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## The best times to treat of diseases according to biological clock

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**M**any diseases occur at certain times and after specific process. Their treatment also needs to be done at a certain time. There are seasonal time and environments that make up the diseases. In parallel with the type of the disease, their treatment also requires a specific process and period. Treatments not made at the right time and in the right place do not yield results. The aim of this study is to show that treatment of diseases is related to the biological clock and the circadian rhythm. In our study, classical medical data and modern medical studies were evaluated together. Eclectic method is used in the article. In our study, there are no astrological data. There are many factors that affect human health from his/her own environment to the outside atmosphere such as sun and moon. In the direction of this study, it is found out that there are certain times of day and night for

the treatment of diseases. Based on our study, the most convenient time zones for the treatment of diseases are the last one-third of the day and night times. Accordingly, the most convenient times for the treatments are the time zones which are before sunrise close to sunset. It should not be forgotten that this situation may change according to summer and winter and to the countries in the direction of latitude and longitude. The study offers theoretical information for future research. We believe that the data here will be a key resource for subsequent experiment based studies.

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