

BRAHMA MUHURTA JAGARANA AND ITS UTILITY**Dr. Nisha Dabi^{1*}, Dr. Virendra Kumar Chhandak² and Prof. Durgawati Devi³**

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Article Received on
16 Jan 2025,

Revised on 05 Feb. 2025,
Accepted on 25 Feb. 2025

DOI: 10.20959/wjpr20255-35733

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ABSTRACT

The primary objective of Ayurveda is “*swasthasya swasthya rakshanama*” i. e. maintaining health in healthy individuals, for this purpose Ayurveda describes *Dinacharya* or daily regimens which starts with walking up early that is called *Brahma Muhurta Jagarana*, which is regarded as the best time for knowledge acquisition. It is a time considered healthy and long to live by promoting moral behaviour and is regarded as the most auspicious time to inculcate this behaviour. This study aims to review the concept of *Brahma Muhurta* and its need for a blissful and healthy life in the current era. Our *Maharishis* observed this *Muhurta* as a time for engaging in noble practices and attaining higher states of consciousness, which enabled them to live long, healthy, and blissful lives. *Brahma Muhurta* falls as the second-to-last *Muhurta* (one hour thirty-six minutes) before sunrise which varies according to location and season. This helps optimise biological conditions for the growth of neurons and vital organs and enhances cognitive functions. In addition, it helps to improve the body's

physiological functions, especially those related to hormonal shifts. To derive maximum benefits, one should engage in positive practices like Yoga, *Pranayama*, Meditation, Self-knowledge, Spiritual wisdom, and study in *Brahma Muhurta*. Getting up during *Brahma Muhurta* for good deeds leads to longevity and good health.

KEYWORDS: Ayurveda, *Dinacharya*, *Muhurta*, *Brahma Muhurta Jagarana*, Longevity.

INTRODUCTION

A healthy living begins every morning with *Brahma Muhurt*, as health depends on developing good habits. Lifestyle modifications can affect the natural physiological functions of the body. The circadian rhythm, the biological cycle of 24 hours, manages the functions of the body. *Dinacharya* starts with waking up during *Brahma Muhurta*.^[1] followed by some activities such as *Danta Dhavana*, or brushing teeth, *Nasya* or nasal cleansing, *Anjana* or eye care, *Abhyanga* or oil massage, *Vyayama* or physical exercise, and *Snana* or bathing etc. *Brahma Muhurta* is the fourteenth *Muhurta* of night, which is considered to be the best time for wake up. A *Muhurtha* is 48 minutes and *Brahma Muhurta* is 1 hour and 36 minutes (96 minutes), which works out to be two *Muhurthas* or four *Ghatikas*, before sunrise. *Brahma Muhurt* is the ideal time to align the inner energy of the body with the rhythm of the universe.^[2]

Review of *Brahma Muhurta*

Brahma means creator, one of three primary Gods.^[3] also means *Gyan* or knowledge.^[4] *Muhurta* is a period of 48 minutes. The term "*Brahma Muhurta*" (Sanskrit: ब्रह्ममुहूर्त) literally means "The Creator's time" taken as the best time for *Gyanarjana* or gaining knowledge. It has been traditionally taken as the last but one *muhurta* or phase of night. *Brahma Muhurta* is the 14th *Muhurta* of the night, and every *muhurta* takes 48 minutes. As there are 15 *muhurta* in a complete night, *Brahma Muhurta* begins 1 hour and 36 minutes before sunrise and ends 48 minutes prior. Due to the Earth's rotation and specific occurrences during this period, a significant transformation takes place between 4:04 to 5:24 A.M., which is referred to as *Brahma Muhurta*.^[5]

Due to geographical location and seasonal changes in sunrise time, *Brahma Muhurta* varies accordingly. For example, if sunrise happens at 6:00 AM, then the time for *Brahma Muhurta* starts at 4:24 AM, while in case of sunrise at 7:00 AM, it would be at 5:24 AM.

In *Brihatsamhita*, it is specified that if we perform some work on the divinity of a specific *Nakshatra*, success is assured.^[6] Ayurvedic texts suggest that *Brahma Muhurta* is a specific early morning time ideal for waking up.^[7,8,9,10] Arunadatta, Indu, and Hemadri assert that when day and night are of equal duration, each comprises fifteen *Muhurtas* (as shown in Table No. 1), with each *Muhurta* lasting 48 minutes. *Brahma Muhurta* begins at dawn and is the second-to-last *Muhurta* of the night.

