



Night hours

6pm to 10pm

In the evening, Kapha comes back to help you slow down and get ready for a restful slumber.

10pm to 2am

In the middle of the night, Pitta gets back to work, rebuilding tissues and detoxifying the body.

2am to 6am

In the early morning, Vata puts you into dream mode—helping to release stress and emotions.

The Ayurvedic clock



Daylight hours

6am to 10am

Kapha influences the morning, providing endurance during those early hours to ease you into your day.

10am to 2pm

Pitta steps in midday, fueling your digestive fire and sending you into decisive, focused action

2pm to 6pm

In the afternoon, Vata provides inspiration—allowing you to tap into your inner creativity.

