

BRAMHA MUHURTA FOR HEALTHY LIFESTYLE – A REVIEW STUDY

Vd. Vinod J. Chauhan^{*1}, Vd. Yogesh Manche¹ and Vd. Vijay G. Patrikar²

¹PG. Scholar, Department of Swasthavritta, Gov. Ayurved Collage Nagpur.

²Professor and HoD, Department of Swasthavritta, Gov. Ayurved Collage Nagpur.

Article Received on
10 Feb. 2019,

Revised on 11 March 2019,
Accepted on 02 April 2019

DOI: 10.20959/wjpr20196-14761

***Corresponding Author**

Dr. Vinod J. Chauhan

PG. Scholar, Department of
Swasthavritta, Gov. Ayurved
Collage Nagpur.

ABSTRACT

Ayurveda is the science of life with aim of attaining healthy long life and curing diseases to achieve *Purusharth Chatushtayas* in his life span. For this a healthy and disease-free life is required. Our ancestors had sufficient time to follow the regimen whatever described in text. Hence, they used to live even beyond 100 years. But at present we hardly live for 65 years with plenty of diseases right from the 1st decade of life. In *Ayurveda*, *Brahma Muhurta* is concept aim of attaining healthy long life. *Brahma Muhurta* is defined as the special time, which is auspicious for waking up in the morning. According to

Ayurveda, the time between 04:24 A.M. to 05:11 A.M. is known as the *Brahma Muhurta*. Literally meaning “The creator’s hour” it is traditionally the last phase or *Muhurta* of night & is consider as auspicious time for all practice of *Yoga* and most appropriate for meditation. A biological clock or a circadian rhythm is any biological process that display an endogenous, entertainable oscillation of about 24 hours, some exogenous or external factor such as light, temperature etc. *Brahma Muhurta* pacify the *Vata* that certainly control the *Mana*. Hence *Brahma Muhurta* is necessary for spiritual evolution. The person who wakes up early in the morning his ageing process become delayed.

KEYWORD: Brahmamuharta, Purusharth Chatushtayas, Health, life style, circadian rhythm.

INTRODUCTION

Brahma muhurta is a period of two *Muhurtas*, or about one and a half hours before dawn. In the Vedic tradition this period is considered as the ideal time for spiritual practices like prayer and meditation. Waking up during *Brahma Muhurta* also has many health benefits. The very

first verse written in any Ayurvedic textbook while explaining about the daily regimen to be followed for health and long life is about the importance of *Brahma Muhurta*.

Ayurvedic review

“*Brahme muhurte uttishtet swastho rakshaarthamayushah* |” (A.H.Su.2/1).

A person who is interested in preserving the health and longevity should get up early in the morning in *Brahma-muhurta*.^[1] *Brahma muhurta* is the second last *Muhurta* before sunrise, which is one hour thirty-six minutes before sunrise. *Brahma* means knowledge. The time apt for perceiving knowledge is known as *Brahma muhurta*. Difference of opinion exists regarding *Brahma-muhurta*. There are 8 *Yaamas* per day, each *Yaama* consisting of 3 hours. Both day and night are constituted by 3 *Yaamas* each. Each of the rest two *Yaamas* constitute two *Sandhyas*, viz. dusk and dawn. *Arunadatta*, *Indu* and *Hemadri* opine that when day and night are of equal time, each of it consists of fifteen *muhurtas*. Hence, a *Muhurta* is of 48 minutes. *Brahma-muhurta* begins at dawn; it is the penultimate *Muhurta* of night. Thus, the healthy individual may get up two *Muhurtas* i.e. 96 minutes (=almost 1.5hrs) before sunrise. This regimen is not applicable for those who are unhealthy. *Brahma-muhurta* is the second half of fourth *Yaama* and one should wake up at that time. As such, the beginning of the 14th *Muhurta* of night is to be considered as *Brahma-muhurta*.

Brahma muhurta timing: *Brahma muhurta* is a period one and half before the sunrise or more precisely one hour 36 minutes before the sunrise i.e., 96 min= 2 *Muhurta* or 4 *Ghatika* and *Muhurta* lasting for 48 minutes.

