



**APPLIED ASPECT OF BRAHMA MUHURT IN DAILY LIFE**

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**ABSTRACT**

**Brahma muhurt** (time of Brahma) is a period (*muhurta*) one and a half hours before sunrise or more precisely, *1 hour and 36 minutes before sunrise*. Literally meaning "The Creator's Hour", it is traditionally the penultimate phase or *muhurta* of the night and is considered an auspicious time for all practices of *yoga* and most appropriate for meditation, worship or any other religious practice. Spiritual activities performed early in the morning have a greater effect than in any other part of the day. Each *muhurta* lasts 48 minutes, and therefore the Brahma *muhurta* begins 1 hour and 36 minutes before sunrise, and ends 48 minutes after sunrise. The time of sunrise varies each day, according to geographic location and time of year, thus the time of the Brahma *muhurta* also varies. For example, if sunrise is at 6am, the *brahma muhurta* begins at 4:24am. If sunrise is at 7am, *brahma muhurta* begins at 5:24am, and so on *Brahma Muhurta* increases the intellectual land of inhabit in changed right biological occasion that development the neurons and essential organs of the body. Awakening in *Brahma Muhurta* are considered to be the best tool to lead a healthy life. Health management is enjoyable and free but disease management is painful and costly, so we always says that "prevention is better than cure". In short we can say that wake up in *Brahma muhurta* is very favorable that boost physical, mental, social and spiritual health as well.

**KEYWORDS:** sunrise, spiritual, brahma muhurta, biological.

**INTRODUCTION**

**Meaning of "Brahma Muhurtha":** According to Ashtang Hridaya, during the beginning of *Dincharya*. A healthy man should give up his bed in *Brahma Muhurta* to protect the *Ayu*.

**According to Arun Dutta:** The appropriate *muhurta* or *kala* to aquire the Brahma Gyan is called *Brahma Muhurta*.

Waking up in *Brahma muhurta* (two hours before the sunrise) is beneficial for human beings. Now a days, there is a lot of pollution in the environment but in the morning hours it will be clean without any pollution. Along with the clean air, the pleasant atmosphere, absence of noise, the morning rays of the rising sun is very beneficial to the health. Currently a time outstanding to altering in every day habit or lifestyle, we are considering the 70-80% of emotional diseases are occurs in beneficial individual. Awakening in *Brahma muhurta* are comprises *Jeeva Amruta*, for the reason that emerging oxygen nourishes and rejuvenates each and every cell of the body. Synthesis of melatonin increases in this time episode by the pineal gland, which is having the governing produce over the reproductive system,

thermoregulatory effect, metabolic rate, antioxidant levels and achieve on main part immunity.

The very first activity of the daily routine, i.e. rising in early on morning. It must be abruptly before sunrise or in the *Vata* period. *Vata Dosha* is be flippant an main function in interchange of quantity and mind, in this time spot majority and take offense toil their altogether perform as it should be entirely like exclusion of garbage effect after right absorption of foodstuff which is devour at keep up night. If any different make sure of not start at genteel time, the *Doshika* imbalances are establish in these individual. The effects of this *Doshika* imbalance can be observed physically as an increased tendency to get upper respiratory disorders, constipation and incomplete elimination of wastes from the intestines (leading to accumulation of toxins in the blood), general lethargy and fatigue.

The fresh and pure wind that blows in the morning has a mixture of life-giving force in it. According to *Ayurveda*, it blows with the nectar sprinkled by the moon at night. After the nights rest, our mental faculties are fresh with new energy, and minds become fertile in the lonely and totally quite atmosphere of the morning. This condition

is particularly supportive of physical health, mind, soul, heart, eyesight, and memory. According to scientific studies, the percentage of oxygen is 41, of nitrogen 55, and of carbon dioxide 4 in the *Brahma muhurta*. As the sun rises, vehicles start playing on the road, and the hot vapor of the earth rises up. The percentage of carbon dioxide goes up from 4 to 60 which is harmful for long life of people.

According to *Atharva Veda*, a person who waking up in early morning will be free from disease. *Lord Krishna* said in *Bhagvada Geeta*, a person whose *Ahara Vihara* is correct, whose activities and life style is perfect and who sleep and gets up perfectly will be free from all miseries<sup>12</sup>.

In *Charaka Samhita*, the word *Brahma Muhurta* is not mentioned, but while explaining the *Matrashitiya Adhyayana Vidhi*, it has been explained that it is important for a scholar to wake up early in the morning. *Acharya Charaka* says that one should get up during *Upavyusha* i.e., when still there is part of *Raatri* left which is nothing *Brahma Muhurta*.

According to *Astanga Samgraha*, before waking up in the morning, one should assure proper digestion of food taken during last night.

According to *Swami Gourangapada* - timing of *Brahma Muhurta* is the 48 minutes from 1 hour 36 minute to 48 minute before sunrise. There are 30 *Muhurta* in a day and each *Muhurta* possesses irreplaceable outcome or result.

### Benefits of brahma muhurta

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.

*Brahma 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

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

If creature beings are in receipt of up in *Brahma Muhurta*, they are capable with pure health, beauty, wealth and intelligence<sup>9</sup>. Ancient *Ayurvedic* texts and *Acharyas* believe that by getting up early in the morning human beings gains beauty, praise intelligence, money, health and longevity and his life become beautiful like lotus<sup>10</sup>. 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 quality in early morning sun's ultraviolet rays. It is considered to be most auspicious time when one can do/start spiritual things like observing meditation or reciting prayers or even to embark on new projects.

**CONCLUSION**

Ayurveda states that there are three doshas found in the human physical body, called Vata (Air and Ether), Pitta (Fire and Water) and Kapha (Earth and Water). The increase or decrease of these three doshas is related to the cycles of time. From sunrise until 10:00am is the time of Kapha; from 10:00am until 2:00pm is Pitta time; and from 2:00pm until sunset (6:00pm) is the time of Vata. The evening follows a similar pattern, from 6:00pm until 10:00pm is the time of Kapha, from 10:00pm until 2:00am is the time of Pitta, and from 2:00am until 6:00am (sunrise) is Vata time. Brahmamuhurtha occurs during the Vata phase of the morning, between 2:00am and 6:00am, and Yoga masters state that the best time to meditate is one and a half hours before dawn, because the mind is inherently still at that time, enabling one to achieve a deeper meditative state.

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