

Rituals, Routines & Shlokas for...

VEDIC DINCHARYA EXTENDED

A silhouette of a hand pouring a liquid from a pot, with the liquid forming a stream that falls towards the bottom of the frame.

**SIMPLE DAILY ROUTINE THAT YOU
CAN EASILY APPLY IN YOUR LIFE**

PRATEEK  PRAJAPATI

Vedic Dinacaryā

A daily discipline that every
Sanātani can easily adopt in life

The purpose of this book is to teach modern people a simple Vedic lifestyle of Sanātana Sanskriti. By practicing which, every Sanātani can make their body healthy, mind peaceful, intellect sharp and their life Dhārmik.

By which they can bring joy, peace and prosperity in their own life, in the lives of their loved ones and all other living beings and ultimately attain Love of God (Bhagavad Prema).

Then, such prosperous Sanātani together can re-establish Vedic culture in India, and make it again the Golden Bird, which will guide the entire world in the direction of its true well being. #ProjectGoldenBird

PRATEEK  **PRAJAPATI**

We dedicate this book to,

**All our Great Disciplic Successions,
revered Saints & Scriptures;
because of whom this divine knowledge
is still available for us fallen souls,
even in this fallen age of Kaliyuga.**

Why Read this book?

In the last few decades in India, as **people** are becoming more and more modern, they **are moving further and further away from** their **Dharma and from God**. Although they still wish to follow their Dharma and preserve their Vedic culture.

But everyone has the same question, 'In these difficult times of Kaliyuga, should I study, work, struggle to feed the family, or follow the rules of Dharma?

So, **this book is written for them.**

What is in this book?

This book presents such **daily routines, sādhanā, and ślokas that any Sanātani can follow** by taking only a very small amount of time from their busy life.

The routine in this book has been designed **according to the Āyurveda, Jyotiṣa and Dharma-śāstra, while keeping in mind today's modern lifestyle.**

One who adopts this, **their life will become healthy, peaceful, spiritual, and prosperous.**

Whom is this book for?

For every Sanātani who has taken birth as a human being on the sacred land of Bhārata. For every Sanātani **who desires to make** their life successful by living righteous Dharmik life.

For every Sanātani who wants to make our **India the prosperous Golden Bird once again.**

However,
if you are already initiated into an authentic Vedic tradition,
and your guru has given you daily practices, sādhanā, and ślokas,
please remain firm in them—do not change them in any way.

If your guru has shown you the path but
you are not following it, then kindly begin today.
Disobedience to the guru displeases both Dharma and God.

If you are already doing more sādhanā than what is prescribed
in this book, then stick to it. Do not use this book
as an excuse to reduce your sādhanā.

And if,

after following this Vedic routine,
a person wants to follow their Dharma more precisely,
they **should approach** an authentic traditional **brāhmaṇa**,
āśrama, or **lineage** nearby, and take forward their
spiritual journey **under proper guidance**.

Now,

most of **you** reading this book **have** likely
already read our B.O.S.S book. If so, you already
possess the foundational knowledge of Sanātana culture.

But,

If you haven't read the B.O.S.S book yet, please get and
read it first. It will help you deeply **understand** the **value**
of this Vedic routine, and you will be able follow it firmly.

YOU CAN GET YOUR **B.O.S.S** BOOK TODAY FROM
WWW.VEDUCATION.WORLD



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Shall we Start?

Prayers before study!

om ajñāna-timirāndhasya jñānāñjana-śalākayā
cakṣur unmīlitaṁ yena tasmai śrī-gurave namaḥ
nārāyaṇaṁ namaskṛtya naraṁ caiva narottamam
devīm sarasvatīm vyāsaṁ tato jayam udīrayet



Vedic : According to Eternal Sanātan Scriptures

Din : Day, Daily

Caryā : Conduct, Routine

Vedic Dinacaryā : Daily Routine according to
Eternal Sanātan Scriptures



Living life is not passing time but an art!

Everyone lives, but the one who makes the best out of this rare human life is actually intelligent. Even tiny practices throughout your day can fill your life with peace and prosperity.

Human life is best among 8.4 Million species,
Yet some people waste it as a burden,
while others live it as a mercy of God.

Śāstras even mention that how to do the simplest tasks of life in such a way that you get the ultimate results out of it. All the instructions of śāstras are not only God's command and completely dharmik, but are also scientific.

Following them keeps our body healthy, the mind peaceful, and the intellect clear. By which we can live our life with peace and prosperity; and also progress spiritually toward the supreme goal even after this life.

That's why we should undoubtedly follow the prescribed practices for every phase of the day, as instructed in śāstra.

Which starts with...





Morning Routine

Prabhāta caryā : 60 Mins Maximum

One who learns to live through all eight phases of the day has won a joyful life of a hundred years in this world. And one who conquers the early morning conquers both this world and the next (Loka-Paraloka).

1. Brahma Muhūrta : Waking Up Early : 5 Minutes

Any person who wishes to maintain his health, intelligence & peace, should wake up in the Brahma Muhūrta without missing.

- Aṣṭāṅga-hṛdaya-sūtra-sthāna 2.1

Brahma Muhūrta is the king of all Eight Phases (Praharās) of the day.

Get out of bed at this time.

