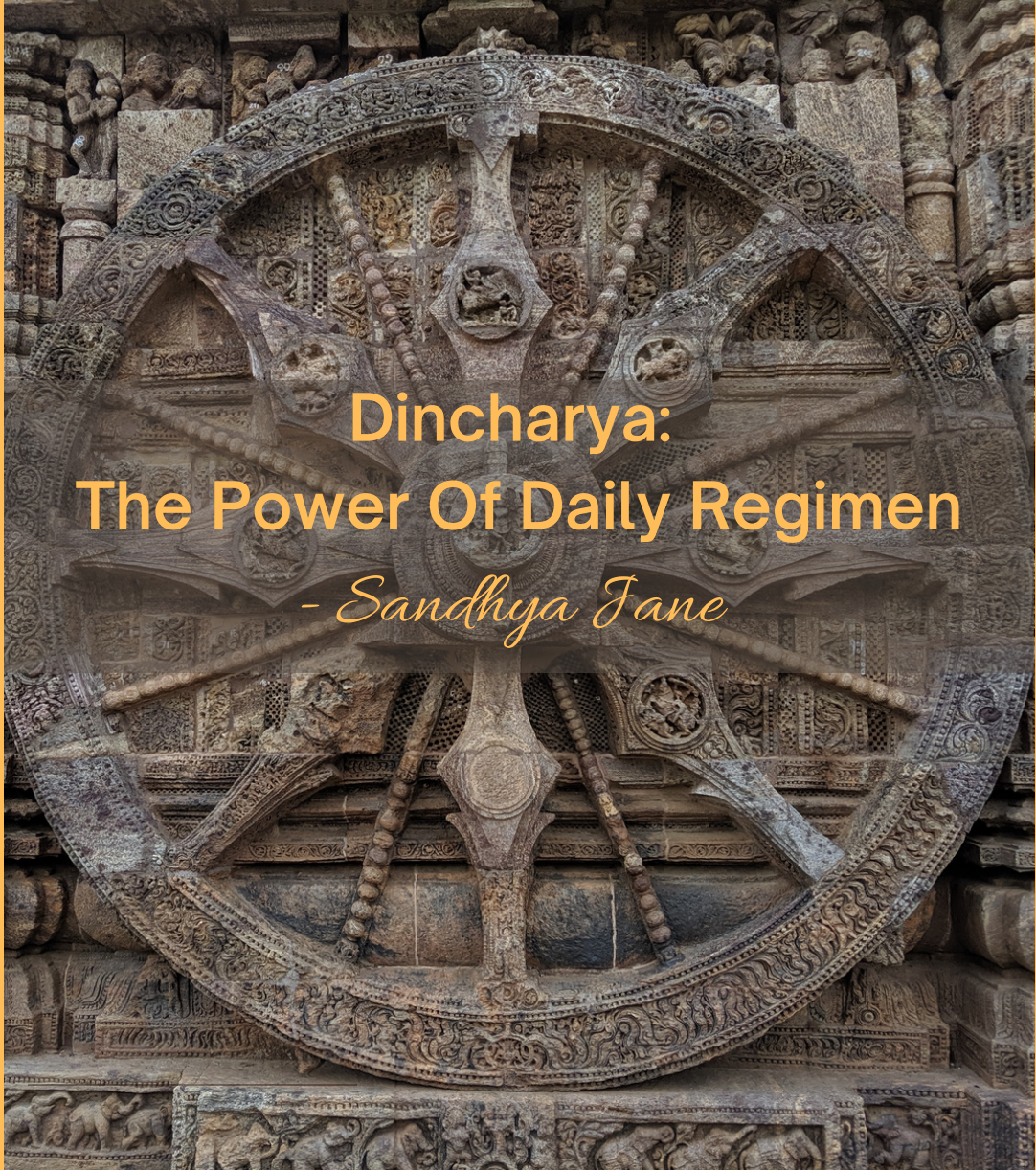




Vedic Gyaan

वैदिक ज्ञान



# Dincharya: The Power Of Daily Regimen

*- Sandhya Jane*



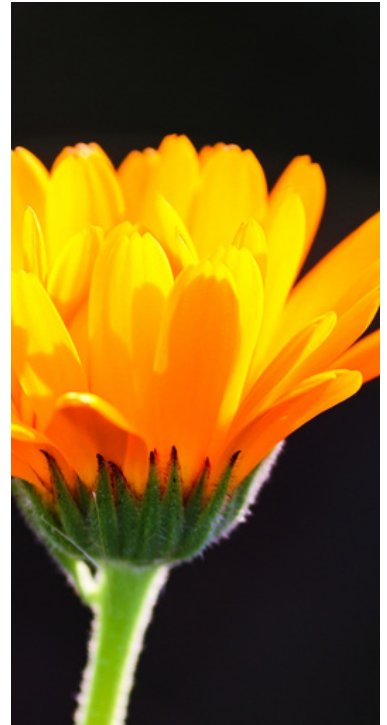
**The whole point is to discipline the mind.  
Mind you, there is no value in learning. You are all mistaken  
in learning. The only value of knowledge is in the  
strengthening, the disciplining, of the mind.**

