A Literary Review on Brahma Muhurta w.s.r. to Ayurveda

Jabeen Gani Shaikh¹, S.G. Deshmukh¹, Yogita Shrotriya²

¹Dept. of Kayachikitsa, CSMSS Ayurveda Mahavidyalaya, Kanchanwadi, Aurangabad, Maharashtra, India.
²Dept. of Kriya Sharir. CSMSS Ayurveda Mahavidyalaya, Kanchanwadi, Aurangabad, Maharashtra, India.

*Corresponding Author: Email: dr.shrikantgdeshmukh@gmail.com

Abstract: Ayurveda is a science of life, which signifies the longevity. Ayurveda advice to lead good life and avoid bad lifestyle is read whereas diagnosis and treatment of diseases is well proposed in science of Ayurveda. Ayurveda describes various principles and modalities for maintaining health like Dinacharya, Ritucharya, Ratricharya, Rasayana therapy, Proper Aahara-Vihara, Vyayama, Sadvritta, Achara rasayana etc. Each and every individual for maintaining healthy conditions of body and mind should follow this concept called ‘Dinacharya’. It is one of the principles mentioned in Ayurveda in context to prevention. Ayurveda perceives that health depends on a healthy lifestyle. It includes steps when we wake up till night when we sleep. As it helps to expel out impurities from the Sharira and increases immunity. Waking up at Brahma Muhurta is one of the most important procedures in Ayurveda, because it is a beginning of Dinacharya [1].

Keywords: Brahma muhurta, Dinacharya, Health, Lifestyle.

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Introduction

Ayurveda advice to lead good life and avoid bad lifestyle is read whereas diagnosis and treatment of diseases is well proposed in science of Ayurveda. Acharya Charak said that ‘Ayurveda is a Shashwata Science’ [2]. Waking up at the time of Brahma Muhurta is very important as it is a beginning procedure of Dinacharya.

This helps to balanced doshas in the body and prevents from disease formation. It helps to excrete out the vitiating doshas from the body & also helps to excrete Mala, Mutra. A healthy man should give up his bed in Brahma muhurta to protect his Ayu [1]. Brahma muhurta is the 14th Muhurta kala of the night; One muhurta is = 48 minutes. It is the best time for the maintenance of all types of physical, mental and spiritual activities of the body.

This helps in rejuvenating the various physiological function of the body. It is the best time for hormone secretion. In the last part of night Vata dosha is predominant.

It is responsible for flexibility, body movements, functioning of organs, mental activities such as recalling, understanding, proper secretion and release of hormone enzymes.

Materials and Methods

Ayurveda describes various principles and modalities for maintaining health like Dinacharya, Ritucharya, Ratricharya, Rasayana therapy, Proper Aahara-Vihara, Vyayama, Sadvritta, Achara rasayana etc. with the help of implementation of all these modalities Sharira Bala, Manasa Bala and Vyadhikshamatva also increases.

• ब्राह्मेमुहूर्तेवर्त्तने स्वस्थो रक्षायथायुष: |’…………..(अ.सं.स. 3/2) [3].
• ‘ब्राह्मेमुहूर्तेवर्त्तनेन निरुपयिन्न: स्वस्थो रक्षायथायुषः: |’…………… (अ.सं.स. 3/2) [3].

ब्रह्म - ज्ञान: - It means Gyana / Knowledge, Ananta / God.
ब्राह्म - who accepts knowledge / who wishes to attain God.

ब्राह्म मुहूर्त - Period in which the discovery of knowledge / Bhagvata attainment is practiced.

मुहूर्त - मात्रिकाद्वयम् | Muhurta is a fraction of time division. The day & night time division is done in the 8 Muhurta. From the morning, the time of the Dvaya Nadi (4 Ghatika) before sunrise is called ‘Brahma Muhurta’. The time from 4.30 AM to 6.30 AM is Brahma Muhurta.

इन्दुटिका

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...तदयमथययनादयपिब्राह्म, तस्य योग्यो मुहूर्तां ब्राह्म:

It is the time for Awakening. Waking up at the time of Brahma Muhurta, which is the best time for Adhyayana. Awakened state is required to hold knowledge. There is no knowledge in a Dormant state (Sushuptavastha). Brahma Muhurta is the best time for the maintenance of all types of physical, mental & spiritual activities of the body.

अरुणदत्रि टिका [5]

रात्रेरुपान्ततयो मुहूर्तां ब्राह्म: | तत्र उत्तििःत् - प्रबुध्ये-तः - जगाराना/ आक्षेपनम् - नीरोगः | Which means Waking at the time of Brahma Muhurta helps to……

• ‘समदोषः समाग्मिनिः समधारुमलक्रियः: | प्रसन्तितामेत्तियमिा स्वस्थ: इतयाभिदीयर्े ||’

According to Acharya Sushruta health is balance between Dosha, Agni, Dhatu, Mala and also Prasannata of Aatma, Indriya and Mana.

