

International Research Journal of Ayurveda & Yoga

Vol. 5 (2),192-195, February, 2022

ISSN: 2581-785X;<https://irjay.com/>

DOI: <https://doi.org/10.47223/IRJAY.2022.5235>



A Cross Sectional Survey Study of Nirogi Rajasthan w.s.r. *Brahma Muhurta* Awakening

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Article Info

Article history:

Received on: 29-12-2021

Accepted on: 19-02-2022

Available online: 28-02-2022

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ABSTRACT:

Background-In present century, lifestyle is significantly changed which is creating lot of instability in physical, mental, spiritual and social health hence beginning of healthy lifestyle with awakening on *Brahma Muhurta* for good practices is needed for healthy and blissful life. The physical and mental health benefits of waking up early have been mentioned in many literatures. *Brahma Muhurta* is the second last *Muhurta*, two *Muhurta* (one hour thirty-six minutes) before sunrise. It is best for good practices like *Yoga*, *Pranayam*, *Dhyana*, *Atmagyana*, *Paramatma gyana*, *Adhyayana* etc. for ultimate achievement. *Acharya Vagbhat* enlightened that awakening early in morning helps for preserving the health and longevity. **Objectives**-The present cross sectional survey study was planned to evaluate the effect of *Brahma Muhurta* Awakening in healthy individuals.

Methods -We conducted this study on the 1500 elderly people aged 60 years and above with good health.

Study Design-M.M.M. Govt. *Ayurveda College, Udaipur* has conducted a cross sectional survey study by the method of questionnaire through direct interview or telephonic method.

Results- In this study we found 1306 people (87.07%) awaking at *Brahma Muhurta*. After that only 1138 (88.91%) have sun exposed and 1005 (87.32%) people go to a day time sleep called *Diwa-swapan*.

Key word: *Brahma Muhurta*, Health and longevity, *Yoga*, *Pranayam*, *Dhyana*.

INTRODUCTION

Waking up at *Brahmya Muhurta* is one of the most important procedures in *Ayurveda*, because our *Dinacharya* starts with this procedure. To wake up at *Brahma Muhurta* is very much important for *Ayu Rakshan* or longevity of life as told by *Aacharya Vagbhatt*.¹

Atharvaveda states that person who awake early in morning will be free from diseases. *Bhagavad geeta* declared that person whose *Ahara* and *Vihara* is proper,

activities as well as lifestyle is ideal, moreover follows early to bed and early to rise will be free from all miseries. *Charaka Samhita* illuminate that it is essential for a scholar to get up early in morning. *Astanga Samgraha* enlighten that after awakening early in morning, one should assure proper digestion of food consumed during last night.² *Bhavaprakasha* mentioned the significance of pray to *Paramatma* after getting up on *Brahma Muhurta*.³

The nature of the planet's relationship with the sun and



moon is such that certain physiological changes happen in the human system at this time. Medical science has even found that the waste material in your body, such as your urine for example, has certain qualities at that time which it does not have at any other time of the day. According to *Yogashastra*, *Brahma* means *Gyanam* and periods which helps in *Adhyayana* is known as *Brahma Muhurta*.

What is *Brahma Muhurta*?

Brahma is the creator; one of the three major Gods⁴. *Brahma* means knowledge. *Muhurta* is time period of approximate 48 minutes.⁵ *Ahoratra* is divided in 8 *Yamas*. Out of that day consists of 4 *Yama* and in night 4 *Yama*. The last *Yama* of night called as *Brahma Muhurta*.⁶ *Brahma-Muhurta* begins at dawn; it is the penultimate *Muhurta* of night. *Ayurvedic* literature firmly suggests that *Brahma Muhurta* is early morning specific time period for rising up. *Acharya 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.