Śāstras say that,

‘Nature showers nectar (Amṛta) at this time.’

Our ancestors have called the air flowing in this time as the **‘Free medicine given by mother nature.’**

Therefore, it is said,

‘सौ दवा, भोर की एक हवा।’ (Sau dava, bhor ki ek hava)

‘One morning breath is equal to Hundred medicines’

This is the time to connect with Super Soul (Paramātmā).

At this time, praying, remembering and chanting the names of God makes one’s intellect steady, the heart peaceful and the body long-lived.

Our sages have proved that Brahma Muhūrta gives immense benefits for health, longevity, beauty, wealth, knowledge, strength, brilliance, prayer, meditation, worship and study.

Therefore, our ancestors used to say,

‘In the last quarter of every night, a person’s assets are lost bit by bit.’

Therefore, **‘One who sleeps loses, one who wakes achieves.’**

‘जो सोवत है सो खोवत है, जो जागत है सो पावत है।’

jo sovata hai so khovata hai, jo jāgata hai so pāvata hai



**‘Pahale prahara ko hara koī jāge,
dūsare prahara me bhogī,
tīsare prahara me taskara jāge,
cauthe prahara me yogī.’**

Means, in night’s...

First Quarter: Till 6-9 PM: **Everyone’s awake,**

Second Quarter: Till 9-12 PM: **Sense Enjoyers,**
(People who indulged in TV, alcohol, parties etc.)

Third Quarter: Till 12-3 AM: **Criminals/thieves,**

Fourth Quarter: Till 3-6 AM: **Yogīs are awake.**

If you want to know that you are truly progressing
in spirituality or just pretending, ask yourself,
‘Are you able to wake up in Brahma Muhūrta?’

If on normal healthy days you can’t wake up, then know that you’re
still far from spirituality. Because **the first sign of spirituality is
sāttvikatā**, and the first sign of sāttvikatā is ideal sleeping routine.

**Morning time is Sattva (Goodness) dominant,
Daytime is Rajas (Passion) dominant,
& Nighttime is Tamas (Ignorance) dominant.**

Hence most **spiritual acts** are done **in the morning**,
livelihood and **social duties in the daytime**, and
activities of pleasure, luxury, pride, and envy at night.

In whichever of these three modes of nature
your mind, body, and consciousness are situated,
you will be most active during that time of the day



That is why **during the night** ghosts, spirits,
demons, ignorant beings and **sense enjoyers
are most active** because at this time their
strength and consciousness works the most.

In the day time materialistic, worldly people
(situated in illusion/māyā) **are most active.**

But a **Yogi is most active in the early morning**
and least during the night; because night is
dominated by tamas. The sāttvika mind
and body of the yogī naturally prefers to
become inactive and take rest so that they
can be active again in the early morning.



But if I'm an atheist, should I still wake up in Brahma Muhūrta?

Are there also any benefits for an Atheist?

Yes. Even if you are an atheist who has nothing to do with spirituality; or you are an arthārthī (material benefit-seeker) interested only in material success, still you should wake up in Brahma Muhūrta.

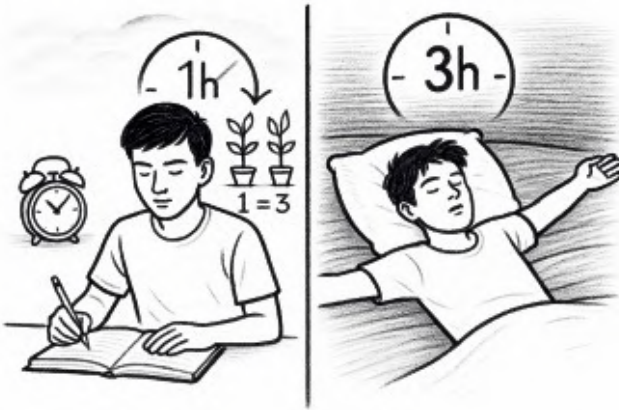
Why?

Because the physical and mental benefits of Brahma Muhūrta are not limited to theists. They benefit all human beings whether theist or atheist.

Moreover,

In the early morning, the mental clarity is at the peak, which becomes half in the afternoon and quarter in the evening.

Therefore, for all intellectual and creative work, one hour in the morning is equal to three hours during the daytime, and for sleep, three hours in the morning are equal to one hour during the daytime



Therefore,

3 hours sleep in the early morning gives rest equal to only 1 hour, but working for 1 hour gives the result of 3 hours.

Thus, even an arthārthī who wakes up in Brahma Muhūrta can achieve wealth and goals at a much faster pace.

Whereas those who wake up late, despite having the same hours in a day, take four times longer to reach their goal.

If you wake up in Brahma Muhūrta and practice this for a few days, you will see for yourself that by the time the world wakes up and starts its work, you will have completed nearly as much as a full day of work.

And then you spend the rest of the day also with full of energy, which helps you get twice the work done in the remaining day. So in 1 day, you can do the work of 3 days.

With a three times increase in productivity, your motivation naturally keeps rising and you will never need any external motivation.

Whereas those who wake up late don't even realize when their day ends and all the work still remains incomplete. And due to such repeated procrastination, their confidence decreases day by day.

What not to do in Brahma Muhūrta?



