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Brahma Muhurta To Bedtime: Harmonizing Lifestyle Practices For Disease Prevention And Well-Being - A Review Article

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Abstract

Background:
Ayurveda emphasizes a daily routine (*Dinacharya*) and nighttime regimen (*Ratricharya*) to maintain a balance between body, mind, and spirit. Rooted in classical texts such as *Charaka Samhita*, *Sushruta Samhita*, and *Ashtanga Hridaya*, these practices aim to promote health, prevent diseases, and enhance longevity. However, adherence to these routines has become increasingly difficult owing to modern lifestyles, urbanization, and technology use.

Objectives:
This review aims to critically analyze *Ayurvedic* daily and nightly practices from *Brahma Muhurta* to bedtime, exploring their preventive and therapeutic benefits, contemporary relevance, and potential for integration into modern life.

Methods:
A comprehensive literature review was conducted using classical *Ayurvedic* texts and recent scientific research. Each practice, including waking during *Brahma Muhurta*, *Dantadhavana*, *Abhyanga*, *Vyayama*, *Udvartana*, bathing, and nighttime rituals, was examined for its traditional rationale, supported by modern physiological and clinical evidence.

Results:
These findings suggest that practices such as early rising, herbal oral hygiene, oil massage, seasonal exercise, and mindful nighttime activities positively affect circadian rhythm regulation, metabolic health, immunity, mental health, and stress reduction. Research supports benefits in areas such as improved digestion, cardiovascular health, mood regulation, and the prevention of lifestyle disorders. Technological tools such as wellness apps can support the adaptation of these practices to contemporary life.

Conclusion:
Daily *Ayurvedic* regimens offer a holistic framework for health promotion and disease prevention. Although full adherence may be challenging, integrating key principles through gradual, personalized modifications can yield substantial benefits. Future research and interdisciplinary collaboration are essential to scientifically validate these practices and integrate them into modern health care systems.

Keywords: *Dinacharya*, *Ratricharya*, *Ayurveda*, circadian rhythm, lifestyle disorders, *Abhyanga*, *Brahma Muhurta*, preventive healthcare

INTRODUCTION

Ayurveda, a time-tested system of medicine, strongly emphasizes the role of daily regimens in sustaining overall health. It defines well-being as a state of balance between *Dosha*, *Agni*, *Dhatu*, and *Mala*, while also recognizing the importance of mental, sensory, and spiritual harmony[1]. In contrast to contemporary healthcare, which often addresses diseases after their onset, *Ayurveda* advocates proactive measures that align human life with natural cycles.

Brahma Muhurta, the pre-dawn period, is regarded as an optimal time for practices that enhance vitality and mental clarity. *Dinacharya* encompasses structured routines, such as cleansing rituals, physical activity, and mindful eating, while *Ratricharya* emphasizes relaxation and preparation for restorative sleep. This article explores the significance of these *Ayurvedic* lifestyle practices and highlights how their systematic implementation contributes to disease prevention and long-term wellness.

MATERIALS AND METHODS

This review is based on classical *Ayurvedic* texts, including *Charaka Samhita*, *Sushruta Samhita*, and *Ashtanga Hridaya*. In addition, peer-reviewed journals and contemporary studies were analyzed to provide a scientific perspective on *Ayurvedic* daily regimens. The collected data were systematically organized to evaluate the preventive and therapeutic aspects of these practices.

REVIEW OF LITERATURE

Brahma Muhurta Practices

The first step to start the day is getting out of bed after waking up, a vital practice emphasized by *Ayurveda*. Rising during *Brahma Muhurta* was considered ideal.

Brahma Muhurta, derived from *Sanskrit*, translates to "the time of *Brahma*" and refers to a specific period before sunrise. It begins approximately 1 h and 36 min before sunrise, and is regarded as highly auspicious for spiritual activities. Traditionally, this penultimate phase of the night is considered most suitable for *yoga*, meditation, worship, and other spiritual practices, as endeavors undertaken during this period are believed to have heightened effects.

