



Dinacharya

For a sound you



NAAD



Dear Guest,

Namaste

We hope you and your loved ones are safe and healthy.

The world as we know it has changed dramatically in the last few months and we have realised our health and wellbeing are more precious than ever.

It is in times like these that we must return to our roots and turn to the wisdom of the generations before us, for our ancient texts are truly an exemplification of a balanced, holistic life.

Dinacharya or the Ayurvedic concept of the daily routine is one such ideal that is not only relevant today, but it is the need of the hour. Having a routine helps us be more efficient and positive, ensuring that the mind, body and spirit remain in balance.

Allow us to present a simple 5-day itinerary based on the principles of Dinacharya, curated by Naad's doctors, replete with guidance on meal plans and fitness regimes.

Our objective here is to help strengthen our immune systems and ourselves from within so that our health becomes our greatest strength.

We encourage you to share this with your friends, family, colleagues or anyone else that you think may benefit from this.

Should you have any questions or would like us to help you customise this basis yours or a loved one's medical history, lifestyle, or even physical abilities, please feel free to reach out to us. You can call us on +91 124 6030400 or write to us on namaste@naadwellness.com to schedule a telephonic consultation with one of our doctors. Our offices are operational on all 7-days of the week from 11 am to 8 pm.

We wish you the very best of health, peace and happiness. Here's hoping we all emerge from this stronger, more thoughtful, and kinder.

Warm regards,

Manoj Khetan

Co-founder, Naad Wellness





Dhanwanthari Vandana

Let us invoke the Dhanwanthari mantra for healing, improving vitality, and increased energy levels.

Lord Dhanwanthari is believed to be an avatar of Lord Vishnu and is worshipped as the deity of Ayurveda.

Om Namaami Dhanwanthareem Aadidevam

Suraasurair Vandhitha Paada Padmam

Loke Jaraa Ruk Bhaya Mrithyunaasham

Dhaathaarameesham Vividhoushadheenaam

O Lord, I bow down before you. You are worshipped by gods and demons. Your divine powers bless the people of the war and bring them out of suffering, diseases, ailments, oldness, and fear of death.





Day One

- 06:00 am:** Wake up, bright and early. Be sure not to reach for your phone first thing. Instead, sit still for a couple of moments and say a short prayer of gratitude to the universe. Have a glass (250 ml) of warm water.
- 06:15 am:** Oral Care. Brush your teeth, scrape your tongue and gently massage your gums with your index finger.
- 06:45 am:** Oil Pulling (10 minutes). Very simply, the practise of oil pulling includes swishing a small quantity (10 ml) of coconut or sesame oil in the mouth, without swallowing. It is known to be beneficial to those suffering from headaches, migraine, diabetes, and asthma. All toxins which accumulate in your system overnight can be flushed out with this practice.
- 07:15 am:** Morning drink of a glass of warm water with lemon and honey.
- 08:00 am:** 60-minute fitness routine of your choosing. If you are unsure of this, practice yoga asanas like Pawanmuktasana Part 1, basic breathing and the Bhramari Pranayama.
- 09:15 am:** Breakfast of ghee khichadi with fresh, seasonal vegetables.
- 10:30 am:** Practise self Abhyanga for 30 minutes. Do a self head and full body massage with coconut or sesame oil (50 ml) for 30 minutes. Warm the oil using double boiler method. With the little finger, apply oil in both nostrils, and inside the ears. Follow this with a lukewarm shower. Take care in dressing yourself for the day. Wear fresh, clean clothes to help set the tone for the rest of your day.
- 01:00 pm:** Start your meal with a cup of vegetable soup. End it with a small glass of buttermilk. Lunch can be of your choosing but ensure that it is half of your regular meal portion.

Rest or catch up on a book you have been meaning to read.





- 03:30 pm:** Treat yourself to a tomato-cucumber face pack. Take 1 small tomato and a small piece of peeled cucumber and make it into a paste. Add 1 teaspoon honey to this and apply this on your face and leave it on for 20-30 minutes.
- 05:00 pm:** Evening drink of liquorice tea (150 ml), amla juice (250 ml) or watermelon juice (200 ml).
- 05:30 pm:** Basic asanas like Bhujangasana, Sethubandasana, Pawanamuktasana, Ustharasana, Viparetha Karani Asana and Shashankasana, Yogic breathing practise followed by Omkar meditation.
- 07:30 pm:** Dinner of millet porridge with a seasonal fruit platter.
- 08:30 pm:** Practice Deepa Darshana for 20-30 minutes. Switch off all lights in a room and light an oil lamp or candle. Just relax and feel the ambience without staring into the lamp.
- 09:00 pm:** Bedtime beverage of chamomile tea. If unavailable, replace this with any herbal tea available like green tea, basil tea or ginger and pepper tea.
- 09:15 pm:** Oral Care. Brush your teeth, but avoid scraping your mouth at night. Before going to sleep, wash your face, hands, feet thoroughly.
- 09:30 pm:** Bedtime. Read for a bit should you wish. But avoid browsing through your mobile phone or watching the news.

