

Does Our Body Clock Know When Our Most Productive Hours Are?



[Ayurveda](#), the ancient mind/body/spirit system of health and longevity, would say “Yes!”

Like everything else that our body instinctively knows is best for us (sleeping at night, waking with the sun, eating our largest meal around noon, etc.), there is a four-hour block of time in our day when productivity is naturally highest.

10:00 am-2:00 pm. is [Pitta time](#), according to the [24-hour Ayurvedic clock](#).

[Pitta dosha](#) (elements of fire and water) is the energy in our

body which rules metabolism, digestion (including the digestion of thoughts), our intelligence, transformation, productivity.

People with a lot of Pitta in [their constitution](#) generally know how to “get the job done”. They are highly intelligent, motivated, organized, and generally driven people.

Pitta hours are when productivity can happen less effortlessly. The internal fire is burning brightest at this time – both in the body and in the mind.

I’m speaking here more about productivity in terms of performing jobs where we need to put our thinking caps on. Meetings generally flow better during Pitta hours.

Productivity in terms of a more physical aspect (working construction, for example) is best achieved during the [Kapha](#) hours of the day – 6:00 am-10:00 pm. Kapha is the dosha of stamina, stability, and strength.

Of course, not everyone working a job that needs a strong engagement of the mind has the luxury of beginning their work day at 10:00 am. But knowing that this energy is strongest during Pitta hours may help you work towards using those hours to your benefit.

This principle applies to all of us – [Vata](#), [Pitta](#), and [Kapha](#) alike – because we all have each of the doshas, in varying degrees, in our constitution.

And it relates as well to our personal time. Those dreaded tasks like doing our taxes are best tackled during Pitta hours, rather than evening Kapha hours when the slow nature of that dosha is getting us ready for sleep.

The second block of Pitta hours is 10:00 pm.-2:00 am. This time is also a productive time, but not an awake type of productivity. It’s the time in our cycle when the liver, a

major Pitta organ, begins the process of detoxification.

If we're awake during these hours (as so many Pitta-type night owls are), the energy needed by the liver will be diluted by energy spent watching TV, reading, working on the computer, etc. etc.

In essence, we are robbing the liver of vital energy needed to do its job, and our body will suffer greatly from our stubborn insistence on staying up during this time period.

10:00 am-2:00 pm. is the time of the "second wind" which most highly Pitta-types can't seem to resist. This is when they come alive. I generally get eye-rolls when I suggest a 10:00 bedtime.

But if you bear in mind that those are precious sleep hours for the body – when that torn ligament wants to repair itself, or excess fat needs burning, or our brain needs resting – it just might nudge you into the habit of heading to bed by 10:00 p.m.

A much healthier option is to get to bed early and wake up in the wee hours of the morning. 2:00-6:00 am. are Vata hours. Our body would get the necessary repair time and would benefit from the Vata energy which is both highly creative and spiritual (this is why it's also a great time to meditate).

This is all just food for thought in our busy lives. We get so caught up in our modern ways that we sometimes forget the ancient innate wisdom of our bodies.

I know that when I pay greater attention to the natural cycles of my day, things seem to work out smoother and I'm able to get things accomplished with less effort.

Letting Pitta hours work for us in a positive, productive way can help eliminate a lot of stress in our body and in our mind. Give it a try!

Much love,
Barbara

Additional Resource:

[Live With the Natural Cycles](#) – John Douillard's Life Spa

About the Author

Barbara Sinclair is a weekly Writer for CLN. She is an artist and holistic health practitioner with a passion for Ayurveda, the ancient mind/body system of health and longevity. Barbara was able to heal herself from years of fibromyalgia, a chronic pain condition, by adopting an Ayurvedic lifestyle. You can learn more about her by visiting her website barbarasinclair.com.

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