

AWAKENING ON BRAHMA MUHURTA AND ITS UTILITY FOR HEALTHY AND BLISSFUL LIFE IN CURRENT ERA - A REVIEW

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ABSTRACT

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*, *Parmatma gyana*, *Adhyayana* etc. for ultimate achievement. Awakening on *Brahma Muhurta* for good practices contributes health in all aspects as well as longevity. Aim of this study is to review the *Brahma Muhurta* concept from *Vedic* period to present era and its need for healthy and blissful life in current era. For this study *Veda*, *Upveda*, *Brahmnak*, *Vedang Jyotishya*, *Brihatsamhita*, *Kautilya Shastra* and *Yoga Darshana* are overlooked. Online search is completed using various related key words. Collective knowledge is utilized wherever necessary. It is found that *Brahma- Muhurta* is very auspicious *Muhurta* for good practices. Our *Maharishis* have experienced this *Muhurta* for good practices as well as super consciousness and lived healthy, blissful long life. 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.

Keyword: *Brahma*, *Muhurta*, *Brahma-Muhurta*, Health and longevity, Supreme time for *Dhyana*

INTRODUCTION

Due to sky-scraping materialistic developments human life is significantly changed. Late night duty, night duty, day night duties, late night parties, night bars, late night movies, late night television, late night

chatting, infinite competition, never-ending requirements etc. disturbed the natural healthy scheduled life of human. Countless health facilities are indicators of unhealthy population. Humans are forgetting that health is fundamental requirement of their *Dharma*, *Artha*, *Kama* and *Moksha* which is aim of human life.^[1] Healthy lifestyle with each day beginning by awakening on *Brahma Muhurta* for good practices is basic requirement of health in all aspects.

Atharvaveda states that person who awake early in morning will be free from diseases. *Bhagavadgeeta* 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. *Bhavaprakasha* mentioned the significance of pray to *Parmatma* after getting up on *Brahma Muhurta*. Online search confirms that *Brahma Muhurta* is best for various good practices like *Yoga*, *Pranayam*, *Vyayam*, *Dhyan*, *Atma Gyana*, *Parmatam Gyana* and religious efforts. 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^[2].

All relevant literatures were reviewed, online search was completed with different key words, relevant matter was collected, arranged in chronological order and review is prepared.

Brahma Muhurta is one hour thirty six minutes before sunrise and it is very auspicious *Muhurta* for various good practices like *Yoga*, *Pranayam*, *Vyayam*, *Dhyan*, *Atmagyana*, *Parmatmagyana* etc. which is needed for physical, mental, spiritual and social health as well as blissful life which is outcome of this study.

Aim

Aim of this study is to review the need of awakening on *Brahama Muhurta* and its utility for healthy and blissful life in current era.

Methodology

For this study *Veda*, *Upveda*, *Brahmnak*, *Vedang Jyotishya*, *Brihatsamhita*, *Kautilya Shastra*, and *Yoga Darshana* are overlooked. Online search is done using various related key words. Collective knowledge is utilized wherever necessary.

What is *Brahma Muhurta*?

Brahma is the creator; one of the three major gods.^[3] *Brahma* means knowledge.^[4] *Muhurta* is time period of approximate 48 minutes.^[5] *Brahama Muhurta* is supreme time period to establish a firm inner connection with the omnipresent divine *Parmatma*. It is best time to establish the rhythm of inner energy with rhythm of cosmos energy. It is most excellent time for *Dhyana*, *Yoga*, knowledge and initiation of any vital effort. In the way the planet is spinning and what is happening something very fundamental change somewhere between 4.04 to 5.24 A.M., this is called *Brahma Muhurtam*.^[3]

In *Rig-Veda Muhurta* word is used twice. '*Shathapatha Brahmana*' defines *Muhurta* as fifteenth part of the day. Furthermore, in *Taittiriya Brahmana* 15 names of *Muhurta* of day and night have been given as *Samjñānam*, *Vijñānam*, *Prajñānam*, *Jānad*, *Abhijānat*, *Samkalpamānam*, *Prakalpamānam*, *Upakalpamānam*, *Upaklptam*, *Klptam*, *Śreyo*, *Vasīya*, *Āyat*, *Sambhūtam* and *Bhūtam*. In '*Vedang Jyotishya*' part of *Rig-Veda*, it is specified that, a *Muhurta* is formed by 'two *Nadika (Ghatika)*' and a difference of 6 *Muhurta* or 12 *Ghatika* is observed among a longest and the shortest day. Even *Manu* and *Chanakya* has revealed the same meaning in their respective texts. Gradually the names of the *Muhurtas* shuffled and in the period of *Varahamihira* only the names of deities of 30 *Muhurtas* remains. It is specified in *Brihatsamhita* that if we perform some work on divinity of particular *Nakshatra* then success is assured.^[6] *Ayurvedic* literature firmly suggests that *Brahma Muhurta* is early morning specific time period for rising up.^[7,8,9,10] *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.

