

## CONCEPT OF “BRAHME MUHURTE UTTISHTET” AND ITS HEALTH BENEFITS

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### Abstract :

Ayurveda is a science of life with aim of healthy long life and curing diseases to achieve *Purusharth Chatushtayas* in his life span. Brahma Muhurta is a specific time of waking up which sets and maintain biological clock in human being. This time also maintain its rhythm and pattern throughout day *Brahme Muhurte uttishtet* is one among the ayurvedic theories explained in *Dincharya* concept which has been attributed as preservation of health of healthy person. As per ideology *Brahma Muhurta* pacifies the time of vata that controls *Sharir Kriya and Mana*. So it is necessary for spiritual evolution. The person Who wakes up early in morning his ageing process remains normal. It is also perfect time to align us with cosmic power as per *Lok Purush Samya Siddhanta*.

**Key words :** Brahma Muhurta, Dincharya, biological clock, Spiritual Evolution, Purusharth chatushtayas, Lok Purush Samya Siddhanta

**Introduction :** Aacharya Vagbhat Says<sup>1</sup>

“ब्राम्हे मुहूर्ते उत्तिष्ठेत्स्वस्थो रक्षार्थमायुषः । ” (अ.ह.सू. २/१)

Same kind of thought of Ayurveda is revised is modern saying “Early to bed, Early to rise, makes man

healthy, wealthy and wise”<sup>2</sup>. This saying is time tested and very much acceptable fact worldwide.

Now a days some diseases like diabetes hypertension, insomnia, anxiety depression etc are affecting the majority of population. The root cause of these diseases are

deranged life style, bad eating habits, distorted natural sleep pattern. There is inherent and inborn biological clock in our body which regulates daily routine activity of human being. If the deranged life style affects biological clock then it may cause undesirable impact on human health *Brahma Muhurta* is a specific time of awakening which sets and maintain biological clock.

**Aim** – To Study the concept of Brahma Muhurta critically.

**Objectives** – To Study concept of relevance of Brahma Muhurte Uttishtet and its health benefits.

**Material** - Ayurved classical texts.

**Methodology** –

This is a literary & fundamental study.

The methodology of this study will be as follows :

Selection of Topic

Literary study regarding Brahma Muhurte Uttishtet and its health benefits.

Critical interpretation

Discussion

Conclusion

**Defination**<sup>3</sup>

“ब्रम्ह ज्ञानं तदर्थम अध्ययनध्यापि ब्रम्ह तस्य योग्योमुहूर्तो ब्रम्हः।”

The appropriate Muhurta or Kaal to aquire *Brahma Gyan* is called *Brahma Muhurta* *Brahma* means knowledge and time for perceiving this knowledge id known as *Brahma Muhurta*.

***Brahma Muhurtakaal(time)***<sup>4</sup>

*Brahma Muhurta* starts 96 minutes before sunrise it lasts for 48minutes *Brahma Muhurta* ends 48 minutes before sunrise from 4.24.00am to 5.11.59 am is *Brahma Muhurta* (If sunrise is taken at 6.00 am)



\*According to swami shivanandji Brahma Muhurta is morning period between 3.30am to 5.30am<sup>5</sup>

\*According to religious basis of hindu belief the last phase of night<sup>5</sup>

\*According to Swami Gourangapada 48 minutes from 1hrs 36minutes to 48 minutes before sunrises<sup>5</sup>

### Biological Circadian Rhythm and Brahma Muhurta

Brahma Muhurta is a specific time of awaking which sets and maintain rhythm and pattern of biological clock.

The Circadian Rhythm is any biological process that displays an endogenous oscillation of about 24 hrs. This rhythm driven by circadian clock which is widely observed in plant, animal, fungi etc.<sup>5</sup>

### Biological Clock in human<sup>6</sup>

The biological Clock is controlled by part of brain called Suprachiasmatic Nucleus (SCN), a group of cells in the hypothalamus that responds to light and dark signals. From optic nerve of eye, light travels to SCN, signaling the

internal clock that it is a time to awake. The SCN signals to other parts of brain that control hormones, body temperature and other functions that plays a role in making us feel sleepy or awake.

The SCN also responds to light by delaying the release of other hormones like melatonin which is associated with sleep onset and is produced when eyes signals to SCN that it is dark. Melatonin level rise in evening and stay elevated through out night, promoting sleep.

### Importance of BrahmaMuhurteUttishtet

A person who is interested in avoiding diseases, who is determined to protect his life, should get up in *Brahma Muhurtato* avoidvyadhis and Alakshmi (poverty). But a person with disease should sleep formaitaining *Dhatusamyata*.<sup>7</sup>

### Precaution while rising on Brahma Muhurta<sup>8</sup>

“ब्राम्हे मुहूर्ते उत्तिष्ठेज्जीर्णाजीर्ण निरूपयन् ।” (अ.ह.सू २/१)

Before waking up early in morning one should assure proper

digestion of food taken during last night.

### Indication

- 1) According to Acharya Vagbhat :- A healthy person, to maintain his healthy life.
- 2) According to Yogratnakar, Bhavprakash<sup>9</sup> :-

“ ब्रह्मे मुहूर्ते बुध्येत स्वस्थो रक्षार्थमायुषः ।

सविधिशान्त्यर्थं स्मरेच्च मधुसुदन ॥”

A healthy person gets up at *Brahma Muhurta* and also stresses importance of remembering god after getting up.

- 3) According to Bhagvat Geeta<sup>10</sup> :-

“ युक्ताहारविहारस्य युक्तचेष्टस्य कर्मसु ।

युक्तस्वप्नावबोधस्य योगो भवति दुःखहा ॥ ”

A person whose *Aahar-Vihar* is correct, whose activities and life style is perfect and whose sleeps and gets up perfectly will be free from all miseries.

- 4) According to Garga Samhita<sup>11</sup> :-

“ ब्रह्मे मुहूर्ते चोत्तायारमाकृष्णोत्तिच ब्रुवन्नात्वा

गुरुम्भुव चैव ततो भूम्याम् पादन्यासेत् ॥”

One should rise at *Brahma Muhurta*, chant the holy names of Lord Krishna and Lord Balaram and bow down before one's guru, only then should one place his feet on ground.

### Contraindication<sup>9</sup>

This regimen is not applicable for unhealthy persons, childrens, pregnant woman and aged persons.

### Benefits<sup>11</sup> :-

- 1) It helps to maintain balance of blood PH.
- 2) Increases energy levels by providing critical nascent oxygen.
- 3) Disorganizes bacteria, yeasts by providing an oxygen rich environment thus supports immune system.
- 4) Heightens concentration by providing nascent oxygen and ionic selenium to brain, heart and kidneys.
- 5) Enhances absorption of vit. Minerals proteins, and other important nutrients by keeping intestinal villa clean and alkaline.

- 6) Improves circulation.
- 7) Improves concentration and memory.
- 8) Ozone necessary for body which is adequately present in atmosphere during *Brahma Muhurta* period. *Brahma Muhurta* is an intermittent duration between respiration and photosynthesis of all plants. The activities of entire world and especially of living beings are yet to be started. So pollution is at minimum.

**Discussion :-**

‘*Brahme Muhurte Uttishtet*’ enhances the intellectual property and human being because variety of compatible biological event that nurtures the neurons and every vital organs of body. The regimen *Brahme Muhurte Uttishtet* is wonderful concept gifted by Ayurveda to whole world under the concept of *Dincharya*. The *Dincharya* start with getting up from sleep in *Brahma Muhurta*.

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