

EMBRACING THE ESSENCE OF BRAHMA MUHURTA: THE MAGICAL HOUR BEFORE DAWN

Dhanya. T¹, Shivansh Chandra Sharma², Shimpi Kumari Chaturvedi³

¹Assistant Professor, Department of Samhita and Siddhanta, Mangalayatan Ayurveda Medical College and Research Centre, Mangalayatan University, Aligarh, Uttar Pradesh

²Assistant Professor, Department of KriyaSharir, Mangalayatan Ayurveda Medical College and Research Centre, Mangalayatan University, Aligarh, Uttar Pradesh

³Assistant Professor, Faculty of Humanities & Social Sciences, Usha Martin University, Ranchi, Jharkhand

Email: drdhanyatnairapril1985@gmail.com

Abstract: Ayurveda mainly gives importance to “SwasthasyaSwasthyarakshanam”, that is to maintain the health of a healthy person by preventing ailments, for that some daily regimens ‘dinacharya’ and seasonal regimens are advised by Acharya VriddhaVagbhata in Ashtangasangraha and LaghuVagbhata in Ashtangahridaya. In daily regimen begins with waking up in Brahma muhurta or time of creator. There is a difference of opinion regarding the exact time of Brahma muhurta. Most of the animals and birds living in harmony with nature wake up early morning which shows that waking up early morning is beneficial. From the modern physiological view also, there are a lot of benefits to waking up in Brahma muhurta. It is auspicious to practice yoga, dhyana, atmagyana, paramatmagyana, pranayama, vyayam, etc. In ancient days the sages had a blissful long life span as they woke up in Brahma muhurta. In the present day due to busy schedules or lack of knowledge, very few people practice this. Early to bed early to rise is a saying that we hear in our childhood

Keywords: Brahma muhurta, time of creator, Ayurveda

Introduction:

Brahma muhurta is a Sanskrit word which means a time of Brahma, sacred time, time of divinity, or creator's time. It is an ancient term rooted in Vedic tradition and holds profound significance in Hindu culture. It is referred to as ambrosial hour named after Lord Brahma, the creator in Hindu mythology. This time is believed to be a time when cosmic energies are at its peak.

A day is divided into 8 yamas, each yama consisting of 3 hours. Both day and night, are constituted by 3 yamas each. Each of the other two yamas constitutes two sandhyas, namely dusk and dawn. ArunDatta, Indu and Hemadri opine that each of them consists of fifteen muhurtas. Hence a muhurta is 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 and a half hours) before sunrise. This regimen does not apply to those who are unhealthy. [1] Brahma muhurta is the second half of the fourth yama and one should wake up at that time. Acharya

Bhava Prakash considers 1 hour and 36 minutes before sunrise as Brahma Muhurta. [2] As per Yogaratnakaran Brahma muhurta is 2 hours before sunrise. [3]

According to Ashtangasangraha, it's the time when one food taken at night has been properly digested. This time is considered the ideal time for that person to wake up. This is only indicated for a healthy person and not for one suffering from any disease. [4]

Brahma muhurta- Is 96 minutes before sunrise and ends 48 minutes before it.If sunrise is at 6.10 AM, then Brahma muhurta begins at 4.34 AM and ends by 5.22 AM.Brahma muhurta if we consider it as per sunrise varies region-wise as well as season-wise.

Chart showing names of Muhurta, time and quality. [5]

S. No	Muhurta	Correlate the time of day	Quality
1	Rudra	6.00-6.48(sunrise)	Inauspicious
2	Ahi	6.48- 7.36	Inauspicious
3	Mitra	7.36- 8.24	Auspicious
4	Pitr	8.24-9.12	Inauspicious
5	Vasu	9.12-10.00	Auspicious
6	Varaha	10.00 -10.48	Auspicious
7	Visvedeva	10.48-11.36	Auspicious
8	Vidhi	11.36-12.24	Auspicious except Monday & Friday
9	Sutamukhi	12.24 - 13.12	Auspicious
10	Puruhuta	13.12 -14.00	Inauspicious
11	Vahini	14.00- 14.48	Inauspicious
12	Naktanakara	14.48-15.36	Inauspicious
13	Varuna	15.36- 16.24	Auspicious
14	Aryaman	16.24- 17.12	Auspicious except Sunday
15	Bhaga	17.12-18.00	Inauspicious
16	Girisa	18.00-18.48	Inauspicious
17	Ajapada	18.48-19.36	Inauspicious
18	Ahirbhudnya	10.36-20.24	Auspicious
19	Pusya	20.24-21.12	Auspicious
20	Asvini	21.12-22.00	Auspicious
21	Yama	22.00-22.48	Inauspicious
22	Agni	22.48-23.36	Auspicious
23	Vidhatr	23.36-24.24	Auspicious
24	Kanda	24.24-01.12	Auspicious
25	Aditi	01.12-02.00	Auspicious
26	Jiva/ Amrta	02.00-02.48	Very Auspicious

27	Visnu	02.48-03.36	Auspicious
28	Dyumadgagatyuti	03.36-04.24	Auspicious
29	Brahma	04.24-05.12	Very Auspicious
30	Samudram	05.12-06.00	Auspicious

What all things are told to be done after waking up in Brahma muhurta?

