

Ayurvedic Self-Care (Dinacharya)
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Vata Dosha: ether + air

- Functions: Movement and communication
- Qualities: dry, light, cold, rough, subtle, and mobile
- Season: Late fall and winter (cold and dry)
- Time: 2:00–6:00 am and 2:00–6:00 pm
- Life season: menopause onward (wisdom years)

Pitta Dosha: fire + water

- Functions: Digestion, transformation, and assimilation
- Qualities: oily, sharp, hot, light, spreading, fleshy smelling, and liquid
- Season: Summer (hot and humid)
- Time: 10:00 am–2:00 pm and 10:00 pm–2:00 am
- Life season: puberty to menopause (active years)

Kapha Dosha: water + earth

- Functions: Lubrication, structure, and cohesion
- Qualities: Kapha is heavy, dense, dull, cool, stable, sticky, and solid
- Season: Spring (cool and damp)
- Time: 6:00–10:00 am and 6:00–10:00 pm
- Life season: conception through puberty (growing years)

Abhyanga (Oil Massage)

There are herbalized oils for vata, pitta, and kapha available, but you can use organic cold-pressed oil.

- **Vata dosha:** Sesame seed oil
 - Slow, gentle, long massage to soothe, calm, and nourish
 - Use generous amounts of oil to hydrate thoroughly
 - Give extra attention to joints, feet, low back, and dry areas of the body
- **Pitta dosha:** Coconut or sunflower seed oil
 - Gentle, firm, rhythmic massage to relax and rejuvenate
 - Use moderate amount of oil
 - Focus on the muscles and irritated areas of the body
- **Kapha dosha:** Sesame or mustard oil
 - Deep, firm, rigorous massage to heat, circulate, and energize
 - Use just a little oil (can dry brush massage first)
 - Give extra attention to thighs, buttocks, belly, and arms
- **Neutral/Tridoshic:** Almond or sunflower seed oil
- **Materials:** 1–3 oz. oil in a small glass jar or bottle, cotton towel

**Precautions: avoid abhyanga during fever, flu, cold, heavy white coating on tongue, pregnancy, or skin infection.*

Wake with the Sun

According to Ayurveda, the most auspicious time to wake is before sunrise, the time known as the *Brahma muhurta* (Brahma = auspicious & muhurta = time). Rising early is the single most effective action to maintain good health and longevity. It's the optimal time for meditation, as the atmosphere is more peaceful and calm, and the mind is naturally more still.

Drink Warm Water

Upon rising, drink a mug of warm/hot water. Hydrating helps with the morning elimination.

- Option: Add a squeeze of fresh lemon or lime (for pitta dosha) to enhance cleansing properties.

Evacuate Waste

Early morning stimulates movements in the eliminatory systems. Upon waking, evacuate the bladder and bowels. Releasing bodily wastes in the morning clears the mind and provides energy.

Clean the Senses

Proper care and cleansing of the sense organs helps enhance clarity and discernment, while awakening inner consciousness, perception, and awareness.

Tongue Scraping

Use a copper or stainless steel tongue scraper to clean the tongue each morning. Start at the back of the tongue and gently pull the scraper to the front. Scrape 3-5x, rinsing off the white film between each scrape. This removes accumulation of toxins on the tongue, just like brushing the teeth.

Saltwater Gargle

Clear out germs with a warm saltwater gargle. Use about 1/3 cup of water and ½ teaspoon of sea salt or Himalayan salt. Gargle for at least 30 seconds. A wonderful Ayurvedic preventative for colds.

Rosewater on the Eyes

If the eyes feel hot, irritated, or tired, gently spritz an organic distillation of rosewater over the eyes to cool and refresh. If you don't have access to rosewater, simply splash the eyes with cool water. (Use only organic rosewater—no dyes, oils, or perfumes!)

Pleasant Sounds

Fill the ears (and the mind) with positive sounds in the morning. Stand outside and listen to the sounds of nature, chant, or play some positive music!

Neti and Nasya: Nasal rinse and oil lubrication

- Follow instructions that come with your neti pot. Like saltwater gargle, neti pot usage is to clear excess mucus and germs from the nasal passageways.
- Follow instructions that come with your nasya oil. Nasya provides protection and lubrication to the nasal passages. Use either an herbalized nasya oil or plain sesame or coconut oil.
- **Contraindications for Neti and Nasya:* Avoid neti/nasya for the following:
 - Active sinus infection or viral/bacterial head cold. Ear infections. Recent ear surgery including tubes. Recent eye surgery. Nose bleeds. Broken nose. Deviated septum.

***General Warning:** Consult with your doctor before beginning this or any yoga/Ayurveda practice. When practicing yoga or Ayurveda on your own, if you experience any negative physical or emotional effects (pain, anxiety, agitation, etc.), discontinue practice immediately and consult with me, another qualified yoga teacher, an Ayurvedic Health Consultant, or a physician.

Larissa's Resources:

- **Ayurveda Products: Banyan Botanicals: Save 15%** off your entire Banyan purchase
 - Organic Ayurvedic herbs, teas, oils, spices, and self-care items.
 - Use code "LARISSAQ3" (now thru September 30, 2020)
- Audio Course "Pranayama for Restoring Vitality" for \$22 (15min/day. 10 days.)
 - <https://larissacarlson.com/online-programs/pranayamaforrestoringvitality>
- **Ayurveda 101 and Ayurveda 201 online courses for Yoga Journal**
 - Register with code "LARISSA" to save 25% on courses
 - Link from my website: <https://larissacarlson.com/>
- **Ayurveda Consultation** via Zoom
 - Email Larissa for a personalized diet and lifestyle consultation: larissa@larissacarlson.com
 - Special Lotus Pond price \$125

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