



Embracing the Power of Wakening in Brahma Muhurta - A Path to Inner Peace

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DOI:10.21760/jaims.10.5.11

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Ayurveda, the ancient science of life, emphasizes both physical and mental health with a preventive focus. The primary objective of Ayurveda is "Swasthasya Swasthya Rakshnam, Aaturasya Vikara Prashamanam Cha". A specific time period named Brahma Muhurat that plays a crucial role in recharging the human biological clock and maintaining its rhythm throughout the day. Brahma Muhurta is a first step in Ayurveda, marking the beginning of the Dinacharya, or daily regimen. Numerous Ayurvedic, Astrologic & Aadhyatmic text highlights the physical and mental health benefits of waking up early. However, the physiological mechanisms linking this practice with Modern Medical Science have not been sufficiently explored. This article aims to bridge this gap by explaining the concept of Brahma Muhurta from the perspective of Ayurveda and correlating it with current understanding in Modern Medical Science. The discussion will explore the beneficial impacts on the body and mind, as well as the psychophysiological reasons for these effects as understood by Brahma Muhurta.

Keywords: Brahma Muhurta, Dinacharya, Ayurveda, Aadhyatmic

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How to Cite this Article

Mishra A, Chugh K, Kumari R, Bhambu SK, Embracing the Power of Wakening in Brahma Muhurta - A Path to Inner Peace. J Ayu Int Med Sci. 2025;10(5):60-65.

Available From

<https://jaims.in/jaims/article/view/4281/>

To Browse



Manuscript Received
2025-04-07

Review Round 1
2025-04-25

Review Round 2
2025-05-05

Review Round 3
2025-05-15

Accepted
2025-05-25

Conflict of Interest
None

Funding
Nil

Ethical Approval
Not required

Plagiarism X-checker
12.36

Note



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Introduction

ब्राह्मे मुहूर्त उत्तिष्ठेत्स्वस्थो रक्षार्थमायुषः । (अ. ह. सू. 2/1)[¹]

(ब्रह्म - ज्ञानं, तदर्थमध्ययनायपि ब्रह्म, तस्य योग्यो मुहूर्तो ब्राह्मः। किमर्थमुत्तिष्ठेत् ? रक्षार्थमायुषो जीवितस्य । तदा श्रुतिष्ठतो व्याध्यलक्ष्याद्यभाव एवायुषो रक्षा भवति।)[²]

Brahman -knowledge, even for studying for that purpose, is *Brahman* in the moments worthy of it:

Why should he get up? To protect the life of the living. Then, since the *Sruti* remains, the absence of disease, wealth, etc., is the only protection of life.

रात्रेश्चतुर्दशो मुहूर्तो ब्राह्मो मुहूर्तः॥ अरुणदत्त (अ. ह. सू.)[³]

The 14th *Muhurta* of the night i.e., the last *Prahara* (*Yama*) of the night means 1 hour 36 minutes remaining from sunrise is *Brahma Muhurta*.

ब्राह्मे मुहूर्ते उत्तिष्ठेज्जीर्णाजीर्णे निरूपयन् । रक्षार्थमायुषः स्वस्थो जातवेगः समुत्सृजेत् ॥२॥ (अ. सं. सू. 3/2)[⁴]

The healthy person, in order to protect his life, should get up from his sleep in *Brahma Muhurta*, after considering condition of digestion of food (of previous night) whether properly done or not. To protect his life, a healthy person should wake up in *Brahma muhurta*, considering whether dinner has been digested or not. If food has not been digested, he should not wake up. The time when three hours of night are remaining (3 - 6 am) is called *Brahma Muhurta*. [⁵] *Brahma* means knowledge and God. The appropriate time for study of knowledge and for remembering God is *Brahma Muhurta*. One should wake up at this time and meditate on God and study. it is not advised for a sick person to wake up during *Brahma Muhurta*. Early morning has been called *Amrit Vela*. Pure air, pure water, pure land, abundant light and abundant sky are five nectars of nature. These five can be found in a clean and pollution free state only in the morning. People who give up this morning *Panchamrit* cannot be healthy, fortunate and knowledgeable.

रात्रेच पश्चिमे यामे सुदृती त्रात उच्यते । (शब्दकल्पद्रुमः)[⁶]

रात्रेः पश्चिमयामस्य मुहूर्तौ यस्तृतीयकः । अरुणोदयकाले ब्रह्ममुहूर्तः ॥

रात्रेषु निशायाः पश्चिमो यामो निश्चितः॥

Indu, the commentator says that the last *Yama* (the last three hours) of the night is known as *Brahma Muhurta* because it is the best time for obtaining *Brahma* or knowledge.