- Do not waste your time in Brahma Muhūrta.
- After waking up, do not remain in bed in a half-asleep or awakened state. You should leave the bed immediately upon waking. Lying awake in bed increases mental weakness. Only in cases of illness is resting in bed acceptable.
- Do not open your phone and start scrolling social media upon waking. In the early morning, your consciousness is naturally pure; when you touch the phone before completing sādhanā you start polluting your consciousness. This one act in the morning can ruin your entire day.
- Do not do your daytime work during Brahma Muhūrta. Do not open your laptop to check emails or sit with account books. As soon as you wake up, your very first action should be to begin your morning routine and then perform sādhanā.
- If you start the day with laziness, the whole day goes lazy. So, under no condition should you remain inactive after waking up. If someone is bathing in the bathroom, clean your room, make your bed or anything else that needs organizing or else go outside and do some light exercise. But never begin the day with inactivity.
- If you are an atheist, get ready and begin studying or start doing some creative work but don't waste your morning time in laziness or sense enjoyment.



What is the time of Brahma Muhūrta?

The third part of the last quarter of the night.

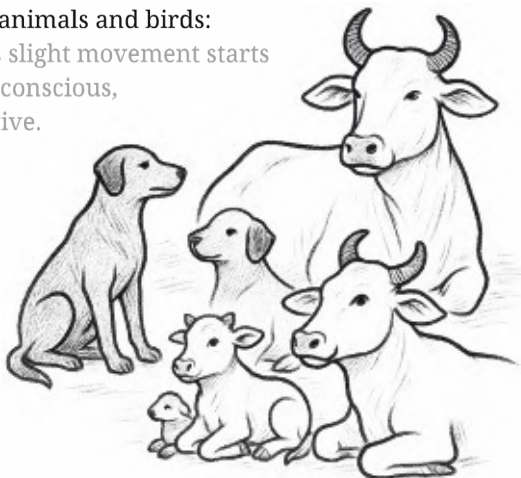
The ‘48 minutes’ that comes 1.5 hours before sunrise.

Now, since the time of sunrise changes daily, the time of Brahma Muhūrta also changes accordingly.

But for consistency and simplicity, you can generally **consider 4:00 AM to 5:30 AM as Brahma Muhūrta**. A sanātānī should complete bathing and cleansing before this time and engage in devotion to God. And if you cannot wake up that early yet, you can gradually shift your wake-up time earlier by 30 minutes at a time.

Natural Signs of Brahma Muhūrta:

1. First chirping of birds starts.
2. Increase in freshness, fragrance and coolness in the air:
Ozone-rich air flows at this time, making the atmosphere fresh, cool and filled with a distinct, pure, clean and light fragrance.
3. Spontaneous awakening of sāttvika bodies:
Those living a sāttvika life naturally awaken at this time, without any alarm.
4. Awakening of consciousness in animals and birds:
In animals like cows, dogs, bulls slight movement starts as their sleep ends and they get conscious, though they are not yet fully active.



How to wake up in Brahma Muhūrta?

1. Do enough physical work during the day to tire the body.
Do not let the body become lazy and tāmasika.
 2. Try to take dinner prasāda before sunset. Not later than 7:30 PM and make sure to keep the meal light. Do not fill stomach completely.
 3. Go to sleep by 9 PM after completing the night routine (given in the end part of this book). If not possible, then sleep by 10 PM at the latest.
 4. Before sleeping, pray to Bhagavān to bless you with sāttvikatā (goodness) and instruct your mind to wake you at the desired time in the morning. Your mind will wake you up at that exact time.
- There is no need to rely on an alarm. Bhagavān has already given us a natural alarm in the form of our mind, just start using it.



If you do this for just 5–6 days,
you will be able to wake up in Brahma Muhūrta very easily.
Then, upon waking, the very first thing you must do is...

2. Kara Darśana : First Sight & Thought : 1 Minute

In the **early morning**, before opening your eyes,
rub your palms together and place them over your eyes.
Then **slowly open your eyes while opening your palms**
like a book. Then **meditate at them while reciting this śloka**:

karāgre vasate lakṣmīḥ karamadhye sarasvatī |
karamūle tu govindaḥ prabhāte karadarśanam || – Ācārapradīpa

Meaning:

“At the topmost of my palms resides mother Lakṣmī,
in the middle mother Sarasvatī, at the base Govinda.
Every morning first I see them in my palms.”

Intention :

While performing kara-darśana,
meditate on this intention in mind,

'Today with these hands, whatever
Lakṣmī (Money) and Sarasvatī
(Knowledge) I earn, I'll use them
in the service of Dharma and Govinda.'

'May right intelligence be present in me
throughout the day, so that with these
hands I follow dharma, destroy adharma,
serve the sādhus and do no wrong.'

After this you will immediately perform...



3. Pāda Sparśa : First Step : 5 Minutes

After kara-darśana place the right foot on ground, then touch the Mother Earth with the right hand, place it on the forehead, and recite this verse to seek forgiveness from Mother Earth.

samudra-vasane devī
parvata-stana-maṇḍite |
viṣṇupatni namastubhyaṁ
pāda-sparśaṁ kṣamaṣvameva ||

Meaning :

‘O goddess who has taken ocean as clothes and is adorned with mountains as breasts, O wife of Viṣṇu, I bow down to you please forgive me for touching you with my feet.



