

**ROLE OF BRAHM MUHURT JAGRAN IN INHANCEMENT  
AYUSHYA W.S.R. TO LIFE LONGIVITY**

**<sup>1</sup>\*Dr. Urmila Kumari Saini, <sup>2</sup>Dr. Pramod Kumar Mishra, <sup>3</sup>Dr. Indumati Sharma,  
<sup>4</sup>Dr. Rahul Parashar and <sup>5</sup>Dr. Mahesh Kumar**

<sup>1</sup>P.G. Scholar, P.G. Department of Swasthvritta and Yoga, University College of Ayurveda,  
Karwar, Jodhpur.

<sup>2</sup>Professor and H.O.D. P.G. Department of Swasthvritta and Yoga, University College of  
Ayurveda, Karwar, Jodhpur.

<sup>3</sup>Associate Professor P.G. Department of Kay Chikitsa, M.M.M. Govt. Ayurvedic college  
Udaipur

<sup>4,5</sup>Assistant Professor, P.G. Department of Swasthvritta and Yoga, University College of  
Ayurveda, Karwar, Jodhpur.

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**\*Corresponding Author**

**Dr. Urmila Kumari Saini**

P.G. Scholar, P.G.

Department of Swasthvritta  
and Yoga, University  
College of Ayurveda,  
Karwar, Jodhpur.

**ABSTRACT**

Ayurveda is such a holistic science that sustain the health of millions of human beings over this terra by improving the quality of standard of living and by providing curative measures for varieties of disorders. If a man follows rules described in Dincharya and Ritucharya, his longevity may be enhanced. Brahma Muhurta is a specific time that recharges biological clock in human being and maintain its rhythm and day long. A biological clock or a Circadian Rhythm is any biological process that displays an endogenous, entrainable oscillation of about 24 Hours, some exogenous or external factor such as light, temperature etc. The deranged lifestyle also affect this clock, as a result several undesirable traits and diseases are evolved. The pre-dawn time is very

useful for maditationand yogik kriyas, his smriti(memory) becomes sharp and he moves toward the ultimate goal of yoga i.e. Moksha. As per ayurvedic ideology, the Brahma Muhurta pcify the vata that certainly control themana. Hence Brahma Muhurta is necessary for spiritual evolution. The person who wakes up early in the morning this ageing process become delayed. It is also a perfect time.

## INTRODUCTION

Ayurveda recommends waking up early in the morning. According to ayurveda, you should wake up 96 minutes (around 1.5 hours) before sunrise. It is called Brahma Muhurta in ayurveda and yoga science. This is the perfect time for waking up for a healthy person. However, the time of sunrise may vary according to season and country. So, you should fix your time for waking up for supporting the rhythm of your biological clock. For example, if you are living in India, then 4:30 am is a perfect time to wake up for healthy people. Timings can be changed according to your body's requirement during disease. If you suffer from any Kapha Disease, then you must get up by 4 am in the morning. If you suffer from any Pitta Disease, then you should wake up before 5 am. If you suffer from any Vata Disease, then you should wake up by 5:30 am in the morning. Children, pregnant women, and aged people may require more rest, so they can get up just before sunrise. However, if you don't suffer from any disease and want to keep yourself healthy and happy, you should wake up by 4:30 am in the morning. If you cannot get up so early, you should try to wake up as early as possible, but you must wake up at least before sunrise. Don't sleep for a longer duration after sunrise, otherwise, the stool in the bowel starts spoiling your health. It will start causing gas, bloating, acid reflux, and several other diseases later in the day. If you don't experience these symptoms yet, they may appear later in your life.

### 1. Expressing Gratitude

Yoga Ratnakar recommends you should express your gratitude toward God by reciting its name for 1-2 minutes immediately after waking up. You can meditate for 1 – 2 minutes and feel the surroundings and nature. You can also do prayer. If you want to do prayer, it should be in your own words. The most important thing when you do any of these rituals, you should feel happiness, peacefulness and kindness in your mind and keep a sweet smile on your face. This thing is more essential for living a stress-free life and improving your memory, intelligence, mental capabilities and analytic skills.

### 2. Evacuation

After waking up, you will feel the urge for urination and bowel evacuation. Follow your urge and rush to the toilet for evacuating your bowel and urinary bladder. In most people, this is an autonomic reflex for a bowel movement and urination in the morning. This urge should commence on its own. Do not force to evacuate the bowel. Sometimes, you may need to walk a few steps before getting this urge.