After waking up at Brahma Muhurta one needs to answer his nature's call. After this, he should engage his selves in yajnapooja, bhajan, study or any such activity. It is an excellent time to practice pranayama, yoga, Dhyana, Vyayam, and Adhyayana for goodness. This gives better spiritual, physical as well as psychological health. It helps one to reduce stress, improve health and to get a blissful life. Helps to get immunity and also to synchronize with the cosmos energy rhythm. AshtangaHridaya says after getting up in Brahmamuhurta one should analyze about the self and then do the cleaning of the body.[6] According to Acharya Bhav Prakash, one should wake up at this time and recite the name of Lord Vishnu to avoid any grief. Then one has to touch auspicious substances like *Dahi*(curd), *Gogharta*(ghee), *Sarsapa*(mustard), *Bilva* (Indian bael), *Gorachana*(stone found in cattle) and *Saraja*(garlands) as well as look at himself in Ghrita for getting long life.[7] Yogaratnakaran opines that one after waking up at Brahma muhurta should offer prayers to Madhusudhan (Lord Vishnu) for the sins done.[8] Acharya Charaka has mentioned that scholars should wake up at Brahma muhurta and start to recite the slokas loudly.[9]

Benefits of waking up in Brahma Muhurta

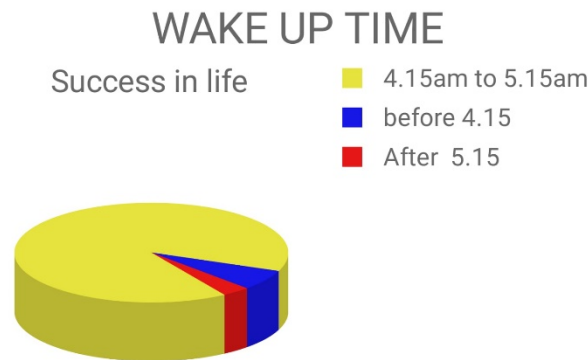
It is told in *SmritiRatnavali* that people who sleep at the time of brahma muhurta suffer from diseases as they lose their *punya*. In Charucharya it is told one should wake up in Brahma Muhurta because the Shri which takes the shelter of virtues, sits on the blooming awakened lotus in the morning.[10] After 6 AM kaphadosha is dominant and people getting up after 6 AM will be dominated by Tamoguna. Their bowel movements end up being sluggish, similarly, mind and body activities also become sluggish. Waking up at Brahma Muhurta one is benefited by certain cosmic planetary vibrations or rays which increase the Ojas in our bodies, the pranic energy which sustains life. Studies have shown that people who wake up early morning are more successful. For example, our prime minister Shri Narendra Modiji wakes up at Brahma Muhurta and he is a successful person.[11] Our former president APJ Abdul Kalam sir also used to wake up in Brahma muhurta [12]. Then Swami Vivekanand used to wake up in this period.[13] Then our Indianguro Sri Sri Ravishankar who is running the art of living wakes up in this magical period and also directs his followers to do the same. In Vipassana meditation Centre which is an art of living aims at providing peace to stressed life. In that course, it's taught to follow to wake up in Brahma muhurta [14]. Our beloved Mother Teresa is also known to get up at Brahma muhurta and do her prayers.[15] Other famous personalities who wake up early are Apple CEO Tim Cook, Indra Nooyi former CEO of Pepsi, Starbucks CEO Howard Schultz, and Jack Dorsey co-founder of Twitter. Likewise, many famous personalities are known to wake up at Brahma

Muhurta. [16] People who have success in their field and have a positive mentality wake up before sunrise. Billionaires are known to wake up in the early morning hours. [17]

It is also seen that notorious people like Hitler used to wake up very late at about 11 A.M. [18]

A pilot survey study on 30 students in our college belonging to various courses, proved that students who wake up early in the morning and study score higher marks than others who study late at night. Among the 30 students, 27 students who were toppers woke up between 4.15 to 5.15 am

2 students before 4.15 and 1 student after 5.15, that is at about 6



The pie diagram shows the success rate is more seen in people who wake up early morning
Steps to be taken to wake up early [19]

1. Take your night meal before 8 pm.
2. Do not have heavy meals, have some light meals. Avoid sugar energy drinks and coffee.
3. Make it a point to go to sleep at a fixed time which is not too late.
4. Avoid using a mobile before sleeping because the blue light from a mobile which is artificial light mimics the daylight so it will affect one's internal body clock and throw off one's circadian rhythm when the body has low melatonin one experiences insomnia. The blue light from mobile affects melatonin production. [20]
- 5 Try to have the same bedtime and wake-up time.
6. Try to put an alarm clock across the room so that one has to get out of bed to stop it.

