Twitter Thread by V[redacted]



V[redacted]
@V_Shuddhi

The Ayurveda Clock - is a 24 hr Guide that aims to nurture our natural Circadian cycle (A natural internal process that regulates the sleep–wake cycle & repeats every 24hrs)

During 24 hr period, one of the Dosh (Vat,Pitta & Kaph)

https://t.co/QKPedQXl0B