

AYURVEDIC BODY CLOCK

TIME	ORGAN	DOSHA	EMOTION	ACTIVITIES
12-2AM	Heart	Pitta	Joy; All deep rooted, unresolved emotions	Sleep
2-4AM	Spleen	Vata	Anger	Sleep
4-6AM	Colon, Bladder	Vata	Anxiety	Bowel Movement, Meditation
6-8AM	Lungs	Kapha	Grief, Sadness	Mild exercise, gentle Yoga or walking
8-10AM	Pancreas	Kapha	Attachment	8am: Breakfast 9-10am: Digest
10AM-12PM	Small Intestine, Stomach	Pitta	Anger, Anxiety	Digest
12-2PM	Heart	Pitta	Joy; All deep rooted, unresolved emotions	12pm: Lunch 1-2: Digest
2-4PM	Liver, Gallbladder	Vata	Anger, Hate, Resentment	Digest
4-6PM	Colon, Kidney	Vata	Anxiety, Fear	Dinner
6-8PM	Lungs	Kapha	Grief, Sadness	6pm: Walk
8-10PM	Pancreas	Kapha	Attachment	Rest and Digest
10-12PM	Small Intestine, Stomach	Pitta	Anger, Anxiety	10pm: Sleep