Table 1: showing name of *Muhurta*, time and quality^[6]

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>Vidhatr</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

What should be done on Brahma Muhurta?

All ancient scriptures mentioned that one should pray for *Ishvar* on *Brahma muhurta*, *Maharshi Angira* coated to remember *Hari* after cleaning of hand and legs early in morning, *Manu* discussed to think about *Dharma*, *Maharshi Charaka* explained that it is important for a scholar to get up early in the morning for *Veda* and *Samhita adhyayana*.^[11] *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 *Yogaratnakara* 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 *Ghrta* for longevity.^[14,15] Online safari shows, it is time of *Brahma* and favorable for meditation of *Brahma*. It is most excellent time for initiation and process of *Brahma Gyana*, *Atma Gyana*, *Parmatma Gyana*, *Yoga*, *Pranayam*, *Dhyana*, *Vyayam*, *Adhyayana* etc. for their greatest achievement.

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. It helps to synchronize with cosmos energy rhythm. In 2010, *Christoph Randler*, a biologist from Harvard University found that early risers are more proactive.^[16] Research conducted by Texas University noticed that students who consistently woke up early each day actually scored better test scores and overall grade points, in comparison to those who continues sleep during morning.^[17]

Disadvantages of late awakening

Smṛti Ratnavali mentioned that the people who sleeps at the time of *Brahma Muhurta* they loss their *Punya*, they suffer ill health. After six A.M. *Kapha* predominance is seen. ^[18] So people who get up in *Kapha Kala* tend to be dominated by *Tamoguna* 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*. 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. Fetid smell in mouth, constipation, indigestion, laziness, and many kinds of diseases arises just because of getting late in a day. One should get more benefits of it by awakening at the time of early morning. Studies have shown morning people are often more positive, more optimistic and more likely to experience satisfaction in their lives. 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. ^[19]

RESULT AND DISCUSSION

Brihma Muhurta is time period of two *Muhurta* (one hour thirty-six minutes) before sunrise. Different opinions are observed regarding this time period of *Brahma Muhurta*. 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 A.M. then it starts 48+48=96 minutes before 6 A.M., that is, it starts at 4.24 A.M. and lasts till 5.12 A.M. Time of sunrise keeps

changing within the range of 5.40 to 7 A.M. hence *Brahma Muhurta* starting time ranges from 4.04 to 5.24 A.M.

It is found that *Brahma Muhurta* is very auspicious *Muhurta* for various good practices. *Parmatma Gyana* and *Atmagyana* regarding efforts on this *Muhurta* improves optimum spiritual life quality. *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. Our *Maharishis* have experienced excellence of cosmos energy on *Brahma Muhurta* and established rhythm of inner energy with cosmos energy by various practices and lived healthy as well as blissful long life.

We know that atmosphere is made up of various layers. These layers are composed of Nitrogen, Oxygen, and Argon as well as other various energy constituents. They provide energy to the living beings. They transfer light from Sun to the Earth as well as reflect back to some extent. The molecules in the layers absorb energy and radiation. This radiation will heat the layers and the layers goes up and up by the end of a day. When the Moon reflects its cooling emissions, these layers will get cooled and comes down. At the time of *Brahma Muhurta*, these layers will settle down to the maximum and excellent energy level amplified. When we wake up at this time and proceeds to rhythm with this energy, our inner energy gets associated with cosmos energy. Hence 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 is simply because they have lost that awareness as to how to be in synchronize with the many forces of cosmos energy. Human life is product of cosmos energy. He is not an individual existence. So, when he gets in synchronize, certain things will happen. Hence *Yoga* is to bring that synchronize so that his energy rhythm goes with the rhythm cosmos energy. If there is live seed and he awake at *Brahma Muhurta* and sit for whatever that practice is, it bears maximum fruit.

In present century, lifestyle is significantly changed which is creating lot of instability in human energy. It is needed to synchronize the rhythm of inner energy with rhythm of excellent cosmos energy during *Brahma Muhurta* which is necessary for best immune energy. Quality immune energy is basic requirement for physical, mental, spiritual and social health as well

as blissful life. Hence beginning of healthy lifestyle with awakening on *Brahma- Muhurta* for good practices is needed in present era.

CONCLUSION

Brahma Muhurta is approximate 48 minutes time period, one hour thirty-six minutes before sunrise. It is best time to synchronize our inner energy to excellent cosmos energy. It is very auspicious *Muhurta* for various good practices like *Yoga, Pranayam, Dhyana, Atmagyana, Parmatmagyana, Adhyana* for ultimate achievement etc. These practices help to synchronize with cosmos energy which provides best immune energy. Excellence of immune energy is basic need of quality physical, mental, spiritual and social health as well as blissful life which is basic need of human in present era.

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