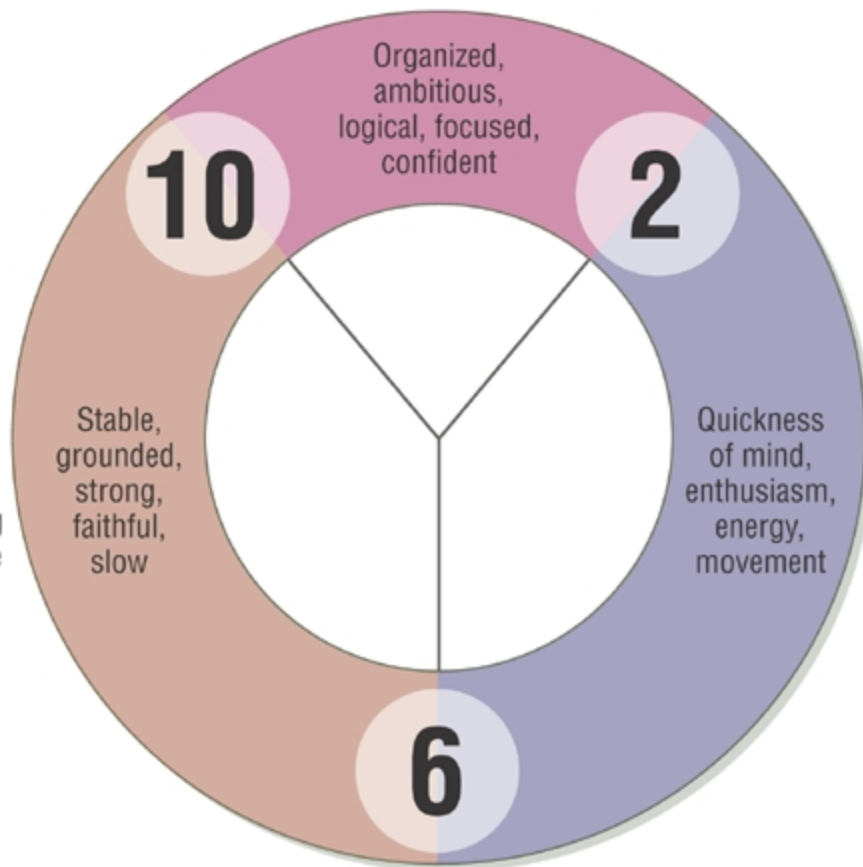


# Pitta

Mid-to late summer or  
any time it is hot or  
humid



# Kapha

Late winter, early spring  
and summer, or anytime  
it is cold, wet, dull  
and still

# Vata

Fall, early winter, or  
anytime it is cold,  
windy, and dry

Attention and attunement to the natural world and its rhythms is one way to keep the doshas in balance. In Ayurveda, time, the seasons and the phases of life are governed by the doshas. Through mindfulness to the dosha clock and dosha season, greater harmony, balance, and health are achieved.<sup>1</sup>

**Wake up:** It is best to wake up during vata time (by 6:00 AM) to start the day with vata qualities (quick and energetic). Sleeping into kapha time (past 6:00 AM) gives the day kapha qualities (slow and heavy).

**Exercise:** Exercise is best during the early phases of kapha time (6 to 10 AM and 6 to 10 PM) because the body will be at its strongest and have the most stamina. Exercise during the middle of the day tends to aggravate pitta and can lead to feelings of irritability.

**Work:** Focus, organization, planning, and clear communication are at their best during pitta time from 10:00 AM to 2:00 PM. In the evening pitta cycle from 10:00 PM to 2:00 AM, pitta qualities enhance the dream state.

**Main meal:** Pitta governs metabolism and the absorption of nutrients from food. For this reason, it is important to eat the main meal during the middle of the day during pitta time, around 12:00 noon. Digestive processes slow during kapha time, so avoid eating anything heavy after 6:00 PM.

**Sleep:** To fall asleep quickly and to have a sound sleep throughout the night, ayurveda recommends bed before 10:00 PM (before kapha time ends). This allows a complete night's rest before the next kapha cycle begins.