‘जानाधिकरण आत्मा’ [7]

Means ‘Soul’ / Aatma is the reason for knowledge. The soul receives knowledge through the senses with the help of the Mind. Knowledge of Panchabhautikatva is done by the 5 senses. But ‘Aadhibhauteaki Gyana’ comes from the mind through the Buddhi & Senses. Intelligence is the decision making power of the soul. Buddhi is called as ‘Third eye’.

‘जो न देखे रवि, वह देखे बुधि’

Knowledge is perceived through the ‘Buddhi’. Therefore, in this period if we do all Buddhi related work then they prove successfully. Therefore this period is important. Brahma Muhurta is also known as ‘Amrutavela’. It is the period that has the highest level of Prana in the universe. So if we do Sadhana, Yoga, Pranayama in this time, Prana element is transmitted throughout the body. This morning period decides Charya of the whole day.

Ayurveda science is the teacher who teaches the Art of living. It is the science for Art of living. In Ayurveda, the routine Dinacharya, Ratricharya, Ritucharya, Ahra-Vihar Vyayamadi has been described to keep the body healthy. The time for perceiving knowledge is known as ‘Brahma Muhurta’. Arundatta, Indu & Hemadri opinions that when day & night are of equal time, each of it consists of 15 muhurtas.

Hence, a muhurta is of 48 minutes. Ahoratra is divided in 8 yamas. Out of that day consists of 4 yama & in night 4 yama. The last yama of night called as ‘Brahma Muhurta’. Every yama has muhurta includes 3.75 minutes. Hence, the starting muhurta of last yama can be considered as a ‘Brahma Muhurta’.

<table>
<thead>
<tr>
<th>References</th>
<th>About Brahma Muhurta</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Atharveda [8]</td>
<td>A person who gets up in early morning will be free from diseases.</td>
</tr>
<tr>
<td>2. Charaka Samhita[9]</td>
<td>The word Brahma Muhurta was not mentioned. But while explaining the Matrashtiyita Adhyayana vidhi, it has been explained that it is important for a scholar to get up early in the morning.</td>
</tr>
<tr>
<td>3. Astanga Sangraham [3]</td>
<td>Before waking up in the morning, one should assure proper digestion of food taken during last night.</td>
</tr>
<tr>
<td>5. Bhavaprakash [10]&amp; Yogaratnakara</td>
<td>Importance of remembering God after getting up at Brahma Muhurta.</td>
</tr>
<tr>
<td>6. Shankaracharya</td>
<td>3 AM to 6 AM</td>
</tr>
<tr>
<td>4 Swami Shivanand</td>
<td>3.30 AM to 5.30 AM</td>
</tr>
<tr>
<td>5 Hindu belief</td>
<td>3 hours before sunrise</td>
</tr>
</tbody>
</table>
Scientists have discovered that certain brain structures & chemicals produce the states of sleeping & 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. 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.

Importance of Brahma Muhurta
‘ब्रह्में मृदूतं उत्तिष्ठतेत् स्वस्थो रक्षायत्मायुः:’ |’.............. (अ.ं 2/1). It means to protect Ayushya, to be awakened in this period. Combination of Sharira, Indriya, Satva & Aatma is called as ‘Ayu’.

Table 2: Benefits of awakened during brahma muhurta

<table>
<thead>
<tr>
<th>A) Sharira (Physiological Changes)</th>
<th>B) Satva (Mental):</th>
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<tbody>
<tr>
<td>1) Early morning is Vata dosha dominating period. Waking up in this time gives the feeling of Vata Karma i.e. Utsaana. This is the period of internal purification of the body (Mala-Mutradi Nishakramana). In this period, due to Apana Vayu Anulomana, the activities of Prana Vayu are conducted smoothly. ‘...तं छलं</td>
<td>सत्वं गुणं निर्माता भेदतेऽत्सवं वेगश्वतेऽत्सवं</td>
</tr>
<tr>
<td>2) Pre-Frontal Cortex: In this period if we perform Meditation, the activity &amp; function of blood supply to the brain conducted smoothly.</td>
<td></td>
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<tr>
<td>4) Respiratory System: Increases O₂ Capacity. In the early morning there is fresh air in the environment i.e. 41 % of O₂ and 4 % of CO₂. Universe has purest environment with minimum noise pollution. The lungs aspirates pure and fresh air from the environment which increases lungs capacity and at that time if we perform Meditation, Pranayama, it acts as good respiratory practice for excretion of impurities from the body.</td>
<td></td>
</tr>
<tr>
<td>5) Excretory System : 'रोगा: सर्वाधिक आयतके निरोधितमें विरामं</td>
<td>’............ (अ.ं 4/21) [13]</td>
</tr>
<tr>
<td>Adhovata, Mutra, Purisha Vega dharana causes development of Vikara. This is the time period of proper excretion of Urine, Stool. So therefore, there is no Vega dharana and Swasthya has been maintained.</td>
<td></td>
</tr>
<tr>
<td>6) Hormonal: At this time, Endorphin &amp; Serotonin levels increases, which are good hormone for body.</td>
<td></td>
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<tr>
<td>7) Genetics: ‘Telomere’: DNA part &amp; Chromosome length increases when Meditation performs in the time of Brahma Muhurta. If we perform regular meditation it affects on Gene’s also. Therefore Lifespan / Longevity increases. Telomere is capable of extending cell lifespan.</td>
<td></td>
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<th>C) Aatma (Spiritual):</th>
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<tr>
<td>Brahma Muhurta is the foundation of day. In this period conscious mind is slows down. Knowledge must have absorbs in the sub-conscious mind to receive knowledge. The period of Brahma Muhurta is in the silence of Mind. Whatever knowledge is received will go into the sub-conscious mind.</td>
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<td>It is the time, where will power is at highest level. Mind focus is highest. It is the best time for Meeting with God &amp; Praying for God.</td>
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Role of Circadian Cycle [14]
‘Circadian’ derived from the latin word, ‘Circa’ means Around; & ‘Diem’ means day.