Recommendations:

- •• Try to restrict the use of mobile phones throughout the day and especially while on the bed.
- •• Limit watching TV and those videos which give stress to the mind.
- •• Drink minimum 2 - 3 litres of water in a day.





Day Two

- 06:00 am:** Wake up, bright and early. Be sure not to reach for your phone first thing. Instead, sit still for a couple of moments and say a short prayer of gratitude to the universe. Have a glass (250 ml) of warm water.
- 06:15 am:** Oral Care. Brush your teeth, scrape your tongue and gently massage your gums with your index finger.
- 06:45 am:** Oil Pulling (10 minutes). Very simply, the practise of oil pulling includes swishing a small quantity (10 ml) of coconut or sesame oil in the mouth, without swallowing. It is known to be beneficial to those suffering from headaches, migraine, diabetes, and asthma. All toxins which accumulate in your system overnight can be flushed out with this practice.
- 07:15 am:** Morning drink of half a handful of raisins soaked in water (250 ml).
- 08:00 am:** 60 minutes fitness routine of your choosing. If you are unsure of this, practice yoga asanas like Pawanmuktasana Part 2, simple stretching, clavicular breathing and the Ujjaie Pranayama.
- 09:15 am:** Breakfast of millet porridge with steamed sprouts of your choice.
- 10:30 am:** Self Abhyanga (30 minutes). Do a self, full-body massage with coconut or sesame oil (50 ml) for 30 minutes. Warm the oil using double boiler method. With the little finger, apply oil in both nostrils and the inside ears. Avoid the head.
- 11:00 am:** Treat yourself to a homemade hair pack. Soak 3 tablespoons of fenugreek seeds in 5 tablespoons of curd overnight. Blend and make it a thick paste and massage it into the roots of the hair well. Leave it for 20-30 minutes and follow with a lukewarm shower. If you are suffering from migraine or severe sinusitis, avoid this hair pack. Take care in dressing yourself for the day. Wear fresh, clean clothes to help set the tone for the rest of your day.





01:00 pm: Lunch can be of your choosing but ensure that it is half of your regular meal portion. Have a cup of cumin tea after your meal.

Rest or catch up on a book you have been meaning to read.

03:30 pm: Foot immersion. Fill a small tub with lukewarm water and add 2 tablespoons of salt and 1 tablespoon of turmeric. Apply coconut or sesame oil to the feet and immerse them four inches above the ankle for 20-30 minutes. Wipe off with a cotton cloth.

05:00 pm: Evening drink of fennel, cumin and cardamom tea (150 ml).

05:30 pm: Basic asanas like Bhujangasana, Sethubandasana, Pawanamuktasana, Ustharasana, Viparetha Karani Asana and Shashankasana followed by Sheethali Pranayama and mindfulness meditation.

07:30 pm: Dinner of steamed mixed vegetables and steamed mixed sprouts.

08:30 pm: Practice Deepa Darshana for 20-30 minutes. Switch off all lights in a room and light an oil lamp or candle. Just relax and feel the ambience without staring into the lamp.

09:00 pm: Bedtime beverage of golden milk. Your choice of dairy or non-dairy milk brewed with turmeric, black pepper and a dash of honey.

09:15 pm: Oral Care. Brush your teeth, but avoid scraping your mouth at night. Before going to sleep wash your face, hands, feet thoroughly.

09:30 pm: Bedtime. Read for a bit should you wish. But avoid browsing through your mobile phone or watching the news.

Recommendations:

- •• Try and restrict the use of mobile phones throughout the day, especially whenever you are on your bed.
- •• Limit watching TV and video content which stresses out the mind.
- •• Drink a minimum of 2-3 litres of water every day.