Brahma Muhurta is the 14th segment (*muhurta*) of the night, with each *muhurta* lasting 48 minutes. Because a full night comprises 15 *muhurtas*, *Brahma Muhurta* spans from 1 h, 36 min, to 48 min before sunrise. The exact timing varies depending on the geographical location and seasonal changes. For instance, if the sun rises at 6:00 AM, *Brahma Muhurta* starts at 4:24 AM, and if the sun rises at 7:00 AM, it begins at 5:24 AM.[2]

According to Arun Dutta, the ideal time to attain *Brahma Gyan* is during *Brahma Muhurta*, beginning 96 minutes before sunrise, covering two *muhurtas* or four *ghatikas*. From a religious perspective in *Hinduism*, the final phase of the night—approximately three hours before sunrise, is also regarded as *Brahma Muhurta*, with *Shastras* recommending waking during this time for spiritual activities.

Adi Shankaracharya further defined *Brahma Muhurta* as occurring between 3:00 AM and 6:00 AM daily, emphasizing its auspiciousness for meditation, *prayer*, and the initiation of new ventures. *Acharya Vagbhata* advocated early rising to promote longevity and good health, while *Vriddha Vagbhata* stressed the importance of ensuring proper digestion of the previous meal upon waking. *Bhavaprakasha* recommended remembering God and viewing auspicious substances, such as curds, *ghees*, and mirrors, during *Brahma Muhurta*. *Arunadatta* also emphasized this period as ideal for acquiring knowledge.

From a physiological perspective, *Brahma Muhurta* corresponds to a Vata-dominant *kala*, during which all five types of *vata* function optimally. In particular, *Apana Vayu* facilitated the evacuation of *purisha* (stools) in the early morning. Waking after *Brahma Muhurta* may disturb *Apana Vayu*, potentially leading to constipation, restlessness, and decreased daily productivity.

Research indicates that waking during *Brahma Muhurta* promotes bowel health, supports normal *Apana* function, and enhances morning energy and focus. Many individuals report improved concentration in morning studies, mental clarity, and a heightened sense of spiritual awareness when following this regimen, thereby setting a positive tone for the day.[3]

Dantadhavana

A consistent oral hygiene routine plays a crucial role in maintaining health and preventing disease. According to *Ayurveda*, it helps to eliminate bad breath, tastelessness, and impurities from the tongue, teeth, and mouth. They also enhance taste perception and ensure comprehensive dental cleansing.

Oral care supports the initial phase of digestion, which begins at the mouth. Mechanical digestion occurs through mastication (chewing), which breaks food into smaller particles to increase the surface area for enzymatic action. Simultaneously, chemical digestion is initiated by saliva, which contains enzymes, such as amylase, that begin the breakdown of starches into simpler sugars.[4]

In *Ayurveda*, various *dravyas* (substances) are recommended for *dantadhavana* (tooth brushing), each associated with specific *rasas* (tastes). The *Charaka Samhita* recommends *Katu* (pungent), *Tikta* (bitter), and *Kashaya* (astringent) tastes. Other sources included *Madhura* (sweet), *Katu, Tikta, and Kashaya*. The *Ashtanga Hridaya* emphasizes *Kashaya, Katu,* and *Tikta rasatmaka dravyas* such as *Karanja, Karveera, Arka, Malati, Arjuna, Asana, Nyagrodha, Khadira, Nimba, Madhuka, Kshaudra* (honey), *Trikatu, Trisugandha, Taila* (oil), and *Saindhava* (rock salt).

These herbal substances possess antioxidant properties and exert therapeutic effects, including anti-inflammatory, antifungal, antibacterial, antiulcer, and wound healing activities, thereby contributing to both oral and general health.[5]

***Jihva Nirlekhana* (Tongue Scraping)**

Tongue cleaning (*Jihva Nirlekhana*) is emphasized in *Ayurveda* to prevent foul breathing, promote unobstructed breathing, and enhance taste perception by removing accumulated impurities from the root of the tongue. Together with other oral hygiene practices, this offers a holistic approach to oral care.

***Gandusha* (Oil Pulling)**

Gandusha, or oil pulling, is an ancient *Ayurvedic* practice, detailed in *Charaka Samhita*. It involves swishing oils such as sesame or sunflower oil in the mouth to promote oral and systemic health. *Gandusha* is believed to prevent dental decay, eliminate bad breath, strengthen teeth and gums, and treat conditions, such as bleeding gums, headaches, and asthma. Recent studies have demonstrated its effectiveness against plaque-induced gingivitis.[6]

Connection Between Oral and Cardiovascular Health

The heart and dental health are closely interconnected.[7] Plaque buildup on teeth has been associated with atherosclerotic plaque formation in arteries. Individuals with periodontal disease (gum disease) exhibit higher susceptibility to cardiovascular conditions, including stroke. This relationship may be partly explained by shared risk factors such as smoking and unhealthy dietary habits. Furthermore, brushing hurriedly or only once per day has been linked to a threefold increase in the risk of developing cardiovascular disease (CVDs). Poor oral hygiene poses a significant risk, particularly for individuals with heart valve disorders. Ongoing research continues to explore and strengthen the established link between oral health and cardiovascular disease.