**- Swami Vivekananda**



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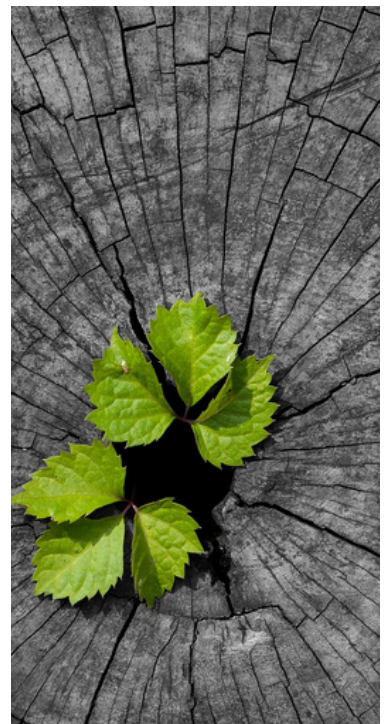
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## **Dincharya: The Daily Regimen**

**Introduction:** Most successful people talk about the power of routine or disciplined life. Nothing great can be achieved without a disciplined daily regimen as it is required in every part of our life, whether to build a successful life, to run business, to manage homes, to win medals, to win wars etc. A disciplined life keeps you organized as well as reduces the stress in daily life. In addition, it also organizes your thoughts through a daily dose of prayers.

**Background:** Little we know that, in ancient Indian culture, the daily routine is well defined as part of Ayurveda. It is known as "dincharya," or daily regimen or face of the day. This is holistic regimen as we adopt correct practices to build a successful life. These practices include taking care of body and mind through diet, exercise, prayer, meditation, etc., that result in developing as well as maintaining healthy body and mind. Daily prayers and mantras are for expressing gratitude as well as seeking blessings for a day.



**“The cost of Discipline is always less than the price of regrets, so self-discipline is always the biggest investment to success in life”**

