

Biorhythm or Circadian rhythm

The human body has several systems. Each system has its own function. For e.g. the functions of digestive system from oral cavity to anus- digestion (oral cavity), assimilation (small intestine), storage and metabolism (liver), elimination (large intestine) and anus. Though there are several organs in each system, unique feature is these organs function with rhythm called biorhythm.

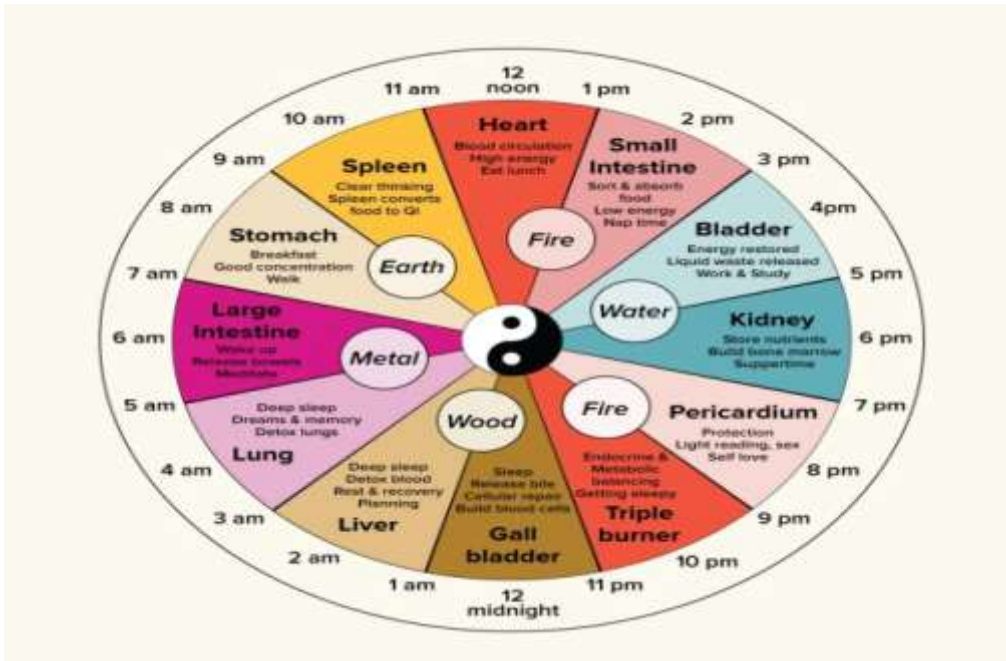
According to traditional acupuncture concept, there are 6 yin and 6 yang organs and they exist as six pairs. Yin organs are 'to store energy and not drain' whereas yang organs are 'to drain and not to store'. Both Yin organ and yang organ are associated by yin yang relationship belonging to same element. For eg, Lung and large intestine related to air element likewise... There are five elements Earth, Wood, Fire, Air (Metal), Water governing the human body and also governing the Yin and Yang organs.

Yin	Yang	Element	Energy
Liver	gallbladder	Wood	Wind
Heart	small intestine	Fire	Heat
Brain	Spinal cord	Fire	Hotness
Spleen	Stomach	Earth	Humidity
Lung	large intestine	Metal	Dryness
Kidney	urinary bladder	Water	Coldness

Body is constituted by energy as it is a microcosm in a macrocosm (Universe). The pathways for the energy flow within the body are called meridians. For total 12 organs, twelve meridians exist as six pairs. Each meridian is related to one yin and one yang organ. In addition 2 unpaired meridians are also present. For proper functioning of the body the energy in the body should be balanced and should be in harmony with elements of the universe.

Organ body clock theory

In a day we have 24 hours. During the 24 hour period, the vital Qi energy moves in two hour intervals throughout the organ system. Each organ receives energy for 2 hours. Energy activates each organ in a particular sequence. Energy stays in each organ for 2 hours activating it.



Every organ in our body needs energy but in nature, the energy is allowed to reach and stay in a specific organ in a particular sequence for two hours. The principle behind this is to make the organ to function efficiently. In two hours, one organ gets activated and energy reaches the next organ. Thus, in 24 hours, 12 major organs receive the energy independently. But there is absolute coordination between the organs and between systems. This keeps the body in good health.

