



## SHORT REVIEW ARTICLE

# A CRITICAL REVIEW ON “BRAHME MUHURTE UTTISHTET SWASTHYO RAKSHARTHAM AYUSHAH”

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Access this article online: www.jahm.in

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Received on: 14/06/14, Revised on: 28/06/14, Accepted on: 31/06/14

## ABSTRACT:

A long and healthy life is a wish of everybody since antiquity. *Ayurveda* is the science of life with aim of attaining healthy long life and curing diseases to achieve *Purusharth Chatushtayas* in his life span. For this a healthy and disease free life is required. Our ancestors had sufficient time to follow the regimen whatever described in text. Hence they used to live even beyond 100 years. But at present we hardly live for 65 years with plenty of diseases right from the 1<sup>st</sup> decade of life. Morbidity rate has increased considerably; the reason for this may be busy schedule, stress, lack of concentration towards personal hygiene, pollution, adaptation of modern techniques etc. All these act as etiological factors for diseases and reduce the life span. For the primary prevention of the diseases, individual immunity, adopting specific protective measures, improving personal hygiene and social hygiene are the means. By following *Dinacharya* most of these objectives are fulfilled and hence by maintaining it not only brings disease free individual but also disease free society. *Brahme Muhurte Uttishtet* is one among the *Ayurvedic* theories explained in *Dinacharya* concept which has been attributed as prevention of health of a healthy person. Regular practice of it will prevent many today's lifestyle problems. So keeping in view with this concept, an effort is made with an understanding and critical evaluation of the statement “ *Brahme Muhurte Uttishtet Swastho Rakshartham Ayushayah*” has been selected for the present study.

**Key Words:** Brahma Muhurta, Dinacharya, Ayurveda

## INTRODUCTION

A person who is interested in preserving the health and longevity should get up early in the morning in *Brahme Muhurta*.<sup>[1]</sup> Every person in this world must have heard the famous saying of Benjamin Franklin that “ Early to bed early to rise, makes a man healthy, wealthy and wise”<sup>[2]</sup> He has also quoted “the early morning has gold in its mouth”.<sup>[3]</sup>

This saying is time tested and very much acceptable fact worldwide.

*Ayurveda* explains many concepts under *Dinacharya* which starts with the *Brahmi Muhurte Uttishtet* (auspicious time for getting up from the bed) for *Swastha* acquiring health and longevity.

## Definition:

रात्रेश्च पश्चिमे यामे मुहुर्तो ब्रह्म उच्यते ।

The last Yama of the Ratri (Night) is said to be Brahma muhurta.

अरुणोदय कालस्य प्रथम दण्डद्वयम ब्रह्म मुहुर्त महा पितामहः।

ब्रह्म ज्ञानं तददर्शमध्ययनध्यापि ब्रह्म तस्य योग्यो मुहुर्तो ब्रह्मः।

*Brahma* means knowledge. The times opt for perceiving knowledge is known as *Brahma muhurta*.

#### **Brahmi Muhurta Kala (time):**

रात्रेश्च रुपरन्त्यौमुहुर्तो ब्रह्मः॥

Hemadri commenting on the same verse considers it as last part of night i.e., time just prior to sunrise [4].

रात्रे श्रुतुर्दशोमुहुर्तो ब्रह्मोमुहुर्तः, विशुवतिसम रात्रिं दिवे कले द्विघटिकोपलक्षणः । मुहुर्तस्य चेह द्विघटिकोप लक्षणार्थत्वात्सर्वस्मिन काले रात्रे श्रुतुर्घटिकावशेषे सम्मुत्थानं कार्य मिति स्थितम् ॥

As such, the beginning of the 14<sup>th</sup> *muhurta* of night is to be considered as *Brahma-muhurta*. *Braahma-muhurta* begins at dawn; it is the penultimate *muhurta* of night.

*Muhurta* is a Hindu unit of measurement for time in the Hindu calendar . A *Muhurta* equals 2 Ghadiyas or 48 minutes. Thirty *Muhurtas* constitute a day and night.

*Brahma muhurta* starts 96 minutes before sunrise. It lasts for 48 minutes. *Brahma muhurta* ends 48 minutes before sunrise. [4]

From 04:24:00 AM to 05:11:59 AM is *Brahma muhurta*

(If Sunrise is taken at 6 AM).