**- Dr APJ Abdul Kalam,  
11th president of India**



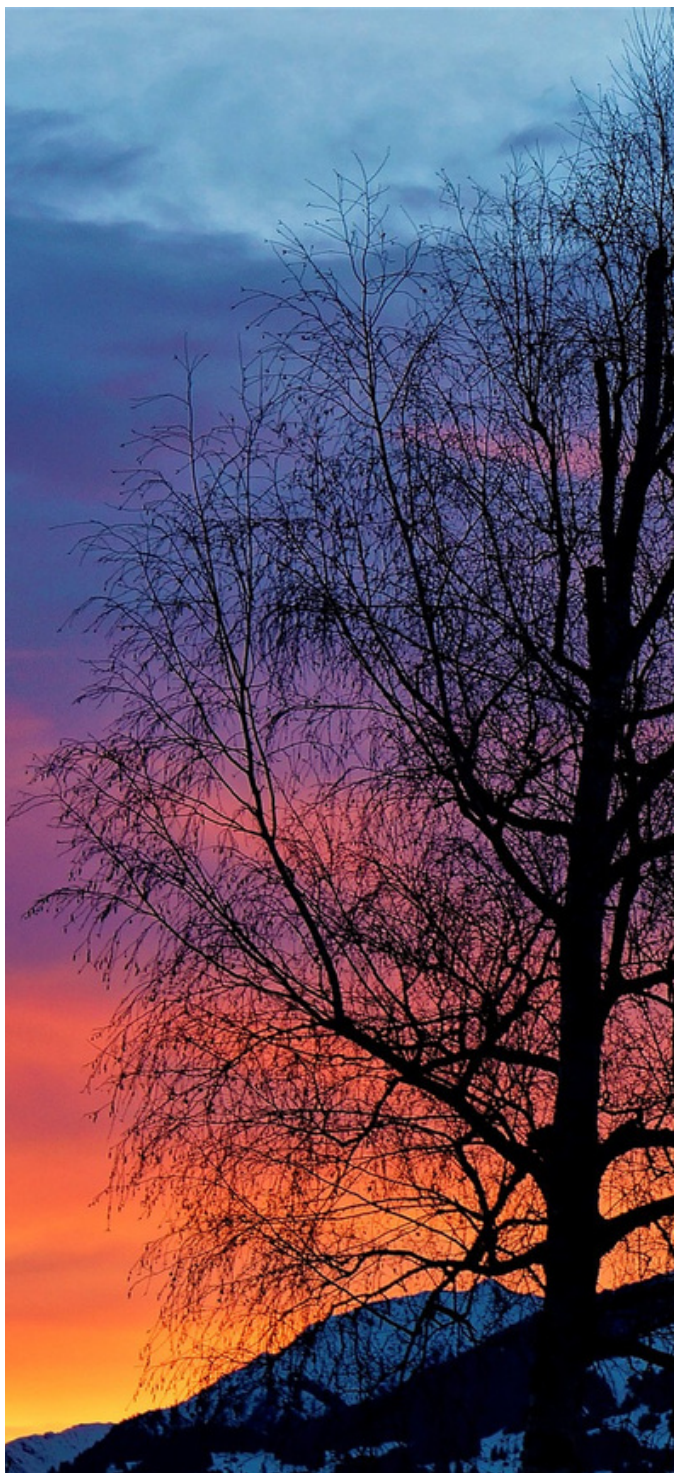


**Discipline is the only path that takes you to achieve your goal. Without disciplined efforts on everyday basis, nothing great can ever be achieved. - by Sandhya Jane**

This daily regimen is easy to adopt in a daily life. It includes daily activities, general “dos and don’ts,” reciting mantra at a certain time of the day to invoke power to generate positive vibrations, and expressing gratitude.

In the long run, it helps you build a correct approach toward a day (and ultimately toward life) as you practice it everyday.

It is highly recommended to introduce this regimen or practice at the tender age of 2-3 at home.





As per Ayurveda, it is highly recommended to wake up each day at 4 am, i.e., 2 hours before sunrise, as it is considered as "Brahma Muhurta," which means the time of Bhagwan Brahma.

However, you can get up as late as 6 am if your lifestyle requires you to stay up late for work or studies.



Express gratitude: We pray and express our gratitude to deities for keeping us alive and healthy as our body is a gift of god. This is our way of building attitude of gratitude.

## waking up

We remember Brahma Vishnu and Mahesh, along with goddess Laxmi, Saraswati on the bed by reciting mantra.

ॐ मंगलम् भगवान् विष्णुः मंगलम् गरुडध्वजः।  
मंगलम् पुण्डरीकाक्षः मंगलाय तनो हरि॥  
(**Om Mangalam Bhagwan Vishnu:  
Mangalam garud-dhwajah |  
Mangalam Pundarikankshay:  
Mangalay Tano Hari | | )**)

Kardarshanam (Viewing palm): Mata Lakshmi Ji resides on the tip of the fingers that generates wealth, as they are used for work; Mata Saraswati Ji resides at end of the fingers, which guide these fingers to do good work; and Brahma Ji resides in the original part. That is why one should look at both the palms in the morning and recite kardarshanam to express our gratitude as well as seek blessing of all three deities in the bed.

(**Karagre vasate Laxmi Karmadhye  
Saraswati |  
karmule tu Govinda prabhate  
kardarshanam | |**)  
(Mostly 2nd verses is popular))



कराग्रे वसते लक्ष्मी करमध्ये  
सरस्वती ।  
करमूले स्थिता गौरी मंगलं  
करदर्शनम् ॥1॥  
कराग्रे वसते लक्ष्मी करमध्ये  
सरस्वती ।  
करमूले तू गोविन्दः प्रभाते  
करदर्शनम् ॥2॥  
कराग्रे वसते लक्ष्मी करमध्ये  
सरस्वती ।  
करमूले स्थिता ब्रम्हा प्रभाते  
करदर्शनम् ॥3॥





Before we step on mother earth, or Bhudevi, we recite another powerful mantra to seek her forgiveness.

समुद्रवासने देवि पर्वतस्तनमण्डले ।  
विष्णुपत्निनमस्तुभ्यं पादस्पर्शं क्षमस्वमे ॥  
(***Samudravasane Devi  
parvatasthanmandale |  
Vishnupatni namstubhyam  
padsparsham kshamsvame | |***)

O devi (mother earth), you have the ocean as your garments and mountains as your bosom. O consort of Bhagwan Vishnu, I salute you. Please forgive me for touching you with my feet and walking over your holy body.

## Cleaning regimen

**Malvisarjan, i.e., defecation:** By nature, peristaltic movements are at its peak during Brahma Muharat, and adopting defecation practice at this time on a daily basis prevents constipation as well as improves the digestive power.