Discussion

As there is region-wise and season-wise variation in sunrise we cannot fix a particular period for the entire world. In the region where the sun rises at 6 the Brahma Muhurta is calculated to be between 4.30 AM to 5.15 AM approximately. It is the time when the previously digested meal of last night has undergone digestion then only a person can wake up without any external force, we see birds waking up early morning singing songs that time is Brahma muhurta. As birds and animals are much closer to nature and they follow the rules of nature and live accordingly we should follow them. An intelligent person should follow the steps of the world to lead a happy and favourable life. [21] From the physiology test books, it is clear that in the morning hours,

melatonin hormone is the minimum and this hormone brings sleep, also temperature is at the minimum in these hours. The cortisol hormone is the maximum produced and this hormone is helpful to regulate stress.

Conclusion.

Brahma Muhurta offers a precious window of opportunity for spiritual seekers to connect with the divine and cultivate inner peace, wisdom, and well-being. By embracing this sacred time before dawn and incorporating spiritual practices into daily routine, one can tap into the profound energies of the universe and embark on a journey of self-discovery and transformation. Brahma Muhurta is an auspicious time that not only enhances the intellectual property of a person but also promotes the physical, mental, social and spiritual health of a person and this is the definition of health told by W.H.O. Let us awaken to the magic of Brahma muhurta and unlock the doors to higher consciousness and spiritual fulfilment.

Reference

1. Ashtanga Hridaya of Vagbhata edited with the Vidyotini Hindi Commentary by Vaidya Yadunanana Upadhyaya, Chaukhamba Prakashan, Varanasi, Edition reprint 2011, Su 2/1 P-65
2. Bhava Prakasha of Bhavmishra edited with the Vidyotini Hindi commentary by Brahmasankar Mishra & Rupalalaji Vaisya, part-1, 5/15-16, P-109
3. Yogaratnakara, with the Vidyotini Hindi commentary by Vaidya Lakshmipati Shastri, Chaukhamba Prakashan, Varanasi, Nityapravrittuprakara 3-4, P-55
4. Ashtangasangraha of Vagbhata edited with Arthaprakashika Vyakhyaya by Vaidya Govardhan Sharma Changani, Chaukhamba Sanskrit Sansthan, Varanasi, 2005; Su 3/3
5. Muhurta a concept to be amended as per modern times by Pandit Vijay Shrikrishna Jakatdar on <https://pdfslide.net/documents/muhurtaa-revision.html>
6. Ashtanga Hridaya of Vagbhata edited with the Vidyotini Hindi Commentary by Vaidya Yadunanana Upadhyaya, Chaukhamba Prakashan, Varanasi, Edition reprint 2011, Su 2/1 P-65
7. Bhava Prakasha of Bhavmishra edited with the Vidyotini Hindi commentary by Brahmasankar Mishra & Rupalalaji Vaisya, part-1, 5/15-16, P-109
8. Yogaratnakar, with the Vidyotini Hindi commentary by Vaidya Lakshmipati Shastri, Chaukhamba Prakashan, Varanasi, Nityapravrittuprakara 3-4, P-55
9. Charaka
10. Charucharya of Mahakavikshemendra edited by Sri Devadatta Shastri, Chaukhamba Vidyabhavan Varanasi chapter 1 sloka 2, P-1
11. <https://www.15august.in/pm-narendra-modi-daily-routine/> as cited on 20 September 2022
12. <https://news.abplive.com/education/apj-abdul-kalam-birth-anniversary-interesting-journey-of-a-boy-from-rameswaram-becoming-president-1487891> as cited on 15 October 2021
13. https://en.m.wikipedia.org/wiki/Swami_Vivekananda_and_meditation
14. <https://www.dhamma.org/en/about/code> as cited on 1 December 2023
15. <https://time.com/4126238/mother-teresas-crisis-of-faith/> as cited on 23 August 2007

16. <https://www.businessinsider.in/careers/21-successful-people-who-wake-up-incredibly-early/slidelist/52013339.cms#slideid=52013340> as cited on 26 July 2021
17. <https://medium.com/@sachalraja/why-do-billionaires-wake-up-at-exactly-4-00-am-and-why-you-should-too-daaa4e4ed0e1#:~:text=By%20starting%20their%20day%20at,others%20even%20begin%20their%20workday> as cited on August 8 2023
18. <https://www.nytimes.com/2009/03/08/weekinreview/08vinciguerra.html> cited on 7th March 2009
19. <https://www.betterup.com/blog/how-to-wake-up-early> as cited on 24 March 2022
20. <https://www.weforum.org/agenda/2017/07/heres-how-the-light-from-your-smartphone-impacts-your-brain-and-body/> as cited on July 19 2017
21. AshtangaHridaya of Vagbhata edited with the Vidyotini Hindi Commentary by Vaidya Yadunanana Upadhyaya, ChaukhambaPrakashan, Varanasi, Edition reprint 2011, Su2/45 P-78