



## SCIENTIFIC BACKGROUND OF “BRAHMI MUHURTA”

Dr. Ranjith Kumar Shetty

Assistant Professor – Dept. of Basic Principles Sri Sri College of Ayurvedic Science & Research Hospital

Early Morning is considered as the best time to worship God. Early morning is also known as "Brahma Mahurat" in the Hindu Mythology. It is regarded that prayers made at this time reach directly to the God. Westerners regard Benjamin Franklin's quote "Early to bed and early to rise, makes a man healthy, wealthy and wise." As the best advice for success. There is also the expression: "The early morning has gold in its mouth." We as Indians are well aware of the merits of early awakening. Ayurveda preaches us about this virtue in its own unique way. Dinacharya is a wonderful concept gifted by Ayurveda to the whole world. Dinacharya starts with getting up from sleep in the Brahma muhurtam.

### **Ayurvedic review:**

“Brahmi muhurte uttishtet swastho rakshaarthamayushah |” (A.H.Su.2/1)

A person who is interested in preserving the health and longevity should get up early in the morning in Brahma-muhurta. Brahma muhurta is the second last muhurta before sunrise, which is one hour thirty six minutes before sunrise. Brahma means knowledge. The time apt for perceiving knowledge is known as Brahma muhurta.

Difference of opinion exists regarding Brahma-muhurta. There are 8 yaamas per day, each yaama consisting of 3 hours. Both day and night are constituted by 3 yaamas each. Each of the rest two yaamas constitute two Sandhyas, viz. dusk and dawn. Arunadatta, Indu and Hemadri opine that when day and night are of equal time, each of it consists of fifteen muhurtas. Hence, a muhurta is of 48 minutes. Brahma-muhurta begins at dawn; it is the penultimate muhurta of night. Thus the healthy individual may get up two muhurtas i.e. 96 minutes (=almost 1.5hrs) before sunrise. This regimen is not applicable for those who are unhealthy. Brahma-muhurta is the second half of fourth yaama and one should wake up at that time. As such, the beginning of the 14th muhurta of night is to be considered as Brahma-muhurta. A person who is interested in avoiding diseases, who is determined to protect his life should get up in brahma muhurta to avoid vyadhis and alakshmi(poverty). But a person with diseases should sleep for maintaining the dhatu samyata.

According to Atharvaveda, a person who gets up in early morning will be free from diseases.

According to Bhagavadgeeta, a person whose Ahara vihara is correct, whose activities and life style is

perfect and who sleeps and gets up perfectly will be free from all miseries.

According to Charaka Samhita, the word Brahmi muhurta was not mentioned. But while explaining the Adhyayana vidhi, it has been explained that it is important for a scholar to get up early in the morning. Charaka says that one should get up during upavyusha i.e, when still there is a part of raatri left which is nothing but Brahmi muhurta.

According to Astanga Sangraham, before waking up in the morning, one should assure proper digestion of food taken during last night. According to Bhavaprakasha, the importance of remembering god after getting up at Brahmi muhurta. He also tells us to touch and see some auspicious substances like curd, ghee, mirror, sarshapa, bilwa, gorochana, and flower garland. One should look at himself in ghee for longevity. Yoga ratnakara also advices us in a similar manner.

### **Modern review:**

Scientists have discovered that certain brain structures and chemicals produce the states of sleeping and waking. Understanding these control mechanisms helps doctors pinpoint what can go wrong and plan effective treatments.

A pacemaker-like mechanism in the brain regulates the circadian rhythm of sleeping and waking. ("Circadian" means "about a day.") This internal clock, which gradually becomes established during the first months of life, controls the daily ups and downs of biological patterns, including body temperature, blood pressure, and the release of hormones.

The classic phase markers for measuring the timing of a mammal's circadian rhythm are:

- Melatonin secretion by the pineal gland
- Core body temperature
- Plasma level of cortisol.

The average human adult's temperature reaches its minimum at about 05:00 (5 a.m.), about two hours before habitual wake time. Melatonin is absent from the system or undetectably low during daytime. It is secreted more in darkness. Its major metabolite can also be measured in morning urine. This hormone plays a little role in regulating the sexual functions in human being. A third marker of the human pacemaker is the timing of the maximum plasma cortisol level (life protecting hormone). It helps to withstand the stress and trauma in life. This is secreted from adrenal cortex under the influence of ACTH from hypothalamus. The rate of secretion of ACTH is high in the morning and low in the evening. Other physiological changes which occur according to a circadian rhythm include heart rate and production of red blood cells.

### **Importance of getting up in Brahmi muhurta**

Early morning is vata dominating period. Vata dosha is helpful in promoting body movements both internal and external and thus helps in easy evacuation of bowel. Physical activities such as exercises

and yogasanas can be performed well in vata kala. Meditation also needs the help of undisturbed vata which can be found early in the morning. This time is hailed as the best time to learn, especially learn and realize subtler aspects of philosophy and spiritual growth. If one tries to find out the secret underlying this then one can realize that there are probably several changes in physical chemical and biological atmosphere at around this time, which probably catalyzes spiritual blossoming of an individual. This is indeed a rejuvenating time as the whole universe begins to wake up at around this time. The circadian rhythms have been studied in vast details by biologists and physiologists and probably this period is associated with hormonal changes conducive to blossoming of mind. Study of variety of electromagnetic radiations ozone effects of other planets and stars and so on, on the various biological and psychological parameters reveals a lot of new insights in the interrelationship of man and the universe.

#### **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. The atmosphere is polluted. People will disturb each other dragging themselves to materialistic discussions. So best time for doing meditation is early morning. Foetid smell in mouth constipation, indigestion, laziness, and many kinds of eye diseases arises just because of getting late in day.

#### **Conclusions:**

- Brahmi Muhurta is the best time for the maintenance of all types of physical, mental and spiritual activities of the body.
- The time ranging from 1 hour to 1 1/2 hour before sun rise can be considered as Brahmi muhurta.
- Information as per the modern science proves the importance of Brahmi muhurta in relation to maintaining normal physiological functions.
- Concepts of Ayurveda are already proved by its own scientific reasons, but we need modern spectacles for better understanding.