Organ	Timing of peak energy flow
Lung	3 am-5 am
Large Intestine	5 am-7 am
Stomach	7 am -9 am
Spleen	9 am-11 am
Heart	11 am -1 pm
Small intestine	1 pm -3 pm
Urinary bladder	3 pm -5 pm
Kidney	5 pm -7 pm
Brain	7 pm – 9 pm
Spinal cord	9 pm -11 pm
Gall bladder	11 pm -1 am
Liver	1 am-3 am

Now let us see the rhythmic cycle. Mere existence in this world totally depends on breathing.

Lungs:

In 24 hour cycle the first organ that gets activated is the lungs; from 3 a.m. to 5 a.m. This is the perfect time for pranayama, breathing exercises and this period we call Brahma muhurtham.

Large intestine:

From lungs energy moves to large intestine from 5 a.m. to 7:00 a.m. This is the time for elimination of the negative energy accumulating in large intestine - defecation. Due to change in lifestyle if a person sleeps during this hour, constipation is the major problem. Later it may lead to any disease such as appendicitis, colitis, ulcerative colitis, colon cancer or piles.

Stomach:

Bioenergy next moves to the stomach from 7 a.m. to 9 a.m. This is the time for breakfast. Every day after dinner when we sleep digestive system is resting which is considered as fasting. By taking solid breakfast during this period is considered as breaking the fast. If we skip breakfast during this period, several diseases can develop. From 7 a.m. to 9 a.m. stomach when active, whether one takes breakfast or not, stomach starts secreting pure hydrochloric acid, pepsin, renin for digestion mixes with amylase secreted by salivary gland and digestion takes place. In the absence of breakfast, acid in the stomach causes irritation of gastric mucosa. Burning sensation is felt by the patient. In the long run it may lead to gastritis, gastric ulcer. At the same time the sphincter at the junction of stomach and oesophagus weakens resulting in acid reflux, esophagitis (heartburn symptoms), Pharyngitis (cough) inflammation extending to middle ear. This condition is labelled gastro esophageal reflux disorder (GERD). The absolute necessity for breakfast irrespective of age or gender is now obvious.

Spleen:

Spleen is the major organ in the immune system which receives the energy for the next 2 hours, 9 a.m. to 11 a.m. All of us are of the view that the food from stomach would directly reach small intestine. But nature does otherwise. The food one consumes has nutrients to afford protection and strengthen the immune system. Thus the energy moves from the stomach to spleen and not small intestine.

Heart:

The next organ to receive the energy is the heart from 11 a.m. to 1 p.m. The reason the energy derived from nutrients with strengthened immune system should reach the heart to distribute the same to each and every organ or cells in the body. Heart is strengthened during this time. Any discomfort during the period can be attributed to cardiac problems.

Small Intestine:

From small intestine, blood vessels transport nutrients to heart through the liver. Energy moves from heart to small intestine from 1 p.m. to 3 p.m. Assimilation of nutrients takes place. Let us remember that nutrients are absorbed through villi in small intestine and to transport the same, blood vessels are required. So both small intestine and blood vessels get energy during these two hours, 1 – 3 pm. At the same time blood passing through liver stores what is required, toxic materials are detoxified and eliminated. From the heart, nutrients reach all organs in the body.

Urinary bladder:

For elimination urinary bladder gets energy in the next 2 hours from 3 p.m. to 5 p.m. Energy flows from small intestine to urinary bladder from 3 pm to 5 pm. Bladder gets strengthened during this period. Blood flow to urinary bladder increases.

Kidney :

Energy flows from urinary bladder to kidney and during this period 5 pm to 7 pm, kidneys, bones, ear (related to kidney meridian) gets strengthened. In modern medicine also, Urinary tract infection causes discomfort in terms of fever typically in the evening with shivering. Any fever with shivering during evening hours, UTI to be ruled out. The above concept is well related to the biorhythm and energy weakness in kidney and urinary bladder.

Brain

7 pm to 9 pm is the time for brain to receive energy. Brain is most active during this period. It is also the time for circulation of body fluids.

Spinal cord

From 9 pm to 11 pm, energy moves from brain to spinal cord. The spinal cord represents the functional cavities of all organs in upper, middle and lower parts including pleural and peritoneal cavities. Also essential for transporting of fluids throughout the body and treating swellings. Sensory or motor pathways of spinal cord get strengthened.