Intention:

While performing Pāda Sparśa, meditate on this intention in your mind: “O Mother Earth, I feel hesitant to place my feet upon you. You are the energy of Bhagavān, and you are my mother. But as I have to step on you, please grant me intelligence and strength so that I may walk upon your surface to serve Dharma and remove the burden of Adharma.”

After that, you may remember the names of your iṣṭa-devatā and various deities for different purposes:

Removal of disease: Somnātha, Vaidyanātha, Dhanvantari, Aśvinī Kumāras

Increase in auspiciousness: Umā, Uṣā, Sītā, Lakṣmī and Gaṇḍā

Removal of obstacles: Śiva, Viṣṇu, Hariścandra, Hanumān and Balarāma

Long life: The eight Cirañjīvis Vedavyāsa, Hanumān, Aśvatthāmā, Bali, Vibhīṣaṇa, Kṛpācārya, Paraśurāma, and Mārkaṇḍeya

Freedom from severe afflictions: Rāma, Lakṣmaṇa, Sītā, Sugrīva, and Hanumān

Destruction of grave sins: The twelve Jyotirliṅgas :

Śrī Somnātha, Śrī Mallikārjuna, Śrī Mahākāla, Omkāreśvara, Vaidyanātha,

Śrī Bhīmaśaṅkara, Śrī Rāmeśvara, Śrī Nāgeśvara, Śrī Viśvanātha,

Śrī Tryambakeśvara, Śrī Kedāranātha, and Śrī Ghuṣmeśvara

Protection from Poisons: Kapilā cow, Kāliya, Ananta, Vāsuki and Takṣaka Nāga

Life of restraint: Sanatkumāra, Nārada, Śukadeva, Bhīṣma, and Hanumān

If none of the above: Remember Bhagavān Nārāyaṇa

If all of the above: Remember Bhagavān Nārāyaṇa

Then immediately after getting out of bed,

Perform 30 Daṇḍa (push-ups),

This will warm up your body, remove all tamas, and you will begin all tasks with full energy and alertness...



"Development of the body, radiance, health, good digestion, absence of laziness, steadiness, lightness, clear skin, tolerance to fatigue from exertion, resistance to thirst, heat, cold & complete freedom from all diseases comes from exercise only."
— *Suśruta Saṁhitā*, Cikitsā 4.39–40

Then immediately,

Make your bed properly,

An unmade bed brings tamas and laziness in the home and in family members.



After this,

Take Darśana of Sacred objects,

such as Bhagavān, Cow, Tulasī, Gaṅgā, Pīpala tree, Sandalwood, Gold, Conch, Mirror & Gem.

Then go,

Offer Praṇāma to your mother, father, guru & elders.

This increases life, wisdom, fame and strength.

- *Mahābhārata*,
Anuśāsana Parva, 104.43–44

Then we will proceed to....



4. Uṣāpāna : First Drink : 5 Minutes

At night, before sleeping,
one should fill a copper vessel with water.
In the morning, drink 2–4 glasses of that
water to your capability.



Saliva accumulated overnight is like nectar for the stomach, by drinking water and letting it reach the stomach, the digestive glands remain healthy.

If you don't **have a copper vessel**, get one.
If not possible, then drink plain water warmed slightly.

Āyurveda calls this the **long-term nectar**.
It removes three doṣas : kapha, vāyu & pitta,
clears stomach disorders, keeps old age away,
helps relieve piles, diabetes, headaches, etc
and keeps the body's glands and hormones balanced.

Always drink water while sitting, (do not take this lightly)
this prevents joint pain even in old age.



Now after Uṣāpāna we do,

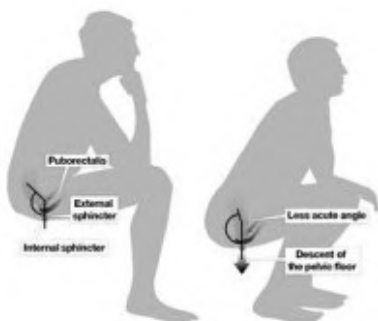
5. Śauca Kriyā : Toilet Acts : 10 Minutes

A healthy person will naturally feel the urge to defecate shortly after drinking water (Uṣāpāna)
At that time, one should **sit in malāsana**
(as shown in illustration) and defecate
without any force.”

If using a Western-style toilet,
you may place a stool under your feet.

Why only in Malāsana?

It easily and completely cleans the stomach,
keeps the intestinal muscles healthy, prevents
intestinal diseases, avoids stool retention and eliminates constipation.



The Science Is Simple

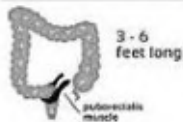
We are designed to squat



Our ancestors squatted for centuries before the invention of the modern day toilet.

In fact, the majority of the world's population still squats today!

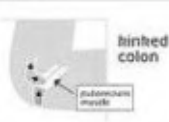
This is your colon



The colon has the main purpose of removing waste from the body.

It features a natural bend (anorectal angle) which aids continence.

Sitting Keeps it Kinked



The puborectalis maintains the anorectal angle. Sitting only partially relaxes the muscle, meaning that the colon is still kinked. It therefore remains difficult for faeces to pass through.