According to *Swami Shivananda Ji- Brahma Muhurta* is morning period between 3.30 am to 5.30 am.^[2] According to religious basis of *Hindu* belief – the last phase of night i.e. 3 hours before sunrise is called as *Brahma Muhurta*. The prescribe one should give up sleep at this time.^[3]

According to *Shankar- Brahma Muhurta* time is 3 am to 6 am daily. It is considered to be most auspicious time when one can start/do spiritual things like observing meditation or reciting prayers even to embark on new project.^[4]

According to *Swami Gourangapada-* the 48 minutes from 1hr 36 minute to 48 minutes before sunrise. there are 30 *Muhurta* in a day and each *Muhurta* possesses and unique outcome or result.^[5]

A person who is interested in avoiding diseases, who is determined to protect his life should get up in *Brahma Muhurta* to avoid *Vyadhis* and *Alakshmi*(poverty). But a person with diseases should sleep for maintaining the *Dhatu Samyata*. According to *Atharvaveda*, a person who gets up in early morning will be free from diseases. According to *Bhagavad-Gita*, a person whose *Ahara Vihara* is correct, whose activities and life style is perfect and who sleeps and gets up perfectly will be free from all miseries.^[6]

According to *Charaka Samhita*, the word *Brahma Muhurta* was not mentioned. But while explaining the *Matrashitiya Adhyayana vidhi*, it has been explained that it is important for a scholar to get up early in the morning. *Charaka* says that one should get up during *Upavyusha* i.e., when still there is a part of *Raatri* left which is nothing but *Brahma Muhurta*.^[7] According to *Astanga Sangraham*, before waking up in the morning, one should assure proper digestion of food taken during last night.^[8] According to *Bhavaprakasha*, the importance of remembering god after getting up at *Brahmi Muhurta*. He also tells us to touch and see some auspicious substances like curd, ghee, mirror, *Sarshapa*, *Bilwa*, *Gorochana*, and flower garland. One should look at himself in ghee for longevity. *Yogaratanakara* also advices us in a similar manner.

Modern review: Scientists have discovered that certain brain structures and chemicals produce the states of sleeping and waking. Understanding these control mechanisms helps doctors pinpoint what can go wrong and plan effective treatments. A pacemaker-like mechanism in the brain regulates the circadian rhythm of sleeping and waking. ("Circadian" means "about a day.") This internal clock, which gradually becomes established during the first months of life, controls the daily ups and downs of biological patterns, including body temperature, blood pressure, and the release of hormones.

The classic phase markers for measuring the timing of a mammal's circadian rhythm are

- Melatonin secretion by the pineal gland
- Core body temperature
- Plasma level of cortisol.

The average human adult's temperature reaches its minimum at about 05:00 (5 a.m.), about two hours before habitual wake time. Melatonin is absent from the system or undetectably low during daytime. It is secreted more in darkness. Its major metabolite can also be

measured in morning urine. This hormone plays a little role in regulating the sexual functions in human being. A third marker of the human pacemaker is the timing of the maximum plasma cortisol level (life protecting hormone). It helps to withstand the stress and trauma in life. This is secreted from adrenal cortex under the influence of ACTH from hypothalamus. The rate of secretion of ACTH is high in the morning and low in the evening. Other physiological changes which occur according to a circadian rhythm include heart rate and production of red blood cells.

At this time there is positive flow of energy and mental faculties are at their highest. By rising at this time, the body can synchronize with the rhythm of sun. Vitamin E and vitamin D are found in abundant quantity in early morning sun's ultraviolet rays.

The circadian rhythm has been studied in vast details by biologists and physiologists and probably this period is associated with hormonal changes conducive to blossoming of mind. Liberation of nascent oxygen which easily mixes with hemoglobin forming oxyhemoglobin and reaching to remote tissues.^[9]

Importance of getting up in *Brahma Muhurta*

Early morning is *Vata* dominating period. *Vata Dosha* is helpful in promoting body movements both internal and external and thus helps in easy evacuation of bowel. Physical activities such as exercises and *Yogasanas* can be performed well in *Vata Kala*. Meditation also needs the help of undisturbed *Vata* which can be found early in the morning. This time is hailed as the best time to learn, especially learn and realize subtler aspects of philosophy and spiritual growth.