Review of Literature

According to *Ayurveda*, *Hriday* is considered as a shape like *Pundarika* (Lotus). As we know the open and close of lotus depends upon the light, means when sun rise lotus is opened and when sunsets it is closed.⁷

In the same way the pineal gland functions is done according to sunrise and sunset. Also in *Ayurveda*, *Satvaguna* is a *Prakashaka* while *Tama Guna* is sign of darkness. *Satva guna* results in mental well being, freshness, and positivity while the *Tama Guna* causes awakens, negativity, anxiety, depression, loss of confidence. Same work is done by serotonin hormone alike *Satva Guna* and melatonin hormone act as a *Tama Guna* which are secreted by pineal gland which is located in dorsal aspects of brain. Today's lifestyle, stress, changing food habit, office work causes late night sleep and late morning awake, so it imbalances the level of secretion of serotonin and melatonin. That imbalance cause's depression, insomnia, awakens, lack of positivity and loneliness. These are the *Laksanas* of *Manas Roga*. So we should have to accept and follow the *Swasthruttha* which are described in *Ayurveda* to avoid that *Manas Roga*.⁸

AIM

Aim of this study is to review the need of awakening on *Brahma Muhurta* and its utility for healthy and blissful life in current era in the geographical area of Rajasthan in elderly healthy people aged 60 year and above (n=1500)

Survey Study

M.M.M. Govt. *Ayurveda College, Udaipur* has conducted a cross sectional survey study by the method of questionnaire through direct interview or telephonic method. We conducted this study on the 1500 elderly people aged 60 years and above with good health. In this study we found 1306 people (87.07%) awaking at *Brahma Muhurta*. After that only 1138 (88.91%) have sun exposed and 1005 (87.32%) people go to a day time sleep called *Diwa-swapan*.

Advantages of Awakening on *Brahma Muhurta*

Awakening early morning offer more time for good practices like *Yoga*, *Pranayam*, *Dhyana*, *Atmagyana*, *Parmatma gyana*, study etc. and award better spiritual, physical as well as psychological health. It reduces stress, improves intellect and provides blissful life. It helps to improve immunity at optimum level. The entire body is in a certain conductive atmosphere, and there is a natural production of what is called melatonin, which is a secretion of the pineal gland. We want to make use of this because the pineal gland is secreting at its maximum during *Brahma Muhurta*,⁹ which means you can stabilize it. Melatonin may have a role in biologic regulation of circadian rhythms, sleep, mood, and perhaps reproduction, tumour growth, cardiovascular system and aging. In modern medicine, melatonin is seen as a mood stabilizer.

Scientists noticed that rate of secretion of ACTH is more in early morning and low in evening which helps to withstand the stress and trauma in life. Coming to ease happens naturally during *Brahma Muhurta*.¹⁰

Maharshi Charaka explained that it is important for a scholar to get up early in the morning for *Veda* and *Samhita adhyayana*.¹¹ *Acharya Vagbhat* enlightened that awakening early in morning helps for preserving the health and longevity.¹² According to *Vridhdha Vagbhat* after awakening early in morning one should assure proper digestion of food taken during last night.¹³ *Arundatta* coated that it is the perfect time to achieve knowledge. *Bhavaprakasah* and *Yogaratanakara* mentioned to memorize *Madhusudana* at this time and advised to touch and see some auspicious substances like curd, *Goghrita*, *Sarshapa*, *Bilwa*, *Gorochana*, flower garland as well as look at himself in *Ghritha* for longevity.^{14, 15}

Disadvantages of Late Awakening

The people who sleeps at the time of *Brahma Muhurta* they loss their *Punya*, they suffer ill health. After six am. *Kapha* predominance 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 activities become sluggish owing to the influence of *Kapha Dosha*. Constipation, indigestion, laziness, and many kinds of diseases arises just because of getting late in a day. While several night owls are known for their creativity, they can also pay the price by becoming more likely to succumb to various health problems.

RESULT AND DISCUSSION

It is found that *Brahma Muhurta* is very auspicious *Muhurta* for various good practices. *Parmatma Gyana* and *Atma gyana* regarding efforts on this *Muhurta* improve optimum spiritual life quality. Many problems that human beings are suffering are simply because they have lost that awareness as to how to be in synchronized with the many forces of cosmos energy. *Yoga, Pranayam, Dhyana* practices awards highest physical and mental health which is basic need for appropriate *Dharma, Artha, Kama* and *Moksha* as well as blissful life. Initiation of any vital effort on *Brahma Muhurta* becomes more fruitful due to association of our energy with cosmos energy.