Table 1. showing Muhurta, time and Shubhashubha Vichara. ^{[11],[12],[13]}

S. No.	Muhurta	Meaning	Correlated Time	Shubhashubha Vichara
1.	<i>Rudra</i>	Howler	06:00 - 06:48 (sunrise)	Inauspicious
2.	<i>Ahi</i>	Serpent	06:48 - 07:36	Inauspicious in Saturday
3.	<i>Mitra</i>	Friend	07:36 - 08:24	Auspicious
4.	<i>Pitr</i>	Father	08:24 - 09:12	Inauspicious in Tuesday and Friday
5.	<i>Vasu</i>	Bright	09:12 - 10:00	Auspicious
6.	<i>Vārāha/ udak</i> ^[12]	Boar	10:00 - 10:48	Auspicious except Thursday
7.	<i>Viśvedevā</i>	Heavenly Lights	10:48 - 11:36	Auspicious
8.	<i>Vidhatra/ Abhijit</i> ^[12]	Insight	11:36 - 12:24	Auspicious – except Wednesday
9.	<i>Sutamukhī/ Brahma</i> ^[12]	Goat/Charioteer face	12:24 - 13:12	Auspicious except Monday and Friday
10.	<i>Puruhūta/ Indra</i> ^[12]	Many Offerings	13:12 - 14:00	Inauspicious
11.	<i>Vāhinī/ Indraghni</i> ^[12]	Possessed of Chariot	14:00 - 14:48	Inauspicious
12.	<i>Naktanakarā/ Rakshas</i> ^[12]	Night Maker	14:48 - 15:36	Inauspicious except Monday and Thursday
13.	<i>Varuṇa</i>	All enveloping night sky	15:36 - 16:24	Auspicious
14.	<i>Aryaman</i>	Possessed of Nobility	16:24 - 17:12	Auspicious except Sunday
15.	<i>Bhaga</i>	Share	17:12 - 18:00	Inauspicious
16.	<i>Giriśa/ Shiv</i> ^[12]	Lord of the Mount	18:00 - 18:48 (sunset)	Inauspicious in Saturday
17.	<i>Ajapada</i>	Goat Foot	18:48 - 19:36	Inauspicious
18.	<i>Ahir-Budhnya</i>	Serpent at the Bottom	19:36 - 20:24	Auspicious
19.	<i>Pusya/Puṣha</i>	Nourishment/Blossom	20:24 - 21:12	Auspicious
20.	<i>Aśvini/ Asvinikumar</i> ^[12]	Horsemen	21:12 - 22:00	Auspicious
21.	<i>Yama/ Dharmraj</i> ^[12]	Restrainer	22:00 - 22:48	Inauspicious
22.	<i>Agni</i>	Fire	22:48 - 23:36	Auspicious except Tuesday
23.	<i>Vidhatr/ Brahma</i> ^[12]	Distributor	23:36 - 24:24	Auspicious
24.	<i>Kaṇḍa/ Chandra</i> ^[12]	Ornament	24:24 - 01:12	Auspicious
25.	<i>Aditi</i>	Boundless	01:12 - 02:00	Auspicious
26.	<i>Jiva/Amṛta/ Brahspati</i> ^[12]	Life/Immortal	02:00 - 02:48	Very Auspicious
27.	<i>Viṣṇu</i>	All Pervading	02:48 - 03:36	Auspicious
28.	<i>Dyumadgadyuti/ Surya</i> ^[12]	Resounding Light	03:36 - 04:24	Auspicious
29.	<i>Brahma/Tvashta</i> ^[12]	Universe	04:24 - 05:12	Very Auspicious
30.	<i>Samudram/ Vayu</i> ^[12]	Ocean	05:12 - 06:00	Auspicious

What practices should be followed during Brahma Muhurta?

According to various Acharyas, the following activities should be practiced during *Brahma Muhurta*

- **Maharshi Charak:** He emphasizes waking up during Brahma Muhurta, especially for students and scholars, as it is the best time for studying the Vedas and Samhitas.^[14]
- **Vagbhata:** Asserts that waking up early in the morning promotes longevity and overall good health.^[15]
- **Vridhha Vagbhata:** Recommends that once the person wakes up early, then he should focus on proper digestion of the food consumed previously.^[16]
- **Bhavprakash** and **Yogarajnanaka** emphasizes that at Brahma Muhurta, it is important to remember God (Madhusudan) upon waking up and then to be involved in touching and seeing auspicious things like curd, ghee, *Gorochana*, *Bilwa* as well as viewing oneself in ghee recommended for promoting longevity.^{[17],[18]}
- **Arundatta:** Recognizes this time as the best moment to learn.
- Maharshi Angira recommended remembering Hari after cleansing one's hands and feet in the early morning.
- Manu emphasized reflecting on *Dharma*.