Any time from 3.00 A.M. to 6.00 A.M. is the ideal time to get up from bed and begin the day. After considering the food taken in the previous night has been fully digested, healthy person should wake up from the bed in *Brahma Muhurta* in order to protect his life. *Brahma Muhurta* is the time which is half of the last *Yama* (3 hours) of the night. i.e., approximately at about 4.37 A.M. It is the suitable time to study and obtain knowledge.

The third *Muhurta* of the last *Yaam* (1 hr 36 min) of the night. that is, 1 hr 36 min before Sunrise. The earlier *Muhurta* is *Brahma Muhurta*.

That is, the 14th *muhurta* of the night is called *Brahmamuhurta*. In the book named *Muhurtachintamani*, *Vivaha Prakarana in Mangalik Muhurta*, the 14th *Muhurta* of the night has been called *Tvashtara* whose *Nakshatra* is *Chitra*.

Ahoratra = *Aah* (15 *muhurta*) + *Raatri* (15 *muhurta*) = 30 *Muhurta*.

Acharya Indu has written in his commentary named *Shasilekha of Ashtang Sangraha*.

ब्रह्मज्ञानम् तदर्थं अध्ययनाद्यपि ब्रह्म तस्ययोग्यो मुहूर्तो ब्राह्मः।

Brahma means knowledge, through study one will attain knowledge i.e., *Brahma*, for which there is *Yoga Muhurta*, *Brahma Muhurta*, these also.

ब्राह्मे मुहूर्ते बुध्येत् स्वस्थो रक्षार्थमायुषः । तत्र सर्वाघशान्त्यर्थं स्मरेद्धि मधुसूदनम् ॥ (भ. प्र.5/15)[⁷]

Early morning has been called *Amrit Vela*. Pure air, pure water, pure land, abundant light and abundant sky are the five nectars of nature. These five can be found in a clean and pollution free state only in the morning. People who don't take *Panchamrit* in morning cannot be healthy, fortunate and knowledgeable. *Yogratnakar* and *Bhavaprakash* have said that waking up in *Brahmamuhurta* should be done and one should remember God, see and touch auspicious things like *dadhe*, *ghee*, *bilva*, *puspamala* etc. Seeing oneself in ghee is said to increase longevity.

In *Atharvaveda*, waking up in *Brahmamuhurta* is said to cure diseases.

उत्थायोत्थाय सततं (सु.चि.24/3)[⁸]

The daily activities which an intelligent and healthy person who desires good health should perform regularly every day have been described.

Acharya Dalhana written in *Sushruta Samhita Sharir Astana* 9/5

द्वाभ्यां स्वपिति, द्वाभ्यां प्रतिबुध्यते (सु.शा.9/5)[९]

द्वाभ्यां स्वपिति तमोविषयाभ्यां, (डल्हण)

सत्त्वविषयाभ्यां तु बुध्यते

Two upward arteries, one of which is related to *Tama Vishaik* which will bring sleep and the one related to *Sattva Vishaik* will wake up sleep.

Modern aspect of *Brahma Muhurta*

Pacemaker like mechanism in brain regulates sleep & wake cycle known as circadian cycle / rhythm.

This cycle includes sleep and wake timing body temperature, blood pressure, and releases of hormones in specific timings.

Controllers of sleep and wake cycle -

1. Melatonin by pineal gland
2. Core body temperature

Temperature - average adult human body temperature lowers to its min. at about 5:00 a.m.

Melatonin

A hormone produces by pineal gland in response to darkness signaling the body for sleep. As age increases melatonin secretion reduces due to calcification of pineal gland. Melatonin and serotonin play crucial roles in regulating the circadian cycle, which controls sleep-wake patterns and various physiological functions.

Melatonin's Role in the Circadian Cycle

Sleep Induction: As daylight fades, serotonin is converted into melatonin, which signals the body to prepare for sleep. **Regulation by the Suprachiasmatic Nucleus (SCN):** The SCN (body's internal clock) controls melatonin release based on light-dark cycles. **Peak at Night:** Melatonin levels rise in the evening, promoting drowsiness, and peak during the night to maintain sleep. **Suppression by Light:** Artificial or natural light exposure at night inhibits melatonin production, disrupting sleep patterns.