Relax with Squatty Potty



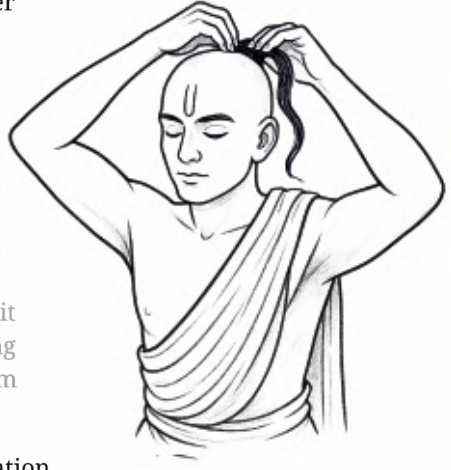
When squatting, the puborectalis muscle relaxes, creating a straight passageway into the rectum.

This ensures quick and comfortable elimination.

During defecation, open your śikhā, and firmly **press your** upper and lower **teeth together**. This strengthens the teeth greatly and keeps them intact even in old age.

If there is no urge, do not strain. And do not sit for a long time during defecation. As these are two main causes of piles (haemorrhoids).

Nowadays, young people have the habit of sitting in the toilet for hours scrolling and playing games. This will show them deadly consequences in a few years.



Moreover, using gadgets during defecation, from an astrological view, disturbs your planetary conditions and separates you from the fruits of your good karma.

Thus, keep defecation limited to 5–10 minutes. If the urge doesn't come, take warm water or triphalā chūrṇa and practice effective yoga poses for constipation like pavanamuktāsana, halāsana, mayūrāsana, ardha-matsyendrāsana, vajrāsana and supta-baddhakoṇāsana.

Purification after defecation :

Below navel body parts should be cleaned with left hand and above navel with right hand.

So, purification after defecation should be done with the left hand.

After defecation, rinse the mouth twelve times;
after urination, rinse it four times.

- Devī Bhāgavata 11.2.29 & 33 & 34, Vyāghrapāda Smṛti 200, etc.

One whose conscience is not pure, even if he applies mud a thousand times or washes with water from a hundred sacred rivers, he still does not become pure.

- Dakṣa Smṛti 5.11, Skanda Purāṇa, Brahma. Dharma. 5.46–47, etc.

To hold defecation urge, due to shame, impatience, lust or any other reason is to strike an axe upon your own health. Therefore, never hold back natural urges of stool, urine or gas.

6. Danta Dhāvana : Teeth Cleaning : 5 Minutes

After cleaning the stomach, one should clean the teeth.
For this, using a dātuna made from neem, karanja, babool, mango or cinnamon is considered best.



A dātuna of the mahuā tree grants sons; of the aak tree brings comfort to the eyes; of the ber tree gives the power of speech; of the bṛhatī (bhāṭakaṭaiyā) tree grants victory over the wicked; of the bel tree and khair tree bestows prosperity; of the kadamba tree destroys diseases; of the atimuktaka tree yields wealth; of the āṭarūṣaka (aḍūsā) tree brings honor; of the pīpala tree gives fame; and a dātuna of the śiriṣa tree grants all types of wealth. — Skanda Purāṇa, Prabhāsa 17.8–12”

According to Āyurveda, dātuna not only strengthens the gums and teeth, but also increases intelligence, lifespan, and prāṇa. Furthermore, using dātuna with different medicines removes different graha-doṣas (planetary afflictions).”

If it is difficult to arrange dātuna where you live, you can easily make Ayurvedic tooth powder at home:

1. Desi cow dung ash + Himalayan/Sendha Salt
2. Triphalā chūrṇa + Alum + Salt + Camphor + Black pepper

Fill any one of these mixtures in a container and rub it on your teeth every morning using your finger.

If even this is not available **while traveling**, rubbing **lemon and salt mix** on the teeth also **provides effective cleaning**.

When to clean teeth?

Teeth should be cleaned during Brahma Muhūrta.

**udite jagatīnāthe yaḥ
kuryād danta-dhāvanam ।
sa pāpiṣṭhaḥ kathaṁ brūte
pūjayāmi janārdanam ॥**

- Brahma-vaivarta Purāṇa 4.75.82

“One who brushes his teeth after the rise of the Sun, the Lord of the world—how can such a sinner claim, ‘I worship Lord Hari?’”

How to clean the teeth?

1. Cut a pencil sized dātuna & wash it,
2. Remove the peel from one end,
3. Chew that end to make it brush-like,
4. Then, if you can, recite this danta-dhāvana mantra:

**āyur-balaṁ yaśo varcaḥ prajāḥ paśu-vasūni ca ।
brahma-prajñāṁ ca medhāṁ ca tvanno dehi vanaspate ॥**
“O herb! Grant us life, strength, fame, radiance, offspring,
cattle, wealth, knowledge of Brahman and intelligence.”

5. Face east and brush the teeth and gums thoroughly,
6. Remain silent while brushing, do not talk,
7. Brush while seated, not walking,
8. At the end, break off the used part of the stick,
9. You may reuse the remaining portion the next day,
10. If wood for dātuna is unavailable, rinse the mouth 16 times.

