



Chrono Nutrition and Ayurveda: Synchronizing meal timing with Biological Rhythms for Cancer prevention

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Abstract

Carcinogenesis is influenced not only by genetic and environmental factors but also by chronobiological disruptions and lifestyle, particularly in eating patterns. Emerging scientific evidence emphasises that meal timing significantly affects circadian gene expression metabolism, and even function factors tightly linked to carcinogenesis. Ayurveda emphasises the role of *Kala Anusara Ahara* (timely food intake) and *Upavasa Chikitsa* (therapeutic fasting) in maintaining metabolic balance and preventing disease. This review explores the intersection of modern chrono nutrition and *Ayurvedic* dietary principles focusing on their role in cancer prevention. Synchronising circadian rhythms with *Agni* helps reduce *Ama* and sustain gut mind equilibrium. Through such dietary alignment, an integrative strategy can be developed to counter cancer risk in the context of today's chronically disrupted lifestyles.

Keywords

Chrononutrition, Ayurveda, Cancer Prevention, *Kala Anusara Ahara*, *Upavasa Chikitsa*, Circadian Rhythm, *Agni*, *Ama*, Intermittent Fasting, Time-Restricted Eating

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