CONCLUSION

After proper study it can be accepted that *Brahma Muhurta* starts two *Muhurta* before sun rise and last for one *Muhurta* period. for example if sunrise is at 6:30 A.M. then it starts 48+48=96 minutes before 6:30 A.M., that is, it starts at 4.54 A.M. and lasts till 5.42 A.M. Initiation of any vital effort on *Brahma Muhurta* becomes more fruitful due to association of our energy with cosmos energy. Many problems that human beings are suffering are simply because they have lost that awareness as to how to be in synchronized with the many forces of cosmos energy. From the above we can conclude that, awaking at *Brahma Muhurta* with follows of *Dinacharya* and *Sadvrutta*, it may increase the *Satva Guna* which will be the main controller of our good activities. It will help to increase the healthy life of human being and increase the longevity of healthy physical and mental health.

Acknowledgements:- Nil

Conflict of Interest – None

Source of Finance & Support - Nil

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How to cite this article: Khan I, Dixit M, Zahir R “A Cross Sectional Survey Study Of *Nirogi* Rajasthan W.S.R. *Bramha Muhuruta* Awakening ” IRJAY.[online]2022;5(2);192-195.
Available from: <https://irjay.com>
DOI: <https://doi.org/10.47223/IRJAY.2022.5235>

Table 1: Showing name of *Muhurta*, time and quality according Pandit Vijay Shri Krishna Jakatdar⁽⁸⁾

No.	<i>Muhurta</i>	Correlate Time of Day	<i>Guna (Quality)</i>
1	<i>Rudra</i>	06:00 - 06:48 (sunrise)	Inauspicious
2	<i>Āhi</i>	06:48 - 07:36	Inauspicious
3	<i>Mitra</i>	07:36 - 08:24	Auspicious
4	<i>Pitṛ</i>	08:24 - 09:12	Inauspicious
5	<i>Vasu</i>	09:12 - 10:00	Auspicious
6	<i>Vārāha</i>	10:00 - 10:48	Auspicious
7	<i>Viśvedevā</i>	10:48 - 11:36	Auspicious
8	<i>Vidhi</i>	11:36 - 12:24	Auspicious - except Monday and Friday
9	<i>Sutamukhī</i>	12:24 - 13:12	Auspicious
10	<i>Puruhūta</i>	13:12 - 14:00	Inauspicious
11	<i>Vāhinī</i>	14:00 - 14:48	Inauspicious
12	<i>Naktanakarā</i>	14:48 - 15:36	Inauspicious
13	<i>Varuṇa</i>	15:36 - 16:24	Auspicious
14	<i>Aryaman</i>	16:24 - 17:12	Auspicious - except Sunday
15	<i>Bhaga</i>	17:12 - 18:00	Inauspicious
16	<i>Giriśa</i>	18:00 - 18:48 (sunset)	Inauspicious
17	<i>Ajapada</i>	18:48 - 19:36	Inauspicious
18	<i>Ahir-Budhnya</i>	19:36 - 20:24	Auspicious
19	<i>Puṣya</i>	20:24 - 21:12	Auspicious
20	<i>Aśvini</i>	21:12 - 22:00	Auspicious
21	<i>Yama</i>	22:00 - 22:48	Inauspicious
22	<i>Agni</i>	22:48 - 23:36	Auspicious
23	<i>Vidhatṛ</i>	23:36 - 24:24	Auspicious
24	<i>Kaṇḍa</i>	24:24 - 01:12	Auspicious
25	<i>Aditi</i>	01:12 - 02:00	Auspicious
26	<i>Jiva/Amṛta</i>	02:00 - 02:48	Very Auspicious
27	<i>Viṣṇu</i>	02:48 - 03:36	Auspicious
28	<i>Dyumadgadyuti</i>	03:36 - 04:24	Auspicious
29	<i>Brahma</i>	04:24 - 05:12	Very Auspicious
30	<i>Samudram</i>	05:12 - 06:00	Auspicious

Table 2 Survey Study

S. No.	Total no. of Cases	Early Rise at Brahma Muhurta	Percentage	Sun exposer after sunrise	Percentage	Divaswapan after early wake up	Percentage
1.	1500	1306	87.07%	1138	88.91%	1005	87.32%