International Journal of Ayurveda Orientation

Volume 11, Issue 1, January 2026

The Impact of Circadian Inversion on Human Health: An Ayurvedic Analysis of the Shifting Indian Lifestyle

Jain Pankaj

Received: January 15, 2026 | **Published:** January 26, 2026

Article ID: 140 | DOI: https://doi.org/10.67949/ijao.2026.140
www.ijao.in

The Impact of Circadian Inversion on Human Health: An Ayurvedic Analysis of the Shifting Indian Lifestyle

Jain Pankaj

Jain Pankaj (state model institute of ayurved sciences)

Received: Jan 15, 2026 **Published:** January 26, 2026

ABSTRACT: Traditional Indian lifestyle, rooted in the principles of Ayurveda, emphasizes synchronization with natural circadian rhythms. Central to this are the Trayopastambha (three sub-pillars of health): Ahara (diet), Nidra (sleep), and Brahmacharya (regulated conduct). In the contemporary era, urbanization and technological advancements have shifted the societal clock from early-morning productivity to late-night activity. This paper explores the Ayurvedic perspective on this shift, analyzing the resulting Dosha imbalances, the formation of Ama (toxins), and the rise of lifestyle-related metabolic disorders. It concludes with practical Ayurvedic interventions to restore biological harmony.

INTRODUCTION

Ayurveda, the "Science of Life," posits that human health is not merely the absence of disease but a state of equilibrium between the body, mind, and environment.

Traditionally, Indian life was governed by the sun—beginning at Brahma Muhurta (the period before sunrise) and concluding shortly after dusk. However, the modern Indian landscape has undergone a radical shift. Late-night work cultures, digital overstimulation, and delayed dietary habits have inverted these traditional norms. This study examines the physiological and psychological costs of this inversion through an Ayurvedic lens.

The Conceptual Framework: Trayopastambha

© 2026 IJAO | Volume 11, Issue 1, January 2026

Health is supported by three sub-pillars, known as Trayopastambha. When these are misaligned with nature's rhythms, the structural integrity of health collapses.

* Āhāra (Diet): Acts as fuel for Agni (digestive fire). Its efficacy depends not just on what is eaten, but when.
* Nidrā (Sleep): The essential period for Dhatu Samya (tissue equilibrium) and mental rejuvenation.
* Brahmacharya (Controlled Conduct): The conservation of Ojas (vital energy) through the regulation of sensory inputs and desires.

The Pathophysiology of Late-Night Habits Modern routines disrupt the natural dominance of Doshas throughout the 24-hour cycle:

1. Vata Imbalance

Excessive nocturnal activity and screen exposure increase Chala (mobility) and Rooksha (dryness) qualities. This leads to Vata aggravation, manifesting as anxiety, insomnia, and neurological fatigue.

2. Pitta Aggravation

The period between 10 PM and 2 AM is the Pitta phase of the night, intended for internal detoxification and metabolic processing. Staying awake during this window forces Pitta outward, causing acidity, inflammatory conditions, and hormonal disruptions.

3. Kapha Stagnation

Missing the Kapha window for sleep (6 PM – 10 PM) and subsequently waking late (during the Kapha morning phase) leads to Srotas (channel) blockage. This results in heaviness, obesity, and lethargy.

4. Ama:

When dinner is consumed late (post 9 PM), the Agni is weak. This leads to improperly digested food particles known as Ama, the root cause of most chronic metabolic diseases.

Socio-Technical Drivers of Lifestyle Change

The shift is largely attributed to:

• Urbanization & Shift Work: Economic demands forcing a departure from natural light cycles.
• Digital Overstimulation: OTT platforms and social media contributing to "revenge bedtime procrastination."
• Nutritional Transition: The rise of "Midnight Delivery" culture, leading to heavy meals during low-metabolic windows.

Ayurvedic Interventions for Restoration

To mitigate the effects of modern lifestyle, Ayurveda suggests a gradual return to

© 2026 IJAO | Volume 11, Issue 1, January 2026

Dinacharya (daily routine) and Ritucharya (seasonal routine).

1. Chrono-Nutrition (Correcting Dinner Habits)

Dinner must be synchronized with Agni and the season (Ritu):

* Summer (Grishma): 6:30 PM – 7:30 PM (Lighter meals due to naturally mild Agni).
* Winter (Hemanta/Shishir): 5:30 PM – 6:30 PM (To accommodate earlier sunsets and stronger Agni).

