

Ayurvedic Morning Routine ~ KRATU Wellness

- I. Rise early (wake before 6am).
- II. Take a few deep breaths, stretch gently, and give thanks for the day.
- III. Drink a glass of room-temperature or moderately warm water.
- IV. Eliminate (see notes on constipation and elimination, below).
- V. Clean the mouth:
 - a. Brush teeth with a soft brush;
 - b. Massage gums with the middle finger of the right hand (you can use a powdered mixture of alum, salt, black pepper, and turmeric);
 - c. Scrape the tongue with a tongue-scraper or a silver spoon, scraping from way back to the front, with moderate pressure;
 - d. Gargle with water mixed with salt and a little turmeric.
- VI. Rinse the eyes with moderate-temperature water.
- VII. Apply ghee, or sesame or olive oil, to the inside of the nose.
- VIII. Adorn yourself with flowers, or have flowers around the house – gaze at them, smell them.
- IX. Meditate for 3-30 minutes (build up your sit-time by increasing it every week or two).
- X. Massage the head, legs, and torso with olive or sesame oil.
- XI. Exercise or practice doshic-appropriate yoga until you are halfway to exhausted, or until beads of sweat start to form on the forehead. Try several rounds of Surya Namaskara (Sun Salutation series).
- XII. Bathe (see bathing notes below).
- XIII. Eat an appropriate breakfast (by about 8am), with attention on the food; chew well.
- XIV. Start your day! (Refer to Tiwari's Daily Sadhanas for the Doshas)

Techniques to Alleviate Constipation and Aid Elimination in the Morning

- Drink a glass of warm water, or a cup of warm ginger or licorice tea.
- Eat raisins or figs that have been soaked in water overnight.
- Drink a glass of water that has been kept in a copper vessel overnight.
- Squat against the wall, rock back to the tailbone, bring the heels under the butt, and rock forward to keep feet on floor, with thighs touching the chest. Clench the teeth tightly.
- Also try squatting over the toilet, clenching the teeth, and bringing all awareness to the process.
- Diamond Pose (seated on heels with fists in sacrum pockets, folding forward) massages the abdomen.
- Rinse with water (avoid using toilet paper, which dries out the sensitive mucus membranes of the anus).

Bathing Notes

- ✓ Instead of soap, use chickpea or barley flour – these flours help absorb oil and mildly exfoliate the skin.
- ✓ Use hot water only on the lower half of the body; use only lukewarm water on the head.
- ✓ Cold water can be invigorating, but not for everyone. (Pitta types may be most invigorated by a cold shower.)
- ✓ Bathe daily to help support digestion and clear the skin.