Viṣṇu Smṛti 61, Padma Purāṇa Sṛṣṭi 51.125, Mārkaṇḍeya Purāṇa 34.49,
Brahma Purāṇa 221.48, Narasinha Purāṇa 58.51–52, Laghu-Harita
Smṛti 4.11, Vādhūla Smṛti 37, Nārada Purāṇa Pūrvārdha 27.27–28, etc.



But from today and now itself,

Quit modern tooth powders and toothpastes filled with Abrasives, fluoride, humectant, thickening binder, flavoring, preservatives and foaming detergents. Using such toothpastes leads to countless diseases and lifelong physical disorders things no one will ever tell you.

Such as.. Calcifications, kidney stones, hypocalcemia and joint problems, hormone disruption, Cancer, brain, liver & kidney abnormalities, colon tumors, weakened heart muscle function, endocrine issues, bone deformation and countless more that we can't even name...



If you do even a little research yourself, you will find how harmful these substances are to the body. They are nothing but a means for pharmaceutical companies to make profits.

In some countries, the use of these substances is banned, but in India they are still widely used for profit.

And also try to,

avoid using toothbrushes,
as most toothbrushes are made
from recycled plastic, which leaves
microplastics in your body and causes cancer.



The Canadian Dental Association has publicly stated,
“No toothbrush remains fit for use after seven days.”
So, replace your toothbrush every seven days.

If you think carefully, you’ll realize that,
using a toothbrush is anyways fundamentally incorrect.

For years, modern companies have convinced us through
advertising that our teeth need to be strengthened by
scrubbing them with a brush and chemicals.
Which is completely illogical.

Teeth are nothing else but a kind of bone,
and rubbing a bone with plastic and inorganic substances doesn’t
make it strong, instead weakens it. Even bones inside the body,
despite being covered by muscle, can wear down under excessive
friction and poor nutrition, this can lead to pain and difficulty in
movement even before old age. Then how can teeth become
stronger by scrubbing?

Have you ever seen a cow, buffalo, dog, cat, monkey or bear brushing
their teeth? Yet their teeth remain perfectly clean, strong, and shiny.

Another illogical idea taught through advertisements
is that healthy teeth are pure white like salt or buffalo milk. **Wrong!!**

Naturally, teeth are light yellow in color like cow’s milk.

If teeth are completely white, it means the natural protective layer
enamel has been away. After which eating anything hot, cold, or
strong-tasting can cause tingling and sharp sensitivity in the teeth,
and it becomes easier for germs to cause tooth decay.”

Therefore, we should discard these false beliefs taught by companies
and understand the correct principle of dental strength,
which is as follows...

Three Principles of Strong Teeth :

1. Teeth Health :

Since teeth are a type of bone, their health primarily depends on our diet. If you consume calcium-rich foods, your bones and your teeth will remain healthy and strong.

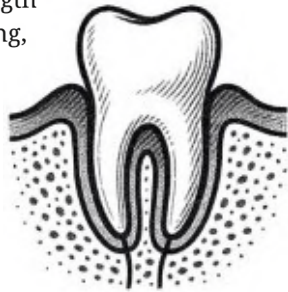
Hence, one should consume calcium-rich foods such as, cow's milk, various types of lentils, spinach, fenugreek, coriander, almonds, sesame, ragi and others...



2. Gum Health :

The second most important thing for dental strength is the strength of the gums. If your gums are strong, they will firmly hold the teeth. If they weaken, even diamond-like strong teeth will fall.

Gums are a kind of muscle, and their strength comes from exercise which naturally happens by chewing dātuna. It also shapes the jawline symmetrically and gracefully, enhancing the beauty of the face.



3. Cleanliness of the Mouth:

If food particles remain stuck between teeth after meals, they begin to rot within a few days, causing tooth decay and cavity formation. Then more food gets stuck in these cavities, which further increases decay, the teeth become hollow, fall out and lead to gum diseases.

Therefore,

one should rinse the mouth 4 times after meal.

And make sure no food particles remain stuck in the teeth. If some stubborn particle remains, it usually slips out on its own with saliva after a few minutes or comes out with next rinse.



As for bacteria they are destroyed by the juice of neem or other herbs during dātuna. But in no normal case there is any need to rub chemical-based toothpaste.

After understanding these three fundamental principles of dental strength, you should have realized that none of these are fulfilled by toothbrush or toothpaste. At most, they may help remove food particles stuck between teeth, which too is not always effective.

Whereas, by chewing the wood of dātuna, the gums receive exercise and become strong, and its juice destroys the bacteria present in every corner of the mouth. And even if you swallow that juice, it is very beneficial because after all it is nothing else but a natural herb.

If still,

in circumstances that you should have to use toothbrush and toothpaste then,

1. Use a brush with very soft bristles,
2. Do not brush for more than one minute,
3. Do not brush over gums even by mistake,
4. Brush very lightly,
5. Use a good local Ayurvedic toothpaste,
6. Keep separate brushes for each family member,
7. Try not to keep them exposed in the bathroom.

Now, immediately after proper dental cleansing, we will perform...

7. Jihvā Nirlekhana : Tongue Cleaning : 2 Minutes

Most of the mouth's dirt and foul smell is accumulated on the tongue, not on the teeth. Therefore, only cleaning the teeth and leaving the tongue as it is, is foolish practice.