Serotonin

Precursor of melatonin. Serotonin increases in this hormone neurotransmitters acts as *brahma muhurta* feel a sense of satisfaction.

Serotonin's Role in the Circadian Cycle

Daytime Functions: During daylight hours, serotonin levels are higher and contribute to wakefulness, mood regulation, and cognitive function. **Light Sensitivity:** Exposure to light, especially blue light, promotes serotonin production and suppresses melatonin release.

Brahma Muhurta → *Vaat Kaal* → *Raj Bahula Kaal* → *Tama* decreasing → serotonin will make you focus on *Mana* → serotonin will make you focus on *Mana*.

Serotonin will make you focus on *mana*. Serotonin production improves thinking and concentration power and it supports melatonin secretion during day time. Which raises memory and boost up concentration.

Interaction Between Serotonin and Melatonin:

1. Light Exposure (Daytime) → High serotonin, low melatonin → Alertness and wakefulness.
2. Darkness (Night time) → Serotonin converts to melatonin → Sleep initiation and maintenance.

Disruptions in this cycle (artificial light, shift work, or stress) can lead to sleep disorders, mood disturbances, and other health issues.

Benefits of waking up in *Brahma Muhurta*

ब्रह्मे मुहूर्ते यानिद्रा सा पुण्यक्षयकारिणी ॥

That means sleeping during *Brahma muhurta* destroys one's good deeds.

ब्रह्मो मुहूर्त उत्थाय धर्मार्थं च चिन्तयेत् । कायं क्लेशान्तदुद्दमतं ध्यायेन्तु मनसेऽश्वरम् ॥ (कूर्मपुराण आ० 17)

One should wake up in the *Brahma Muhurta* and contemplate on *Dharma* and *Adharma*. To free the body from pain and to get peace, one should meditate on God in the mind.

Brahma Muhurta is called *Amrita Vela*.

Amrita Vela is five

1. Pure air.
2. Pure water.
3. Pure land.
4. Pure / abundant light.
5. Abundant sky.

Enhanced Mental Clarity and Focus

Morning practices sharpen the mind and set a positive tone for the day.

Research indicates that meditation or mindfulness during this period boosts cognitive function and concentration.

Emotional Stability and Stress Relief

Early morning routines help reduce anxiety and support emotional balance. The peaceful atmosphere fosters inner tranquility and overall well-being. Improved Self-Discipline and Personal Development Waking up during *Brahma Muhurta* cultivates discipline and promotes self-improvement. This time allows for reflection on personal goals, intentions, and growth. Better Physical Health and Vitality Practicing yoga and *pranayama* enhances breath control and increases energy levels. Strengthens the immune system and contributes to overall wellbeing.

Scientific Perspectives on the Benefits of Brahma Muhurta

Research highlights the advantages of early morning practices, revealing that: Meditation and *yoga* enhance mental well-being while lowering cortisol, the stress hormone. Morning routines boost dopamine levels, fostering positive emotions and motivation. Aligning daily activities with natural circadian rhythms supports better sleep, digestion and metabolic health.

Brahma Muhurta in Ayurveda: *Dinacharya and Swasthavritta Dinacharya* (Daily Routine): *Ayurveda* recognizes *Brahma Muhurta* as a vital time for practices like meditation, *yoga*, and journaling, promoting mindfulness from the start of the day.

Swasthavritta (Holistic Health Practices): Waking up early aligns with *Ayurvedic* principles for maintaining optimal physical and mental well-being by harmonizing with the body's natural energy cycles. Integrating *Brahma Muhurta* into Your Daily Routine *Brahma Muhurta*, the sacred period before sunrise, is considered an ideal time for self-reflection, spiritual practices, and setting a positive tone for the day. Incorporating this practice into your routine can enhance mental clarity, emotional balance, and overall well-being. Here's how you can gradually integrate *Brahma Muhurta* into your daily life:

1. Ease into the Practice transitioning into an early morning routine requires patience and consistency. Gradually adjust your bedtime to ensure you wake up earlier without sacrificing sleep.

Begin with simple activities such as deep breathing, light stretching, or journaling to ease into practice.

2. Engage in Meditation or *Yoga Brahma Muhurta* is a powerful time to harmonize the mind and body. Practice meditation, *Yoga*, or *Pranayama* to cultivate inner peace and enhance focus. These activities help clear mental clutter, improve energy flow, and prepare you for the day ahead.

