their private balconies, terraces, or home gardens. Please practice social distancing while sunbathing.
- **Walk barefoot on the earth**
Walking barefoot (Grounding or Earthing) for 20 mins on earth soil gives positive health benefits. Letting your feet touch the terrain allows you to connect with the earth's natural energy, relieve stress, and stimulate your vital points. During these unprecedented times, this practice is recommended for those who have their private home gardens. Please practice social distancing while walking.
- **Exercise 1 hour a day**
Practice Surya Namaskara, yoga asanans and other dynamic movements like spot jogging, stretching, climbing stairs, skipping, sit-ups etc. If you have been practicing dance or any other body movement, it is a good time to restart. It is advisable to start with simple movements and gradually increase your practice. Avoid extreme exertion if you are just starting out.

- **Take a bath twice a day in water that is closest to your body temperature**
Use neutral temperature or room temperature. A head bath is recommended only once a day. In winter and rainy season however, it is better to take a lukewarm shower.
- **Pray/chant/meditate or observe silence once a day for 30 minutes**
Practice Pranayama techniques of Nadi Shuddhi for 10 mins and Bhramari for 5-7 mins. Follow it up with a meditative relaxation technique. Or observe silence, pray, or chant for 30 mins.
- **Gargle during the day**
Gargle with warm water mixed with salt + 1 spoon lemon juice + a pinch of organic turmeric powder.
- **Take 1 teaspoon jaggery and 2 teaspoons of ginger, crush this together well and eat one pinch of it now and then**
This will help to relieve the impurities from the throat and chest.
- **Eat your main meals on time, and preferably finish your last meal by sunset**
Eat wholesome, seasonal, fresh and unrefined food.
Avoid inflammatory food like alcohol, refined carbohydrate rich food, processed meat, fructose syrup, trans fat, and vegetable oils.
During the peak summer months, your digestion is weakened, so cut down on or avoid food that is heavy to digest like non-vegetarian food including fish and eggs. Limit intake of fermented preparations like wine etc. and reduce all sour and spicy tasting food items. Also cut down on Urad dal (black gram), dairy products.
During these unprecedented times, please follow the sanitisation processes given by your health authorities for raw fruits, vegetables and nuts.
- **Drink 2-3 litres of water**
Drink lukewarm or room temperature water. Avoid cold water and ice cubes.
- **Engage in recreational activities**
Spend time engaging in leisurely activities like drawing, painting, colouring, sketching, gardening, etc. Read a new book with a positive message or learn a new concept. Watch comedy and romantic movies with light positive messages and avoid movies with negative or depressing messages. These activities will help you disconnect from stress and allow your subconscious mind to calm down.
- **Avoid exposure to direct artificial cold wind as in air conditioning**
- **Get adequate sleep of 7-8 hours**
Sleep is important to balance your circadian rhythm, which in turn will improve your immunity. We recommend that you sleep latest by 9:30 pm. Avoid sleeping during daytime. During summer, noon siesta of 30 minutes is acceptable.

GUIDELINE FOR HEALTHY EATING HABITS

- **Eat on time, 3 times a day. If you are not hungry, eat a light meal. Keep 4- 6 hrs gap between main meals**
In between the main meals, if you feel hungry, you can have a small quantity of nuts, fruits or fruit/vegetable juices.
This will ensure that your metabolism works in an efficient way and provides correct nourishment to

your body.

During these unprecedented times, please do not make any drastic changes to your eating pattern.

Please follow the sanitisation process given by your health authorities for raw fruits, vegetables and nuts.

- **Use fresh/organic turmeric powder and black pepper to spice up your cooking**
- **Dried ginger powder or black pepper is recommended instead of red chilli powder and chillies**
- **Incorporate rice porridge in your meal planning**

Kanji from South India, or Khichdi, is a comfort food for most Indians made from rice and lentils.

- **Drink 1 glass of lime juice mixed with room temperature water**
Avoid cold water or ice cubes. You can sweeten it with organic jaggery or honey instead of sugar.
- **Drink golden milk**
Add a pinch of organic turmeric powder in warm (not hot) milk at bedtime which can be sweetened with organic honey.
- **Avoid cold, frozen, half cooked & deep-fried foods as much as is possible**
- **Avoid food prepared with maida – refined or all-purpose flour**
Avoid white bread, buns, rusk, parottas, bakery items and other varieties of refined flour.
- **Eat 1-2 Indian gooseberries (amla) every day**
Avoid eating raw food during infection in the body. During these unprecedented times, please follow the sanitisation processes given by your health authorities for fruits.
- **Drinking Ayurvedic herbal tea during the day is recommended**
Tea can be made with one of the following spices or herbs:

☞ Dry toasted coriander seeds

☞ Crushed dry ginger

☞ Cinnamon

☞ Liquorice stick

☞ Tulsi leaves

Method of preparation

For 1 litre of water, take 10 to 15 tulsi leaves, or 5 to 6 slices of crushed ginger (10 gms), or 10 gms of dry cinnamon stick, or coriander seeds.

Boil water with one of these ingredients. Take 1 ½ litres of water and reduce it to 1 litre. Strain the water and store the herbal drink in a thermos. Drink ½ glass every hour.

A great combination for herbal tea is a few freshly picked tulsi leaves with ½ inch crushed ginger and ½ inch liquorice stick.



For further information, please write to us at: kalarikovilakom@cghearth.com