#### **Why one should get up in Brahmi Muhurta?**

स्वस्थो निरोगः कल्पः ।

स आयुषो यथोपचस्तिस्य जीवितस्य रक्षार्थं ब्राह्मोमुहुर्त उत्थिष्टेदभ्युत्थानं कुर्यात् ।

तस्मिन् ब्राह्मोमुहुर्तत्थेत किम्भुतः ? स्वस्थोऽनातुरः।

किमर्थमुत्थिष्टेत्? रक्षार्थमायुषो जीवितस्य।

तदा ह्युत्थितो व्याध्यलक्ष्म्याधभाव एवायुषोरक्षा भवति आतुरेण धातुसाम्यार्थस्वप्नव्यमेव ॥

Above commentary explains the reason why one should get up in *Brahmimuhurta*. A person who is interested in avoiding diseases, who is determined to protect his life should get up in *Brahmamuhurta* to avoid *Vyadhis* and *Alakshmi* (poverty). But a person with diseases should sleep for maintaining the *Dhatusamyata* [4].

#### **Susruta Samhitas Ritus in Dinacharya**

तत्र पूर्वाह्ने वसन्तस्य लिंगम्, मध्याह्ने ग्रीष्मस्य, अपराह्ने प्रावृषः प्रदोषे वार्षिकं, शारमर्धरातो, प्रत्युषसिहेमन्तमुपलक्षयेत् एवमहोरात्रेमपि वर्षामिव शीतोष्णवर्ष लक्षण दोशोपचय प्रकोपो शमैर्जानीयात् ॥

Begining of the day resembles *Vasanta Ritu*, midday is dominated by *Grishma Ritu*, and last part of day is under influence of *Pravrit Ritu*, first part of night is dominated by *Varsha Ritu*, mid night is dominated by *Sarad Ritu* and early morning i.e *Brahmi Muhurta* is dominated by *Hemanta Ritu* where the *Bala* is highest. So it is always better to get up in a time when the *Bala* is *Uttama* than in *Vasanta Ritu* dominated time, where *Kapha Prakopa* is seen [5].

#### **Precautions while rising in Brahmi Muhurta:**

ब्राह्मे मुहुर्ते उत्थिष्टेज्जीर्णाजीर्णं निरुपयन् ।

रक्षार्थमायुषःस्वस्थो जात वेगः समुत्सृजेत् ॥

There are certain rule, precautions and methods that have to be taken care of while rising in *Brahmi Muhurta*. Before waking up in the morning, one

should assure proper digestion of food taken during last night<sup>[1]</sup>.

**Indications:**

किं तादीत्याह ब्रह्म इति । स्वस्थो नीरोगः । आयुषो यथोपचित्तस्य रक्षार्थम् । ब्रह्मे मुहुर्ते उत्तिष्ठेत् ॥

The healthy individual should get up at *Brahmi Muhurta* to maintain his healthy life<sup>[1]</sup>.

**Contraindications:**

This regimen is not applicable for, unhealthy persons, children, pregnant woman and aged persons

ब्राह्मे मुहुर्ते उष्टेत स्वस्थो रक्षार्थमायुषाः ।

**Yogaratanakar and Bhavaprakasha**

ब्राह्मे मुहुर्ते बुध्येत स्वस्थो रक्षार्थमायुषः ।

तत्र सर्वाद्य शान्त्यर्थं स्मरेश्च मधुसुदनम् ॥

To maintain the health, the healthy individual should get up at *Brahmi Muhurta* (2 hours before sunrise) and also stresses the importance of remembering god after getting up at *Brahmi Muhurta*.

**Atharvaveda**

A person who gets up in early morning will be free from diseases.

**Bhagvat geeta**

युक्ताहारविहारस्य युक्त चेष्टस्य कर्मसु ।

युक्त स्वप्नावभोधस्य भवति दुःखाः॥

A person whose *Aharavihara* is correct, whose activities and life style is perfect and who sleeps and gets up perfectly will be free from all miseries<sup>[6]</sup>.

**Garga Samhita**

ब्राह्मे मुहुर्ते चोत्तारामा ऋषोतिचबुवन्नात्वागुरुभुवचैवततोभुम्याम्पादंन्यासेत्॥

One should rise at *Brahma muhurta*, chant the holy names of Lord Krishna and Lord Balarama, and

bow down before one's guru. Only then should one place his feet on the ground<sup>[7]</sup>.

**Ancient traditions:**

Early Morning is considered as the best time to worship God. Early morning is also known as "*Braahma Mahurat*" in the Hindu Mythology. It is regarded that prayers made at this time reach directly to the God. Early Morning *Shloka (Verse)* is given here which also serves as the first prayer of the day to the almighty.

