

The Ayurvedic clock, or *dinacharya* (daily routine), is structured around the idea of aligning your daily activities with natural cycles governed by the body's three primary doshas: Kapha, Pitta, and Vata. This rhythm aims to balance physical, mental, and emotional health by synchronizing with the natural flow of energy.

Dosha Cycles and Ideal Routines

1. Kapha Time (6 AM - 10 AM, 6 PM - 10 PM):

- **Morning (6 AM - 10 AM):** This is an ideal time for physical activity since Kapha energy supports strength and endurance. Exercise, followed by a light breakfast suited to one's dosha, helps activate the body's metabolism.
- **Evening (6 PM - 10 PM):** As the day winds down, activities should focus on relaxation. Ayurveda recommends gentle practices like dry brushing and self-massage to promote relaxation before bed, ideally around 9-10 PM.

2. Pitta Time (10 AM - 2 PM, 10 PM - 2 AM):

- **Day (10 AM - 2 PM):** With the digestive fire at its peak, this is the best time to eat your largest, protein-rich meal. Pitta's influence also makes this an optimal time for work and decision-making.
- **Night (10 PM - 2 AM):** At night, this phase supports deep, restorative sleep, essential for bodily repair and rejuvenation.

3. Vata Time (2 AM - 6 AM, 2 PM - 6 PM):

- **Early Morning (2 AM - 6 AM):** Vata is associated with lightness and movement, making it an ideal time for meditation or spiritual practices, as the mind is most receptive.
- **Afternoon (2 PM - 6 PM):** This period is favorable for creative and intellectual work, as Vata's energy enhances mental clarity and flexibility.