It is the 24 hour internal clock in our brain that regulates cycles of alertness & sleepiness by responding to light changes in our environment. It is the brain’s master clock, containing neurons that fire in a 24 – hour cycle to influence the VLPO (Ventrolateral preoptic nucleus).

Controlled by
Signals from the retina during the day & by Melatonin from the pineal gland at night. It affects the daily rhythms of many physiological processes.
Table 3: Circadian Cycle

<table>
<thead>
<tr>
<th>Time</th>
<th>Description</th>
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<tbody>
<tr>
<td>4.30 AM</td>
<td>Lowest body temperature.</td>
</tr>
<tr>
<td>6.30 AM</td>
<td>Sharpest blood pressure rise.</td>
</tr>
<tr>
<td>7.30 AM</td>
<td>Melatonin secretion stops.</td>
</tr>
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The regulation of sleep is processed by the homeostatic physiology of the circadian rhythm, the sleep / wake cycle. Our physiology & behavior are shaped by the Earth’s rotation around its axis. ACTH secretion follows circadian rhythm i.e. it varies in different periods of the day. The rate of secretion of ACTH and CRF is high in the morning and low in the evening.

Hypothalamus plays an important role in the ‘Circadian fluctuations’ of ACTH secretion [15]. Body and Mind correlates with each other likewise body & universe also correlates with each other. When sunlight comes to earth them charge particles of sun spreads over the earth which generates powerful magnetic field. It causes chemical reaction in the body.

Role of Pineal Gland [16]

It secretes the hormonal substance called ‘Melatonin’. Its secretion is more in darkness than in daylight. In animals, the secretion of melatonin varies according to activities in different periods of the day, i.e. ‘Circadian rhythm’. In the body Super chiasmatic nucleus (SCN) gives signals to the body which causes low temperature in the body and pineal gland secretes more melatonin. Due to more melatonin secretion Mind becomes stable and calm which helps to increases focus ability & concentration.

According to Ayurveda, Hridaya is considered as a shape like ‘Pundarika’. As we know the open & close of lotus depends upon the light, means when sunrise lotus is opened & when sunsets it is closed [17]. Also in Ayurveda, Satva guna is a prakshaka while Tama guna is sign of darkness. Satva guna results in mental well being, freshness, awakensness, negativity, anxiety, depression, loss of confidence. Same work is done by serotonin like satva guna & melatonin act as a tama guna which are secreted by pineal gland which is located in dorsal aspects of brain.

Role of Hypothalamus [18]

It is responsible for the circadian fluctuations of melatonin secretion. Hypothalamus regulates many vital functions like sleep, wakefulness, emotion, etc. Mamillary body in the posterior hypothalamus is considered as the ‘Wakefulness centre’. Stimulation of mamillary body causes wakefulness and its lesion leads to sleep. Stimulation of anterior hypothalamus also leads to sleep. It helps to maintain Homeostasis in the body. Brahma Muhurta is very important concept described in Ayurveda. Through all this we should maintain proper Health only waking at the time of Brahma Muhurta.

Discussion

Waking up at the time of Brahma muhurta is very important as it helps to protect Ayu / Swasthya. As there are various references are available among Brahma Muhurta. Like Atharvaveda, Ashtang sangraha, Ashtang Hrudaya described that waking up in the morning will be free from diseases. As in Bhavaprakasha and Yogaratnakara Samhita mentioned Brahma muhurta as it is importance of remembering God after getting up.

There are various physiological, Mental & Spiritual changes are happened like feeling of Vata karma i.e. Utsaha, proper blood supply / blood circulation, excretion of impurities from the body, excretion of urine, stool, hormonal changes, increases concentration power & Positivity in mind, and it is the time, where will power is at highest level.

Conclusion

In the time of Brahma muhurta it helps to keep / protect health. All dhatus are in Samya-avastha as it helps to excrete the vitiated doshas, dushyas etc from the body and removes impurities from the body. It helps to maintain Homeostasis in the body. Brahma Muhurta is very important concept described in Ayurveda. Through all this we should maintain proper Health only waking at the time of Brahma Muhurta.

References

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