



## Brahmamuhurta: The Ayurvedic Secret To A Healthy Start

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### ABSTRACT: -

**Introduction:** Ayurveda, the traditional Indian system of medicine, encourages living in harmony with nature. One important habit it recommends is waking up during *Brahma Muhurta*, which is about 1.5 hours before sunrise. Traditional texts and modern science both highlight this period's significance in enhancing physical, mental, and spiritual well-being.

**Methods:** This article is based on information collected from ancient Ayurvedic texts, modern science books, journals, and online sources. The goal was to understand why waking up early, especially during *Brahma Muhurta*, is so beneficial.

**Discussion:** Both Ayurveda and modern science agree that *Brahma Muhurta* is a special time for physical, mental, and spiritual health. Starting the day at this time can prevent many common health problems and improve overall well-being.

**Results:** The review indicates that *Brahma Muhurta* aligns with the body's circadian rhythm, when hormones such as cortisol peak and melatonin diminish promoting alertness, mental clarity, and optimal metabolic function. This *Vata*-dominant period enhances bowel movements, supports meditation and yoga practices, and fosters a positive mental state. In contrast, waking later in the *Kapha* period leads to lethargy, poor digestion, and diminished vitality.

**Conclusion:** Getting up during *Brahma Muhurta* is a simple habit that brings big health benefits. It helps us live a better, longer, and more peaceful life by staying in tune with nature and our body's natural rhythm.

**Keywords:** *Brahmamuhurta*, *Dincharya*, Lifestyle, Healthy start, Ayurveda, Circadian rhythm.

### INTRODUCTION: -

Ayurveda emphasizes on maintenance of health of a healthy person and curing the disease of an ill<sup>1</sup>. It is holistic science that sustains the health of millions of human being by narrating standard way of living and providing curative measures for several disorders. The Indian sages emphasized the importance of *sadvritta*, which promotes health and improved sensory variation. According to *Acharya Charaka* one who observed these principles of *sadvritta* simultaneously fulfil both objectives via maintenance of positive health and control of sense faculties<sup>2</sup>.

The Charya, which is done in daily life is known as *Dincharya* (Daily regimen). *Charya* (regimen) is performed to prolong life span<sup>3</sup>. *Dincharya* (Daily regimen) begins with getting up from the bed (*Brahmamuhurta uthaana*) till one goes to his bed in the night. Following the *Dincharya* and *Ritucharya* regimens can improve a man's healthy life. The *Dosha Dhatus Malakriya Samyavastha* is maintained.

Nowadays, several diseases such as diabetes, hypertension, sleeplessness, anxiety, depression, etc. This affects the bulk of the people. The underlying cause of these diseases is an unhealthy lifestyle. Issues include poor food habits, disrupted sleep patterns, and a lack of connection to traditional practices. Humans have an intrinsic biological clock that regulates their everyday activities. A dysfunctional lifestyle can have negative effects on human health by disrupting the biological clock.

*Brahma Muhurta* is considered to be the apt time for waking up which is the fourteenth *muhurta* of Ratri<sup>4</sup>. *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*<sup>5</sup>. *Hemadri* commentary on the same verse considers it as last part of night i.e. time just prior to sunrise<sup>6</sup>.

*Brahma Muhurta* is a period of two *Muhurtas*, or about one and a half hours before dawn. In the Vedic tradition this period is considered as the ideal time for spiritual practices like prayer and meditation. Waking up during *Brahma Muhurta* also has many health benefits.

Time of *Brahma Muhurta* is an intermittent duration between respiration and photosynthesis in plants. 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.

#### AIM: -

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

#### MATERIAL 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 is reviewed.

#### Ayurvedic Review:

**ब्राह्मे मुहूर्त उत्तिष्ठेत् स्वस्थो रक्षार्थमायुषः । (अ.ह.सू. 2/2)**

According to *Ashtang hrudhaya* a person who is interested in preserving the health and longevity should get up early in the morning in *Brahma-muhurta*<sup>7</sup>. *Brahma Muhurta* is the second last *Muhurta* before sunrise, which is one hour thirty-six minutes before sunrise. *Brahma* means knowledge. The time apt for perceiving knowledge is known as *Brahma Muhurta*. Difference of opinion exists regarding *Brahma-muhurta*. There are 8 *Yaamas* per day, each *Yaama* consisting of 3 hours. Both day and night are constituted by 3 *Yaamas* each. Each of the rest two *Yaamas* constitute two *Sandhyas*, viz. dusk and dawn. *Arunadatta*, *Indu* and *Hemadri* opine that when day and night are of equal time, each of it consists of fifteen *muhurtas*. Hence, a *Muhurta* is of 48 minutes. *Brahma-muhurta* begins at dawn; it is the penultimate *Muhurta* of night. Thus, the healthy individual may get up two *Muhurtas* i.e. 96 minutes (=almost 1.5hrs) before sunrise. This regimen is not applicable for those who are unhealthy. *Brahma-muhurta* is the second half of fourth *Yaama* and one should wake up at that time. As such, the beginning of the 14<sup>th</sup> *Muhurta* of night is to be considered as *Brahma-muhurta*.

