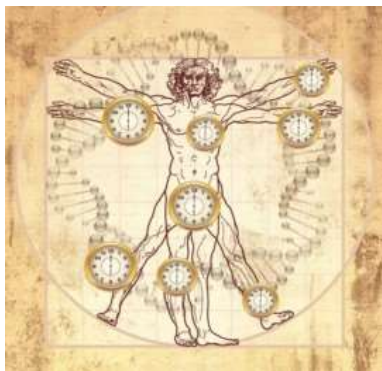


Biological clock

Man is evolved on the revolving planet Earth just like any other creature and is bound to the natural laws alike. Major geophysical cycles such as day/night or ebb/tide are repeating with known periodicities has conditioned all living entities to evolve a mechanism called biological clock to adapt the environmental changes. Physical clock helps us to follow the social schedule whereas the biological clock prepares our body by anticipating the changes in the external and internal environment.

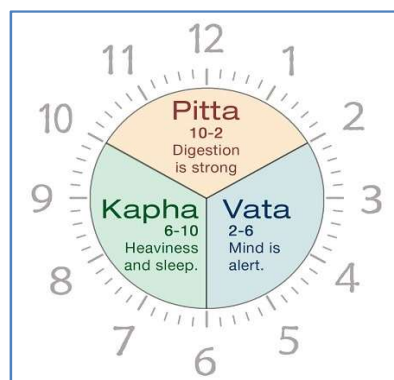
Chronobiology

The science studying the mechanism of biological clock is called Chronobiology. We have a **central clock** located in the brain which is regulated by light whereas the **peripheral clocks** present in other organs such as liver, kidney or heart are regulated by food and exercise. Unfortunately, all the three parameters are very much disoriented in the course of urbanization.



Ayurvedic Tridosha

According to Ayurvedic concepts, body is made up of three types of Doshas, viz. **Vata**, **Pitta**, **Kapha**. Balancing between Doshas leads to health whereas the imbalance leads to disease condition. At specific time in each day, or seasons or at given age the balance between Tridosha is in constant flux. Balancing of Doshas are possible with '**Dinacharya**' and '**Rutucharya**', which will lead to syncing of the inner biological clock. Thus, the lifestyle disorders could be managed with changes in the lifestyle with least medical intervention.



Chronotype and Prakriti type

According to Chronobiology each person has a unique '**Chrono Type**' which defines the daily preferences for given activity such as morning, intermediate or evening type whereas according to Ayurved each person has a unique '**Prakriti Type**' such as Vata, Pitta or Kapha.

ChronoPrakriti

Human mind and brain both are evolved mechanism and much more manipulatable hence it will not be enough to tackle it only at physical level but need more holistic approach. Combining the concepts Chronobiology and Ayurved, we are proposing a novel typological method for human population called '**ChronoPrakriti**'. The lifestyle management will be more effective and sustainable if we suggest the recommendations based on individual '**ChronoPrakriti**' assessment.

Modern science is restricted only to the physical body whereas body and mind both are considered in Ayurved. Majority of the lifestyle disorders are psychosomatic in nature and not caused by any specific pathogen. Latest research is pointing towards probable link of diabetes, hypertension, arthritis, anxiety or depression with circadian dysfunction.

There are many lifestyle management programs, exercise regimens as well as diet plans in the market but unfortunately none of them considers the '**ChronoPrakriti**' aspect of an individual and hence are not equally effective to all. We are keen on developing objective tools to assess the '**ChronoPrakriti**' soon which will be supportive to current questionnaire-based approaches thus helping the modern society in dealing with **lifestyle disorders**.

It's time to tune your ChronoPrakriti

A lifestyle management workshop is designed considering chronobiological as well as Ayurvedic principles to provide non-pharmacological recommendations which will help in leading healthy life.

Objectives

- 1) Increase public awareness regarding lifestyle behaviors and environmental conditions on circadian rhythm and sleep, and evidence-supported strategies to health risks.
- 2) Discover how modern 24/7 lifestyles, including timing of exercise, light exposure and food intake influence body clocks, sleep and health.
- 3) Discuss daily strategies for syncing body clocks, improving sleep, metabolism and health through modest changes in personal, workplace and community-based practices.

Who should attend?

All urbanites especially with sedentary lifestyle, rotating shifts, lifestyle disorders, and students

Pathogenic diseases successfully tackled by the 'Germ theory of diseases'

HIV Malaria Measles Polio
Chicken pox Cholera Hepatitis
Leprosy Mumps Rabies Tuberculosis
Ebola Zika Filariasis Dengue
Pneumonia Rotavirus Smallpox
Influenzas Yellow fever Encephalitis
Monkey pox Trypanosomiasis

Lifestyle diseases could be successfully tackled by 'Circadian disruption theory of diseases'

Cancer Obesity Hypertension
Insomnia Diabetes Stroke Leaky gut
Asthma Arthritis Allergy Anxiety
Depression Bipolar Schizophrenia
ASD PCOS PTSD ADHD RA
Acid reflux Preeclampsia
Fatty liver disease

It's time to tune your ChronoPrakriti

Late Prin. B. V. Bhide Research Foundation

Tel No:

Dr. Prashant Duraphe

8888810554

Dr. Aniruddha Deshpande

9422797100

Email: chronobiology2017@gmail.com



SP College campus

Tilak road, Pune 411030

<http://bhidefoundation.org/>