

BRAHMA MUHURTA JAGRANA BENEFITS AND SCIENTIFIC EXPLANATION

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ABSTRACT

Brahma Muhurta Brahm Muhurta is the best time for the maintenance of all types of physical, mental and spiritual activities of the body. The peacefull atmosphere does have a wonderful effect on the body and the mind as well. This help in rejuvenating the various physiological function of the body, especially related to the hormones & Narvous system both. It is best time for hormone secretion to maintain our hormony, Brahma Muhurta is the peak point to secret all hormones.

KEYWORDS: Brahma Muhurta, Hormonal function, Importance, Benefits.

INTRODUCTION

“Ckkās eqgwRksZ Ckq;/sRk LoLFkks j{kKfKZek;q"K% AA”

(Hkk- iz- 1/24)

“CkkāseqgwRkZ vofÙk"BsTth.kkZ th.kZZ fu:i,ke~ AA”

(v-l- lw- 3/2)

Brahma = knowledge, Muhurta = time / kala i.e. best time for gaining knowledge. In order to enjoy a long, healthy life, a person should get up in the Brahma Muhurta with positive thinking. He should also take care of what he eats at night, whether it is digested properly or not?

“Ckzkã® eqgqÙkZ mfÙk"BsRLoLFkks j{kKfKZek;q"K% AA”

(v- g-lw- 2/1)

During the beginning of Dincharya, A healthy man should give up his bed in Brahma Muhurta to protect the Ayu. Brahma Muhurta is literally translated as the moments of brahma, the energy of the God. Ayurveda teaches that these morning hours have a lightness of being. They should be spent in that space b/w mind & body, where our spirit attunes us most easily to our life purpose. It is most pure & fresh time of the day, It provides most cleanest Oxygen for connective with most purest part of ourselves.

Whate is the time of Brahma Muhurta

“jk«®ÜPkrqnZ'k® eqgwÿk® Ckkās eqqÜkZ% ||”

(v- g-lw-)

That means brhama muhurta is the 14th Muhurta kala of the night. One muhurta is equivalent to 48 minutes. Brahma Muhurta is a period One and a half hours before sunrise. It is approximately (96 Minutes = 2 Muhutra or 4 Ghatika). In Hinduism, Brahma Muhurta (time of Brahma) is a period (Muhurta). 2nd last Muhurta out of 30 Muhurta is known as Brahma Muhurta. Ayurveda defines the particular time to wake up in the morning. There are 30 Muhurta in a day and each Muhurtsa posses and unique outcome or result. Acharya Sushrut says Brahma Muhurta is considered as Panchamrita Bela i.e. Amrita or essence of Vipula Vayu, Vipula Jala, Vipula Aakasha, Vipula Desha, and Viphula Kala. It is define as the special time, which is auspicious for awakening up in the morning. The time of sunrise varies each day, according to Geographic location & time of year, thus the time of the Brahma Muhurta also varies.

For example, if sunrise is at 6 am, the Brahma Muhurta begins at 4.24am, if sunrise is at 7am, Brahma Muhurta begins at 5.24am and so on.

IMPORTANCE

Ayurveda states that there are three Doshas found in the human body, called Vata, Pitta & Kapha. The increase or decrease of these three doshas is related to the cycles of time. The last part of night is dominated by Vata Dosha, so if you wake up in the morning you will have active Vata advantage. Vata is responsible for flexibility, body movements, functioning of organs, enthusiasm, mental activities such as recalling, understanding. Proper secretion and release of harmones enzymes, a properly balanced Vata keep body and mind in stable condition.

Benefits

“आदर्शा लोकनं प्रोक्कतं मङ्गल्यं कान्तिकारकं |

पोष्टिकं बल्यमायुष्यं पाप लक्ष्मीविनाशनम्॥”

(भा. प्र. 5/47)

On the tip of finger is goddess Lakshmi, on the base of your fingers is Goddess Saraswati, in the middle of your fingers is Lord Govinda. In this manner, look at your palm, when we begin our day with this prayer, we look at our palm(kar), which symbolises the five organs of action and then we invoke the various deities, we then say that all our action during the day will be performed with the right attitude, dedication, discipline and love.