Day Three

- 06:00 am:** Wake up, bright and early. Be sure not to reach for your phone first thing. Instead, sit still for a couple of moments and say a short prayer of gratitude to the universe. Have a glass (250 ml) of warm water.
- 06:15 am:** Oral Care. Brush your teeth, scrape your tongue and gently give a gum massage with your index finger.
- 06:45 am:** Oil Pulling (10 minutes). Very simply, the practise of oil pulling includes swishing a small quantity (10 ml) of coconut or sesame oil in the mouth, without swallowing. It is known to be beneficial to those suffering from headaches, migraine, diabetes and asthma. All toxins which accumulate in your system overnight can be flushed out with this practice.
- 07:15 am:** Morning Drink of a glass of basil tea (150 ml) or cucumber and mint juice (250 ml).
- 08:00 am:** 60 minutes fitness routine of your choosing. If you are unsure of this, practice yoga asanas like the Shakthi Bandasana group and Nadi Shuddhi Pranayama.
- 09:15 am:** Breakfast of a mixed vegetable poha.
- 10:30 am:** Self Abhyanga (30 minutes). Do a self head and full body massage with coconut or sesame oil (50 ml) for 30 minutes. Warm the oil using double boiler method. With the little finger, apply oil in both nostrils and inside the ears. Follow with a lukewarm shower. Take care in dressing yourself for the day. Wear fresh, clean clothes to help set the tone for the rest of your day.
- 01:00 pm:** Start your meal with a cup of pumpkin soup. Lunch can be of your choosing but ensure that is half of your regular meal portion.

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- 03:30 pm:** Treat yourself to a oats and buttermilk face pack. Mix 2 tablespoons of powdered oats, 3 tablespoons of buttermilk and 1 teaspoon of honey. Scrub in a circular direction on the face and leave it one for 30 minutes. Wash off with lukewarm water.
- 05:00 pm:** Evening drink of liquorice tea (150 ml), amla juice (250 ml) or watermelon juice (200 ml).
- 05:30 pm:** Basic asanas like Bhujangasana, Sethubandasana, Pawanamuktasana, Ustharasana, Viparetha Karani Asana and Shashankasana followed by Bhastrika Pranayam, Seethali Pranayama and Deep Relaxation Technique.
- 07:30 pm:** Dinner of two bajra rotis with coconut chutney.
- 08:30 pm:** Practice Deepa Darshana for 20-30 minutes. Switch off all lights in a room and light an oil lamp or candle. Just relax and feel the ambience without staring into the lamp.
- 09:00 pm:** Bedtime beverage of cumin tea. If unavailable, replace this with any herbal tea available like green tea, basil tea or ginger and pepper tea.
- 09:15 pm:** Oral Care. Brush your teeth, but avoid scraping your mouth at night. Before going to sleep wash your face, hands, feet thoroughly.
- 09:30 pm:** Bedtime. Read for a bit should you wish. But avoid browsing through your mobile phone or watching the news.

Recommendations:

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- •• Drink minimum 2 - 3 litres of water in a day.





Day Four

- 06:00 am:** Wake up, bright and early. Be sure not to reach for your phone first thing. Instead, sit still for a couple of moments and say a short prayer of gratitude to the universe. Have a glass (250 ml) of warm water.
- 06:15 am:** Oral Care. Brush your teeth, scrape your tongue and gently give a gum massage with your index finger.
- 06:45 am:** Oil Pulling (10 minutes). Very simply, the practise of oil pulling includes swishing a small quantity (10 ml) of coconut or sesame oil in the mouth, without swallowing. It is known to be beneficial to those suffering from headaches, migraine, diabetes and asthma. All toxins which accumulate in your system overnight can be flushed out with this practice.
- 07:15 am:** Morning drink of a glass of turmeric tea (150 ml).
- 08:00 am:** 60 minutes fitness routine of your choosing. If you are unsure of this, practice yoga asanas like the Shakthi Bandasana group and Nadi Shuddhi Pranayama.
- 09:15 am:** Breakfast of ragi chila and mixed greens chutney.
- 10:30 am:** Self Abhyanga (30 minutes). Do a self, full-body massage with coconut or sesame oil (50 ml) for 30 minutes. Warm the oil using double boiler method. With the little finger, apply oil in both nostrils and inside the ears. Avoid the head.
- 11:00 am:** Treat yourself to a homemade hair pack. Soak a handful of neem leaves overnight. Drain the water and make it into a paste, adding a teaspoon of honey. Leave it for 20-30 minutes and follow with a lukewarm shower. Take care in dressing yourself for the day. Wear fresh, clean clothes to help set the tone for the rest of your day.
- 01:00 pm:** Lunch can be of your choosing but ensure that is half of your regular meal portion. End your meal with a cup of dry ginger and turmeric tea.





Rest or catch up on a book you have been meaning to read.

