

BRAHMA MUHURTA JAGARANA – A REVIEW

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ABSTRACT

Ayurveda's field of mental and physical hygiene and philosophy is dealt under heading of Swasthavritta. The person is called healthy, who practices the Dinacharya, Ritucharya and Ratricharya regularly without fail and others will be considered as ill healthy. One who is willing to attain good health, should follow the regimens which are explained in detail in classics. Dinacharya begins with Brahmi muhurta jagarana. As Brahma muhurta is the time to attain knowledge. Daily regimen is explained with their four fold benefits like health promotive, preventive, curative and restorative. These specific measures which are mentioned in dinacharya will strengthen the pratyangas.

KEYWORDS: *Swasthavritta, Dinacharya, Ratricharya, Ritucharya, Regimens.*

INTRODUCTION

Dinacharya starts with Brahma muhurtha uttana^[1], Danta dhaavana, Nasya, Anjana, Abhyanga, Vyayama, Snana etc. Brhma Muhurta is considered to be the apt time for waking up which is the fourteenth Muhurtha of Ratri.^[2] muhurtha is equal to 48 min. Bramha muhurtha time of Bramha; is a period of one and half hour before sunrise or more precisely 1 hour 36 minutes i.e.96 minutes = 2 Muhurthas or 4 Ghatika".

This time is recommended classically for adhyana, meditation. worship or any other religious practice. A biological clock or a Circadian Rhythm is any biological process that displays an endogenous, entrain able oscillation of about 24 Hours, some exogenous or external factor such as light, temperature etc. affects the circadian rhythm in human called zeitgeber³. The deranged lifestyle also affects this clock, as a result several undesirable traits and diseases are

evolved.

As these measures are easy or simple procedures, economical, not consuming much time and more acceptable having higher efficacy, these can be adopted daily by a common person. Primary Prevention is aimed at increasing individual immunity by adopting specific protection measures such as Dinacharya, Ratricharya, Ritucharya, Rutu anusara Shodhana.

Review on Brahmamuhurta

Brahma muhūrt (Sanskrit-ब्रह्म मुहूर्त) (time of Brahma) is a period (muhurta) one and a half hours before sunrise—or more precisely, 1 hour and 36 minutes before sunrise. Literally meaning "The Creator's (brahmā's) time", it is traditionally the penultimate phase or muhurta of the night and is considered an auspicious time for all practices of yoga and most appropriate for meditation, worship or any other religious practice. Spiritual activities performed early in the morning have a greater effect than in any other part of the day.

Brahma muhurtha is the 14th muhurtha kala of the night. One muhurtha is equivalent to 48 minutes. And a whole night consists of 15 muhurthas. Each muhurta lasts 48 minutes, and therefore the Brahma muhurta begins 1 hour and 36 minutes before sunrise, and ends 48 minutes before sunrise. The time of sunrise varies each day, according to geographic location and time of year, thus the time of the Brahma muhurta also varies. For example, if sunrise is at 6am, the brahma muhurta begins at 4:24am. If sunrise is at 7am, brahma muhurta begins at 5:24am, and so on.

Tirumalai Krishnamacharya stated "Think of God. If not God, the sun, if not the sun, your parents." Krishnamacharya identified himself with Vaishnavism, or the worship of bhagwān Vishnu, as did Annanta, under the guidance of Shiva, who is the first yogi. A modern Yogi would then show reverence to the sun.

Brahama Muhurta is perfect time to experience the freshness of the environment, which keep the body healthy and fit. Boosts the immune system and increase memory power and energy level. It help in rejuvenating the various physiological function of the body, especially related to the hormonal variations.

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. Fetid smell in mouth constipation, indigestion, laziness, and many kinds of eye diseases arises just because of getting late in day.

Ayurveda states that there are three doshas found in the human physical body, called Vata (Air and Ether), Pitta (Fire and Water) and Kapha (Earth and Water). The increase or decrease of these three doshas is related to the cycles of time. From sunrise until 10:00am is the time of Kapha; from 10:00am until 2:00pm is Pitta time; and from 2:00pm until sunset (6:00pm) is the time of Vata.

The evening follows a similar pattern, from 6:00pm until 10:00pm is the time of Kapha, from 10:00pm until 2:00am is the time of Pitta, and from 2:00am until 6:00am (sunrise) is Vata time. Brahma muhurtha occurs during the Vata phase of the morning, between 2:00am and 6:00am, and Yoga masters state that the best time to meditate is one and a half hours before dawn, because the mind is inherently still at that time, enabling one to achieve a deeper meditative state.

According to Arun Dutta

The appropriate muhurta or kala to acquire the Brahma Gyan is called Brahma Muhurta.

Brahma Muhurta (Time of Brahma) is a period (Muhurta) one and half hour before the sun rises or more precisely 1 hours 36 minute before sun rises i.e. 96 minutes = 2 muhurta or 4 ghatrika and muhurta lasting for 48 minutes.

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.

According to Shankara: 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 or even to embark on new projects.

There are 30 Muhurta in a day and each Muhurta possess unique outcome or result.