Gall bladder:

Energy moves to gall bladder and it is active from 11 pm – 1 am. Finally energy reaches liver at 1 am and stays up to 3 am. During this period, while sleeping liver metabolises the nutrients and detoxifies the toxic products from food. (including drugs, chemicals prescribed for diseases).

Liver:

Sleep is a mandatory during 11 pm – 3 am as this is the time given for metabolised nutrients to get stored and for detoxification process by Liver and Gall bladder. This is well evident from incidence of Liver and Gall bladder ailments due to the circadian disruption among night shift workers. Also due to late night sleep or late night food intake disturbs the Liver function, leading to digestive problems. Accumulation of undigested food and excess sugar leads to more demand for insulin slowly leading to diabetes a disorder of metabolism which can be well managed with healthy life style and physical activities.

The 24 hour day cycle ends here.

Understanding that every organ has a time schedule for maximum activity when the energy flow is maximum will help us to maintain energy balance in the body and also to understand the reason for diseases. After two hours of maximum energy flow, each organ rests to restore itself from wear and tear.

MY PERSPECTIVE ON BIORHYTHM:

I observe nature and I have learnt a wonderful lesson from watching JUST BORN infants. When an infant is delivered, it's very first action is crying with full throat. Cry initiates breathing. In prenatal life, though lungs develop in foetus, it doesn't breathe. The moment the infant cries, it breathes to activate the lungs. Breathing gives life to the infant. If you observe the baby's breathing, it is abdominal breathing i.e. main body (both chest and abdomen) is capable of getting filled with energy. This is the basic principle of pranayama.

When the infant breathes out, abdominal contraction causes pressure on the organ especially large intestine. Large intestine releases its contents first time and it is called meconium. Now the

infant feels hungry. No one teaches the infant how to drink milk. The mother hugs the baby and the baby takes milk from mother's breast. Milk secreted in the first 24 hours has immunoglobulin to protect the baby and this reaches the spleen, the primary lymphoid organ. Mother's hug serves dual purpose – 1. Feeling of security and 2. Allows the baby to drink breast milk (colostrum).

Nowadays an infant is separated from mother under some pretext and kept in an incubator. Artificial warmth cannot be equated to the warmth provided by the mother.

Sequence I have observed

- 1. Breathing to activate air passages and lungs –Respiratory system**
- 2. Elimination of meconium – Large intestine**
- 3. Breast feed to consume milk and immunoglobulin (colostrum) - Stomach**
- 4. Immunoglobulin reaches the spleen to activate the immune system**

In adulthood, if we follow the first four steps of this sequence in the biorhythm cycle, 3 am to 1 pm, rest of the organs in our body will receive the energy automatically at appropriate time.

How biorhythm helps in diagnosis?

Example

Diagnostic clues based on Biorhythm	Organs with Energy imbalance
Early morning breathlessness(Asthma), Early morning cough with expectoration (Bronchiectasis)	Lung
Fever in evening with rigor(Urinary tract infections)	Kidney
Muscle and tendon pain (tendinitis) aggravated during night hours, Eye irritation after sleepless night.	Liver
Sleeplessness, Irritation in mind and body	Liver and Gall bladder

How biorhythm helps in healing?

1. Energy stays in lungs from 3 am to 5 am. During this period, we see most of the asthma patients experiencing breathing problems. Hence respiratory systems have to be healed. Enhancing energy through Ajna, Vishudha and Anahatha chakras restores harmony.
2. Any discomfort around 8 am (between 7 -9 am) indicates problems related to stomach- Manipura chakra.
3. Between 11 a to 1 pm – heart ailment – Anahatha chakra
4. 5 pm to 7 pm; kidney, bone, ear conditions; Show aggravation of the ailments – Mooladhara, Back-Swadhishtana and Back-manipura chakra
5. 1 am to 3 am – liver muscle, ligament – Manipura chakra

People complain of muscle cramps, muscle pain and burning sensation in the limbs especially during night hours gives us a clue that the governing organ Liver and Gall bladder are disturbed.

Based on this diagnosis, treatment can be given choosing the specific chakras/meridians. Reiki energy is channelised to the malfunctioning chakras.

To conclude, the energy flows in all the organs all the time but each organ receives the peak flow for 2 hours. But the knowledge about the energy clock will help us to understand the importance of circadian rhythm and its role in disease occurrence.