***Abhyanga* (Oil Massage Therapy)**

Abhyanga is a traditional *Ayurvedic* full-body oil massage that is renowned for its numerous health benefits. It is described as a rejuvenating therapy that helps slow the aging process, reduce fatigue, relax the body, improve skin complexion, nourish bodily tissues (Dhatus), enhance sleep quality, strengthen the musculoskeletal system, and promote longevity.

From a physiological perspective, *Abhyanga* enhances arterial blood flow, induces vasodilation, and supports venous and lymphatic drainage, thereby preventing the stagnation of bodily fluids. It also improves the elasticity and mobility of soft tissues, supports thermoregulation, and nourishes skin.

Several scientific studies have investigated the immunomodulatory effects of massage therapy, showing significant increases in circulating T and B lymphocyte and cytokine levels, along with reduced cortisol concentrations, indicating improved immune function and reduced stress.[8]

Shiro Abhyanga and *Padabhyanga*

Shiro Abhyanga (head massage with oil) is particularly effective in preventing hair fall and premature graying, strengthening hair follicles, nourishing the sense organs, enhancing facial complexion, and promoting restful sleep.

Padabhyanga (foot massage with oil) alleviates dryness, stiffness, and numbness, strengthens the feet, relaxes the body, enhances eye health, balances Vata Dosha, and is used in the prevention of conditions such as sciatica, muscle stiffness, and cracked heels.

In *Ayurvedic* medicine, foot massage is recognized for its *Nidrakrit* (sleep-inducing) properties. From a neurophysiological perspective, foot reflexology stimulates the nervous system and enhances sensory signal transmission to the brain, which may lead to increased dopamine secretion.[9]

Dopamine plays a significant immunomodulatory role by activating the dopamine receptors on leukocytes. The expression and function of these receptors vary based on cell type, activation state, dopamine concentration, and exposure duration.[10]

Vyayama (Exercise) and *Udwartana* (Therapeutic Massage)

Vyayama refers to the physical effort aimed at enhancing bodily stability, strength, and endurance, ultimately leading to a state of healthy exertion. Classical texts advise adjusting the intensity of exercise according to seasonal variations: performing half the usual effort during *Sheeta* (winter) and *Vasant Ritu* (spring) and opting for milder exercise during other seasons.

Regular *Vyayama* offers numerous benefits, including increased body lightness (*Laghuata*), improved work efficiency (*Karma Samarthya*), enhanced digestive strength (Agni Deepana), boosted metabolism, and greater tolerance to heat, cold, thirst, and hunger. It also contributes to balancing *Tridosha*, promoting fat reduction, and delaying aging.[11]

From a scientific perspective, physical exercise stimulates the sympathetic nervous system, eliciting integrated responses to maintain homeostasis under increased physical, metabolic, respiratory, and cardiovascular demands. Muscle contractions induce the release of myokines, which aid tissue growth and repair, and possess anti-inflammatory properties. Exercise also enhances oxidative phosphorylation within skeletal muscle mitochondria, thereby improving the endurance capacity. Additionally, it helps to lower cortisol levels, reducing the risk of various physical and mental health disorders.

Udwartana (Powder Massage Therapy)

Udwartana is a specialized Ayurvedic therapy, categorized into two types: *Udgharshana* and *Utsadana*. In *Utsadana*, herbal powders are mixed with oil and applied upward across the body. This therapy is particularly effective in reducing excess *Kapha* Dosha and body fat, alleviating drowsiness, foul body odor, and promoting bodily strength and stability. It improves skin complexion, reduces body heaviness, promotes vasodilation, and prevents dermatological issues, such as rashes and itching.

