



The Literary Study Of Brahma Muhurta

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Abstract

- Brahma Muhurta is the time about one and a half hours before sunrise. It is considered the best time for doing spiritual activities like meditation, yoga, and prayer. At this time, the mind is calm, and the body is in tune with nature. Practicing during Brahma Muhurta helps to get mental clarity, emotional balance, and inner peace. It also builds self-discipline and supports personal growth.
- Modern studies show that waking up early improves focus, reduces stress, and makes a person feel happier and more energetic. This article explains the ancient background of Brahma Muhurta, its scientific benefits, and how we can include it in our daily life to live a more peaceful and balanced life.
- Keywords: Brahma Muhurta, Dincharya, Swasthavritta, Spiritual practices, Emotional balance, Mental clarity, Early morning routine, Ancient wisdom, Stress reduction, Nature's rhythm, Self-discipline, Mindbody balance

• Introduction

ब्राह्मे महु षुर्त उत्तिष्ठेर् स्वस्थो रक्षाथत्मायषः ॥” (Charaka Samhita, Sutra Sthana 5/15)

Brahma Muhurta is an important concept described in ancient Indian scriptures and Ayurvedic texts. It refers to the time period roughly one and a half hours before sunrise, which is considered the most peaceful and pure part of the day. The word *Brahma* means “knowledge” or “spiritual wisdom,” and *Muhurta* means “time period.” Therefore, Brahma Muhurta is known as the “time of the Creator” or “the time for spiritual awakening.”

In many classical texts like the Charaka Samhita, Ashtanga Hridaya, and Manusmriti, Brahma Muhurta is mentioned as the ideal time for meditation, study, yoga, and self-reflection. Ayurveda emphasizes that activities done during this time help maintain the balance of body and mind, enhance mental clarity, and support overall health.

From a literary point of view, Brahma Muhurta is not just a time of day but a symbol of purity, awareness, and connection with nature. Ancient scholars and poets have described it as the moment when the mind is

calm, the environment is fresh, and the energy of creation is at its highest. Studying its literary references helps us understand how ancient wisdom linked daily routine (*dinacharya*) with physical, mental, and spiritual well-being.

- **Aims and Objectives • Aim:**

- To conduct a comprehensive literary study of Brahma Muhurta as described in Ayurvedic and classical texts, and to understand its relevance in maintaining health, discipline, and spiritual development.

- **Objectives**

- 1) To gather and review literary references of Brahma Muhurta from ancient Ayurvedic texts such as Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya

- 2) To analyze the etymological and conceptual meaning of Brahma Muhurta.

- 3) To study the description and significance of Brahma Muhurta in the context of *Dinacharya* (daily regimen).

- 4) To compare various interpretations of Brahma Muhurta mentioned in different classical and modern commentaries.

- **Methodology**

- **Type of Study:**

- The research is descriptive and analytical, focusing on literary sources related to Brahma Muhurta •

- Sources of Data**

- **Primary Sources:** Classical Ayurvedic texts such as Charaka Samhita, Ashtanga Hridaya, Ashtanga Sangraha, Kashyapa Samhita, and other related scriptures like Bhagavat Gita.

- **Secondary Sources:** Commentaries, research articles, published books, dissertations, and authentic online journals related to Ayurveda and circadian rhythm.

- **Discussion**

The concept of Brahma Muhurta holds a significant place in the Ayurvedic view of *Dinacharya* (daily routine). To understand its importance, it is necessary to study the references found in classical Ayurvedic texts.

In the Charaka Samhita (Sutrasthana 5/15), it is mentioned that one should wake up during Brahma Muhurta to maintain good health and longevity. Charaka emphasizes that this time is ideal for mental alertness, clarity of perception, and the practice of meditation and study.

In the Sushruta Samhita (Chiquita Sthana 24/5), the same period is recommended for awakening as it aligns the body's biological rhythm with nature, ensuring balance between *doshas* and promoting physical and mental well-being.

