

## MORNING RITUALS IN AYURVEDA: STARTING YOUR DAY THE RIGHT WAY

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### ABSTRACT

This article explores the traditional Ayurvedic concept of Dinacharya, or daily routine, with a focus on morning rituals that align the body, mind, and spirit with natural rhythms. Drawing from classical Ayurvedic texts such as the Ashtanga Hridayam and Charaka Samhita, it outlines a sequence of early morning practices—waking up during Brahma Muhurta, cleansing, tongue scraping, oil pulling, nasal oiling (Nasya), self-massage (Abhyanga), hydration, yoga, breathwork (Pranayama), meditation, and a dosha-appropriate breakfast. These rituals are supported by Sanskrit shlokas and offer a holistic approach to health, emphasizing detoxification, mental clarity, digestion, and emotional balance. By incorporating these time-tested practices, individuals can foster vitality, longevity, and a deeper connection to self and nature.

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### INTRODUCTION

We're often in a rush in the mornings: Your alarm clock rings, you leap out of bed, splash cold water on your face, turn the coffee machine on, brush your teeth – and off you go! But starting off the day in such a rush may mean you're unable to calm down properly for the rest of the day. According to the Job-Stress-Index 2020, three out of every ten workers say they suffer from stress, with more than half of them feeling emotionally exhausted because of it.

So how can we find our way back to more rest and recovery in our daily lives? A first step can be to start the day off on the right foot: An invigorating morning and its positive power. This has long been a tradition of Ayurveda.

What is an Ayurvedic morning ritual?

Ayurveda is often translated as the 'science of life'. It's a healing system dating back more than 5,000 years with its roots in India. In many ways it's similar to European naturopathy and traditional Chinese medicine. Your first actions in the morning are of particular importance. They not only ensure a burst of rejuvenation but also help you feel cleansed and healthy.

It emphasizes balance in bodily systems through diet, lifestyle, and natural therapies. Among its cornerstone teachings is the importance of Dinacharya—a daily routine that aligns our activities with the rhythms of nature.

Here's a detailed look at Ayurvedic morning rituals, enriched with classical references from ancient texts like the Ashtanga Hridayam and Charaka Samhita.

## DISCUSSION

Brahma is knowledge, which is gained by reading. Morning time is the time which is ideal for gaining of the knowledge. And also now a day, there is a lot of pollution in the environment.

And in the morning hours it will be clean without pollution. Along with the clean air, the pleasant atmosphere, absence of noise, the morning rays of the rising sun is very beneficial to the health. Sun is the god of health. Health is got from the sun. So here is morning ritual to follow every day by everyone for a fresh and energetic start at everyday.

### 1. Waking Up During Brahma Muhurta

ब्राह्मे मुहूर्त उतिष्ठेत्स्वस्थो रक्षार्थमायुषः ।<sup>[1]</sup>

Translation: "One should wake up in Brahma Muhurta (approximately 96 minutes before sunrise) to protect and prolong life."

Waking up during this peaceful time (typically between 4:30 AM and 6:00 AM) harmonizes the individual with the sattvic energies of the dawn. The mind is clear, the environment is calm, and it's the best time for meditation, prayer, or introspection.

## 2. Malutsarga (Evacuation of Bowels)

Proper elimination first thing in the morning is crucial to remove ama (toxins) that accumulate overnight.

"शौचं नैत्यम् प्रकर्तव्यं शरीशुद्धिहेतवे।"<sup>[2]</sup>

Translation: "Daily cleansing of the bowels is essential for maintaining body purity." Drinking warm water upon rising helps stimulate the colon and promote regularity.

According to Acharya Charak it is an Urge Which should not be suppressed otherwise it will cause Shirah shoola (head ache), Apanvayu urdhva gati, Kartanvat peeda (cutting type of pain).<sup>[3]</sup>

Evacuation should not be done forcefully; otherwise it will cause Arsha (piles), rectal prolapsed, anal fissure.

## 3. Jihva Nirlekhan (Tongue Scraping)

This removes accumulated toxins, bacteria, and dead cells from the tongue, preventing bad breath and supporting digestion.

सुवर्णरूप्यताम्राणि त्रपुशीतिमयानि च ॥.....दौर्गन्ध्यं भजते तेन तस्माज्जिह्वां विनिर्लिखेत्।<sup>[4]</sup>

Translation: "Tounge scraping ensure oral purity and health.

Dirt present in the root of tongue, hinders breathing and produces bad smell in the mouth, hence it should be removed by tongue scraper"

A gold, silver, bronze, copper or stainless steel scraper is ideal for this practice.

## 4. Gandusha (Oil Pulling)

Swishing oil in the mouth draws out toxins, strengthens gums, and enhances taste and clarity of speech.