If you suffer from constipation or you don't get the natural urge in the morning, you must treat it with healthy foods and Triphala Rasayana. In such cases, you should follow the rules of Vagbhata's Triphala Rasayana. According to him, you should take 3 grams Triphala Churna along with 2.5 grams of ghee and 5 grams of honey in the evening after taking the evening meal. Following this Rasayana, you will start getting a bowel evacuation urge in the morning. You can continue this Rasayana throughout life. Because Triphala contains powder of three fruits – Amla (आंवला), Behera (बहेड़ा) and Harad (हरड़), which also provide nourishing and antioxidant benefits like other fruits. It also helps in the prevention of several diseases. After evacuating bowel and urinary bladder, wash your hands and face with cold water. It can be your tap water or water kept in an earthen pot. You should also wash your hands before and after eating food, after cleaning nasal discharge and dried rheum from eyes and after touching hair or another person and after returning home.

### 3. Minutes Meditation

After passing the urge for urination and bowel movement, you must meditate for 5 minutes. Our mind has three states:

1. Elevated State – Happiness.
2. Neutral State – Pure State of Mind.
3. Suppressed State – Sadness.

Meditation restores your neutral state. The neutral state is a pure state of your mind. It is beyond happiness and sadness. The best time to restore the neutral state of mind is before sleep at night and after waking up in the morning. Meditation before sleep helps to release whole day stress and restores the neutral state of the mind. It prevents all stress disorders, depression, and anxiety in your life. It helps you to sleep better. Psychology says the first-morning thought affects your whole day. So, meditation after waking up helps you to get positive energy and make your day more constructive, joyful and energy fulfilling.

### 4. Drinking Water

#### *Acamana*: Sipping Water

Vagbhata in Ashtanga Sangraha recommends *Acamana*. *Acamana* is an ancient ritual of sipping water on a specific occasion. He recommends sipping a small amount of water:

1. After getting up from sleep.
2. After sneezing.

3. After taking a bath.
4. At the beginning and end of meals.
5. At the commencement of worship.
6. After traveling.
7. After the usual daily activities

### 5. Ushapan: Drinking Water in Morning

Drinking water in the morning in large quantity is not written in Dinacharya by Charak, Vagbhata and Sushruta. It is mentioned by Nighantu Ratnakar in Rasayana Chapter. Drinking water in the morning is a kind of ayurvedic water therapy, which helps to prevent and manage several diseases. So, it is called Rasayana (rejuvenation therapy). Here is a brief introduction:

### 6. Cleaning the Teeth

**Use plant twigs or herbal tooth powder. Do not use any toothpaste.**

Most people are using toothpaste, but ayurveda don't recommend it. Ayurveda recommends the use of plant twigs or herbal powder for cleaning teeth.

Ayurveda recommends the use of astringent, bitter and pungent tree stems (twigs). You can use any of the following plant twigs:

Tree Twigs	Most suitable for Body Type
Bargad (वट or बरगद) – Banyan – <i>Ficus benghalensis</i>	Kapha and Pitta
Asana (आसन or साज) – <i>Terminalia alata</i>	Kapha and Pitta
Arka (अर्क) – <i>Calotropis procera</i>	Kapha
Khadira (catechu) – <i>Acacia catechu</i>	Kapha, Pitta and Vata
Karanja – <i>Pongamia pinnata</i>	Kapha and Vata
Karavira – <i>Nerium indicum</i>	Kapha
Sarja - <i>Vateria indica</i>	Pitta and Vata
Irmeda (Sweet acacia) – <i>Acacia farnesiana</i>	Pitta and Kapha
Apamarga (अपामार्ग) – <i>Achyranthes aspera</i>	Kapha and Vata
Malati (मालती) – <i>Aganosma heynei</i>	–
Arjuna – <i>Terminalia arjuna</i>	Pitta and Kapha
Babul (Kikar) – <i>Acacia arabica</i>	Pitta and Kapha
Neem – <i>Azadirachta indica</i>	Pitta and Kapha

The twig should be straight, soft and healthy and without knots and leaves. The thickness of twig should be around that of your little finger. Tree twigs should be collected from the unpolluted area. They must not be foul smelling, sticky to teeth or dry.

Khadira stems can be used by anyone. A person with Pitta Body Type can use twigs of neem or arjuna tree. People with Vata-Pitta body type should use a stem of banyan (Bargad) tree. Vata body type people can use Khadira stem or Apamarga. Twigs. People with Kapha body type should use Karaj stem. You can select the most suitable plant twigs for you according to the above table.

Children should use the stem of the licorice (Mulethi) plant. People with Vata and Pitta body type can also use licorice stem. Neem or catechu (Khadira) stems provides additional benefits for people suffering from skin diseases.