Advantages of Brahma Muhurta Jagarana

It is considered to be an auspicious time for yogic practices like yoga, meditation, worship, and other religious activities. It is believed that any spiritual activity performed at this time is more potent than at any other time of the day. It helps to synchronize with the cosmos' energy rhythm. *Brahma Muhurta* is also considered the best time to enjoy the pure atmosphere, through which the body's health and vitality can be preserved. During this period, the immune system is enhanced, memory power is improved, intellectual power is improved, reduces stress and provides a blissful life.^[19] This time is extremely crucial for reviving many physiological functions related to hormonal changes.^[1]

In 2010, Christoph Randler, a Harvard University biologist, discovered that individuals who wake up early tend to be more proactive.^[20] Similarly, research from Texas University observed that students who consistently woke up early achieved higher test scores and overall grade points compared to those who slept in during the morning.^[21] Awakening early in the morning offers numerous benefits. Studies have demonstrated that morning people tend to be more positive, optimistic, and more likely to feel satisfied with their lives. While night owls

are often recognized for their creativity, they may face a higher risk of developing various health issues.^[22]

Disadvantages of Waking Up Late

If one wakes up after six hours of their wake-up time, *Kapha dosha* dominates him.^[23] So by the whole day, he will be getting the influence of *Tamo Guna*. People who wake up at the *Kapha* time tend to have slow bowel movements because *Kapha Dosha* is in control of that time. The mind and body may become dormant due to the dominance of *Kapha Dosha*. With sunrise, as individuals wake up, materialistic mental energies are stirred up through the senses, leading to unpleasant conditions such as halitosis, constipation, indigestion, laziness, and even eye diseases, all of which can be attributed to waking up late.^{[1],[12]} The *Smrti Ratnavali* states that those who sleep during *Brahma Muhurta* lose their *Punya* virtue and face health issues.

Dosha pradhanta

According to Ayurveda, the three *doshas* -*Vata* (Air and Ether), *Pitta* (Fire and Water), and *Kapha*- (Earth and Water) are associated with specific times of the day. From sunrise until 10:00 AM is *Kapha* time, from 10:00 AM to 2:00 PM is *Pitta* time, and from 2:00 PM to sunset (6:00 PM) is *Vata* time. The evening follows the same cycle: *Kapha* time lasts from 6:00 PM to 10:00 PM, *Pitta* time from 10:00 PM to 2:00 AM, and *Vata* time from 2:00 AM until sunrise.^[1]

Brahma Muhurta falls within the *Vata* time of the morning, between 2:00 AM and 6:00 AM. *Brahma Muhurta* is a *Vata*-dominant period, meaning that all five types of *Vata* function optimally during this time. As a result, proper evacuation of *Purisha* (stool) by *Apana Vayu* is a natural process in the early morning. Waking up after *Brahma Muhurta* can disrupt *Apana Vayu*, leading to issues like constipation. Research indicates that rising during *Brahma Muhurta* helps many people alleviate constipation and improve bowel health, as *Apana Vayu* in its natural state ensures normal functioning.^[2]

The great yogis teach that one should meditate an hour and a half before dawn, as during this time, the mind is naturally quiet and allows for a more profound meditative experience. Rising late and thus missing this essential time prevents a person from being able to enter this state of heightened mental clarity.^[1]

Circadian Rhythm and Its Effect on Human Health

Circadian rhythms are biological and behavioral cycles that recur within roughly a 24 hour cycle controlled by the body's internal biological clock, specific to the suprachiasmatic nucleus that is positioned in the anterior hypothalamus. The rhythms control various physiological processes, such as sleep-wake cycle, body temperature, feeding, hormone secretion, glucose regulation, and cell-cycle control. If the timing of these rhythms is disturbed, it may lead to dysynchrony within various biological processes and translate into internal desynchronization. Such a lack of coordination in rest-activity patterns and other physiological and behavioral functions will be negatively affected.^[1]

Circadian Entrainment

Every day, the suprachiasmatic nucleus adjusts the timing of circadian rhythms according to the Earth's rotation. This timing is affected by environmental cues that show the time of day. Such environmental cues are collectively called **zeitgebers**, meaning "time-givers" in German, and are led by light, which remains the strongest stimulus. The effect of light on the circadian system is time-dependent and can cause changes in the rhythm's phase. A phase response curve plots how light exposure affects phase shifts, which are delays that occur in the early subjective night (evening) and advances in the late subjective night (early morning). Besides light, other factors may also affect circadian timing. These include feeding schedules, physical activity, and the hormone melatonin.

The secretion of melatonin by the pineal gland is controlled by the SCN and usually starts at around 2 hours before natural sleep time, with a peak occurring in the middle of the night. The DLMO (Dim light melatonin onset), the onset of melatonin secretion, is a valid marker of circadian phase, which is the basis for studies in both clinical and research applications for the evaluation of the internal rhythm of the body.^[1]

DISCUSSION

Brahma Muhurta is one of the unique concepts that Ayurveda has provided in the context of *Dinacharya*. This auspicious time is mentioned at many places in Ayurvedic texts. Physiologically, mentally, and physically several changes take place during *Brahma Muhurta* that can be related to the influence of *Vata Dosha*. These include hormonal changes, detoxification of the body, better concentration, and a healthy positive attitude.

CONCLUSION

Brahma Muhurta is a critical period in the cycle of 24 hours in the day. It considerably improves human intellect, since various favorable biological events take place at this time that are favourable for the well-being of neurons and vital organs. The natural biological clock can be aligned with the lifestyle so that the entire health is protected from disorders of various types. In short, *Brahma Muhurta* is a time that encourages good physical, mental, social, and spiritual health.

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