Ayurvedic Daily Routine Planner and Product Safety Checklist

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1. 7-day dinacharya habit tracker (tradition, no products needed)

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Woke at the same time							
Tongue scraped, teeth cleaned							
Gentle movement or yoga							
A few minutes of slow breathing							
Main meal at midday							
Light, early dinner							
Screens off, regular bedtime							

Self-massage with oil (abhyanga) is also traditional. Patch-test any oil first, and avoid oils you are allergic to.

2. Five questions before buying any Ayurvedic product

[ ] 1. Is it a rasa shastra preparation (made with metals, minerals or gems)? If yes or unsure, avoid it.

[ ] 2. Has the batch been independently tested for lead, mercury and arsenic? Ask for the certificate.

[ ] 3. Do I know who made it and where? About 1 in 5 products bought online had detectable metals (JAMA, 2008).

[ ] 4. Have I told my doctor and pharmacist, and checked for interactions with my medicines?

[ ] 5. Am I keeping the packaging, in case I need to report a problem or get tested?

3. Check with a doctor first if you are

[ ] Pregnant, trying to conceive, or breastfeeding [ ] Buying for a child

[ ] Taking medicine for diabetes, blood pressure, thyroid, sleep, or immune suppression

[ ] Living with liver, kidney or heart disease [ ] Considering panchakarma, fasting, purging or induced vomiting

4. Stop and call a doctor if you notice

[ ] Yellow skin or eyes, dark urine, nausea, or unusual tiredness (possible liver injury)

[ ] Stomach pain, constipation, headaches, fatigue or anemia after using a product (ask about a blood lead test)

In the US, call Poison Control at 1-800-222-1222 for urgent advice. Call 911 for seizures, collapse or trouble breathing.

Dosha types and routines describe traditional teaching, not medical diagnosis. This checklist contains no remedies or doses.