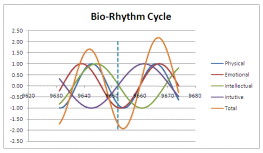
Biorhythm In Humans : Myth Or Reality?

written by Nirmal Raj Joshi | November 17, 2024



We all feel high and low with time. Sometimes we are fastest, strongest, and healthy. And at other times, we are in the opposite mood. This is biorhythm. The equations used to calculate it are given on Wikipedia.

Biorhythm theory suggests that our physical, emotional, and intellectual states follow natural, cyclical patterns, which influence how we feel and perform daily. These cycles—physical (23 days), emotional (28 days), and intellectual (33 days)—are believed to begin at birth and fluctuate regularly. When a cycle is at its peak, we feel energized and perform well. Conversely, when it's low, we may experience fatigue, mood swings, or difficulty concentrating.

$$Physical= sin(2πt / 23)$$
$$Emotional= sin(2πt / 28)$$
$$Intellectual= sin(2πt / 33)$$
$$Intuitive= sin(2πt / 38)$$

where t is the number of days since birth.

Although biorhythms have gained popularity, especially in personal development, the scientific community remains skeptical. There's limited evidence to support the idea that these cycles directly affect our physical or mental state. However, for some, the concept helps bring awareness to their natural rhythms and can be a tool for self-reflection.

While the equations provide a mathematical approach to predict these fluctuations, it's important to note that well-being depends on various factors, including sleep, diet, exercise, and stress management. Biorhythm might offer insight, but it's just one of many lenses through which we can understand ourselves.