

EFFECT OF BRAHMA MUHURT ON BODY PHYSIOLOGY

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ABSTRACT

Brahma Muhurt is a concept under Dinacharya that aims to achieve a healthy, long life. One of the most auspicious muhurta for moral behavior is Brahma Muhurta. It is the second-to-last Muhurta before sunrise, which happens at a different time depending on the location and season. By altering the proper biological conditions that allow neurons and vital organs to develop, it increases the body's cognitive capacity. It aids in the body's physiological functions, particularly those that are connected to changes in hormones. To get the finest benefits, it is advised to engage in beneficial practices including Yoga, Pranayam, Dhyana, Atmagyana, Paramatma, Gyana, and Adhyayana. Awakening on Brahma Muhurta for virtuous deeds promotes longevity and overall health.

INTRODUCTION

Human life has been drastically transformed as a result of sky-scraping materialistic changes disrupts the normal healthy scheduled existence of humans. Countless health facilities are symptoms of a sick population. A healthy lifestyle begins each day with the Brahma Muhurt, as excellent habits are a basic prerequisite for health in all aspects. Changes in lifestyle have an impact on the body's regular physiological functions. The biological clock Circadian rhythm is a biological oscillation lasting around 24 hours. Brahma Muhurt is the greatest time to align your inner energy with the rhythm of the universe.

Brahma Muhurt is a period one and half before sunrise or more preciously one hour 36min before sunrise.

Brahma Muhurt last for 48 minute.

Brahma is the creator, Brahma means knowledge. Muhurt is the time period of approximate 48 minute.

According to different Acharyas schedule that should be done in Brahma Muhurt are-

- **Maharshi charak-** Point the importance of Brahma Muhurt Jagran specially for students/scholars for reading Vedas and Samhitas.
- **Vagbhata-** Revealed that awakening up early in the morning promotes longevity and good health.
- **Vridha vagbhata-** After waking up early in the morning, one should ensure proper digestion of the food taken the last time.
- **Bhavprakash-** It is important to remember God after waking up at Brahma Muhurt, as well as to touch and see auspicious substances like curd, ghee, and mirror.
- **Arundatta-** This Is The Ideal Time To Acquire Knowledge.

Dosha pradhanta

Brahma Muhurta is a Vata- Dominant Kala, which means that all the 5 types of Vata perform their function very effectively during this Kala. Hence proper evacuation of Purisha from Apana Vayu in the early morning is a common process. Waking up after Brahma Muhurta, it affects Apana Vayu and hence such. According to the research done this way, we can conclude that constipation which makes them feel restless and ultimately unproductive throughout the days found that waking up during the brahma muhurta has helped many people to get rid of constipation and heal the bowels because Apana in the Prakrit mode ensures that it functions normally. Therefore, most of them are able to stay energetic throughout the day. Many subjects also reported that they could better concentrate on studying early in the morning.

Modern review

- The pineal gland secretes the most melatonin in the early morning to maintain the body's circadian rhythm. Also known as the sleep hormone since it promotes sleep. Melatonin is secreted more in the dark and is either completely absent from the body during the day or very little of it. Morning urine is another useful sample to evaluate its primary metabolite.
- Cortisol Secretion is at its peak in the early morning, regulating a wide range of processes throughout the body, including metabolism and immunological response, which play a

vital role in helping the body respond to stress, so waking up early stimulates bodily organs.

- Rising early in the morning allows the body to harmonize with the cycle of the sun. Vitamin E and vitamin D are abundant in early morning sunlight.
- Nascent The oxygen released in the early morning easily and readily combines with hemoglobin to form oxyhemoglobin, which quickly nourishes the faraway tissues. The low level of pollution in the morning improves concentration.
- The secretion of serotonin and melatonin. This imbalance results in despair, sleeplessness, alertness, a lack of optimism, and loneliness.

DISCUSSION

Brahma Muhurt is a fantastic notion given by Ayurveda under the concept of Dinacharya. Many references to Brahma Muhurt are accessible. During this time, there are numerous physiological, mental, and physical changes that occur that we can link to Vata Dosha Karma, such as hormonal changes, body detoxification, increased concentration, and a positive attitude.

CONCLUSION

From the foregoing, we may conclude that rising up at Brahma Muhurt and performing the Dinacharya and Ratricharya helps to preserve proper physiological function of the body, increases human life expectancy, and increases the longevity of healthy bodily and mental health.

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