

# Logical reasoning behind “ब्राह्मे मुहूर्त उत्तिष्ठेत्स्वस्थो रक्षार्थमायुषः” (*Brahme Muhurta Utisthet Swstho Rakshartha Ayushyah*): A Conceptual Review

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## ABSTRACT

“ब्राह्मे मुहूर्त उत्तिष्ठेत्स्वस्थो रक्षार्थमायुषः (*Brahme Muhurta Utisthet Swstho Rakshartha Ayushyah*) this sutra is given by Acharya Vagbhatta in *Astanga Hridayam, dincharya adhyaya*. Ayurveda suggests that waking up in the Brahma Muhurta is beneficial for the person's health. There are many reasons for the spiritual significance of waking up in *Brahma Muhurta*, and science also supports the significance of waking up at *brahma muhurta*. If one has a definitive routine, the circadian rhythm is effectively aligned with sleep-wake cycle and gives the perfect restful and restorative sleep. However, even a slight disturbance can create major problems or diseases. Any biological activity that exhibits an endogenous, observable oscillation of around 24 hours in response to any exogenous or external element, such as light, temperature, etc. is known as a biological clock or a circadian rhythm. The deranged lifestyle also affects this clock, as a result several undesirable traits and diseases are evolved. If a man follows rules described in *Dincharya* and *Ritucharya*, his longevity may be enhanced. Waking up in brahma Muhurta recharges biological clock in human being and maintain its rhythm and pattern day long as well as also contributes to the person's overall health. So, effort has been made to give logical reasoning behind the concept of brahma muhurta.

**Key Words** *Brahma muhurta, Circadian rhythm, Biological clock, Dhatu-samya, Hormone*

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## INTRODUCTION

Ayurveda is a holistic science that has helped millions of people stay healthy by improving quality of life and offering treatments for a wide range of illness. Ayurveda suggests to wake up in brahma muhurta. ब्राह्मे मुहूर्त उत्तिष्ठेत्स्वस्थो रक्षार्थमायुषः<sup>1</sup>

If an individual follows rules described in *Dincharya* and *Ritucharya*, it upheld to sustain the *Dosha Dhatu Mala Samyavastha*. his longevity may be enhanced. Today, the majority of people are affected by diseases such as diabetes, hypertension, sleeplessness, anxiety, and depression. The root cause of

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these diseases is unbalanced lifestyle, poor eating habits, a distorted natural sleep cycle, and detachment from traditional practices. Deranged lifestyles may have negative effects on human health if they alter the biological clock pattern. The biological clock that controls a person's daily activities is innate and inborn. Any biological activity that exhibits an endogenous, observable oscillation of around 24 hours in response to any exogenous or external element, such as light, temperature, etc. is known as a biological clock or a circadian rhythm. Brahma Muhurtha is a unique period that maintains the rhythm and pattern of the clock throughout the entire day.

### Timing of Brahma Muhurta:

The hour before dawn is known as Brahma Muhurta. To be more precise, it is roughly 45 minutes before sunrise. Its hours often range from 3.30 AM to 6 or 6.30 AM<sup>2</sup>.

### Calculation of Brahma Muhurta Time<sup>3</sup>

we can calculate the exact time of Brahma Muhurta based on the time of sunrise.

Brahma Muhurta starts 2 *muhurtas* before sunrise. A *muhurta* is a Hindu unit of time measurement.

1 muhurta = 48 minute

2 muhurta = 48+48 = 96 minutes

96 minutes is one hour and 36 minutes when expressed in hours and minutes.

So, if the sunrise at one place is at 6 am, the Brahma Muhurta will start at 4:25 am. It is also said that Brahma Muhurta ends 48 minutes before sunrise, hence the ideal time for doing any

productive and positive activity will be 48 mins before sunrise.

The time of sunrise varies each day, according to Geographic location & time of year, thus the time of the Brahma Muhurta also varies. For example, if sunrise is at 6 am, the Brahma Muhurta begins at 4:24 am, if sunrise is at 7 am, Brahma Muhurta begins at 5:24 am and so on.

### “Brahma Muhurtha”-As per various ancient classics:

**According to Ashtang Hridaya-** ब्राह्मे मुहूर्त उत्तिष्ठेत्स्वस्थो रक्षार्थमायुषः<sup>4</sup>

**According to Astang samgraha:** रात्रेश्चतुर्दशो मुहूर्तो ब्राह्मो मुहूर्तः<sup>5</sup>

**According to Aruna Dutta:** रात्रेरुपान्त्यो मुहूर्ता ब्राह्मः। तत्र उत्तिष्ठेत्-प्रबुध्येत्<sup>6</sup>

**According to Acharya Charaka<sup>7</sup>-** While describing the qualities of a shishya (scholar) in the 8<sup>th</sup> chapter of Vimana Sthana, Acharya Charak mentioned that the disciple should be healthy and focused only on learning. Shishya needs to get up early in the morning or in the latter quarter of the night. The appropriate muhurta or kala to obtain Brahma Gyan is called Brahma Muhurta.

## DISCUSSION

### Brahma Mhurta and Tridosha

वायुः पित्तं कफश्चेति त्रयो दोषाः समासतः॥

वयोहोरात्रिभुक्तानां तेऽन्तमध्यादिगाः क्रमात्॥<sup>8</sup>

According to Ayurveda, the human body has three doshas named vata, pitta, and kapha. These

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three doshas either increase or diminish according to the cycles of time.

