

Well-Being Practices

1. “Brahma Muhurtha” is roughly between 4.00 AM and 6.00 AM & we request you to be up by this time & hence you will have to go to bed early which is re-emphasized later.
2. At around 5.45 AM or earlier, after cleaning/gargling your mouth with water, you can drink around 100 to 200 ml of room temperature water sip by sip.
3. After 15 minutes at 6.00 AM, you would usually have warm medicine to drink.
4. “Dasanakanti churnam” a medicinal tooth powder made of 15 herbs provided in a small pack is highly suggested instead of toothpaste. You can also buy it in the pharmacy if needed.
5. You can consume all the medicines with a prayerful mind, preferably after a short prayer to Lord Dhanwantari. It’s your choice to brush your teeth or rinse/swish your mouth before the 6 AM medication.
6. Post lunch activities (optional) at 2.00 PM (Suspended for COVID) & the evening pooja (optional) at 5.30 PM. On Thursdays, if you are interested to join our “Bhajans” we request you to consume the medicines before the Bhajan so that there would be a gap between the medicine and the prasadam offered at around 6 PM.
7. You would be finishing your dinner around 7.45 PM & the best time to go to bed would be around 9 PM. Early to bed helps to get up at “Brahma muhurta”.
8. There would be a lot of free time here and our approach is NOT to keep you engaged with back to back treatments or activities. Our suggestion for you is to introspect and internalize and have some & do nothing moment & rather than getting occupied.
9. Attend to natural urges without any delay. These include yawning, burping, passing flatus, thirst, crying, urination and evacuation. At the same time do not initiate the urge forcefully. Inconsistency in the time of evacuation is common during the treatments.
10. It is important to consume food only when you are hungry. If you are NOT hungry at a particular mealtime, take just a few spoons of food. Of course, it’s not good to waste food but in the context of better treatment, don’t feel bad about waste, we will use it to feed animals and birds.

11. Avoid overeating and eating before the previous meal has been digested. Avoid eating too quickly and swallowing without chewing. One has to stop at satisfaction and not after the stomach is full.

12. Immediately after each meal, take a relaxed walk/stroll with around 50 steps and not more than 100 steps. After this, it's better if you rest for around 20 minutes in a sitting/reclined position or if you feel tired, you can also lie down on your left side.

13. We take an extra workload on us to serve the food in your room and not in a common dining area where one would tend to externalize by talking, socializing etc. We wish your eating should be like a ritualistic/meditative process with a complete focus on food and completely connected with the food. Even while having a meal with others, please do not talk or discuss.

14. Water should be consumed based on thirst. Do not overdrink.

15. We suggest you to drink hot water during your stay as a treatment recommendation. You can consume it hot, warm or even cool down to room temperature.

16. Drink at least 100 ml to 200 ml of water with food, sip by sip and it can be even more but try to avoid drinking water immediately after food for around 50 minutes.

17. **DO NOT SLEEP DURING THE DAY** as it is contradictory for the treatment and more specifically sleeping after food is **TOTALLY** against the treatment however if one is too sleepy after lunch, then sleeping for 20 minutes in a sitting/ reclined posture is acceptable.

18. If one is so tired during the day or sleepy because of insufficient night sleep, one can sleep for around 1 hour but definitely before lunch or much after lunch. The best time for it would be around 11 AM or around 4 PM.