"हन्वोर्बलं स्वस्वत्वं ..परानपि खरान् भव्यांस्तैलगण्डूषधारणात्।"<sup>[5]</sup>

Translation: "Gandusha increases the strength of jaw and voice . Helps in knowing the tastes and in developing a better taste in food. Teeth are not destroyed, rather their roots become strong and there is no pain in them. Even after eating sour things, there is no sourness in teeth and teeth become so strong that even after eating very hard substances, they do not get deformed Sesame oil is commonly used, though coconut oil is also popular in modern adaptations.

## 5. Nasya (Nasal Oil Therapy)

Instilling herbal oil into the nostrils lubricates the nasal passages, enhances clarity, and prevents sinus and respiratory issues.

According to Ayurveda the nose is the gateway to the head; therefore, it should be treated with care regularly.

Commonly used oil: Anu Taila or sesame oil infused with herbs

## 6. Abhyanga (Self Oil Massage)

According Acharya Vagbhata Daily oil massage delays aging, fatigue, and reduces Vata imbalance."

स्नेहाभ्यङ्गाद्यथा कुम्भश्चर्म स्नेहविमर्दनात् ..... ॥<sup>[6]</sup>

Massaging warm oil into the skin rejuvenates tissues, calms the nervous system, and nourishes the entire body.

Just as the wheels of a cart become resistant to pain (capable of working or rubbing) by applying oil, the same with abhyanga skin became resistant to pain (capable of working or rubbing) and becomes firm and beautiful and the air-borne problems in the body are removed.

### Use dosha-specific oils

Vata: Sesame oil

Pitta: Coconut or sunflower oil

Kapha: Mustard oil or warming herbal oils

## 7. Brahm Snana (Bathing)

Snana is important for preserving health and preventing lifestyle diseases. After abhyanga snana should be done Snana is a daily practice, often included in the "Dinacharya" (daily routine).

दीपनं वृष्यमायुष्यं स्नानमूर्जाबलाप्रदम्<sup>[7]</sup>

Translation: Snana acts as a purifying, libido stimulant and prolongs life. It helps relieving fatigue, removes sweating and dirt from the body. It promotes strength and endurance in our body.

Taking bath regularly is auspicious, increases virility, longevity, strength, compactness and Ojas of the body. It helps in curing tiredness, sweat and impurities of the body.

### 8. Vyayama (Exercise / Yoga)

Moderate physical activity like yoga, walking, or surya namaskar awakens the body and balances the doshas.

"अर्धशक्त्या निषेव्यस्तु बलिभिः स्निग्धभोजिभिः ।"<sup>[8]</sup>

Translation: "Exercise should be consumed with half the strength of the strong and greasy eaters and less than half the strength in summer, rain and autumn."

Exercise makes the body lighter, increases the strength to work, increases digestion power and destroys fat.

Overexertion is discouraged; Ayurveda emphasizes harmony, not exhaustion.

### 9. Pranayama and Dhyana (Breathing and Meditation)

These practices calm the mind, improve concentration, and expand prana (vital energy).

योगी युञ्जीत सततमात्मानं रहसि स्थितः..."<sup>[9]</sup>

Translation: "A yogi should constantly engage the self in meditation, in a clean and quiet place."

Even 10–15 minutes can promote emotional balance and clarity.

### 10. Light and Nourishing Breakfast

After an overnight fast, a healthy breakfast helps nourish Vata, the Ayurvedic element of air and space responsible for all forms of movement in the body.

From an Ayurvedic perspective, one should eat in accordance with their hunger alone. Skipping breakfast might also disturb the sadhaka Pitta which is responsible for maintaining an even temper, joy, and contentment. Finish your morning routine with a warm, easy-to-digest meal suited to your dosha.

For ex.

Vata: Warm porridge, stewed fruit, ghee

Pitta: Sweet grains, coconut, dates

Kapha: Spiced teas, light grains, minimal sugar

Avoid cold, heavy, or processed foods early in the day.

### CONCLUSION

In Ayurveda, the way you begin your day sets the tone for your entire physical, mental, and emotional well-being. Morning rituals are not just routines—they are sacred practices rooted

in centuries of wisdom, designed to cleanse the body, calm the mind, and awaken the senses. From rising early during the Brahma Muhurta to practicing oil pulling, tongue scraping, gentle yoga, meditation, and nourishing the body with warm, dosha-balancing foods, each step plays a crucial role in aligning us with the natural rhythms of life.

By adopting these Ayurvedic morning practices, you empower yourself to move through the day with clarity, vitality, and purpose. These rituals are simple yet profoundly transformative, helping to detoxify the body, improve digestion, enhance mental focus, and promote emotional balance. Over time, this conscious start to your day becomes a powerful act of self-care—one that not only supports your long-term health but also cultivates a deeper connection to yourself and the world around you.

Embrace the Ayurvedic path each morning, and you'll discover that wellness is not a destination, but a way of living—one mindful step at a time.

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