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Importance of Brahma Muhurta with respect to Vibandha

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ABSTRACT

Ayurved, the ancient science of life emphasizes on physical and mental health with preventive aspect. “स्वस्थस्य स्वास्थ्य रक्षणं, आतुरस्य विकार प्रशमनं। (चरक संहिता सूत्र ३०।२६)” is the main objective of Ayurved. Curing a diseased person and reshaping his health status is also an aim of Ayurved. Brahma Muhurta is a specific time that recharges biological clock in human being and maintain its rhythm and pattern day long. The deranged lifestyle also affect this clock, as a result several undesirable traits and diseases are evolved. This Brahma muhurta time is very useful for meditation and yogik kriyas, his smriti (memory) becomes sharp and he moves toward the ultimate goal of yoga ie Moksha. The person who wakes up early in the morning his ageing process become delayed. It is also a perfect time to align us with cosmic power as per Lok purush samya siddhanta. A small problem like vibandha if not treated on time can later result in serious health issues.

Keywords: Brahma Muhurta, Pineal Gland, Melatonin

INTRODUCTION

Ayurveda is the science of life with aim of attaining healthy long life and curing diseases to achieve Purusharth Chatusthaya 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 1st decade of life. In Ayurveda, Brahma Muhurta is concept aim of attaining healthy long life.

Brahma muhūrta (Sanskrit-ब्रह्म मुहूर्त) is a period (muhurta) one and a half hours before sunrise—or more precisely, 1 hour and 36 minutes before sunrise. Literally meaning "The Creator's(brahmā's) time", it is traditionally the penultimate phase or muhurta of the night and is considered an auspicious time for all practices of yoga and most appropriate for meditation

Brahma muhurtha is the 14th muhurtha kala of the night. One muhurtha is equivalent to 48 minutes. And a whole night consists of 15 muhurthas. Each muhurta lasts 48 minutes, and therefore the Brahma muhurta begins 1 hour and 36 minutes before sunrise, and ends 48 minutes before sunrise. The time of sunrise varies each day, according to geographic location lp and time of year, thus the time of the Brahma muhurta also varies. For example, if sunrise is at 6am, the brahma muhurta begins at 4:24am. If sunrise is at 7am, brahma muhurta begins at 5:24am, and so on.

AIM AND OBJECTIVES:

To prove waking up in brahma muhurta is ideal for health and helps especially in constipation.

REQUIREMENT:

30 volunteers were chosen.

Inclusion criteria- age- 21-25

People with disturbed sleep scheduled were chosen.

METHOD:

: These volunteers were instructed to sleep early (between 10-11pm) and wake up early (between 5-6am)

Observation:

The selected 30 subjects were asked about how waking up early benefited them and majority of answers were attained as below:

- 1) Energetic throughout the day, good bowel movement and meditation helped in relieving anxiety.
- 2) Good bowel movements.
- 3) Bowel movements were improved. Could stay calm especially after practicing meditation in the morning.
- 4) Helps to stay calm and energetic, topics studied in the morning are understood faster..
- 5) Refreshes my mind.
- 6) Waking up early keeps me fresh and energetic the entire day.
- 7) Bowel movements were improved. Studying in the morning helped to retain the matter for longer time.
- 8) I feel enthusiastic and I'm able to focus on my work and daily routine and to be more productive.
- 9) It gives a fresh feeling.
- 10) Could stay energetic and calm especially when practiced meditation and mild exercise in the morning.

Thus it was noticed that waking up during ब्रह्म मुहूर्त proved to be very beneficial for health as almost all the subjects experienced improvement of bowel movements, could study better during this time and could remain energetic the entire day.

DISCUSSION:

“ब्रह्मे मुहूर्त उत्तिष्ठेत् स्वस्थो रक्षार्थमायुषः “
(Reference: Ashtanga Hridayam)

The verses from 'Ashtanga Hridayam' translates as: 'In order to protect his life, a healthy person should get up from bed in Brahma Muhurta.