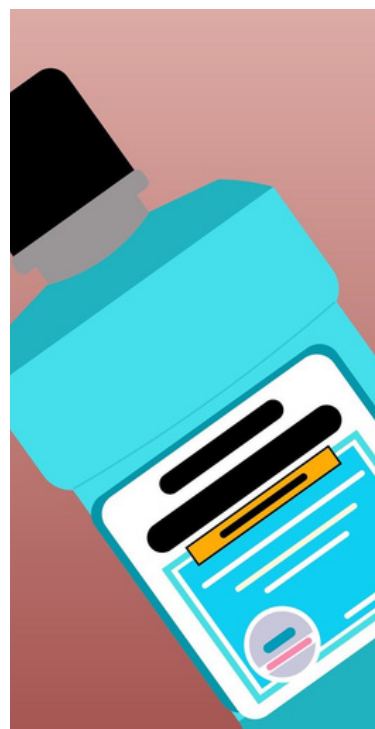
**Dantadhawana, i.e., cleaning of the teeth:** To clean your teeth, you can use twig of arka, neem, khadira, karanja, etc., that are astringent, pungent, bitter in taste.

**Anjana, i.e., kajal, or collyrium to the eyes:** "Applying kajal or collyrium, also known as sauviranjana, daily to the eyes improves eyesight.

**Navana, i.e., nasal drops:** herbal oils are available in Ayurveda pharmacy. These herbal oil drops can be put in each nostril as they clean the nostril track and reduce sinus issue. It also helps blood circulation around the brain area.

**Gandusha, i.e., Gargling:** Gargling with water, herbal oil, or herbal decoction clears the throat and strengthens the teeth and gum.

**Dhuma, i.e., inhalation of smoke:** Inhaling smoke created by herbs, such as "haridra", "guggulu", and "vacha" helps to clean and disinfect the throat, respiratory track, and tooth cavities, if any.





**Tambula sevana, i.e., betel leaf chewing:** Betel leaves simulate taste buds, cleanse teeth. It is not recommended for people who are suffering from wounds, bleeding, or who are intoxicated, etc.

*Note: Betel leaves are recommended for adults only. Modern urban dwellers do not prefer eating Betel leaves due to lack of knowledge of its medical benefits. Adults may consume it as needed or preferred, especially after heavy meal, to improve digestion.*

**Abhyanga, i.e., oil massage:** Oil massage improves blood circulation as well as skin tone. It also rejuvenates body and induces good sleep. It is good for vata condition and should avoided in a kapha condition.

**Vyayama, i.e., exercise:** exercise on a daily basis improves blood circulation, digestion, skin/body tone, and overall body strength. It also helps reduce excess fat.

**Udwartana, i.e., powder massage:** Depending on the herb and the condition, it helps to reduce fat, kapha. It also helps in skin complexion, as it removes dead skins.

***Note:** On a busy weekday, you can adopt few necessary activities. However, you can take smoke and do oil massage on weekends or festival days.*



This picture is taken during my yoga class in Hong Kong. This was part of my mission of promoting healthy lifestyle and inculcating it at young age. I conducted free yoga classes for children aged between 4-14 for two years.

**Snana. i.e., bathing:** Bathing is an important and integral part of the cleaning process in the morning. Snana removes dirt, sweating, itching, dead skin, microbes, etc. It rejuvenates skin as well as body, and improves blood circulation and appetite.

While bathing, you can recite the following mantra that invokes seven holy rivers (Ganga, Yamuna, Godavari, Saraswati, Narmada, Sindhu, Kaveri) in India.

गङ्गे च यमुने चैव गोदावरि सरस्वति ।  
नर्मदे सिन्धु कावेरि जलेऽस्मिन् संनिधिं कुरु ॥

**(*Gangech Yamunechaiv Godavari Saraswati |  
Narmade Sindhu Kaveri Jalesmin sannidhi kuru | |*)**

O Holy Rivers, Ganga and Yamuna, and also Godavari and Saraswati.

O Holy Rivers Narmadam Sindhu, Kaveri, please enter into bathing water to make it pure.



**Vastradharan, i.e., clothing:** After bathing and drying, you must wear clean and comfortable clothes to suit your personality and profession. In summery, it should make you happy and confident.



# Morning prayers



After cleaning body, we perform daily puja to clean our mind and spirit. This is done by reciting a few daily mantras to invoke gods and goddesses and seek blessing for a peaceful and prosperous day.