From a scientific standpoint, *Udwartana* normalizes *Bhrajaka Pitta* (skin metabolism), enhances skin immunity, and improves the complexion. Therapy promotes better blood circulation by opening bodily passages, thereby facilitating the effective distribution of nutrients. The use of *Ushna* (hot) and *Ruksha* (dry) substances aids in the liquefaction of tissue fat and serum lipids, thereby contributing to fat metabolism and overall health.[12]

In contrast, *Udgharshana* involves the application of herbal powders without oil, as well as in an upward direction. It is beneficial in relieving skin conditions, such as itching and rashes, strengthening the thighs, and imparting a feeling of lightness. Frictional stimulation during *Udgharshana* activates *Bhrajaka Pitta*, dilates blood vessels, opens body pores, and assists in removing trapped oils and toxins. Similar to *Utsadana*, the application of *Ushna* and *Ruksha* substances supports fat and serum lipid reduction, thereby enhancing metabolism and improving peripheral circulation.

Snana (Bathing)

Snana, or bathing, is regarded as a vital practice for maintaining health, hygiene, and overall well-being. When performed properly, it serves as a therapeutic, preventive, and rejuvenating ritual for the body, mind, and soul, and offers promotive, protective, and curative benefits. *Ayurveda* described regular *Snana* as auspicious, attributed to its ability to promote longevity, alleviate fatigue, enhance appetite, act as an aphrodisiac (*Vajikarana*), strengthen the heart, increase Ojas (vital essence), relax the body, and eliminate sweat, itching, foul body odor, and drowsiness.[13]

From a modern scientific perspective, morning cold water baths stimulate the hypothalamus and pituitary glands, leading to the release of endorphins that elevate mood and foster a sense of well-being. Cold exposure has also been shown to boost testosterone levels in men and stimulate leukocyte production, thereby enhancing the immune defense. Conversely, hot water baths open skin pores, helping to clear trapped dirt, oil, and toxins. Steam baths provide relief from respiratory ailments by clearing the nasal passages, loosening the phlegm, and expanding the airways. Thus, Snana has emerged as a comprehensive practice that supports physical, mental, and emotional health.

Vastra Dharan (Appropriate Dressing)

Wearing suitable clothing (*Vastra Dharan*) is essential to maintain body temperature and protect against environmental extremes. Clothes made from appropriate materials help conserve body heat during winter and aid in cooling during the summer. A proper attire ensures uniform body temperature regulation and prevents circulatory restrictions caused by overly tight garments.

Clothing also serves as a physical barrier against injury and supports metabolic regulation. Insufficient covering during cold weather forces the body to expend additional energy to maintain warmth. Furthermore, appropriate attire enhances not only physical health and longevity, but also personality, confidence, and social presence, playing a critical role in personal and professional settings.[14]

Gandhamalya Neshevanam (Use of Fragrances and Garlands)

Gandhamalya Neshevanam, the application of fragrant substances and the wearing of garlands, is praised in *Ayurveda* for promoting freshness, joy, strength, vitality, and charm. It is also believed to attract prosperity, ward off negativity, and uplift the mind, thus contributing to longevity and mental well-being.

Inhaling fragrances stimulates the olfactory nerves, with scent molecules traveling to the brain via the limbic system, which governs emotions and memory. These molecules can cross the blood-brain barrier and directly influence mood, stress levels, and emotional responses. In modern life, the use of fragrances and suitable clothing remains crucial for fostering confidence, enhancing social and professional interactions, and leaving a positive and lasting impression.[15]

Kshaur Karma (Personal Grooming Practices)

Kshaur Karma involves the regular cutting, shaving, or trimming of hair, mustache, and nails. According to *Ayurveda*, this enhances health, virility, longevity, purity, beauty, lightness, joy, and prosperity[16], while maintaining short nails is vital for hygiene, as it prevents the accumulation of dirt and pathogens, which is a critical factor, especially in cultures where meals are often consumed manually. Proper grooming of hair helps prevent conditions such as ringworms and dandruff. Additionally, maintaining hand hygiene through regular washing with soap and water is crucial for preventing infectious diseases such as cholera, typhoid, and dysentery.[17]

Padatradharana (Wearing Footwear)

Padatradharana, or the practice of wearing footwear, is considered beneficial for strengthening the feet, preserving tactile sensations, and protecting the eyes indirectly through its impact on reflex pathways. Footwear serves as a protective barrier against injury, corn, fungal infections, and other foot-related disorders.[18] It plays a vital role in maintaining overall foot health and enhancing mobility.

***Chatradharana* (Use of Umbrella)**

Chatradharana, the use of an umbrella, is advised for protection against natural elements, such as sun, wind, dust, and rain. *Ayurveda* has several benefits, including enhancement of complexion, promotion of eye health, increase in Ojas (vital energy), prevention of various diseases, shielding oneself from excessive sun exposure to prevent harmful UV-related skin damage, and reducing the risk of heat-related illnesses. Thus, the umbrella serves both practical and health-promoting functions, while being considered auspicious in traditional practices[19].