Similarly, Ashtanga Hridaya (Sutrasthana 2/1) describes Brahma Muhurta as the most suitable time to get up, clean the body, and begin the daily regimen. Vagbhata connects this time with purity, freshness, and the awakening of consciousness.

By reviewing these texts, we understand that the literary evidence consistently highlights Brahma Muhurta as a sacred and health-promoting time. The correlation across multiple Samhitas indicates its universal acceptance and practical importance in Ayurvedic lifestyle management.

Thus, the review of these literary references helps in building a comprehensive understanding of how ancient scholars perceived and validated the concept of Brahma Muhurta as a foundation for health, discipline, and spiritual growth.

The term “Brahma Muhurta” is derived from two Sanskrit words — “Brahma” and “Muhurta”

Etymologically, “Brahma” comes from the root “Bṛh”, meaning to expand, to grow, or to rise. I with Brahman, the supreme consciousness or universal knowledge.

“Muhurta” means a specific period of time or moment, traditionally calculated as 48 minutes in Vedic time measurement. Thus, Brahma Muhurta literally means “the time of Brahma” or “the time of spiritual awakening and expansion of consciousness.”

Conceptually, Brahma Muhurta is the period that occurs approximately 1 hour and 36 minutes before sunrise, lasting for on muhurta (about 48 minutes). According to Ayurvedic and Vedic literature, this time is most conducive for meditation, study, yoga, and spiritual practices. During this phase, the mind is calm, the atmosphere is pure, and the body’s biological clock is naturally balanced.

The Charaka Samhita and other Ayurvedic texts mention Brahma Muhurta as the ideal time to wake up, as it aligns the human body with the natural circadian rhythm. It helps maintain mental clarity (sattva) and promotes longevity, health, and spiritual growth.

In summary, from both linguistic and philosophical perspectives, Brahma Muhurta signifies the most auspicious period for intellectual and spiritual awakening, a time when human consciousness resonates with the universal energy.

Dinacharya means the daily regimen or routine that helps maintain health and longevity. The day begins with waking up at an appropriate time, and Brahma Muhurta is described as the ideal time to rise from sleep.

- According to Charaka Samhita (sutrasthana 5/15), it is advised that a healthy person should wake up during Brahma Muhurta to protect life and promote wellness. This time, about 1.5 hours before sunrise, is considered pure and peaceful. The air is fresh, the environment is calm and the Vata dosha is dominant — which supports alertness, creativity and spiritual activities.
- Waking up in Brahma Muhurta helps in synchronizing the body’s biological clock with the natural rhythm of the universe. It promotes proper elimination of wastes (malas), enhances mental clarity and prepares the body and mind for the day’s activities. This practice also supports meditation, study, yoga and prayer, as the mind is naturally calm and receptive during this time.

The concept of Brahma Muhurta has been explained in various Ayurvedic texts and commentaries, each highlighting its spiritual, physiological and practical importance. Comparing these interpretations helps to understand how the idea of Brahma Muhurta evolved from classical times to modern understanding.

In the classical commentaries, such as those on Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya, Brahma Muhurta is described as the most auspicious period for awakening.

Charaka Samhita (Sutrasthana 5/15) mentions that one should rise in Brahma Muhurta to protect life. Classical commentators like Chakrapani explain that this time enhances intellectual and spiritual activities, as Sattva guna predominates and Vata dosha supports alertness and mental functions.

Dalhana, in his commentary on Sushruta Samhita, emphasizes the purity of the environment and the beneficial effect of cool, oxygen-rich air at that hour on the body’s physiology.

Arunadatta and Hemadri, in their interpretations of Ashtanga Hridaya, note that Brahma Muhurta is the time suited for study, meditation and contemplation of knowledge, linking it with the concept of Brahma as knowledge or wisdom.

