

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