#### BRAHMA MUHURTA TIMING:

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 minutes i.e. ninety-six minute is equal to two *muhurta* or four *ghatika*<sup>8</sup>.

According to Swami Shivanand ji- *Brahma Muhurta* is morning period between 3.30 A.M. and 5.30 AM<sup>9</sup>.

According to Religious basis of hindu belief: The last phase of night i.e. three hours before sunrises is called *Brahma Muhurta*. The shastra prescribed one should give up sleep at this time<sup>10</sup>.

According to *Shankar- Brahma Muhurta* time is 3 am to 6 am daily. It is considered to be most auspicious time when one can start/do spiritual things like observing meditation or reciting prayers even to embark on new project<sup>11</sup>.

According to *Charaka Samhita*, the word *Brahma Muhurta* was not mentioned. But while explaining the *Matrashitiya Adhyayana vidhi*, it has been explained that it is important for a scholar to get up early in the morning. *Charaka* says that one should get up during *Upavyusha* i.e., when still there is a part of *Raatri* left which is nothing but *Brahma Muhurta*<sup>12</sup>.

### Modern review:

Scientists have discovered that certain brain structures and chemicals produce the states of sleeping and 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. ("Circadian" means "about a day.") 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.

### The classic phase markers for measuring the timing of a mammal's circadian rhythm are:

- Melatonin secretion by the pineal gland
- Core body temperature
- Plasma level of cortisol.

The average human adult's temperature reaches its minimum at about 05:00 (5 a.m.), about two hours before habitual wake time. 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. A third marker of the human pacemaker is the timing of the maximum plasma cortisol level (life protecting hormone). It helps to withstand the stress and trauma in life. This is secreted from adrenal cortex under the influence of ACTH from hypothalamus. The rate of secretion of ACTH is high in the morning and low in the evening. Other physiological changes which occur according to a circadian rhythm include heart rate and production of red blood cells.

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 quantity in early morning sun's ultraviolet rays.

The circadian rhythm is the period probably associated with hormonal changes conductive to blossoming of mind. Liberation of nascent oxygen which easily mixes with hemoglobin forming oxyhemoglobin and reaching to remote tissues<sup>13</sup>.

### Importance of getting up in *Brahma Muhurta*:

Early morning is *Vata* dominating period. *Vata Dosha* is helpful in promoting body movements both internal and external and thus helps in easy evacuation of bowel. Physical activities such as exercises and *Yogasanas* can be performed well in *Vata Kala*. Meditation also needs the help of undisturbed *Vata* which can be found early in the morning. This time is hailed as the best time to learn, especially learn and realize subtler aspects of philosophy and spiritual growth<sup>14</sup>.

If one tries to find out the secret underlying this then one can realize that there are probably several changes in physical chemical and biological atmosphere at around this time, which probably catalyzes spiritual blossoming of an individual. This is indeed a rejuvenating time as the whole universe begins to wake up at

around this time. The circadian rhythm is associated with hormonal changes conducive to blossoming of mind. Study of variety of electromagnetic radiations ozone effects of other planets and stars and so on, on the various biological and psychological parameters reveals a lot of new insights in the interrelationship of man and the universe<sup>15</sup>.

This time is very important as most of the people are asleep and the even the animals are sleeping. Meditation is a coherent flow of energy and is distributed by the external atmosphere and other people's vibrations and thought forms. These things do not affect meditator during *Brahma Muhurta*<sup>16</sup>.

Ancient Classical believe that by getting up early in the morning man gains beauty, praise intelligence, money, health and long age and his life become beautiful like lotus<sup>17</sup>.

### **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. The atmosphere is polluted. People will disturb each other dragging themselves to materialistic discussions. So best time for doing meditation is early morning. Fetid smell in mouth constipation, indigestion, laziness, and many kinds of eye diseases arises just because of getting late in day<sup>18</sup>.

### **Discussion:**

*Brahma Muhurta*, as described in Ayurvedic texts, is an ideal time for waking, aligning the body with nature's rhythms. This period enhances mental clarity, promotes physical health, and supports spiritual practices. Modern science supports these benefits, showing that early morning hormonal changes, like increased cortisol and reduced melatonin, improve alertness and immune function.

The *Vata* dominance during this time aids in activities like *meditation*, *yoga*, and bowel movements. In contrast, waking late leads to *Kapha* dominance, causing sluggishness and health issues. Reintroducing this ancient practice into modern life offers a simple yet effective way to improve overall well-being and prevent lifestyle disorders.

### **Conclusion and Result:**

The practice of rising during *Brahma Muhurta* holds deep roots in Ayurvedic wisdom and is strongly supported by modern scientific evidence. This sacred time, approximately 1.5 hours before sunrise, is not only ideal for spiritual activities like meditation and study but also promotes significant physiological and psychological well-being.

*Brahma Muhurta* provides a holistic foundation for a healthy lifestyle. It promotes a synchronized biological rhythm, improved digestion, mental clarity, and emotional stability. Conversely, waking late disrupts this harmony, leading to sluggishness, digestive issues, and reduced vitality.

Incorporating the practice of waking during *Brahma Muhurta* can be considered a powerful lifestyle intervention. It not only aligns one with the natural rhythms of the universe but also contributes significantly toward the preservation of health, longevity, and spiritual growth.

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