- In modern interpretations, Ayurvedic scholars relate Brahma Muhurta to the biological clock and circadian rhythm. Modern science supports that waking up before sunrise aligns the body’s hormonal secretions (like cortisol and melatonin) with nature’s rhythm, improving mental alertness, immunity, and emotional balance. Thus, the traditional concept is now understood in terms of physiological synchronization and psychological well-being.

- Through this comparison, it becomes clear that while classical commentaries focus on the spiritual and intellectual purity of the time, modern interpretations explain its scientific and biological relevance. Both perspectives agree that Brahma Muhurta is the ideal period for health, clarity, and selfdevelopment, combining ancient wisdom with modern understanding.

Scientific Benefits of Brahma Muhurta

- 1) Clear and Fresh Mind -During Brahma Muhurta, our mind feels calm and peaceful. This time helps us think clearly and improves memory, focus, and creativity. People who wake up early find it easier to solve problems and stay active the whole day.
- 2) Fresh Air and More Oxygen-The air in the early morning is very fresh and full of oxygen. Breathing this pure air gives more energy and keeps the mind alert. Doing yoga or pranayama during Brahma Muhurta increases lung strength and helps the body feel fresh and strong.
- 3) Better Digestion-Exercise or yoga during Brahma Muhurta helps start the body's digestion and boosts metabolism. It helps in better digestion, proper weight control, and more energy. Studies show that people who exercise in the morning have a higher metabolism all day.
- 4) Balanced Hormones-Waking up during Brahma Muhurta helps keep our body's hormones in balance. The sleep hormone (melatonin) starts to decrease, which makes us feel fresh and awake. It also keeps the stress hormone (cortisol) under control, which helps us stay calm and active.
- 5) Good Mental Health-The peaceful time of Brahma Muhurta helps reduce stress and anxiety. Meditation or prayer done at this time improves mood and makes the mind positive and peaceful throughout the day.
- 6) Better Sleep at Night- we make a habit of waking up early, our body follows a natural sleep pattern. This helps us sleep faster and deeper at night. Early risers enjoy better sleep and rarely face problems like insomnia.

- Hormonal Changes During Brahma Muhurta

- Melatonin Decreases:

During the night, our brain releases a hormone called melatonin, which helps us sleep. As Brahma Muhurta (about 1.5 hours before sunrise) comes closer, the amount of melatonin starts to go down, which means the body is slowly getting ready to wake up.

- Cortisol Increases:

When the first light of dawn appears, a part of the brain called the Supra Chiasmatic Nucleus (SCN) becomes active. It signals the body to release cortisol, a hormone that helps wake us up, increase energy, raise body temperature, and make us feel fresh and alert.

- Benefits of the Hormonal Shift

- Calm and Peaceful Mind:

During Brahma Muhurta, melatonin levels are still a bit high, which keeps the mind calm and stable. This makes it the best time for meditation, prayer, and studying, as the mind can focus easily.

- Better Alertness:

As cortisol levels rise, the body and mind wake up naturally. This helps you feel fresh, active and ready for the day, with better focus and attention.

- Improved Health and Happiness:

When you follow this natural hormonal rhythm, you enjoy better sleep, a happier mood and overall good mental and physical health.

Conclusion

- Brahma Muhurta, described in various Ayurvedic and Vedic texts, holds great significance in maintaining physical health, mental clarity, and spiritual growth. The term itself represents the time of awakening and expansion of consciousness, approximately one and a half hours before sunrise.
- From the study of classical texts and commentaries, it is clear that Ayurveda considers Brahma Muhurta as the ideal time to begin the day. It aligns the individual with nature's rhythm, promotes balance of doshas, and prepares the mind for learning, meditation, and positive actions. Modern interpretations also support these ideas, linking Brahma Muhurta with the biological clock and circadian rhythm, which influence hormonal balance and mental well-being.
- Thus, both traditional and modern views agree that rising in Brahma Muhurta helps maintain a healthy body, peaceful mind, and uplifted spirit. It is not only a spiritual concept but also a scientifically valid practice that encourages harmony between man and nature — the true goal of Ayurveda.

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