In Western countries, due to ignorance, people clean their tongue with a toothbrush, which should never be done.

After dental cleansing, for tongue cleaning, split the dātuna lengthwise in half and gently scrape the tongue with it or clean the tongue using a scraper made of iron, copper or silver.

And after that, one should do...



8. Kavala Gaṇḍūṣa : Oil Pulling : 3 Minutes

This traditional Vedic practice of Kaval Gaṇḍūṣa, which has been almost forgotten by Indians, is now being popularized around the world under the name ‘Oil Pulling’.

What is Kavala Gaṇḍūṣa (Oil Pulling)?

Kavala means ‘Rinsing the mouth’ and ‘Gaṇḍūṣa means holding a liquid in the mouth.’ Nowadays, we **rinse only with water**, that too for just a few seconds, which **is not sufficient**.

Benefits of Oil Pulling:

1. Prevents tooth decay and rotting.
2. Deepens the roots of the teeth.
3. Removes foul smell from the mouth.
4. Tightens facial looseness.
5. Deepens the voice.
6. Stops bleeding from gums.
7. Strengthens the jaw.
8. Prevents cracked lips.
9. Prevents dryness of lips, mouth and throat.
10. Cures diseases of the neck, head, ears and eyes.
11. Extracts toxins from saliva and other glands and removes bacteria.
12. Enhances taste sensitivity, making all food more flavorful.
13. Removes toothache and sensitivity.
14. Teeth become able to chew even the hardest foods.

How to do Kavala Gaṇḍūṣa ?

Fill the mouth with **one sip of sesame oil or coconut oil**, swirl it thoroughly **through every corner of the mouth** and **rinse well**.



After rinsing for some time, when the liquid becomes thin and white, spit it out. This is called Kavala and it should be done daily.



If the mouth is burnt, has ulcers or wounds, then instead of sesame oil Kavala, do Gaṇḍūṣa with a mixture of ghee and milk or simply hold honey in the mouth. It will give great relief.

Kavala should be done daily for 1–3 minutes.
Gaṇḍūṣa should be done at least once a week for 10–15 minutes.
If you do this, **I guarantee that even at the age of 100, your teeth will remain strong and shiny.**

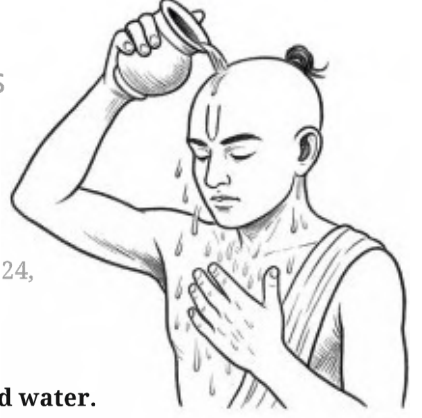
Now immediately after Kavala Gaṇḍūṣa we have to do...

9. Snāna : Bathing : 15 Minutes

The śāstra says that the fruits of every pious acts performed without bathing are consumed by demons.

Therefore, daily bathing is essential.

- Skanda Purāṇa, Brahma. Cāturmāsya. 1.24,
Laghu-Vyāsa-Saṁhitā 1.7,
Bṛhat-Parāśara-Saṁhitā 2.93, etc.



Morning bath should be taken with cold water.

It increases vīrya (semen) and prāṇa (life force), enhances eyesight, keeps the digestive fire healthy & squeezes out all the dullness & laziness (tamas) one gets from bed.

Bathing with hot water gives relaxation, not freshness.

That is why, when we bathe with hot water in the morning, our entire day becomes filled with laziness.

However, in cold weather, one can bath with lukewarm water.

But even in winter, **hot water should never be poured on the head.**

Pouring hot water on head causes diseases of the eyes, hair & heart, drains the energy of the senses, and weakens the body.

‘Hot water should be used only when the body needs rest.’

Hence ‘Cold water for freshness, hot water for relaxation’

However,

regular bathing with hot water must be always avoided.

Bathing daily with hot water is entirely unnatural.

Those who bathe only with hot water find it extremely difficult to maintain Brahmacharya and control the senses because their senses become restless, body weak, and mind soft and indulgent.

Therefore,

Men especially should avoid bathing with hot water,
and a Brahmachārī should bathe only with cold water.

A brahmachārī who bathes with cold water even in winter never loses his celibacy, his vīrya increases four times and his concentration and memory become exceptionally sharp.

3–5 minutes of daily cold water bath causes the liver to release a natural protein, known in modern science as Cold Shock Protein, which cannot be obtained from any food source.

This Cold Shock Protein quickly heals the body muscles, eliminates stubborn brown fat stored in the body and prevents wrinkles on the skin. It is more effective than the most powerful anti-aging drugs.

If you bathe with cold water for 21 days, you'll understand that bathing with hot water can no longer be considered a proper bath.

True **cleansing and freshness** of body and mind **comes only from cold water**. After these 21 days, you won't even be able to bathe with hot water alone again.

However, if you're not used to cold water bathing and find it extremely difficult to do daily, then...

How to start bathing with cold water?

