



# CHINESE BODY CLOCK: IN-DEPTH REVIEW BASED PERSPECTIVE

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## ABSTRACT

*Chinese medicine's 24-hour body clock is divided into 12 two-hour intervals of qi (vital force), which moves through the organ system. Chinese medicine practitioners use The Organ Body Clock to help determine the organ responsible for diseases. For example, if you find yourself waking between 3-5 a.m. every morning, you may have an underlying sadness or sadness that is bothering you or you may have a condition in the lung area. If feelings of anger or resentment do arise, you may feel them strongest during liver time which is 1-3 p.m. or perhaps if you experience back pain at the end of your work day. Can suppress feelings of fear, or maybe even kidney problems.*

## INTRODUCTION

All forms of therapy and healing are different languages—and the Chinese Body Clock is no different. It is part of the larger philosophy and practice of Traditional Chinese Medicine (TCM), which has existed for thousands of years. As scholars and physicians studied the body and disease, they sought a way to relate and explain the body's response to its environment. It provided great insight into physical or emotional conditions. They began to see patterns of life, death, disease and recovery. These medical concepts form the centerpiece of Chinese medical theory. The Body Clock encourages us to examine closely what we are doing during daylight hours, and to match our actions to the most appropriate energetic times. It's about adaptation, balance, rest and recovery. TCM scholars were able to determine whether our organs function at their specific strongest or weakest, or high or low. (Keep in mind that the concept of TCM organs may differ somewhat from Western definitions and is often more comprehensive with their roles.)

The clock is based on a 24-hour time period, and each organ corresponds to a two-hour interval when it is most abundant and strongest. As mentioned, the opposite of the interval for each organ is the time when it is at its weakest energy point. This relative strength and weakness reflects one of the main underlying principles in TCM: balance. The most important aspect of the body clock is its ability to explain how the body functions at particular times of the day to maintain our health and fight disease. The TCM Body Clock tells us when it is best to eat, sleep and exercise and much more. Specific emotions in TCM are naturally associated with organs, which

are also linked to the time of day. For example, many people wake up between 3-5 a.m. at lung time. The feeling associated with the lungs is sadness or anxiety, so we hear many patients say that they worry, or feel sad, during the night. The first twelve hours are comprised of the TCM organs that contain actions that help us to have a healthy and productive day. For example: respiration; To distance; taking in, digesting and assimilating nutrients; blood formation; Strong mental-emotional health, etc. As the day progresses and our activity (should) decrease, the next twelve-hour period sees chi moving through the organs, including most of the body's ability to store, preserve, repair, and balance. has capacity.

## METHODOLOGY

The current article is a in-depth review of the existing literature on Chinese Body Clock or Traditional Chinese medicine. In this short review, accordingly, the electronic databases, including PubMed, Medline, Google scholar, Scopus and net based article were reviewed for relevant studies conducted or written since 2016, using the search terms Chinese Body Clock, Body-Energy Clock, Traditional Chinese medicine, and Chinese medicine in various combinations.

## RESULT

The Body-Energy Clock is built on the concept of cyclical fluctuations and flow of energy throughout the body. During the 24-hour period (see diagram below) qi moves through organ systems in two-hour intervals. During sleep, qi is drawn inward to restore the body. This phase is completed between 1 and 3 o'clock, when the liver cleanses the blood and

performs a myriad of functions that set the stage for the qi to move outwards again.



**TRADITIONAL CHINESE  
ORGAN BODY CLOCK**

### WORKING STYLE OF CHINESE BODY CLOCK

In the 12-hour period following the peak functioning of the liver - from 3 a.m. - the energy cycles to the organs associated with daily activity, digestion and elimination: lungs, large intestine, stomach/pancreas, heart, small intestine. By mid-afternoon, the energy moves again to support the internal organs associated with restoring and maintaining the system to support the internal organs. The purpose is to transfer fluid and heat, as well as filter and purify - by the pericardium, triple burner (coordination of water functions and temperature), bladder/kidney and liver.

- ✓ 5 to 7 am is the time of the large intestine, which is a perfect time to have a bowel movement and remove toxins from the day before. This is also the ideal time to wash your body and comb your hair. It is believed that combing the hair removes energy from the mind. At this time, a sense of rescue or a

feeling of being trapped may arise.

- ✓ 7-9 a.m. is tummy time so it's important to have the biggest meal of the day here to improve digestion and absorption. Hot food which is rich in nutrition is best in the morning. Emotions that are likely to stir up at this time include disgust or despair.
- ✓ 9-11am is the time of the pancreas and spleen, where enzymes are released to help digest food and release energy for the day ahead. This is the ideal time to exercise and work out. Make the most of your day doing work at this time. Feelings like low self-esteem can be felt at this time.
- ✓ 11 a.m. to 1 p.m. is the heart time that will work to pump nutrients throughout the body to help provide you with energy and nutrition. It is also a good time for lunch and it is advisable to have a light, cooked meal. It is also recommended to take a one hour nap or a cup of tea during this time. Extreme joy or sadness can also be felt at this time.



*"What if you were able to unlock the secret of working out for yourself every day? What if you knew the best times to eat and sleep, exercise and rest, when to do your most demanding work, your The ideal time to book therapy sessions or work on personal development is when you have the possibility to come up with good ideas, and all the other things that make life more simple and equal. On the side? The wonderful news is that the design already has you all day."*

- Jost Sawyer

*"For thousands of years, Traditional Chinese Medicine has explored not only how our organs work, but how each of them directly affects our emotions and spirit. If an organ is out of balance or not working properly, it will affect both your physical well-being and how you relate to yourself and others on an emotional level."*

- John S. O'Neill, Akhilesh B. Reddy.