कराग्रे वसते लक्ष्मि करमध्ये सरस्वति कर मुले स्तित गौरि प्रभाते करदर्शनम् ॥

The front part of the hands (the finger tips) is credited to Goddess Lakshmi, the Goddess of wealth. The middle part or palm is credited to Goddess Saraswati, the Goddess of learning and the root /base(the part of hand near the wrist) to Gouri. So, every morning, one should have a reverent look at one's hand which represents sincere labor<sup>[8]</sup>.

समुद्रावसाने देवि पर्वतास्थान् मण्डले विष्णु पत्नि नमस्तुभ्यं पाद स्पर्श क्षमस्वामे ॥

I bow to Mother Earth, who has mountains and jungles on her body and whose clothing is made by the ocean. The wife of Lord Vishnu, please pardon me for touching you with my feet. It is considered propitious to start the day with this sincere prayer.

So considering all the above said quotations it is revealed that ,a man wishing to be healthy throughout his life he has to be awaken early in the morning at *Brahmi Muhurt*. Thus a healthy person should adopt this regimen in order to protect his healthiness.

And also there is one more beneficial statement i.e., “आरोग्यं भास्करादिच्छेत् ।”

Which means Health is got from the sun, so one should get up early in the morning before sunrise which supports the *Brahme Muhurte Uttishtet*.

#### **Modern concept:**

At this time there is positive flow of energy and mental faculties are at their highest. By rising at this time the body can synchronise with the rhythm of sun. Vitamin E and vitamin D are found in abundant quantity in early morning sun's ultraviolet rays. The circadian rhythm have been studied in vast details by biologists and physiologists and probably this period is associated with hormonal changes conducive to blossoming of mind. Liberation of nascent oxygen which easily mixes with haemoglobin forming oxyhaemoglobin and reaching to remote tissues<sup>[9]</sup>.

#### **Benefits:**

- Nascent oxygen is singlet oxygen is exactly what body needs in order to neutralize toxic acids (gastrointestinal, respiratory and metabolic acids).
- It helps to maintain balance of blood pH
- Increases energy levels by providing critical nascent oxygen
- Disorganizes bacteria, and yeast by providing an oxygen rich environment thus supports immune system.
- Heightens concentration by providing nascent oxygen and ionic selenium to the brain, heart and kidneys.
- Relives pain, soreness and cramps, Accelerates fatigue recovery by providing acid chelators such as ionic chlorite
- Enhances the absorption of vitamins, minerals, proteins and other important nutrients by keeping the intestinal villi clean and alkaline

- Improves circulation
- Improves concentration and memory by removing acidity
- Restores elasticity and permeability to cell membranes in all body tissues.
- Allows oxygen and nutrients into the cell because of its electrical charge.
- Ozone necessary for the body which is adequately present in atmosphere during *Brahmi Muhurta* period, *Brahmi Muhurta* is an intermittent duration between respiration and photosynthesis of all plants. The activities of entire world and especially of living beings are yet to be started, so the pollution is at its minimum.

#### **DISCUSSION**

All people complain being unable to accomplish everything, yet some people accomplish way more than others and its not only because of talents, connections or money they have. Very often what makes the difference is how they manage their time. People who gets up early are those virtuous ones who privilege of spending time liberally as they do possess more time in hand. We as Indians are well aware of merits of early awakening. Ayurveda preaches us about this virtue in its own unique way.

The regimen *Brahmi Muhurta Uttishtet* is wonderful concept gifted by *Ayurveda* to the whole world under the concept of *Dinachariya*. The *Dinachariya* starts with getting up from sleep in *Brahmi Muhurta*.

A man wishing to be healthy throughout his life, he has to be healthy everyday as well. Health depends on how one spends each day. Controlled and guided activities of body and mind are essential for maintaining sound health. If one should adopt the

regimen of *Brahmi Muhurta Uttishtet* he can maintain his healthiness throughout the life and prevent the unhealthy conditions.

## CONCLUSION

*Brahma muhurta* starts 96 minutes before sunrise. It lasts for 48 minutes. *Brahma muhurta* ends 48 minutes before sunrise. From 04:24:00 AM to 05:11:59 AM is *Brahma muhurta* (If Sunrise is taken at 6 AM). This regimen is applicable for healthy person for preservation of health and to get longevity.

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**Cite this article as:** Jyothi MG, Jyothi PB, Umapati CB, Pramod CB. A Critical Review on “*Brahme Muhurte Uttishtet Swasthyo Rakshartham Ayushah*”. *J of Ayurveda and Hol Med (JAHM)*;2014;2(6):55-59

Source of support: Nil, Conflict of interest: None Declared