S.No.	Time	Name of Muhurta	RESULT
1.	6:00 - 6:48	RUDRA	BAD
2.	6:48 - 7:36	AHI	BAD
3.	7:36 - 8:24	MITRA	GOOD
4.	8:24 - 9:12	PITRU	BAD
5.	9:12 - 10:00	VASU	GOOD
6.	10:00 - 10:48	VARA	GOOD
7.	10:48 - 11:36	VISVA DEVA	GOOD
8.	11:36 - 12:24	VIDHI	GOOD
9.	12:24 - 13:12	SATMUKHI	GOOD
10.	13:12 - 14:00	PURUHUTA	BAD
11.	14:00 - 14:48	BVAHINI	BAD
12.	14:48 - 15:36	NAKTANCARA	BAD
13.	15:36 - 16:24	VARUNA	GOOD
14.	16:24 - 17:12	ARYAMA	GOOD
15.	17:12 - 18:00	BHAGA	BAD
16.	18:00 - 18:48	GRISHA	BAD
17.	18:48 - 19:36	AJAPAD	BAD
18.	19:36 - 20:24	AHIRBUDHNYA	GOOD
19.	20:24 - 21:12	PUSA	GOOD
20.	21:12 - 22:00	ASWINI	GOOD
21.	22:00 - 22:48	YAMA	BAD
22.	22:48 - 23:36	AGNI	BAD
23.	23:36 - 24:24	BIDHATR	GOOD
24.	24:24 - 1:12	CANDA	GOOD
25.	1:12 - 2:00	ADITI	GOOD
26.	2:00 - 2:48	JIBA	GOOD
27.	2:48 - 3:36	VISHNU	GOOD
28.	3:38 - 4:24	YAMIGADYUTI	GOOD
29.	4:24 - 5:12	BRAHMA	VERY GOOD
30.	5:12 - 6:00 AM	SAMUDRAM	GOOD

Circadian rhythm and it's effect on human health

Circadian rhythms are physiologic and behavioural cycles with a recurring periodicity of approximately 24 hours, generated by the endogenous biological pacemaker, the suprachiasmatic nucleus (SCN), located in the anterior hypothalamus. These rhythms control a variety of biological processes, such as sleep-wake cycle, body temperature, feeding, hormone secretion, glucose homeostasis, and cell-cycle regulation. The timing of these physiologic rhythms may become altered, leading to changes in the phase relationship of rhythms to each other, which can cause internal desynchronization. This loss of coordination of rhythms may have negative consequences on rest-activity cycles and other physiologic and behavioural functions.

Circadian Entrainment

Circadian rhythms are synchronized with the earth's rotation by daily adjustments in the timing of the SCN, following the exposure to stimuli that signal the time of day. These stimuli are known as *zeitgebers* (German for "time-givers"), of which light is the most important and potent stimulus. The magnitude and direction of the change in phase depends on when within the circadian system the light pulse is presented. A plot of phase changes according to the time of light stimulus presentation provides a phase response curve. Exposure to light results in a phase response curve with delays in the early subjective night (ie, evening) and advances in the late subjective night (ie, early morning). In addition to light, feeding schedules, activity, and the hormone melatonin can also affect the circadian timing.^[1]

The timing of melatonin secretion by the pineal gland is regulated by the SCN, with the onset of secretion approximately 2 hours before natural sleep time and being highest during the middle of the night.¹ Melatonin onset measured in a dim light environment (DLMO) is a stable marker of circadian phase and is used in research as well as clinical practice to determine the timing of the endogenous circadian rhythm.

Discussion on Review of Literature

Ayurveda has mentioned some lifestyle strategies: Dincharya, Ritucharya, Sadvritta, All these strategies are preventive rather than curative and Dincharya (Brahma Muhurta) is one of these preventive principles of Ayurveda. The awareness level and freshness that Brahma Muhurta best on you makes it the perfect time to plan important things in your life be it work.

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 immunity.

Probable Mode of Action of Brahma Muhurat Jagran

The dim dawn signal served to cut short the body's production of melatonin in the morning hours, which probably contributed to the increased ease of awakening. "Twilight exposure appears able to promote circadian phase adjustments, morning melatonin suppression, regularized sleep patterns, increased ease of awakening, with more alertness and energy and antidepressant responses. The eyes may be primed at twilight hours for reception of changing intensities of low-level light."

Lack of environmental illumination and other stresses might lead to altered serotonin levels, neurodegeneration, depression, cognitive deficits, and ultimately dementia. A both seasonal and non-seasonal depression has been shown to have relationships with environmental illumination. Theories regarding the body's seasonal cycles, which affect depression and may also affect cognition, are mostly based on the regulation of the body's circadian rhythms by the hypothalamic suprachiasmatic nuclei (SCN). The SCN are modulated by various factors such as body temperature and physical activity, but are in particular modulated by light received by retinal sensors at optimal wavelengths close to sunlight's dominant wavelength of 477 nano meters. The SCN regulate the body's sleep cycle, body temperature, blood pressure, digestion, immune system, and various hormonal systems. Dysfunctional circadian rhythms and sleep disorders, which can occur from inadequate environmental light, have been associated with cognitive deficits. One of the SCN's regulatory functions are their inhibition of the pineal gland from turning serotonin into melatonin during the presence of daytime light. Studies that have tested the effects of artificial light on cognitive abilities have found that increased light exposure leads to increased alertness and a variety of changes in regional brain activity. In addition, different spectral wavelengths have been found to have differing effects on memory and other cognitive abilities.

CONCLUSION

Brahma Muhurta is a very essential time in 24 Hour cycle of a day. It enhances the intellectual property of human being because variety of compatible biological event that nurtures the neurons and every vital organ of the body, takes place in positive way. If anyone synchronize life style with biological clock, his health would be preserved against various disorders. In short, we can say that *Brahma Muhurta* is a time that promotes physical, mental, social and spiritual health as well.

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