## 7. Gum Massage

**It should be done by these drugs**

Kuth or Kushta (Indian Costus Root) – Saussurea Lappa	10 grams
<u>Triphala</u> : <u>Amla</u> , <u>Behera</u> , <u>Harad</u>	30 grams
<u>Trijataka</u> : <u>Cinnamon</u> , <u>Cardamom</u> , <u>Indian Bay Leaf</u>	30 grams
<u>Trikatu</u> : <u>Black Pepper</u> , <u>Long Pepper</u> , <u>Ginger</u>	7 grams

## 8. Cleaning Tongue

According to ayurveda, you should clean your tongue using tongue scraper made of copper, silver or gold. You can also use tongue cleaner made of wood or plant twig. However, tongue scraper made of gold is considered best, silver is better, and copper is good. You can use any. Tongue cleaner made of copper and silver are easily available. You can buy any according to your affordability. In most case, we recommend using a copper tongue scraper. It helps in removing bad breath, kills microbes and improves the function of taste buds. It is most suitable for Kapha Body Type people. However, if you suffer from frequent mouth ulcer, sour taste in the mouth, hyperacidity, peptic ulcer, GERD or any acid peptic disorder, then silver tongue scraper is best for you. It is most suitable for people with Vata body type and Pitta body type Tongue scraper made of gold is more suitable for children and adults who have low immunity and frequently suffer from common cold, cough and fever. Regardless of the body type, anyone can use a gold tongue scraper. It also increases glow on face, improves memory, boosts intelligence and removes all toxins from the mouth.

## 9. Splashing Cold Water into Eyes

Vagbhata recommends splashing cold water into eyes in the morning every day during the summer and autumn seasons. It helps to improve vision and reduces tension and tiredness of

the eyes. But he did not talk about what should be done in other seasons. So, splashing water into the eyes is only recommendable for two seasons – summer and autumn. In other seasons, you must avoid it.

### 10. Nasya (Nasal Therapy)

Charak Samhita recommends putting a few drops of Anu Thailam in each nostril every day in the morning. This process is called Nasya or nasal therapy in ayurveda. Charak advocates it during three seasons:

1. Raining Season.
2. Autumn.
3. Spring.

He further advises that Nasya should be done during clear weather when there is no cloud in the sky.

**Note:** Vagbhata has no restriction on its use according to season. So, question is – can I take nasya during other seasons? Yes, you just need to check that the weather is clear and there is no rainy cloud in the sky.

### 11. Gandusha (Ayurvedic Mouth Wash)

After nasya, Vagbhata recommends Gandusha. Gandusha is an ayurvedic mouth wash. It has 3 types:

1. Oil Gandusha (Oil Pulling).
2. Decoction Gandusha.
3. Warm Water Gandusha.

Type of Gandusha	Indications & Benefits
<b>Oil Gandusha or Oil Pulling</b> (Oils: Coconut Oil, Sesame Oil or Arimedadi Thailam)	The roughness of lips, Cracking of lips, Dryness of mouth, Diseases of Teeth and disorders of the voice.
<b>Decoction Gandusha</b> (Herbs for decoction: Khadira and Irimeda)	Loss of appetite, bad taste and excessive salivation.
<b>Warm Water Gandusha</b>	Make the mouth clear.

Oil pulling is originated from ayurveda and become famous in the West due to its huge beneficial effects in oral hygiene. Gandusha also alleviates throat irritation caused by Nasya.

## 12. Abhyanga (Body Massage)

According to ayurveda, morning massage helps to delay aging, reduces tiredness, prevents Vata disorders, improves eyesight, nourishes the body, increases lifespan and improves sleep quality.

Abhyanga mitigates vata dosha, promotes strength, improves sleep quality, increases the firmness of the hairs and boost growth in children. It also improves skin tone and tactile sensation. Therefore, you must massage your body on a daily basis.

It is also useful in the prevention and treatment of body pains, tiredness, debility and old age disability.

### Which oil should I use for Massage?

1. Sesame Oil.
2. Castor Oil.
3. Mustard Oil.
4. Coconut Oil.
5. Ayurvedic Medicated Oils.

### Medicated Oils

Some of the most useful oils include:

1. Maha Narayan Oil.
2. Dhanwantharam oil.
3. Maharajaprasarini Thailam.
4. Balaswagandhadi Thailam.
5. Chandanadi Thailam.

However, you can use any oil according to your personal needs. However, mustard oil is best for daily Abhyanga.

Before using mustard oil, boil it once. Then added a pinch of turmeric powder in it when it is hot. Leave it for 24 hours. After 24 hours, filter the oil and use this oil for daily massage. This process is not required for medicated oils.

