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Physiological Importance of Waking-Up in *Brahma Muhurta*: A Review

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ABSTRACT

Ayurveda is the science of life. *Ayurveda* has great contribution in treatment of diseases as well as prevention of diseases. If we follow the rules of *Dincharya* we will be healthy without any medicine. The first step in *Dincharya* is *Brahma Muhurta*. *Brahma muhurta* is a period of two *muhurtas*, or about one and half hour before dawn. In the Ayurvedic literature, this period is considered as ideal time for *Adhyayana*, *Vyayama*, *Dhyana*, Worship or any other religious practices. Nowadays, we all are suffering from diseases due to change in our lifestyle. At the time of *Brahma muhurta* the environment is clean & pollution free. Along with the clean air, the pleasant atmosphere, absence of noise, rays of the rising sun are very beneficial to the health. The cheerful atmosphere has a considerable effect on the body and mind. The person who wakes up in *Brahma muhurta* (early morning), his ageing process is delayed as it decreases oxidative stress in body. Awakening in *Brahma-muhurta* destroys the harmful effects at primary level as well as increases the health and life span. It is important to understand about the relation of *Doshas* with the time of the day. After review of this article, aim of this study to know about the physiological benefits of waking up in *Brahma Muhurta*.

KEYWORDS

Dincharya, *Brahma muhurta*, *Lifestyle*, *Health*



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INTRODUCTION

Ayurveda emphasizes on maintenance of health of a healthy person and curing the disease of an ill¹. The *Charya*, which is done in daily life is known as *Dincharya* (Daily regimen). *Charya* (regimen) is performed to prolong life span². *Dincharya* (Daily regimen) begins with getting up from the bed till one goes to his bed in the night.

Brahma muhurta is considered to be the apt time for waking up which is the fourteenth *muhurta* of Ratri³. *Brahma* is knowledge, which is gained by reading. The time which is ideal to the gaining of knowledge is known as *Brahma muhurta*. One desirous of long healthy life should get up in *Brahma muhurta*⁴. Hemadri commentary on the same verse considers it as last part of night i.e. time just prior to sunrise⁵. Time of *Brahma muhurta* is an intermittent duration between respiration and photosynthesis in plant kingdom. There will be abundance of Nascent oxygen which is properly mixes with hemoglobin forming oxy-hemoglobin reaching to the remote tissue and also boost the immune system, as oxygen deficient bodies are highly prone to disease. Also *Brahma muhurta* is the right time for *Adhyayana* (study) and the time when melatonin synthesis in the body will

be optimum. Awakening late from the bed induces lethargic moods throughout the day causing inactivity.

Period of *Brahma Muhurta*

The last phase of night i.e. three hours before sunrises is *Brahma muhurta*. The shastra prescribed one should give up sleep at this time⁶. One *muhurta* is equal to 48 minutes. *Brahma muhurta* is a time of one and half hour before sunrise or more precisely one hour thirty six minute i.e. ninety six minute is equal to two *muhurta* or four *ghatika*⁷. *Acharya Shankara* believed that *Brahma Muhurta* are the “last three hours of the night” (from 3:00 AM to 6:00 AM)⁸.

Importance of waking up in *Brahma Muhurta*

If creature beings are in receipt of up in *Brahma Muhurta*, they are capable with pure health, beauty, wealth and intelligence⁹. 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 lotus¹⁰. 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 projects⁸.

Relation between Vata Dosha and Brahma Muhurata

Ayurveda states that there are three *Dosha* found in the human physical body called *Vata*, *Pitta* and *Kapha*. The *Vridhhi* or *Kshaya* of these three *Doshas* is related to the time. From 2:00am until 6:00am (sunrise) is the time of *Vata Dosha*¹¹. This is not to be considered exact, but variable minutely according to the season. The main function of *Vata* is movements, so to get up in this time ensure that *Vata Dosha* will be functioning properly.

AIM

To study the physiological importance of get up in *Brahma Muhurta*.

OBJECTIVE

To study the effect of waking up in *Brahma Muhurta* for healthy lifestyle.

MATERIALS AND METHODS

For this study, the essential and theoretical component have been collected from the *Ayurvedic Samhitas* or text with their commentaries, various references books, journals, modern text & online surfing to be reviewed.

Literary Review

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 miseries¹².

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*¹³.

According to *Astanga Samgraha*, before waking up in the morning, one should assure proper digestion of food taken during last night¹⁴.

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 result¹⁵.

DISCUSSION

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 immunity¹⁶.

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 Dosh*a 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 fatigue¹⁷.

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 people¹⁸.

CONCLUSION

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.



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