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. The entire body is in a certain conducive atmosphere, and there is a natural production of what is called melatonin, which is a secretion of the pineal gland. In modern medicine, melatonin is seen as a mood stabilizer.

According to modern science, melatonin levels, which constitute a part of the body's circadian rhythm, peak in the night and ebb by the time the sun rises. Melatonin is seen as a mood stabilizer and may enhance cognition. The drop in melatonin levels is accompanied by a rise in the anti-stress hormone cortisol, whose levels rise during the early morning hours and are highest at about 6 am. The rising levels of cortisol result in the activation of anti-stress and anti-inflammatory pathways and also stimulate all of the body organs.

Hence from the study conducted it was observed that the subjects experienced high energy levels throughout the day. Also with the help of kriya's like meditation, subjects who experienced anxiety remained relatively calm throughout the day.

During the time of Brahma Muhurta, the concentration level is at peak. Therefore, students are advised to study during Brahma Muhurat. This time is very suitable of attaining bharam gyan. This time is considered the best time for acquiring supreme knowledge and eternal happiness. More over Athrava Veda mentions this time very good for remaining healthy and away from diseases. In this period, mind can easily concentrate on meditation, prayers and studies. Dhyana at this time improves mental performance thus helps in increasing satva guna therefore subduing mental irritation or hyperactivity and lethargy which is contributed by rajas and tamas gunna.

Hence it was observed that subjects that studied during this kala retained the materials studied for a longer period of time. The increase or decrease of these three doshas is related to the cycles of time. From 2:00am until 6:00am (sunrise) is Vata time. Brahma Muhurta occurs during the Vata phase of the morning, between 2:00 am and 6:00 am. Vata governs movement and communication. Vata embodies the energies of Air and Ether elements. So it will have lightness, clarity, creativity, and flexibility.

According to the International Journal of Yoga and Allied Sciences, during the pre-dawn period, there is the availability of nascent oxygen in the atmosphere. This nascent oxygen easily mixes with hemoglobin forming oxyhemoglobin, which has the following benefits:

- Boosts the immune system
- Increases energy level
- Helps maintain the balance of blood pH
- Relieves pain, soreness, and cramps
- Enhances the absorption of minerals and vitamins.

Constipation

It is decreased frequency for bowel (<3 per week) and difficulty to pass stools. It is usually caused due to changes in diet and routine. Symptoms like dry, hard stools, stools with pain, bloating, feeling that bowels aren't being passed completely and hence person feels uneasy and is unable to stay focussed or energetic the entire day.

शुक्रार्तवशकृन्मूत्रगर्भनिष्क्रमणक्रिया। (अ. ह. १२/९)

According to Ayurvedic texts proper and timely defecation is the function of apana vayu. When these functions of apana vayu are affected, it results in vibandha. Brahma Muhurta is vata predominant kala which means all 5 types of vata perform their functions very efficiently during this kala. Hence apana vayu's function of proper evacuation of purisha is normal process during the early morning hours. When one wakes up after Brahma Muhurta, it affects Apana Vayu and thus one starts experiencing constipation due to which they start feeling uneasy and end up being non productive the entire day. Thus from the conducted study, it was noticed that waking up during brahma muhurta indeed helped quite many people in getting rid of constipation and improvement of bowels since Apana in it's prakrit state performs it's normal function properly. Hence most of them could stay energetic the entire day. Many subjects also informed about being able to focus better on studies during early morning hours.

CONCLUSION:

Thus it may be concluded that waking up during ब्रह्म मुहुर्त is very beneficial for health. The last part of night is dominated by vata dosha and hence waking up during this time will bestow you with vata advantage and hence it was noticed that bowel movements of many had improved after waking up early.

When studied in the morning, the topic was understood better and retained longer in the brain. Vata dosha governs your general outlook on life, upbeat mood and "Utsaha" or enthusiasm for life due to which after rising early people remained energetic and enthusiastic for the entire day.

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