## Morning Prayers

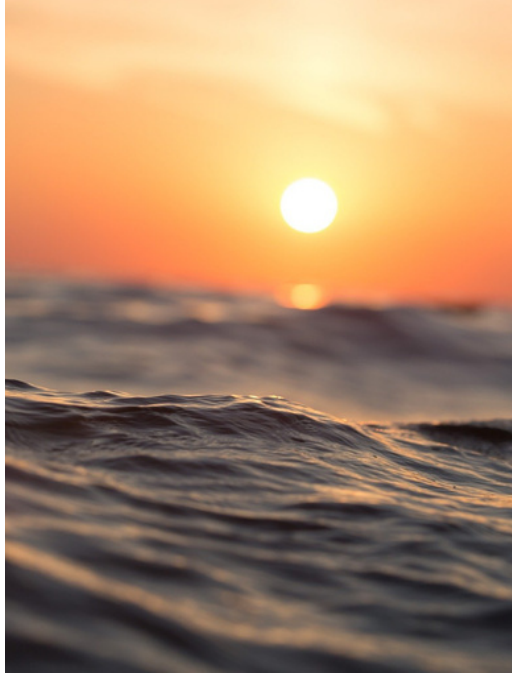
We start with Gannpati Stotra and later recite a few mantras to invoke power of god and deities.



वक्रतुण्ड महाकाय सूर्यकोटि समप्रभ  
निर्विघ्नं कुरु मे देव सर्वकार्येषु सर्वदा  
(***Vakratund mahakay suryakoti  
samprabh***

***Nirvighna kuru me dev  
sarvkaryashu sarvda)***

O Bhagwan with the twisted trunk and massive appearance, whose splendor is like millions of Suns. Please bless me in such a way that I never face any obstacles in any of my endeavors.



आदिदेवनमस्तुभ्यंप्रसीदममभास्करः।  
दिवाकरनमस्तुभ्यंप्रभाकरनमोऽस्तुते॥

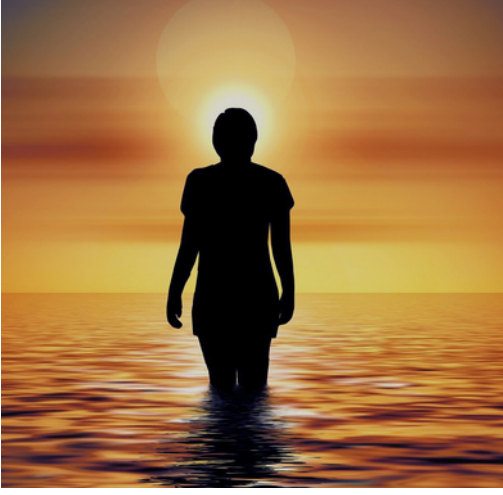
(***Adidev namstubhyam  
prasidam bhaskar |  
Divakaran namstubyam  
prabhakaran namostute | |)***

I bow to you Bhaskar, Bagwan Sun; please bless me Divakar (sun). I salute you Prabhakar (sun). Sun has several names in Sanskrit.



## Morning Prayers

We continue to recite a few more mantras to invoke power of god and deities.



ॐ असतो मा सद्गमय।

तमसो मा ज्योतिर्गमय।

मृत्योर्मा मृतं गमय ॥

ॐ शान्ति शान्ति शान्तिः ॥

– बृहदारण्यकोपनिषद् 1.3.28।

**(Om Asato Maa Sad-Gamaya |**

**Tamaso Maa Jyotir-Gamaya |**

**Mrtyor-Maa Amrtam Gamaya |**

**Om Shaantih Shaantih**

**Shaantih | |)**

Om lead me from unreal to real

Lead me from darkness to light |

Lead me from death to

immortality | |

Om peace peace peace | |

ॐ भूर् भुवः स्वः।

तत् सवितुर्वरेण्यं।

भर्गो देवस्य धीमहि।

धियो यो नः प्रचोदयात् ॥

– Rigveda 3.62.10[14]

**(Om bhūr bhuvah svah**

**tat savitur vareṇyam**

**bhargo devasya dhīmahi**

**dhiyo yo naḥ pracodayāt)**

We meditate on the glory of the creator;

Who has created the universe;

Who is worthy of Worship;

Who is the embodiment of

knowledge and light;

Who is the remover of all sin and

ignorance;

May he enlighten our Intellect.

Meaning: O, Divine mother, our hearts are loaded up with darkness. Kindly make this darkness go away from us and advance the brightening inside us.

## Morning Prayers

We continue to recite a few mantras to invoke power of god and deities.