### 13. Exercise

Your body is not made for a sedentary lifestyle. Due to the current scenario, most people are suffering from lifestyle disorders. These diseases are a result of a sedentary lifestyle and unhealthy eating. You eat more than you require and do no physical activity that produces sweating. Therefore, daily exercise becomes more important for everyone.

You must do the exercise according to your physical capacity. Normally, 45 minutes of daily exercise helps in the prevention of lifestyle diseases. If you never did any exercise or physical work before, you should gradually increase the duration of exercise to 45 minutes over several weeks.

In ayurveda, exercise is termed as *Vyayama*. Activities that produce tiredness in the body are known as *Vyayama*. So, you should stop doing exercise when you feel tired.

In winters (cold season), people who eat more fatty foods must exercise half of their capacity. Half of the capacity means when they start feeling the dryness of the mouth and get sweating on the forehead, nose, axillae and joints of the limbs. It is the time when you should stop exercising in winters.

**Note:** Whatever the recommendations, you must listen to your body and stay within your limits.

#### Benefits of Exercise

1. Exercise increases work capacity.
2. It produces a sensation of lightness in the body.
3. It aids in improving and having a good appetite.
4. It reduces excess body fats.
5. Your body becomes firm and you gain more strength in your muscles.
6. It helps to prevent constipation, diabetes, high blood pressure, hormonal imbalance, obesity, osteoporosis, respiratory diseases and several other diseases.

### 14. Udvartana Massage

Massage with a fine powder of astringent herbs is called Udvartana. This type of massage is helpful for liquefying fats underneath the skin. It also mitigates the Kapha Dosha. It is highly recommendable for **over-weight and obese people**.



## 15. Bath

After the massage, take rest for a few minutes (around 15-30 minutes). Then you can take a bath. In ayurveda, the bath is termed *Snana*. It improves appetite, vigor, lifespan and strength. It alleviates itching and removes dirt and sweat.

- Hot or warm water should not be poured on the head. Too cold water should also be avoided. According to ayurveda, hot or warm water head bath diminishes vision and strength of hairs.
- The warm water bath is suitable for the lower body – below the neck. Water should not be too hot.

## 16. Minutes Meditation

After following above routines, the next step is meditation or chanting mantra for 108 times. Vagbhata recommends repeating the name of god for 108 times and ask to do *Pranama* to god and elder members of the family.

You can recite any name of a god or any mantra that provides you feeling of peacefulness, kindness, gracefulness and joyfulness.

In Sikhism, we chant *Mool Mantra* for 108 times or meditate for 20 minutes.

Instead of chanting mantra, you can also meditate for 20 minutes. 20 minutes meditation provides excellent results in the prevention of neurological disorders and psychosomatic diseases.

Meditation or chanting mantra may or may not relate to god, but it surely relates to mental health. It is also important to feel and understand the surrounding mother nature. Several research studies have shown positive effects of meditation and mantra chanting in the prevention and treatment of stress disorders, depression and anxiety.

In breathing meditation, you just need to watch the process of inhaling (breathe in) and exhaling (breathe out) for a couple of minutes.

If you cannot do this, you can practice deep breathing. Take a deep breathe in and hold it in the abdomen for a few seconds and release the breath out.

You should also express your gratitude toward mother nature by saying thank you for a wonderful life, thank you for a wonderful day or anything that you want to say to express your gratitude.

During meditation, chanting mantra or deep breathing or while expressing your gratitude toward mother nature, *keep a smile on your face and feel joyfulness, gracefulness, kindness and peacefulness in your mind.* It is more important than anything else.

### 17. *Pranama*

You should also *Pranama* to your elders in your family. They could be your parents and grandparents. *Pranama* is a respectful salutation, which is done by adjoining both hands, bowing the head and saying *Pranama* (प्रणाम), *Namaskar* (नमस्कार) or *Sat Shri Akaal* (सत श्री अकाल). Whichever tradition you follow, you can do it accordingly.

*Pranama* helps in better communication in the family and improves the relation between family members. It also makes a person feel connected with each other and their importance and respectfulness in the family. It is most important in terms of social health.

## CONCLUSION

Each new day ushers in a cascade of new possibilities and a shower of second chances. "So we realize the secret potential of Brahma Muhurta. Let us try to fully benefit from this early hours before dawn for healthy and productive life. Let us listen to and follow Saint Kabirs lines.... "O traveler get up; it is dawn-it is not right that you continue sleeping. One who awakes, he finds, One who is asleep, he loses. Get up and open your eyes from slumber and meditate on your Master.

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