



A FREE GUIDE

The 7-Day Dinacharya

One change a day, in the order that makes each next change easier — built from the classical daily routine and tuned to a modern life.

HOW TO USE THIS GUIDE

Read one page a day. Add that day's habit on top of the one before — by day seven you are not doing seven separate things, you are living one rhythm.



ANANTA HARMONY

INFINITE WELLNESS

BEFORE YOU BEGIN

Why Sunrise, Not the Clock

Most summaries of dinacharya give you fixed hours: wake at six, eat lunch at noon, sleep by ten. That is a simplification of the actual rule, which measures from sunrise, not from the clock.

In most of India, sunrise moves by well over an hour between June and December. Follow the fixed version in winter and you are starting your morning routine in the dark, out of step with what the day is actually doing.

So each day in this guide is described by its position relative to your own sunrise, with a rough clock time for reference. Adjust the reference times to your actual sunrise and the routine stays accurate through every season.

THE WEEK AT A GLANCE

- DAY 1 Wake with the sun
- DAY 2 Scrape and sip
- DAY 3 Move before you sit
- DAY 4 Eat your largest meal at midday
- DAY 5 Oil before water
- DAY 6 Dim the evening
- DAY 7 Let the day close itself



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DAY ONE

Wake With the Sun

Kapha window · sunrise to +4h

IN PLAIN WORDS

If mornings feel like wading through fog no matter how long you slept, this is the day to start with.

Kapha governs the hours right after sunrise: heavy, slow, and cool by nature. Waking well inside this window, rather than deep into it, is the single biggest lever on how the rest of your day feels. Sleeping through it doesn't rest you further, it deepens the very heaviness you are trying to shake.

TODAY'S STEPS

- Wake within 30 minutes of sunrise, even on a day off
- Sit up before reaching for your phone
- Open a curtain or step outside for two minutes of real light
- No coffee for the first twenty minutes awake

If you already wake early, today is simply about noticing whether you get straight up or linger.



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DAY TWO

Scrape and Sip

Still within Kapha · first 30 minutes

IN PLAIN WORDS

A thin coating on your tongue in the morning is not nothing. It is bacteria and residue that built up overnight.

Tongue scraping removes far more of that coating than brushing alone, and takes about ten seconds with a simple steel or copper scraper. Follow it with a large glass of warm water. The evidence for warm water specifically is thin, but rehydrating after seven hours asleep is not in question, and warm sits easier on an empty stomach than cold.

TODAY'S STEPS

- Scrape from the back of the tongue forward, five to seven strokes
- Rinse the scraper and your mouth
- Drink a full glass of warm or room-temperature water
- Wait ten minutes before eating

Add this on top of yesterday's habit. You are now waking with the sun and starting clean.



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DAY THREE

Move Before You Sit

Late Kapha into Pitta · +2h to +5h

IN PLAIN WORDS

Kapha's heaviness responds to one thing reliably: motion. Sitting down to work first thing feeds it.

You do not need a workout. A ten to fifteen minute walk, some stretching, or a few sun salutations before you open a laptop is enough to shift the day's momentum. The goal is circulation and a change of state, not exercise in the fitness sense.

TODAY'S STEPS

- Move your body for 10–15 minutes before starting work
- Outdoors if you can manage it, indoors is fine
- Nothing structured is necessary: walking counts
- Save intense exercise for later in the Pitta window if you train hard

Three habits are now stacked: wake with sunrise, scrape and hydrate, then move.



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DAY FOUR

Eat Your Largest Meal at Midday

Pitta window · +4h to +8h

IN PLAIN WORDS

Digestive fire is classically at its peak here. Modern chronobiology describes a similar midday curve.

Make today's lunch the meal you actually plan, not the one you grab. Let dinner be the smaller, simpler meal instead. This single change is the one people report the fastest difference from, usually in how they sleep rather than how they digest.

TODAY'S STEPS

- Plan lunch as your main meal of the day
- Sit down to eat it rather than working through it
- Let dinner be lighter: soup, khichdi, something cooked and simple
- If this feels too large a shift, start with two days this week

A caution: if you are pregnant, diabetic, or manage a condition with food-timing needs, talk to your doctor before changing meal timing.



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DAY FIVE

Oil Before Water

Evening Kapha · +12h to +16h

IN PLAIN WORDS

Self-massage with warm oil, abhyanga, is one of the oldest dinacharya practices, and one of the most skipped.

It does not need to be elaborate. A few minutes with warm sesame or coconut oil on your feet and hands before you shower is enough to feel the difference, particularly through dry or cold weather when Vata tends to be more active.

TODAY'S STEPS

- Warm a tablespoon of sesame or coconut oil between your palms
- Massage into feet, hands, and if you have time, arms and legs
- Leave it on for a few minutes before you shower
- Three or four times a week is enough to notice a difference

Five habits stacked. This is usually the one that feels most indulgent, and least essential to keep, which is exactly why it is worth trying.

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DAY SIX

Dim the Evening

Evening Pitta into Vata · +16h to +20h

IN PLAIN WORDS

The same fire that digested your lunch turns into restlessness if you are still awake and lit up by a screen.

An hour before bed, start lowering the lights in your home rather than leaving them at full brightness until the moment you turn in. This isn't about willpower at bedtime, it's about giving your body an earlier signal that the day is closing.

TODAY'S STEPS

- Dim household lights an hour before your target bedtime
- Put screens on night mode, or better, away entirely
- Keep the last hour low-stimulation: no arguments, no urgent email
- A warm, milky drink here suits Vata particularly well

If your evenings are genuinely unmovable, even dimming the room you're in for the final 20 minutes makes a difference.



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DAY SEVEN

Let the Day Close Itself

Full circle · sunrise to sunrise

IN PLAIN WORDS

Today has no new habit. It is the day the previous six become one rhythm rather than six tasks.

Notice what happened without you forcing it: an earlier, more natural tiredness; a morning that took less effort to start; fewer decisions late at night because there was less late night to fill. This is dinacharya working as a whole rather than as a checklist.

TODAY'S STEPS

- Do all six days' habits together, without adding anything new
- Notice which ones felt effortless and which still take reminding
- Keep the ones that held. Let go of forcing the ones that didn't fit your week
- Come back to this guide in a new season, since sunrise itself will have moved

This is a starting point, not a fixed protocol. Constitution, season and circumstance all change what actually serves you.



ONE LAST THING

Not a Protocol, a Rhythm

Ananta means endless, not endless effort but endless return. The point of this guide was never to run all seven habits perfectly forever. It was to show you what the day feels like when it is working with your body's own rhythm instead of against it, so you have something to return to.

Most days will be imperfect. That's the rhythm working as intended, not failing.

Keep going at anantaharmony.com

- Daily Rhythm — the six windows in full, with a live sunrise clock
- The Three Doshas — Vata, Pitta and Kapha in plain language
- Prakriti Check — a two-part self-assessment for your constitution

Educational only. Not a substitute for medical care.