1. If you can't bathe directly with cold water, first stop using hot water altogether and bathe with lukewarm water for a few days.
2. Gradually make water colder and colder.
3. Right before bathing, do 25–30 sit-ups to warm the body. Then, cold water will feel sweet instead of painful.
4. If you can't pour cold water directly, start with hot water and slowly add cold water during the bath and by the end, turn it completely cold. *Do not pour hot water again at the end.*
5. If even that is difficult, then after bathing with hot water, immediately pour cold water all over the body. Since the body is still warm, it becomes much easier to tolerate.
6. Gradually, begin your bath with a few pots of hot water, then finish entirely with cold water.
7. At least, build the habit of bathing with cold water during the day when the sun is out, & slowly it will become easier to bathe with cold water in the morning as well.

8 Classes of Bathing :

1. Full Friction Bath : *Sampūrṇa Gharṣaṇa* :

Complete friction bath from head to toe :

This bath is for everyone. Every person should do this as their primary morning bath daily. In this bath, one rubs the entire body thoroughly from head to toe. After completing this in the morning, one may do other types of bathing in the day time.



2. Sacred Bath : *Pavitra Snāna* :

A pilgrimage bath done in rivers, seas, sacred ponds, kunds etc. This bath is for sandhyā-vandana, ritual acts and spiritual purification, and is performed at holy places only.

In this bath, one should never use soap or shampoo nor rub the body to remove dirt-even by mistake. Instead, cleanse the mind and heart with mantra, ācamana, arghya etc.



3. Quick Bath : *Śighra Snāna* :

A short bath from head to toe :

This is a complete bath but without rubbing the body. One simply wets the body fully with a few pots of water. This is mainly done after defecation during the day and can be completed easily in 2–5 minutes.

However, very few people do this nowadays, but it is extremely important. Without bathing after defecation, one should not go near temples, deities, kitchens or other sacred places. If this seems difficult, one should structure their routine such a way that the defecation urge occurs only before the morning bath thus avoiding the need to defecate during the day.

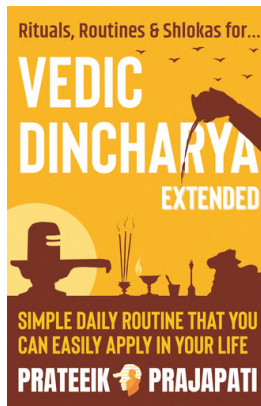
4. Women's Bath : *Strī Snāna* :

Bathing from under the face and shoulders (without wetting hair) :

This bath is only for women, in which they clean the entire body properly without fully wetting the hair.

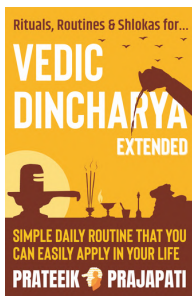
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WHAT WILL YOU LEARN IN THIS BOOK?

Dharma Śāstra + Jyotiṣa Śāstra + Āyurveda Śāstra

and today's modern life; keeping all in mind, this Vedic Routine has been designed, that anyone can adopt easily to make their body healthy, mind calm, intellect pure and life righteous.

1. Morning Routine

1. Waking Up Early
2. First Sight & Thought
3. First Step
4. First Drink
5. Toilet Acts
6. Teeth Cleaning
7. Tongue Cleaning
8. Oil Pulling
9. Bathing

2. Sādhana Routine

1. Tying Śikhā
2. Applying Tilaka
3. Purification Ritual
4. Offering Arghya
5. Tulasī Worship

6. Deity Worship

7. Chanting Holy Name
8. Studying Scriptures
9. Breathing Exercise
10. Physical Exercise
11. Wearing Clothes

3. Daily Routine

1. Offering Bhoga
2. Honoring Prasāda
3. Moderate Eating
4. Remembering Divine
5. Singing Holy Names
6. Observing Dharma
7. Planetary Harmony
8. Fasting & Vows
9. Regular Charity

10. Social Conduct

11. Pilgrimage
12. Guest Hospitality
13. Women's Duties
14. Daily Habits

4. Night Routine

1. Sleeping Rules
2. Pre-Sleep Routine
3. Reading Pastimes
4. Night Prayers

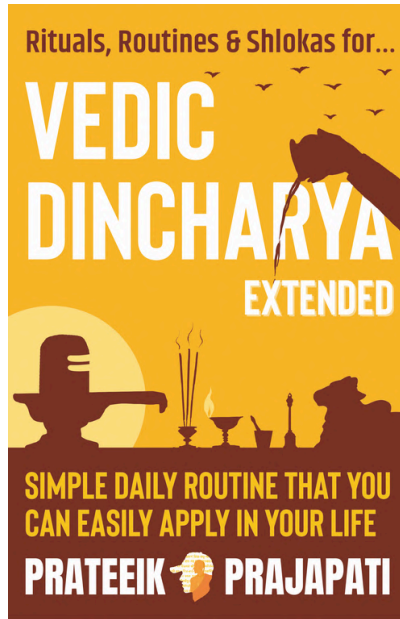
5. Verse Collection

1. Daily Routine Sloka
2. Glorification Verses
3. Health Sloka



By following this Vedic routine,

Your body will become long-lived, your intelligence will become sharp and clear, and the radiance of celibacy will naturally shine through your face. Even in the most challenging situations, your mind will remain calm, fearless, and unwavering. Your life will become so well-disciplined that you will no longer need motivation.



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