- 03:30 pm:** Foot immersion. Fill a small tub with lukewarm water and add 2 tablespoons of salt and 1 tablespoon of turmeric. Apply coconut or sesame oil to the feet and immerse them four inches above the ankle for 20-30 minutes. Wipe off with a cotton cloth.
- 05:00 pm:** Evening drink of cinnamon, pepper and dry ginger tea (150 ml).
- 05:30 pm:** Basic asanas like Bhujangasana, Sethubandasana, Pawanamuktasana, Ustharasana, Viparetha Karani Asana and Shashankasana followed by Seethali Pranayama, Kapalbhati and cyclic meditation.
- 07:30 pm:** Dinner of millet porridge.
- 08:30 pm:** Practice Deepa Darshana for 20-30 minutes. Switch off all lights in a room and light an oil lamp or candle and just relax and feel the ambience without staring to the lamp.
- 09:00 pm:** Bedtime beverage of fennel or liquorice tea. If unavailable, replace this with any herbal tea available like green tea, basil tea or ginger and pepper tea.
- 09:15 pm:** Oral Care. Brush your teeth, but avoid scraping your mouth at night. Before going to sleep wash your face, hands, feet thoroughly.
- 09:30 pm:** Bedtime. Read for a bit should you wish. But avoid browsing through your mobile phone or watching the news.

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Day Five

- 06:00 am:** Wake up, bright and early. Be sure not to reach for your phone first thing. Instead, sit still for a couple of moments and say a short prayer of gratitude to the universe. Have a glass (250 ml) of warm water.
- 06:15 am:** Oral Care. Brush your teeth, scrape your tongue and gently give a gum massage with your index finger.
- 06:45 am:** Oil Pulling (10 minutes). Very simply, the practise of oil pulling includes swishing a small quantity (10 ml) of coconut oil in the mouth, without swallowing. It is known to be beneficial to those suffering from headaches, migraine, diabetes and asthma. All toxins which accumulate in your system overnight can be flushed out with this practice.
- 07:15 am:** Morning Drink of coriander, mint and jaggery juice (150 ml).
- 08:00 am:** 60 minutes fitness routine of your choosing. If you are unsure of this, practice yoga asanas like the Shakthi Bandasana group, 3 rounds of Surya Namaskars and Nadi Shuddhi Pranayama.
- 09:15 am:** Breakfast of idli/dosa with a chutney of ginger, garlic, radish and roast chana dal.
- 10:30 am:** Self Abhyanga (30 minutes). Do a self head and full body massage with coconut or sesame oil (50 ml) for 30 minutes. Warm the oil using double boiler method. With the little finger, apply oil in both nostrils, and inside the ears. Follow with a lukewarm shower. Take care in dressing yourself for the day. Wear fresh, clean clothes to help set the tone for the rest of your day.
- 01:00 pm:** Lunch can be of your choosing but ensure that is half of your regular meal portion. End your meal with a cup of fennel, cumin and cardamom tea.





Rest or catch up on a book you have been meaning to read.

- 03:30 pm:** Treat yourself to a banana besan face pack. Mix half a ripe banana, 1 tablespoon of besan and the juice of half a lemon. Apply this paste to your face and leave it on for 30 minutes. Rinse with lukewarm water.
- 05:00 pm:** Evening drink of dry ginger and turmeric tea.
- 05:30 pm:** Basic asanas like Bhujangasana, Sethubandasana, Pawanamuktasana, Ustharasana, Viparetha Karani Asana and Shashankasana followed by Nadi Shuddhi Pranayama and Soonya Meditation
- 07:30 pm:** Dinner of quinoa upma or vegetable daliya or 2 moong dal chilas with green chutney.
- 08:30 pm:** Practice Deepa Darshana for 20-30 minutes. Switch off all lights in a room and light an oil lamp or candle. Just relax and feel the ambience without staring into the lamp.
- 09:00 pm:** Bedtime beverage of turmeric tea. If unavailable, replace this with any herbal tea available like green tea, basil tea or ginger and pepper tea.
- 09:15 pm:** Oral Care. Brush your teeth, but avoid scraping your mouth at night. Before going to sleep wash your face, hands, feet thoroughly.
- 09:30 pm:** Bedtime. Read for a bit should you wish. But avoid browsing through your mobile phone or watching the news.

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Mahamrityunjaya Mantra

Let us end with an invocation of the Mahamrityunjaya Mantra from the Rig Veda, addressing the 'Rudra' form of Lord Shiva, to heal us mentally, physically, and spiritually.

This powerful mantra can be read 3 times or 108 times.

Om tryambakam yajāmahe

sugandhim pusti-varadhanam

urvārukam iva bandhanān

mṛtyor muksīya mā 'mṛtāt

We worship the three-eyed One (Lord Shiva) who is fragrant and who nourishes all beings. May He liberate me from death, for the sake of immortality, even as the cucumber is severed from its bondage of the creeper.