**Table 1** Doshik predominance during day & night

Dosha predominance	Day	Night
<i>Vata</i>	2:00PM-6:00PM	2:00AM-6:00AM
<i>Pitta</i>	10:00AM-2:00PM	10:00PM-2:00AM
<i>Kapha</i>	6:00AM-10:00AM	6:00PM-10:00PM

As seen in table 1. After 6 AM, kapha dominance is observed. Therefore, Tamo guna tends to rule over persons who awaken in kapha kala throughout the day. Under the kapha effect, bowel motions are frequently slow. The effect of kapha dosha will cause both the mind and the body to be inactive. After daylight, humans awaken and their bodily senses release materialistic mental radiations. Simply because it's getting later in the day, various eye disorders, constipation, indigestion, and laziness can develop.

Vata Dosha rules the last hours of the night. 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. Early in the morning, when Vata is still and unperturbed, is also helpful for meditation. Vata governs flexibility, bodily motions, organ function, vigor, and mental processes including memory and comprehension. A properly balanced Vata and the appropriate secretion and release of the harmones enzymes maintain the stability of the body and mind.

### Scientific explanation of brahma muhurta

1. Biological circadian rhythm:

The term "circadian" comes from the Latin word "Circa," which means "around" (or roughly), and "diem," which means "day." A circadian rhythm is a **natural, internal process that regulates the sleep-wake cycle and repeats roughly every 24 hours.** It can refer to any process that originates within an organism (is endogenous) and responds to the environment<sup>9</sup>.

Circadian rhythms exist in all types of organisms. For example, they help flowers open and close at the right time when they would be exposed to more predators. In humans, circadian rhythms coordinate mental and physical systems throughout the body. The digestive system produces proteins to match the typical timing of meals, and the endocrine system regulates hormones to suit normal energy expenditure<sup>10</sup>.

An organism's circadian rhythm enables it to anticipate and get ready for precise and frequent environmental changes. As a result, they allow organisms to better utilize environmental resources (such food and light). Therefore, it has been hypothesized that circadian rhythm gives organisms a selection advantage in terms of evolution. As with coordinating with the environment, it is crucial for regulating and coordinating internal metabolic processes.

2. Human Biological Clock:

The brain's internal clock is linked to the circadian rhythms. Specifically, it is found in the suprachiasmatic nucleus (SCN), which is in a part of the brain called the hypothalamus. At different times of the day, clock genes in the

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SCN send signals to regulate activity throughout the body<sup>10</sup>. SCN is so sensitive to light, light is an important external cue that affects the signals the SCN sends to the body to coordinate circadian cycles. Retina contains specialized ganglion cells that are photosensitive and project directly to the SCN, where they aid in the entrainment (Synchronization) of this master circadian clock. The SCN receives information about illumination through the eyes and contains classical photoreceptor (rods and cones) that are used for conventional vision. The SCN processes the information about day and night durations received from the retina and sends it to the Pineal gland, Melatonin secretion rises at night and declines during the day, and its presence tells us how long the night is.

### 3. Hormonal functions:

Nascent oxygen, which is released in the morning, will easily combine with haemoglobin to form oxy-haemoglobin, which quickly reaches and nourishes distant tissues. Release of the hormone serotonin keeps the person awake.

Melatonin is known as the "sleep hormone" because it helps people fall asleep. Blood melatonin levels seem to fluctuate in a day-night cycle. Circadian rhythms (variation occurring within a 24-hour cycle) may be produced by the pineal gland, which functions as a form of biological clock. Melatonin secretion is increased at night since it is non-existent or detectably low during the day.

The highest levels of cortisol hormone secretion occur in the early morning. It is steroid hormone

which controls a variety of bodily functions, such as immune response and metabolism.

Far too often, in changing our passion, we slip into highly unregulated life style, in which we sleep in random time. The disturbed life style upsets the biological clock, as a result various problems like diabetes, obesity, Insomnia etc are evolved. So, we should have a set schedule in general which is not only good for the functioning of bodily rhythm, but good for the mind as well. The mind will know when it is time to flow into different activities, thus ultimately helping us to become more productive.

## CONCLUSION

Ayurveda has provided several lifestyle methods, including Dincharya (Brahma Muhurta), Ritucharya, and Sadvritta. All of these tactics are preventive rather than therapeutic. The amount of consciousness and alertness that Brahma Muhurta showers you, make it the ideal time to organize significant events in your life.

Someone's lifestyle has a direct or indirect impact on "Dhatusamyavasta" (the state of the tissue's homeostasis). We maintain our healthy state for life if our lifestyle is in harmony with our biological clock. Brahma Muhurta is a unique period that maintains the rhythm and pattern of the biological clock throughout the entire day.

Waking up in Brahm Muhurta is ideal for maintaining the body's various physical, mental, and spiritual functions. The serene environment does have an incredible impact on both body and

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mind. This aids in revitalizing the body's numerous physiological processes, particularly those involving the hormones and nervous system.

So, one should start practicing waking up early day by day gradually to finally develop habit of getting up in brahma muhurta.

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