

## Scheduled Lifestyle

The objective of life is to conserve the good health for a long life. A good life sustains over three genuine practice i.e. Ahar(food), nidra(sleep) and anand (brahmacharya/abrahmacharya)(bliss). In other words we can say a good health is dependent on ahar(food), bi-har(lifestyle) and achar (behavioural practice). In other page we have discussed about ahar/dietary regimen.



Through food we gather the solar energy in a condensed form. Sun is the source of all energy. Through sleep we conserve energy. Moon is the authority that helps to conserve energy. A regulated lifestyle that includes all physical activity and sleep can conserve a good health and give a long life.



### DO's & Don't's

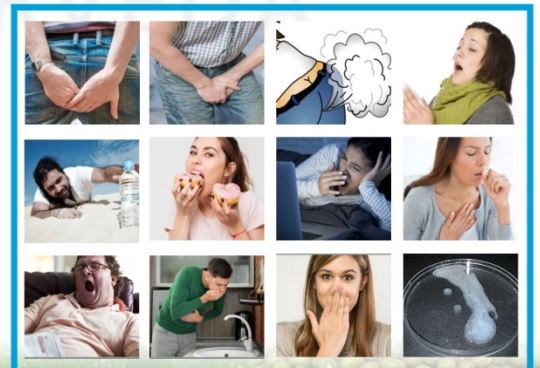
**1. Get up early morning in between 4 am to 6 am.**



**2. Wash your face sprinkling water three times on eyes and holding water in mouth.**



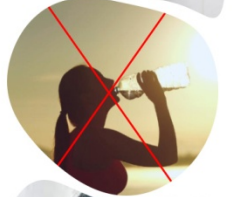
**3. Don't hold the urge of stool, urine, flatus, sneezing, thirst, hunger, sleep, cough, breathing, yawning, vomiting, hiccough and semen.**





**4. Go for defecation without urging pressure.**

**5. After brushing teeth go for a morning walk for 45 minutes (Around 5 kilometres).**



**6. Don't take water in the morning in empty stomach.**



**7. Take warm water shower from shoulder to toe.**



**8. Wash head with normal water.**

**9. Take food when you feel hungry.**

**Opt for three times food a day.**



**10. Take breakfast in between 6 am – 8 am.**

**Take lunch in between 12 noon – 2 pm.**

**Take dinner in between 6 pm – 7 pm.**



**11. The dinner must be very light.**

**12. Go to bed at 9 pm after the dinner gets digested.**



**13. Avoid windy area, direct air, speed wind, chilled air conditioned room (A/C room), climatic temperature fluctuation, excessive hard work etc.**



**14. Avoid day sleep and late night bed. The bed must be flat, tough, soft and cleaned.**



**15. Avoid sleeping on sofa, chair and floor.**



## Discussion

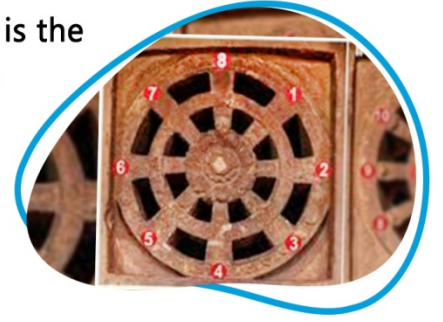
One day is 24 hrs. According to Ayurveda and Indian astronomy one day is divided into 8 prahara. Each prahara is divided into 3 hrs or 4 ghadi.

- From 6 am to 9 am the time is called the first prahara of the day.
- From 9 am to 12 noon is called the second prahara of the day.
- 12 noon is the mid day, where the sun remains over the head. This is the time when the sun is more powerful in a day. During this time we are used to take lunch, the prime meal of the day.
- From 6 pm to 9 pm the time period is the first prahara of the night.

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- From 9 pm to 12 mid night is the second prahara of the night. This is the mid night when the moon remains over the head. This is the time when we have deepest sleep. The sleep travels. So we should go to bed at the end of the first prahara (9 pm) to attain the deepest sleep at mid night (second prahara of the night).



When we sleep almost all of our organs except heart, lungs and brain slowdown their normal physiology. Accordingly the digestive system slows down. That is why we should take light dinner in between 6 pm to 7 pm so that food can be digested before 9 pm and we can go to bed in light stomach.



Sun is the source of all energy. Whatever food we take that is nothing but a condensed form of solar energy. Through food we gather energy. Sun is the authority of supplying energy. Through sleep we conserve energy. Moon is the authority of conservation of energy. A day sleep will interfere into the continuation of energy supplement. A late night bed or a sleepless night will interfere into the energy conservation.

The universe is monitored by the sun, the moon and wind. Our body is monitored by 3 active principles called Vata, Pitta and Kapha. We can say there is a universe living inside our body and equilibrium between two universes i.e. inside the body and outside the body can give us a good health.

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