Ayurveda started that “Early to bed and early to rise, make a man healthy, wealthy and wise,” As the best advice for success. Brahma Muhurta is the best time for practicing meditation and doing self analysis. It is the time when you can create yourself, you become the Brahma in the morning, so you can make yourself the way you want yourself to be. One attains the knowledge of the supreme power and gathers internal pleasure, happiness and joy. Getting up early in the morning helps you to stay away from mental stress, anxiety and other various mental illness like insomnia and depression.

Brahama Muhurta is perfect time to experience the freshness of the environment, which keep the body healthy and fit. Boosts the immune system and increase memory power and energy level. It help in rejuvenating the various physiological function of the body, especially related to the hormonal variations.

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 dosha. After sunrise people awake and the materialistic mental radiations are emitted through their physical senses. Fetid smell in mouth constipation, indigestion, laziness, and many kinds of eye diseases arises just because of getting late in day.

Probable mode of action: Nascent Oxygen which is liberated in the early morning will easily and readily mix up with hemoglobin to form oxy-haemoglobin which reach and nourish the remote tissues rapidly. Release of serotonin hormone keeps individual active and

alert. Minimum pollution (Noise, air, water and environment) in the early morning enhances the concentration process.

Scientific explanation: Healthy environment, Pineal gland secretion is maximum in early morning, maintains the body's circadian rhythm.

Hormonal functions: Melatonin also called the "sleep Hormone" because it promotes sleep. Melatonin concentration in the blood appears to flow a diurnal (day- night) cycle. The pineal gland may act as a kind of biological clock which may produce circadian rhythms (variation following a 24 hour cycle) 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.

Early morning is the time when secretion of cortisol hormone is maximum. Cortisol is a steroid hormone that regulates a wide range of processes throughout the body, including metabolism and the immune response. It also has a very important role in helping the body respond to stress. Thus getting up early stimulates bodily organs.

DISCUSSION

Ayurveda has mentioned some lifestyle strategies: Dincharya, Ritucharya, Sadvritta, All these strategies are preventive rather than curative and Dincharya (Brahma Muhurta) is one of these preventive principles of Ayurveda. The awareness level and freshness that Brahma Muhurta best on you makes it the perfect time to plan important things in your life be it work.

Usha is a Sanskrit word, Means "aurora, dawn, early morning (before sun rise)". The water consumed at this time named Ushapana. Ushapana in Brahma Muhurta is recommended by Bhavaprakasha. Ushapana is to hydrate thirsty body in the morning with water. In this therapy one should take at least 8 Prasriti approx 640ml of water (stored at night) before sunrise.

To achieve the advantage of Brahma Muhurta we should take the proper sound sleep without unnecessarily imaginations. Firstly we should get prepared our subconscious mind to get up at Brahma Muhurta, but we should not depends on the electronic gadgets. We have to wake up at Brahma Muhurta, Firstly we have to get up earlier in the morning, then after a particular weeks, it become the daily routine of our life. In Brahma Muhurta we should take the

sufficient quantity of water but if wake up after the Brahma Muhurta we take the less quantity of water, as it increases the kapha dosha. If we should not follow this routine, it increases the digestive problem like constipation, indigestion etc. Antaranga yoga (Meditation) play important role in Brahma Muhurta while after sunrise Bahiranga yoga (Asana, Pranayam) play a major role. During Brahma Muhurta is best time for Sushumna nadi activates. and Sit for meditation and enjoy the inner peace of Atma or Soul. Brahma Muhurta Getting up early in the morning man gains beauty, praise intelligence, money, health and long age and his life become beautiful like lotus. Brahma Muhurta is the best time to help us to tune into the rhythms of nature to body and make harmonious for good health.

CONCLUSIONS

Brahma Muhurta have great importance in all religious, So everyone must be get up in the Brahma Muhurta to have healthiest life. It has been proved that people, who wake up early in the morning become more successful in life. This is because, they become more productive and can complete their allotted task at a quicker pace as compared to the others, who wake up late in the morning. Brahma Muhurta is an excellent period for spiritual practices and has sacred energy for worship of Brahma inside you. Brahma Muhurta makes individuals feel inspired and motivated for waking up to a new day. They feel thankful to God to get another day added to their lives. It keeps you healthy and is the perfect time for attaining peace.

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