

Ayurvedic Considerations

THE DOSHA	QUALITY	ELEMENTS
VATA	LIGHT, DRY & COOL	AIR & SPACE
PITTA	HOT, MOIST & LIGHT	FIRE & WATER
KAPHA	HEAVY, COLD & MOIST	WATER & EARTH

- Time of Day:
 - Kapha 1: 6:00am-10:00am
 - Pitta 1: 10:00am-2:00pm
 - Vata 1: 2:00pm-6:00pm
 - Kapha 2: 6:00pm-10:00pm
 - Pitta 2: 10:00pm-2:00am
 - Vata 2: 2:00am-6:00am
- Season
 - Vata: autumn/early winter
 - Pitta: summer
 - Kapha: winter/early spring
- Stage of Life
 - Kapha: birth-puberty
 - Pitta: puberty-menopause/mature adult
 - Vata: menopause/mature adult-death

Ayurvedic Sundial

- **Kapha 1 (6:00am/sunrise – 10:00am):**
 - Kapha begins to gather energy as the sun rises. This is the time for elimination, meditation, pranayama, light physical movement such as hatha yoga, first food intake, and cleansing rituals including garshana and abhyanga.
- **Pitta 1 (10:00am – 2:00pm):**
 - Agni (digestive fire) is at its peak. This is the time of day for the largest meal to be taken, work to be pursued and energy to be focused into daily productivity.
- **Vata 1 (2:00pm – 6:00pm):**
 - Metal activity is at its highest. This is the ideal time for social interaction, as well as the final light meal of the day.
- **Kapha 2 (6:00pm – 10:00pm):**
 - Energy begins to slow down during Kapha 2 time of day. This is the time to turn inward, unwind and reflect. The last time to exercise should be done at the start of Kapha 2 time, followed by relaxing activities such as reading and writing. Sleep should begin before this time has come to a close.
- **Pitta 2 (10:00pm – 2:00am):**
 - The internal cleansing process is in full action. Restoration and deep sleep commence.
- **Vata 2 (2:00am – 6:00am):**
 - Sleep becomes lighter as the elimination process starts. This is the time to awaken and begin morning meditation/spiritual rituals.