***Danda Dharana* (Use of Walking Stick)**

Danda Dharana, or the use of a walking stick, provides physical support, particularly for the elderly or those prone to slipping. It offers strength, alleviates fatigue, and promotes stability and patience.A stick can also serve as a protective tool against potential threats such as animals and contributes to fostering a sense of stability, enthusiasm, and security. In modern times, walking remains a symbol of support, dignity, and independence[20.]

Ratricharya (Night Routine)

Ratricharya refers to the regimen that should be followed at night to maintain balance and promote overall health. Just as ***Dinacharya*** (the daily routine) governs morning and daytime activities, *Ratricharya* ensures that the body and mind are prepared for rest and rejuvenation.

The ***Acharyas*** emphasize that concluding the day with a disciplined routine helps restore equilibrium, calms the senses, and promotes restful sleep, which is crucial for physical and mental well-being. Activities such as consuming light and easily digestible meals, engaging in calming practices like reading or meditation, and maintaining a clean, soothing environment contribute to a healthy conclusion of the day. The adage "All is well that ends well" reflects the importance of adhering to a disciplined evening routine, as it positively influences the body's healing processes and sets the stage for a refreshed and energized start to the following day.

According to ***Sushruta***, after eating, one should sit comfortably, ideally in a relaxed position, until the feeling of fullness and discomfort from the meal subsided. Following this, a gentle walk of approximately 100 steps was recommended to aid digestion. Finally, lying on the left side is advised to optimize digestion and promote comfort. This regimen supports the digestive process, ensuring that food is properly digested and energy is efficiently distributed throughout the body[21].

As per ***Ashtanga Samgraha***, one should sleep after consuming a light, wholesome meal, and maintaining a calm, balanced mindset. Before sleeping, it is important to reflect on the day's activities and offer prayers. Eating light and nutritious meals, especially in the early evening, facilitates digestion and ensures that the gastrointestinal tract is not burdened[22].

The sleeping environment should be spacious with a comfortable bed and soft pillows. The bed should be positioned at a height that reaches the knees, and the head should face either east or south. Additionally, one should avoid placing their feet toward teachers or the elderly.

Hygiene practices to follow in the evening include:

1. ***Paniprakshalana***: Thoroughly wash your hands until all food particles are removed.

2. ***Dantashodhana***: Clean teeth by brushing and removing any food particles stuck between them using a toothpick. If the residue remains, gargle it to eliminate any coating, odor, or greasiness.

3. ***Netrasparshana***: After washing hands, gently touch the eyes with moist fingertips.

4. ***Tamboalasevana*** Freshes its mouth by chewing betel leaves.

5. ***Dhoomapana***: Inhale medicated smoke to clear any excess kapha that may have accumulated upward.

6. ***Gamana***: Taking a walk of approximately 100 steps before going to bed.

7. ***Samveshana***: After walking, lie down in the left-lateral position to sleep.

Bhavprakash suggested that after eating, one should perform ***Achaman*** (small amounts of sip water) and remove any remaining food particles between the teeth with a toothpick. Dinner should be consumed during the early part of the night (within the first three hours) and should be lighter than the daytime meals, although not too heavy or difficult to digest. After eating, it is essential to wash the hands thoroughly with water and then gently touch the eyes with moist hands, a practice that is believed to help prevent or cure blindness[23].

Engagement with Modern Lifestyle

Modern lifestyle, characterized by long working hours, technology use, and urbanization, has dramatically transformed daily routines, making it more challenging for individuals to adhere strictly to *Ayurvedic* regimens. With the rise of digital technology, many people are exposed to blue light late at night, disrupting circadian rhythms and affecting sleep quality. Additionally, the stress of urban living and work-related pressures contribute to a sedentary lifestyle, poor dietary habits, and increased anxiety, which are factors that interfere with the body's natural balance, as described in *Ayurveda*.

Adjustments are necessary in order to integrate *Ayurvedic* principles into contemporary life. For instance, while the ideal *Ayurvedic* regimen includes early rising and morning rituals, modern individuals can adapt these practices to suit their schedules. The key lies in consistency in following Ayurvedic principles, rather than adhering to rigid timelines. Short bursts of mindful activities, such as *Pranayama* (breathing exercises) during breaks or a 10-minute self-massage (abhyanga) in the evening, can be seamlessly incorporated into daily routines, enhancing overall well-being without significant disruptions.