3. Set Positive Intentions the stillness of the early morning provides the perfect opportunity for self-reflection and goal-setting. Use this quiet time to focus on your aspirations, affirmations, or personal growth. Writing in a journal or silently contemplating your goals can create a strong, positive foundation for the day.

4. Maintain Consistency forming a habit takes time and dedication. Establish a routine and stay committed to it, even if you start small. Over time, regular practice will become second nature, leading to long-term benefits.

Overcoming Common Challenges

1. Difficulty Waking Up Early: Adjust your bedtime gradually and avoid using electronic devices before sleep to improve rest quality.

2. Staying Consistent: Set reminders or find an accountability partner to help maintain motivation and discipline.

3. Balancing a Busy Schedule: Even dedicating 5–10 minutes to meditation, breathing exercises, or reflection can have a meaningful impact.

Spiritual Growth Through Brahma Muhurta

Regular practice during *Brahma Muhurta* deepens one's connection with the self and the universe. This sacred time fosters mindfulness, inner peace, and spiritual alignment, allowing for profound personal transformation. By embracing this practice, you cultivate a space for self-awareness, clarity, and a deeper sense of purpose in daily life.

Spiritual significance of *Brahma Muhurta*: *Brahma Muhurta* is considered auspicious for spiritual activities and self-reflection. According to *Vedic* tradition, it is believed that this is the time when divine consciousness connects with humans. Spiritual practice means meditation, introspection, *Mantra* recitation, *Yoga*, physical *Asanas*, study of spiritual things etc.

Vedic Significance: This *Sadhana* is spoken of in mythological scriptures because of its ability to bring about positive effects. During this period, the mind is at the peak of clarity and concentration, making it ideal for meditation, *Yoga* and spiritual practices.

Discussion

Brahma Muhurat is considered an auspicious and spiritually beneficial time period in Hindu tradition. It occurs during the early hours of the morning, approximately one hour and 36 minutes (96 minutes) before sunrise, typically between 4:00 AM and 6:00 AM. The term "*Brahma Muhurat*" translates to "the time of *Brahma*" or "the divine time," as it is believed to be the most spiritually potent period of the day when the atmosphere is calm, and the mind is clear. During this time, the vibrations in the environment are considered to be most conducive for meditation, prayer, study, and spiritual practices.

1. Spiritual Significance: It is believed that during *Brahma Muhurat*, the connection between the individual soul (*Atma*) and the Supreme soul (*Brahman*) is stronger, making it a great time for prayer, chanting, and spiritual growth. The silence and stillness of the early morning create an ideal environment for spiritual practices.

2. Mental Clarity and Energy: The mind is thought to be most peaceful and fresh during this period. The distractions of the day are not yet present, and the individual can engage in self-reflection or mantra chanting more effectively.

3. Health Benefits: Waking up during *Brahma Muhurat* and performing activities like *Yoga*, *Pranayama* (breathing exercises), or other physical practices is said to promote physical health, improve mental well-being, and boost overall energy levels throughout the day.

4. Connection to Nature: The natural world is calmer during this time, and it is believed that connecting with nature during *Brahma Muhurat* enhances one's sense of peace and tranquility.

5. Cultural Tradition: The practice of waking up early to begin one's day in this spiritually charged atmosphere has been emphasized in many ancient texts and traditions, particularly in the context of worship and religious observance.

Summary of waking up in *Brahma Muhurta*:

Helps in attaining spiritual liberation. Improves physical chakra purity, knowledge and concentration. Reduces psychological stress, removes negativity. Improves educational learning and memorization ability, patience and memory. *Brahma Muhurat* is regarded as an ideal time for spiritual practices, self-improvement, and connecting with the divine. It is a period that holds deep significance in *Hinduism* and is also valued in other spiritual and wellness traditions.

Conclusion

Brahma Muhurat is an extremely significant and auspicious time, considered ideal for establishing a deep spiritual connection between the individual soul and the Supreme. This time is beneficial not only for spiritual practices but also for mental peace, energy, and physical well-being. Engaging in activities like *yoga*, *meditation*, *pranayama*, and other spiritual practices during this quiet period of the morning enhances mental clarity and physical balance, contributing to improved focus and vitality throughout the day. Thus, following *Brahma Muhurat* is not just beneficial for religious duties but also for living life with a positive and harmonious outlook. It holds value in enhancing overall well-being and fostering spiritual growth.

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