ॐ सहना ववतु  
सहनौ भुनक्तु  
सहवीर्यकरवावहै  
तेजस वीणावती तमस्तु  
माँ विद्विषावहै  
ॐ शांति शांतिशांतिहि

**(Om Sahana vavtu  
Sahnau bhunrktu  
sahviryakarvavhai  
Tejas Vinavati tamstu  
Maa vidvishavarhai  
Om Shaantih Shaantih  
Shaantihi).**

*May Bhagwan protect us both;  
together we two relish the studies.  
May we both acquire the capability  
to study the scriptures. What we  
study, be filled with brilliance, and  
may we never argue with each  
other.  
Om peace, peace, peace.*



गुरुर ब्रह्मा गुरुर विष्णु गुरुर देवो महेश्वरः  
गुरुःसाक्षात्परब्रह्मा तस्मै श्री गुरुवे नमः

(Gurur brahma gurur Vishnu  
gurur devo Maheshwara  
guru sakshat parabramha  
tasamain shri guruven namaha:)

Meaning: Bhagwan of creation, Brahma is our teacher, so is Bhagwan Vishnu the preserver, and of course Bhagwan Shiva (Maheshwara) is our supreme Guru. And, Guru is the one who creates us, preserves us, and transforms us for betterment.





शान्ताकारं भुजगशयनं पद्मनाभं सुरेशं  
विश्वाधारं गगनसदृशं मेघवर्णं शुभाङ्गम्  
लक्ष्मीकान्तं कमलनयनं  
योगिभिर्ध्यानगम्यं  
वन्दे विष्णुं भवभयहरं सर्वलोकैकनाथम्

**(Shantakaram  
bhujangshayanam  
padnabham suresham,  
vishwadharanam  
gagansadrushyam  
shubhayam,  
Lakshikant kamalnayanam  
yogibhirdhyanagamyam,  
vande Vishnu  
bhavbhayharam  
sarvlokailasham)**

I adore Shri Vishnu, the  
embodiment of peace, who  
sleeps on the serpent;  
He, whose navel is the lotus  
of the universe, who is the  
god of the gods;  
He, who is the supporter of  
the universe; he, who is in the  
form of space.  
He, whose color resembles  
that of clouds, and whose  
body is auspicious,  
He, who is the beloved to devi  
Lakshmi with eyes beautiful  
like lotus petals;  
whom the Yogis are able to  
perceive through meditation,  
salutations to Lord Vishnu  
who removes the fear of  
worldly existence and who is  
the Lord of all worlds (Lokas)

**"When you work, work as if  
everything depends on  
you. When you pray, pray  
as if everything depends  
on God"**

**- JRD Tata**

ॐ सर्वे भवन्तु सुखिनः।  
सर्वे सन्तु निरामयाः।  
सर्वे भद्राणि पश्यन्तु।  
मा कश्चित् दुःख भागभवेत्॥  
ॐ शान्तिः शान्तिः शान्तिः॥

**(Om Sarve bhavantu sukhinah |  
Sarve santu niramaya: |  
Sarve Bhadrani pachyantu |  
Ma kshachat dukha bhagbhvet | |  
Om Shanti Shanti Shanti | |)**

Lead me to the truth from ignorance, lead me to light from the darkness (bad habits, bad actions, etc.), and lead me to immortality from death. Let there be peace.





ॐ

ब्रह्मा मुरारी त्रिपुरांतकारी भानुः  
शशि भूमि सुतो बुधश्च।  
गुरुश्च शुक्र शनि राहु केतव  
सर्वे ग्रहा शांति करा भवंतु।।

(Om

**Bhrahma murari tripurantkari bhanu:  
Shashi Bhumi Suto budhishch |  
Gurushch shukra shani rahu ketav  
Sarve graha shanti kara bhavatu | |)**

Brahma Dev, who created this universe; Murari, Bhagwan Sri Krishna, who killed demons; Mura and Tripurantakari, Bhagwan Shiv Ji, who exterminated three demons.

Planets in the universe have their impact on us as they govern our destiny. Therefore, I pray and remember them every morning. I also remember Bhanu (sun), Shashi (moon), Guru (Jupiter), Shukra (Venus), Shani (Saturn), Rahu and Ketu...  
May all of them make my morning auspicious...

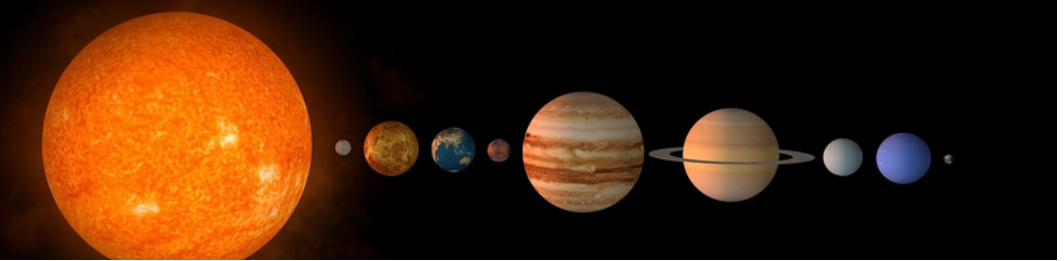


Photo courtesy: Bhakti photo

Students:

सरस्वति नमस्तुभ्यं वरदे कामरूपिणि  
विद्यारम्भं करिष्यामि सिद्धिर्भवतु मे सदा  
(**Saraswati namstubhyam varde kamrupini  
vidyarambham karishyaami sidhibhavtu me  
sada**)

I Salute and pray to the Goddess of Learning (Saraswati), who is a Boon Giver and gives boons in various forms. As I begin learning, let my efforts be enlightened.

## Diet

Ayurveda recommends a balanced and nutritious diet at a specific time on each day for good physical and mental health. Eating at specific times of the day as well as restricting to two or three meals a day is important as it control insulin production in the body that eventually controls the blood sugar.

Note: Meals include tea or coffee with sugar and milk, fruits, snacks, etc. However, it doesn't include if tea or coffee taken without sugar with 2 teaspoon milk or lemon juice without sugar, cinnamon tea without honey or jaggery, etc.

There is a popular saying:

**A person, who eats one time, is Yogi (sage);**

**A person, who eats twice a day, is Bhogi (consumer);**

**A person, who eats thrice (or more) times a day, is Rogi (sick)**

**(Note: This rule is not applicable to growing children and people with special dietary needs.)**

Additionally, Ayurveda also recommends to follow Ritucharya (seasonal regimen or guideline) to balance doshas (vat, pitta, kapha) as per weather.

**"Food is a gift and should be treated reverentially--romanced and ritualized and seasoned with memory."**

**— Chris Bohjalian, Secrets of Eden**





## Here are 10 simple rules for leading healthy vegetarian lifestyle:

1. **Timings:** Ideal timings for food are during or within two hours after sunrise (around 8 am) and sunset (around 7 pm).
2. **Healthy wholesome meal:** It is also recommended to have freshly cooked or sprouted beans, or balanced meal that consists of vegetables, seasonal fresh fruits, nuts, natural fat (oil/ghee), beans, grains, etc.
3. **Mindful:** Be mindful of intake of white sugar, sea salt, white polished rice, refined flour, soda or cold drinks or fancy coffee variations. Please remember that there is natural sugar in most of daily food items such as rice, wheat chapattis, fruits. Alternate forms such as jaggery, coconut sugar, etc. can be included in a moderate quantity.
4. **Moderation:** Instead of eliminating favorite food, consume it in moderation. Also, monitor your portion size of healthy food.
5. **Cleansing:** Warm water with honey, 1/2 tea spoon lemon, freshly grated ginger or cinnamon tea or just plain water is good option to hydrate your body in the morning.
6. **Avoid:** Frozen food items for cooking or for consuming.
7. **Healthy fat:** Replace refined oil with regular cooking oil such as mustard oil, peanut oil, sesame oil (in winter) and must add 1 teaspoon of cow (A2) ghee.
8. **Daily Exercise:** Some exercise in the morning and evening is highly recommended. You can incorporate yoga, meditation, along with other activities. Additionally, ten minutes of stroll or hundred steps (Shatpavali) after meal will do wonders.
9. **Ritucharya:** Each season has an impact on our energies by igniting or pacifying it depending on the body types and nature. To avoid disturbing our system, we eat food that is opposite to the nature of seasons to adjust our bodies with seasons; for example we eat hot soup during cold winter, watermelon or juice or salad during summer.
10. **Relish and register:** When you eat food without distraction, you relish it as your body and mind register its taste, temperature, texture, aroma etc. for a longer time.

**Before we eat, we pray to Bhagwan and thank him for the food we eat.**

**ब्रह्मार्पणं ब्रह्महविर्ब्रह्माग्नौ ब्रह्मणा हुतम्।  
ब्रह्मैव तेन गन्तव्यं ब्रह्मकर्म समाधिना॥**

**(Brahmarpan Brahahvibrahagyanau brahmna hutam |  
Brahaav ten gatyanyam brahmakarm samadhina | |)**

Meaning: Brahma, supreme Bhagwan, I offer you food as aahuti (holy offerings in the fire). Digestion fire or spirit soul is considered as Bhagwan Vishnu. I pray that this food reaches and pleases Bhagwan Vishnu while he is consuming or absorbing it.

Further, I will do my daily karma and live my life in the service to Bhagwan and society.



The bright colors and taste of freshly cooked meal amazingly on banana leaf. Including and balancing 5 tastes (salt, pungent/hot, sweet, bitter, sour) is the key to happy and satisfying meal.

