

BRAHM MUHURTA

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ABSTRACT

Ayurveda has been around for thousands of years and was considered as one of the best way to treat disease and lead a healthy life style since ancient times in India. Owing to the significance in maintaining good health, we started using the principle and concepts of Ayurveda in Modern world to among which Dincharya being plays a important role to present the diseases Brahma – Muhurta being the starter of that Dincharya explains about the time at which we have to wake up Brahma – Muhurta, the last quarter of night depending up on the time of sun rise. This time is related with Brahma symbolically, denoting Budhi and Intelligence. This Muhurta specially the time of Vata. The

main controller of our body. This review article is made to understand the importance of Brahma – Muhurta and its utility in present era. In modern era we all are facing a lots of diseases like Hypertension, D.M., Insomnia, anxiety and depression etc. this all are due to de arranged life style regimen.

KEYWORDS: Ayurveda, Brahma – Muhurta, Dincharya, Buddhi Biological clock.

INTRODUCTION

A Healthy person has to a wake or get up from his bed in the Brahma – Muhurta to safe guard his own life. Brahma – Muhurta is the last quartes of the night, it is roughly between 3:30 to 4:15 am depending up on the time of sun rise. This time is related with Brahma symbolically

denoting Buddhi and Inteligence. Physical and Mental functions are sharp and active during this time.

Astangsamgrha – State that the healthy person in order to protect his life should get of from his sleep in B.M. after considering the condition of digestion of food, of the previous night weather properly done or not.

Indu the commentator says that the lastayama (last three hours) of the night is known B.M. because it is the best time for obtaining Brhma or knowledge any time from 3:00 to 6:00 am.

Arundatta- the appropriate kala or period aquire the Brahma Gyan is called as Brahma – Muhurta is the ideal time for to get up from bed and begain the day.

Acharya Charaka didn't explain directly about the Brahma – Muhurta for following the Dincharyas.

Acharya Sushurta in the chapter Anagatabadhapratishedhiya (Prevention of futuredisease), told about all the activities which are to be done constantly, day after day by healthy intelligent person desirous of (Preserving), but did not explain Brahma – Muhurta.

Basically Brahma – Muhurta is a period of two Muhurtas or about one and half hour before down this time is considerd best for attaining the Brahma Gyana – the supreme knowledge and external happiness.

Muhurta it is a Sanskrita terms for a period of time equivalent to 48 minutes. There are total 8 yamas per day each consisting of 3 hour's both day and night are constituted of 3 yama each of the rest two yama constitute two sandhyas that is dusk and down.

Arunadatta, Indu, Hemadriopies that when day and night are of equal time each constitutes of 15 minute of B.M. begins at down it is the penultimate Muhurta of night.

METHODS AND MATERIAL

The concept is based on review of ayurvedic text and materials, related to Brahma – Muhurta and other relevant topics have been collected and compile from the various Samhitas and not sufferings.

AIM

1. To understand what is Brahma – Muhurta.
2. To understand why it is important to arise in Brahma – Muhurta.
3. To understand how it affects our day to day life.

DISCOUSSION

To fulfill the first principle of Ayurveda i.e. to maintain the health of a healthy person, everybody has to follow the daily regimen, seasonal regimen etc, all this eventually started with B.M. All Acharyas given their view about the time of Brahma – Muhurta that we have to wake up at this time only, as this time is best suitable to attain the Gyana i.e. Brahma Gyana, which is mainly two hours or one and half hour before the sunrise. As this time mainly this with time of Vata. Vata governs all sandhis or joint, the expulsion of Mala. Apana one of the five subsets of Vata become particularly active during down helping roexpull out the urine and faeces from the body, which allow us smooth entry in the day.

AcharayaVagabhata told that after Jeerna – Ajeernaparigyan we have to wake up, in my words meal of last night whether it is digested or not, if not digested we can sleep for more time to make sure that digestion is completed and we can wake up. Means at this time when there is complete digestion of meal and if we feel the urine, it is right time for us meaning this will be the B.M. of that particular person.

B.M, as it is one and half hour before sunrise as we can say that when sunrises, the Prakriti (Nature) gets wake up and according to Lok – samyabhav, the elements by which Universe/Brahmanda is formed, same element in our body is present, if we follow the Prakriti/Nature everything will be get time.

Sleep/Wake cycle/Body clock is a natural internal system that designated to regulate feeling of sleeping and wake fullness over 24 hr's this time keeper is controlled by area of the brain that respond to light.

According to Nobel price holder – 2017

The circadian clock is located in Suprachiasmatic nucleus (SCN) in the hypothalamus of brain, one in each hemisphere, this SCN area is responsible for sending signals, in different parts of brain to regulate the daily sleep wake cycle, body temperature, hormone production and other functions, working at sub-cellular level.

As per Scientific research at the end of sleep period, there is internal core of human body temperature minimum and concentration of melatonin is maximum as a rough guide, core temperature usually reaches its minimum around 4:30-5:00 am in the morning there for it is said to arise in this period.

We supposed that function of melatonin is to mediate dark signals and provide night information a “HORMONE OF DARK” the effects of light decrease the concentration of melatonin and we physiologically feel to wake up.

As Brahma-Muhurta is the time of Vata, which is the principle for movement, so it's functioning, it will help in eliminating the waste material from our body, as elimination of stool and urine is very essential as this causes a lot of diseases.

The active prana would be organizing the intelligence of our physical and mental status or pathway.

During B.M. and dusk the sushumanadi flows readily, so aspirant and Rishis start their meditation during the B.M. sending their vibrations throughout the world.

Acharya Charaka describe the students to wake during B.M. for studies- as at that time the concentration level is at peak, as in modern science, the melatonin level is decrease by the time the when the sun rises, melatonin is seen as mood stabilizer and may enhance cognition. When melatonin drop there is increase in the level of cortisol which activates the anti-stress and inflammatory pathway and also stimulates all the body organs. During this time enhascent O₂ when melatonin drop there is increase the level of cortisol which activate the antistress and anti-inflammatory pathwayway and also stimulate all the body organs.

During morning time nascent O₂ is present in the atmosphere which easily mixes with the haemoglobin forming oxyhaemoglobin reaching remote tissue and also boost the immune system.

Plan the day – Getting up in the B.M. gives you more time to arrange your daily activities more elegantly. Drawbacks of not to arise during B.M. - The dominance of Kapha occurs, which is characterized by Tamoguna, this Tamoguna will make our all day lethargy and Kapha will also disrupts the pathway of Vayu, due to which the natural urges of sttol and urine will be also disturbed the daily routine of person will also be disturbed.

CONCLUSION

All this factors shows that B.M. is the best time for the maintainance of all types of physical, mental and spiritual including meditation prayers, chantingsetc, all this help us for normal physiological functions of the body making us to maintain health in samya-avassstha.

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