*"The Chinese Organ Clock can be used as a guide to understand your energy cycle, and help you understand how to best nurture yourself, do certain things, and avoid others that lead to this. Depends on what time it is."*

- Zhang. T, Yan. L, Juan. S, 2016

1 to 3 p.m. is the time of the small intestine and is when the previously eaten food will be digested and assimilated. This is also a good time to go about daily tasks or exercise. Sometimes, weak thoughts or feelings of abandonment arise in my subconscious at the moment.

- ✓ 3 to 5 p.m. is bladder time when metabolic wastes move into the filtration system of the kidneys. This is the right time to study or complete a task that challenges the mind. Another cup of tea is recommended as is drinking plenty of water to aid the detoxification processes. Feeling irritated or timid may also occur at this time.
- ✓ 5-7 pm is the kidney time when the blood is filtered and the kidneys work to maintain the proper chemical balance. This is the perfect time to eat dinner and activate your circulation by taking a walk, massaging or stretching. Subconscious thoughts of fear or terror may also be active at this time.
- ✓ 7-9 hrs is the circulation time when nutrients are transported to the capillaries and into each cell. This is the right time to read. Avoid doing mental activities during this time. Difficulty expressing emotions may also be felt. However, this is the right time to have sex or conceive.
- ✓ 9-11 PM is the time of the triple heater or endocrine system where the body's homeostasis is adjusted and enzymes are

replenished. It is advisable to sleep at this time so that the body can conserve energy for the next day. A sense of paranoia or confusion may also be felt.

- ✓ 11am to 1pm is gall bladder time and to wake up the body should feel energized. In Chinese medicine, this is a period of time when the yin energy fades and the yang energy begins to rise. Yang energy helps you stay active during the day and is stored while you are sleeping. Subconscious feelings of resentment may appear during this time.
- ✓ 1-3am is liver time and a time when the body should be asleep. During this, toxins come out of the body and fresh new blood is formed. If you find yourself waking up during this time, you may have too much yang energy or problems with your liver or detoxification pathways. This is also a time of anger, frustration and anger.
- ✓ Lung time at 3-5 o'clock and again, this is the time the body should be sleeping. If awake at this time, nerve soothing exercises are recommended such as breathing exercises. At this time also the body should be kept warm so that the lungs can be helped to fill the body with oxygen. Lungs are also associated with feelings of grief and sadness.

**ORGANS CORRELATE TO THE 2-HOUR INTERVALS OF THE CHINESE BODY CLOCK**

| 2-HOUR INTERVAL | ORGAN AND PEAK FUNCTIONALITY   |
|-----------------|--|
| 3-5 a.m.        | <b>Lung:</b> This period is when the lungs are at their peak energy. It's believed to be an ideal time to exercise, as opposed to later in the day.  |
| 5-7 a.m.        | <b>Large intestine:</b> This period is thought to be when you should give yourself enough time to honor the elimination function of the large intestine.   |
| 9-11 a.m.       | <b>Spleen:</b> The spleen is thought to be linked to the stomach, which is in charge of receiving food and drink before ultimately fermenting them. During this period, it's believed that qi is being propelled upward by the spleen. |
| 11-1 p.m.       | <b>Heart:</b> Because the heart represents peacefulness, it's essential to reduce stress during this period, according to those who prescribe to the Chinese body clock.   |
| 1-3 p.m.        | <b>Small intestine:</b> Heavier meals are believed to be more tolerated during this period, as   |



|           |   |
|-----------|---|
|           | the qi expands and begins to crest at midday.   |
| 3–5 p.m.  | <b>Bladder/kidney:</b> It's believed that the kidney is in charge of containing qi, and it's directly connected with the bladder. Together, they excrete unwanted waste materials within the body.  |
| 7–9 p.m.  | <b>Pericardium:</b> The pericardium is believed to be the protector of the heart. This period is when qi is supposedly regulated to prevent symptoms, such as nausea and vomiting.  |
| 9–11 p.m. | <b>Triple burner:</b> The triple burner refers to the organ system as a whole, and this period is thought to be when it generates the most amount of heat.  |
| 1–3 a.m.  | <b>Liver:</b> Those who prescribe to the Chinese body clock believe it's important to give your liver as little to process as possible during this period so it can focus on its several cleansing functions. This means eating your last meal of the day early and making sure it's light. |

### ORGAN HAS A REPAIR/MAINTENANCE PROGRAM

Understanding that each organ has a repair/maintenance program on a daily basis gives you the opportunity to learn how to self-heal for better health and well-being. It also allows you to identify which organ system or emotion needs strengthening/resolving. Always use your symptoms and body cues as a guide, and if you make a connection above, such as whether you feel sleepy between 5 and 7 p.m., don't hesitate to research it. What you can do to strengthen the meridian (which will be the kidneys). One of the best remedies for kidney failure is to have sweet potatoes for breakfast! Be sure to look at the emotional aspect as well. If you are sleepy during kidney time, is there any fear that is holding you back from reaching your true potential? Are you afraid of rejection? Failure? Addressing this feeling will strengthen the organ and improve your physical health forever. With transferable knowledge of TCM you can use the watch at any time of the day.

### CONCLUSIONS

The fast-paced lifestyle that our society promotes is creating so much disease and imbalance that it is making most people feel like they are simply alive, rather than radiating with the health and energy they desire. With the depth knowledge of Chinese body clock or TCM (Traditional Chinese Medicine) our society are able to overcome our mental and physical problems as well as make our lifestyle more energetic and purposeful. The Chinese Body Clock relates back to the concept of Qi. is the energy that moves in our body and is constantly changing. Of the 24 hours in a day, chi stays in each specific organ for about 2 hours. When you are resting or sleeping, the qi moves inward to heal and restore the body. Research also lends some support to this theory – we are born with an internal biological clock that controls everything from mood, sleep, diet to performance.

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