2. Dosha-Specific Management

Dosha Type	Recommended Intervention	Key Substance
Vata	Abhyanga (Oil massage) & Grounding routines	Til Taila (Sesame Oil)
Pitta	Cooling rituals & Early sleep	Ghrutam (Clarified Butter)
Kapha	Early rising & Vigorous morning exercise	Madhu (Honey)

CONCLUSION

The transition from a sun-centric to a screen-centric lifestyle represents a significant threat to public health in India. By reintegrating the principles of Trayopastambha—specifically early sleeping habits and sun-aligned eating—the modern individual can reverse the accumulation of Ama and restore Ojas. Health is a return to harmony; small, consistent shifts in daily routine are the most effective medicine for the modern age.

REFERENCES

1. Charaka Samhita (Trayopastambha & Agni): Sharma, R. K., & Dash, B. (Eds.). (2021). Agnivesha's Charaka Samhita: Text with English translation and critical exposition based on Chakrapani Datta's Ayurveda Dipika (Vol. 1, Sutrasthana Chapter 11, Verse 35). Chowkhamba Sanskrit Series Office.
2. Ashtanga Hridaya (Circadian Routine & Brahma Muhurta): Murthy, K. R. S. (Trans.). (2022). Vagbhata's Astanga Hrdayam (Vol. 1, Sutrasthana Chapter 2, Verse 1). Krishnadas Academy.
3. Sushruta Samhita (Nidra & Metabolism): Bhishagratna, K. L. (Trans.). (2020). The Sushruta Samhita: An English translation based on original Sanskrit text (Vol. 2, Sharira Sthana Chapter 4). Chaukhambha Visvabharti.
4. Pardeshi, S. G. (2025). Chronobiology and Ayurvedic Dinacharya: A physiological

© 2026 IJAO | Volume 11, Issue 1, January 2026

correlation. World Journal of Pharmaceutical Research, 14(1), 102-115. https://doi.org/10.20959/wjpr20252-35254
5. Adafer, R., Messaadi, W., & Patey, A. (2024). Food timing, circadian rhythm and chrononutrition: A systematic review of time-restricted eating's effects on human metabolic health. Nutrients, 16(19), 3390. https://doi.org/10.3390/nu16193390
6. Gore, M. S., Bhatt, A., & Mishra, S. K. (2024). Rationalized approach towards lifestyle-related metabolic disorders integrating Ayurveda principles and recent advances. International Journal of Recent Innovations in Medicine and Clinical Research, 6(3), 61-69.
7. Kate, A., & Atkar, S. (2024). Nidra and Marma: An Ayurvedic perspective on sleep and vital energy points in the digital era. International Journal of Innovative Research in Technology, 11(3), 1826-1834.
8. Singh, S., & Nigam, R. (2025). Synchronizing the biological clock: A chronobiological review of Ayurvedic Dinacharya and Ritucharya. World Journal of Pharmaceutical and Medical Research, 11(10), 200-212.
9. Sharma, P. V. Dravyaguna Vijnana. Chaukhambha Bharati Academy, Varanasi.
10. Dash, B., & Basham, A. L. The Basic Principles of Ayurveda. Journal of Ethnopharmacology.
11. Panda, S. (2018). The Circadian Code: Lose Weight, Supercharge Your Energy, and Transform Your Health from Morning to Midnight. Rodale Books. (For cross-referencing modern Circadian Biology with Ayurvedic Dinacharya).

HOW TO CITE THIS ARTICLE:

APA: Jain Pankaj (2026). The Impact of Circadian Inversion on Human Health: An Ayurvedic Analysis of the Shifting Indian Lifestyle. *International Journal of Ayurveda Orientation*, 11(1), 8-11. DOI: https://doi.org/10.67949/ijao.2026.140

MLA: Jain Pankaj, et al. "The Impact of Circadian Inversion on Human Health: An Ayurvedic Analysis of the Shifting Indian Lifestyle." *International Journal of Ayurveda Orientation* 11.1 (2026): 8-11.

Vancouver: Jain et al. The Impact of Circadian Inversion on Human Health: An Ayurvedic Analysis of the Shifting Indian Lifestyle. International Journal of Ayurveda Orientation 2026;11(1):8-11.

© 2026 IJAO | Volume 11, Issue 1, January 2026