## Afternoon Regimen

Professionals: Eat your lunch between 12 and 1 pm and complete your work in order to reach home before sunset.

Housewives: DO NOT sleep after lunch. However, you can take a nap for 10-20 min.

Engage yourself in your additional daily work or invest your time in your hobby or any activity that will benefit the society.

Children: Must finish your other learning activities (homework or studies or tuition or activity class, etc.), if you have morning school.

Note: In case children have to attend afternoon school, you can finish other learning activities in the morning.

Children must play for 1-2 hours outside between 4.30 pm -6.30 pm or until sunset, depending on the school timing.



# VOLUNTEER



There is large population of housewives who could volunteer and contribute toward the betterment of the society.



## Evening Prayers

After sunset, when you enter your home need to clean yourself to remove dirt and sweat. The cleaning process depends on individual's comfort. However, cleaning and changing clothes after reaching home is necessary.

We lit lamp in our Mandir (home temple) and switch on lights, and we recite evening mantras for prosperity and knowledge.

शुभं करोति कल्याणम् आरोग्यम् धनसंपदा  
शत्रुबुद्धिविनाशाय दीपकाय नमोऽस्तु ते

दीपो ज्योति परं ब्रह्म दीपो ज्योतिर्जनार्दनः  
दीपोहरतुमेपापसंध्यादीपनमोऽस्तुते

**(Shubham karoti kalyanam arogyam  
dhansampada  
Shatrubudhi vinashay dipkay namostu  
te  
Dipo jyoti parambrahm dipo jyoti  
janardan:  
Dipohartume papam sandhyadip  
namostute)**

Meaning: I salute the flame or brightness of lamp that brings auspiciousness, good health, prosperity, abundance of wealth, and also the destruction of the enemies' intellect.

I salute the Bhagwan, the sustainer of the creation, in the form of this light. Let the light of the lamp remove my sins.  
Salutations to the Light/flame of the Lamp.

We recite mantra or prayer praising The Lord Krishna with his different names.  
अच्छुतम केशवं कृष्ण दामोदरं,  
राम नारायणं जानकी बल्लभम्।

**(Achyutam Keshavam Krisha Damodaram,  
Ram Narayanam Janaki Vallabham |)**

Additionally, children can also recite Ramraksha (Bhagwan Ram's mantra), Navgrah (mantra for nine planets), as well as Shiv Stotra (mantra for Bhagwan Shiv Ji's) as it improves oxygen and blood that leads to healthy body and mind.

## Evening Regimen

It is recommended to consume light, easy-to-digest, and favorable food in the night around 7 pm. We need to avoid taking a full meal at night as digesting heavy meal may interfere with the sleeping process.



Did you know that vegetables contain powerful vitamins that keeps your immunity strong? Stir-fried or boiled, it's so easy to incorporate them into your daily meals.

Before going to bed, you brush your teeth and clean your face. You may massage the soles of your feet with oil to induce a good sleep.

**Note:** Kapha people can avoid massaging the feet in the night.

Recommended bedtime is around 9 pm. However, you need to avoid staying awake after 10.30 pm.

# Good Night



**Before sleeping, we express our gratitude toward deities for a day and also pray to keep us safe from bad elements or negative energies during the night.**

We pray to seven immortal legends known as saptchiranjiv (Ashvthama, Bali, Vyas Rishi, Hanuman, Vibhishan, Krupacharya, and Parshuram), for longevity.

**अश्वत्थामा बलिव्यासः हनूमांश्च बिभीषणः।**

**कृपः परशुरामश्चैव सप्तते चिरंजीविनः॥**

***(Ashwathama Balirvyas: Hanumanashchya Bibhishan: |***

***Krup: Parashuramshchaiv saptate chiranjivin: | |)***

**If you adopt this "dincharya" or daily regimen, it could take up to one and half hours each day. However, it has a potential of establishing an optimum physical and mental health for life. It is also instrumental in establishing a disciplined approach to everything you do.**





**Love your life:** Apart from monotonous work and daily routine, you can involve in a hobby such as painting, dancing, reading, etc., which makes you happy. If you love being with people, join a community program.

It helps to develop inner peace and quiet time to connect with yourself.

**---The End ---**

**Disclaimer: This is generic practice routine recommended in the ancient time. However, you must consult Ayurveda practitioner or your family doctor if you have any queries or concern before you adopt this.**



# Dincharya: The Power Of Daily Regimen - Sandhya Jane



Vedic Gyaan  
वैदिक ज्ञान

Good habits build strong characters; people with strong character create success. - Sandhya Jane