

Ayurvedic Rhythms (Circadian Rhythms)

Summary of Elements of Ayurveda Podcast #8 – Ayurveda & Circadian Rhythms – October 19, 2017
<https://www.elementshealingandwellbeing.com/blog/ayurveda-the-circadian-rhythms-008-2>

Vata - 2am - 6am – Responsible for elimination, all movement, creativity, breathing, nervous system functioning; more about mental activity than physical. Best time for us to be quiet. May have dreams between 2a - 5a. Awake with sunrise. Prana-rich time. Good time for meditating, yoga or breath work. Great time to go to bathroom, empty bladder and colon and have bowel movement. Ideally want to do this first thing in the morning, BEFORE coffee. Called the quiet cycle where we're breathing, then arising with the sunrise.

Kapha - 6am – 10am – The bedrock of the day. Heavy energy; physical strength. Best time to exercise or do heavy work. Also because it's going to be in the cool part of the day. If you wake pass 7a, it can cause a heavy feeling of Kapha (fogginess, heaviness, etc.). Could also cause congestion.

Pitta - 10am - 2pm – Peak digestive fire. Digestion, metabolism, transformation, intellect, enthusiasm. This is a good time to do things that require focus and intellect; decision, planning, TASKS. Meetings should be done during this time. Then eat main meal at 12:30. This is peak time that digestive fire is strongest. Eat in relaxed environment during this time. Avoid physical activities during this time, particularly outdoors.

Vata - 2pm - 6pm – Creative and cave time. Digestive movement occurs now and moves and transforms energy from food into cells. This is again the time when the nervous system is energized. Do more creative projects during this time. E.g., designing something, preparing a presentation. Best time to let creative juices flow. Around 4p-6p Vata really increases and we start losing focus. This may be a good time for meditation. Will calm Vata dosha and anxiety. Good time for calming breath work, yoga, etc. Ideally by 6p be done with work and good time to start preparing meals.

Kapha - 6pm - 10pm – Start to slow down. Heaviness and slowness is suited for evening when it's time to prepare for sleep. May get tired by 8 or 9 but then get second wind around 10p due to Pitta rising.

Pitta – 10pm - 2am – We can get illusion of 2ndwind but the reason for the 2nd Pitta rising is for detox of thoughts and food (and digest thoughts and physical food). Time for body to rejuvenate. Be in bed by 10p. If you're up during this time, your body is giving YOU energy instead of using the energy to detox and digest thoughts and food. The liver engages in detox during this time and research has shown that the liver activity and the small intestine activity increase from 1a – 3a so if you're awake and eating during this time your detox is disturbed. It's ok every now and then if this happens because the body will recover but if this happens for many years, the body can build toxicity levels in the fat cells. Lack of sleep can also cause weight gain and other problems in the body. Ideally need 7.5 hours sleep/night.