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Conceptual study of *Brahma Muhurta*

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ABSTRACT

Waking up at *Brahmya Muhurta* is one of the most important procedure in Ayurveda, because our *Dinacharya* starts with this procedure. The physical and mental health benefits of waking up early has been mentioned in many literatures, but the physiological correlation between Modern Science and Ayurveda has not been explained anywhere. This article will elaborate the *Sharira* concept of *Brahmya Muhurta* according to Ayurveda and Modern Medical Science.

Key words: *Brahmya Muhurta, Swasthavritta, Pineal land.*

INTRODUCTION

ब्राह्मे मुहूर्त उत्तिष्ठेत्स्वस्थो रक्षार्थमायुषः । (अ.ह.सू. २/१)

To wake up at *Brahma Muhurta*^[1] is very much important for *Ayu Rakshan* or longevity of life. This has been stated in our *Samhitas*. This paper will elaborate the co-relation of *Brahma Muhurta* with concept of modern medical science.

Acharya Vagbhat had stated the starting of *Dinacharya* with waking up at *Brahma Muhurta*. Hence this process is more important in our daily routine for physical and mental well being. *Brahma* means *Jnyanum*^[2] and periods which helps in *Adhyayana* is known as *Brahma Muhurta*. According to *Yogashastra*, *Brahma Muhurta* means,

ब्रह्म ज्ञानम्, तदर्थमध्ययनाद्यपि ब्रह्म, तस्य योग्यो मुहूर्तो ब्राह्मः ।

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ब्रह्मयोग्यश्च कालो योगशास्त्रेषु निशायाः पश्चिमो यामो निश्चितः ॥
(इन्दू शशिलेखा)

Means *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*. Every *Yama* has *Muhurta* includes 3.75 *Muhurta*. Hence the starting *Muhurta* of last *Yama* can be considered as a *Brahma Muhurta*.

REVIEW OF LITERATURE

हृदयं चेतनास्थानमुक्तं सुश्रुत देहिनाम् ।

तमोभिभूते तस्मिंस्तु निद्रा विशति देहिनाम् ॥

निद्राहेतुस्तमः सत्वं बोधने हेतुरुच्यते । - (सु.शा. ४/३४-३५)

According to *Sushrut Samhita*, *Hridaya* is a sight of *Chetana*.^[3] When the *Tamo Guna* increases then it results in *Nidra* while *Satva Guna* increases results in wake up. This means the pattern of sleeping or walking up depends on the effect of *Satva* or *Tama* in *Hridayagata Chetana*. According to Ayurveda, 2 types of *Hridaya* have been considered in our body. One is heart other is related with brain. As we know *Hridaya* is the sight of blood circulation, so cycle of sleeping and walking up depends upon *Mastishka Hridaya*.

In *Sharira Sthana* of *Sushrut Samhita* it has been explained the functions of *Dhamani*.^[4]

Sushruta has quoted;

द्वाभ्यां (ऊर्ध्वगधमनीभ्यां) स्वपिति, द्वाभ्यां प्रतिबुध्यते । (सु.शा. ९/५)

द्वाभ्यां स्वपिति तमोविषयाभ्यां सत्वविषयाभ्यां तु बुध्यते । (डल्हण)

Means two *Dhamnis* helps in sleeping while two *Dhamnis* help in walking up. The *Dhamni* which causes sleep is related with *Tamo Guna* and the *Dhamani* which results in walking up is related with *Satva Guna*.

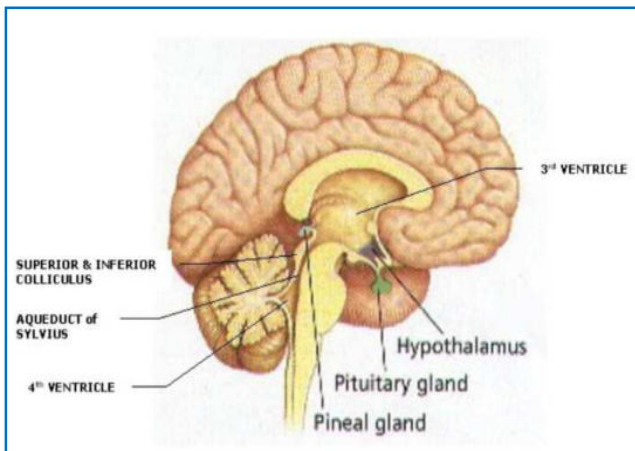
DISCUSSION

The role of serotonin and melatonin in sleep and mental piece

पुण्डरीकेण सदृशं हृदयं स्यादधोमुखम् ।

जाग्रतस्तद्विकसति स्वपतश्च निमीलति ॥ (सु.शा. ४/३२)

According to *Ayurveda*, *Hriday* is considered as a shape like *Pundarika* (Lotus).^[5] 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. In the same way the pineal gland functions is done according to sunrise and sunset.^[6]



Also in *Ayurveda*, *Satvaguna* is a *Prakashaka* while *Tamo Guna* is sign of darkness. *Satvaguna* results in mental well being, freshness, positivity while the *Tamo Guna* causes awakens, negativity, anxiety, depression, loss of confidence. Same work is done by serotonin alike *Satva Guna* and melatonin act as a *Tamo Guna* which are secreted by pineal gland which is located in dorsal aspects of brain.^[7]

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.^[8] That imbalance causes depression, insomnia, awakens, lack of positivity and loneliness.

These are the *Laksanas* of *Manas Roga*. So avoid those *Manas Roga*, we should have to accept and follow the *Swasthruttha* which are described in *Ayurveda*.

CONCLUSION

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.

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