Furthermore, technology and urbanization should not be viewed solely as obstacles; they can also serve as tools for promoting *Ayurvedic* practices. Many apps and digital platforms offer guided meditation, yoga sessions, and health tracking that align with Ayurvedic health principles such as balancing doshas and maintaining proper digestion. By embracing these technological advancements, modern individuals can tailor *Ayurvedic* practices to their lifestyles, thus making them more accessible and sustainable.

In essence, the key to successfully integrating *Ayurveda* into modern life lies in personalization and gradual adaptation. While full adherence to ancient practices may be challenging in today's fast-paced society, modifications that retain the core essence of *Ayurvedic* teachings can be highly effective in improving the quality of life.

RESULTS AND DISCUSSION

A review of *Ayurvedic* daily practices, from *Brahma Muhurta* to bedtime, highlights their significant preventive and therapeutic benefits. These practices, rooted in classical texts such as *Charaka Samhita*, *Sushruta Samhita*, and *Ashtanga Hridaya*, are supported by modern research. Waking up during *Brahma Muhurta* aligns with the body's natural circadian rhythm, enhancing digestion, mental clarity, and overall energy levels. Studies have suggested that early rising improves concentration, mood, and productivity.

Oral hygiene practices, such as *Dantadhavana* with herbal substances, *Jihva Nirlekhana*, and *Gandusha*, contribute to reducing microbial load, preventing oral diseases like gingivitis, and promoting systemic detoxification. *Abhyangas*, including *Shiro Abhyanga* and *Padabhyanga*, improve circulation, relieve stress, nourish tissues, and support skin and hair health. The therapeutic effects of oil massages are supported by research that shows benefits in reducing fatigue, promoting relaxation, and delaying the signs of aging.

Vyayama (exercise) plays a crucial role in metabolic health, cardiovascular function, and mental well-being. *Ayurveda* recommended seasonal variations in physical activity aligned with contemporary fitness approaches. Udvartana, a herbal powder massage, has been found to be effective in reducing excess *kapha*, improving circulation, and supporting fat metabolism. Bathing is an essential daily practice that contributes to immunity, skin health, and relaxation. Cold baths enhance mood and alertness, whereas warm baths aid detoxification and muscle relaxation.

Nighttime practices such as light meals, evening walks, and mindfulness activities enhance digestion, promote restful sleep, and improve emotional balance. Sleeping on the left side after meals is beneficial for digestion and heart health. The holistic integration of *Dinacharya* and *Ratricharya* fosters harmony between the body, mind, and spirit, reduces the risk of lifestyle diseases, enhances immunity, and promotes overall physical, mental, and spiritual well-being. These time-tested practices serve not only as therapeutic interventions, but also as preventive measures for long-term health and longevity.

LIMITATIONS AND FUTURE DIRECTIONS

While this review highlights the beneficial effects of *Ayurvedic* daily practices, it is important to note that further empirical studies and clinical trials are needed to validate the scientific basis of these rituals. Future research should focus on large-scale studies examining the impact of *Ayurvedic* practices on specific health conditions and exploring the molecular mechanisms underlying the observed benefits. Interdisciplinary collaboration between *Ayurvedic* practitioners and modern healthcare professionals could further enhance the integration of these practices into contemporary wellness programs.

CONCLUSION

Adhering to *Ayurvedic* daily regimens offers significant benefits for physical, mental, and spiritual well-being by optimizing bodily functions and maintaining harmony between mind, body, and environment. Regular practices such as waking up during *Brahma Muhurta*, following *Dinacharya*, and observing *Ratricharya* enhance digestion, immunity, stress management, and longevity, while fostering mindfulness and self-awareness. However, modern challenges such as work pressure, irregular sleep, and technological distractions can make strict adherence difficult. Adapting these practices to small, manageable changes, such as adjusting sleep routines or incorporating mindfulness, allows individuals to experience their benefits without feeling overwhelmed. Despite these challenges, *Ayurvedic* principles provide a holistic approach to health, improve the overall well-being, and prevent lifestyle disorders. Further research is required to explore their integration into modern health care.

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[23]Chunekar KC, editor. Bhavaprakasa Nighantu; Chapter 5, Verse 154. Varanasi: Chaukhamba Orientalia; 2020. p. 81.