If one tries to find out the secret underlying this then one can realize that there are probably several changes in physical chemical and biological atmosphere at around this time, which probably catalyzes spiritual blossoming of an individual. This is indeed a rejuvenating time as the whole universe begins to wake up at around this time. The circadian rhythms have been studied in vast details by biologists and physiologists and probably this period is associated with hormonal changes conducive to blossoming of mind. Study of variety of electromagnetic radiations ozone effects of other planets and stars and so on, on the various biological and psychological parameters reveals a lot of new insights in the interrelationship of man and the universe.^[10]

Disadvantages of getting up late

After six, *Kapha* domination is seen. So, people who get up in *Kapha kala* tend to be dominated by *Tamo Guna* throughout the day. Bowel movements tend to be sluggish under the influence of *Kapha*. Mind and body will be inactive owing to the influence of *Kapha Dosh*. After sunrise people awake and the materialistic mental radiations are emitted through their physical senses. The atmosphere is polluted. People will disturb each other dragging themselves to materialistic discussions. So best time for doing meditation is early morning. Fetid smell in mouth constipation, indigestion, laziness, and many kinds of eye diseases arises just because of getting late in day.^[11]

Aim

To study the importance of *Brahma Muhurta* for healthy lifestyle.

Objective

- 1) To study the effect of *Brahma Muhurta* in healthy lifestyle
- 2) To review various *Samhitas* and review literature regarding *Brahma Muhurta*.

Methodology

Review the various *Samhitas* and literature regarding *Brahma Muhurta*.

CONCLUSION AND RESULT

Each new day ushers in cascade of new possibilities and a shower of second chance “so we realize the secret potential of *Brahma Muhurta*, lets us try to fully benefits from this early hour before dawn for healthy and productive life.

DISCUSSION

Brahmi Muhurta is wonderful concept gifted by *Ayurveda* to the whole world under the concept of *Dinacharya*. *Dinacharya* starts with getting up from sleep from *Brahmi Muhurta*. Every man wishing to be healthy throughout his life, he has to be healthy everyday as well. Health depends on how one spends each day. Controlled and guided activities of body and mind are essential for maintaining sound health. *Brahmi Muhurta* can maintain his healthiness throughout the life and prevent the unhealthy conditions.

REFERENCES

1. Tewari P. V, Astanga Sangraha, Sutrasthana, 2nd Ed, Chapter 2, Chaukhamba Sanskrit Series, Varanasi, 2002; 16(1).

2. Dr. Rajiv Gupta, Dr. Omprakash Shukla, Dr Vivek Shrivastav, A Decent Science Behind the Bramha Muhurta, IJAHM, NOV-DEC, 2017; 7(6): 3005-3009.
3. Bhojraj Dwivedi, Religious Basis of Hindu Belief Page 25, Diamond Pocket Book Jodhpur, 2006.
4. Vandegurupramaparaam.Blogspot.Com
5. Nittai.Ved.Hyf.
6. Lord Krishnas. Shrimad Bhagavadgita, Hindi Translation, Chapter 6, Verse 17. 31st Ed. Gorakhpur. Geeta Press, 2002; 89.
7. Charak, Charak Samhita, Dr Ram Karan Sharma And Vaidya Bhagwan Das, Purvardh, Sutrasthan, Chapter 8, Verse 18, Vol.1, Chaukhambha Sanskrit Series, Varanasi, 2014, 17.
8. Tewari P. V, Astanga Sangraha, Sutrasthana, 2nd Ed, Chapter 2, Chaukhamba Sanskrit Series, Varanasi, 2009; 26, Verse 2.
9. Body Renewal, The Lost Art of Self Repair. 1st Ed. USA: Lotus Press, 2010.
10. Jyothi Mg, Jyothi Pb, Umapati Cb, Pramod Cb, A Critical Review On “Brahme Muhurte Uttishtet Swasthyo Rakshartham Ayushah”, Jahm, Jun 2014; Valume 2, Issue 6: 55-59.
11. Dr. Ranjith K. Shetty, Scientific Background Of “Brahmi Muhurta”, Sri Sri Ayurveda`