World Journal of Pharmaceutical and Life Sciences

www.wjpls.org

Impact Factor: 7.409 Coden USA: WJPLA7

REVIEW ARTICLE: ON DINACHARYA (DAILY ROUTINE) MODALITIES W.S.R. TO BRAHMA MUHURTA

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DOI: https://doi.org/10.5281/zenodo.18104105

How to cite this Article: *Dr. Hetal Vyas**.** (2026). Review Article: on Dinacharya (Daily Routine) Modalities W.S.R. To Brahma Muhurta. World Journal of Pharmaceutical and Life Science, 12(1), 01–08.

Article Received on 22/11/2025 **Article Revised on 12/12/2025** **Article Published on 01/01/2026**

ABSTRACT

The goal of *Ayurveda* is to maintain the health and cure of the disease. *Dincharya* is a wonderful concept gifted by *Ayurveda* to the whole world. *Dincharya* means to follow certain things like waking up early in the morning, brushing the teeth etc. along with procedures like *Nasya*, *Anjana*, and *Dhumpan* etc. *Dincharya* starts with getting up from sleep in the *Brahma muhurta*. The last phase or muhurta of the night and is considered an auspicious time for meditation, worship or any other religious practice. Early morning is *Vata* domination period which is helpful in promoting body movements thus helps in easy evacuation of bowel. Physical activities such as exercises and *Yogasana* can be performed well in *Vata* kala. Meditation at this time improves mental performance thus helps in increasing *Satva Guna* therefore subduing mental irritation or hyperactivity and lethargy. Meditation helps to improve your focus on the positive thoughts and things in your life. *Brahma Muhurta* allows the body to receive information, clarity and emotional stability. *Brahma Muhurta* is the best time for maintenance of all types of physical, mental and spiritual activities of the body.

KEYWORDS: - *Brahma Muhurta, Dincharya, Meditation, Yogasana, Spiritual.*

INTRODUCTION

A person who is interested in preserving the health and longevity should get up early in the morning in *Brahma Muhurta.*[1] Every person in this world must have heard the famous saying of Benjamin Franklin that "Early to bed early to rise, makes a man healthy, wealthy and wise.[2] He has also quoted "the early morning has gold in its mouth.[3] This saying is time tested and very much acceptable fact worldwide. *Ayurveda* explains many concepts under *Dincharya* which starts with the *Brahmi Muhurte Uttishtet* (auspicious time for getting up from the bed) for *Swastha (*Healthy*)* acquiring health and longevity. Brahma means Knowledge this time is perfect time for gaining Brahma Gyan and second meaning is GOD. Concentrate the mind with *Atma*(soul). *Atma* is joined with *Parmatma (Brahma).* During this kala energy of Universe maximum spread in environment and give peaceful ness to mind so mind can be Concentrate with Atma and gets more energy from environment. Sometimes also we feel that GOD is near to me.

DEFINITION

(1) The last *Yama* of the *Ratri* (Night) is said to be *Brahma muhurta.*

(2) *Brahma* means knowledge. The times opt for perceiving knowledge is known as *Brahma muhurta*.

(3) "*Brahmi muhurte uttishtet swastho rakshaarthamayushah*|"[4] A person who is interested in preserving the health and longevity should get up early in the morning in *Braahmi-muhurta*. *Brahmi muhurta* is the second last *muhurta* before sunrise, which is one hour thirty-six minutes before sunrise. *Brahma* means knowledge. The time for perceiving knowledge is known as *Brahma muhurta.*

***Brahmi Muhurta Kala* (time)**

Acharya Hemadri commenting on the same verse considers it as last part of night i.e., time just prior to sunrise.[4] as such, the beginning of the 14th *muhurta* of night is to be considered as *Brahma-muhurta. Brahma muhurta* begins at dawn; it is the penultimate *muhurta* of night. *Muhurta* is a Hindu unit of measurement for time in The Hindu calendar. A *Muhurta* equals 2 *Ghadiyas* or 48 minutes. Thirty *Muhurtas* constitute a day and night. *Brahma muhurta* starts 96 minutes before sunrise. It lasts for 48 minutes. *Brahma muhurta* ends 48 minutes before sunrise.[4] from 04:24:00 AM to 05:11:59 AM is *Brahma muhurta* (If Sunrise is taken at 6 AM).

Why one should get up in *Brahma Muhurta*?

Above commentary explains the reason why one should get up in *Brahmi muhurta*. A person who is interested in avoiding diseases, who is determined to protect his life should get up in *Brahma muhurta* to avoid *Rogas* and *Alakshmi* (poverty). But a person with diseases should sleep for maintaining the *Dhatusamyata*.[4]

Precautions while rising in *Brahma Muhurta*

There are certain rules, precautions and methods that have to be taken care of while rising in *Brahmi Muhurta*. Before waking up in the morning, one should assure proper digestion of food taken during last night.[4]

Indications

The healthy individual should get up at *Brahma Muhurta* to maintain his healthy life.[5]

Contraindications

This regimen is not applicable for, unhealthy persons, children, pregnant woman and aged persons.

Astronomical and Vedic Perspectives[6]

The Brahma Muhurta is deeply rooted in both astronomical and Vedic wisdom, reflecting a harmonious blend of cosmic and spiritual understanding. In Vedic astrology, this period is considered highly auspicious, with the alignment of stars and planets playing a crucial role in determining the most propitious times for various activities.

Astronomical Significance: -The pre-dawn hours are marked by a unique planetary configuration that is believed to enhance mental clarity and spiritual receptivity.

Vedic Importance: -The ancient scriptures prescribe this time for spiritual practices, emphasizing its potential to positively influence one's karma and life trajectory.

The tranquillity and heightened energy of Brahma Muhurta offer a pristine backdrop for introspection and personal growth.

Choosing the best muhurta, such as for Griha Pravesh, is essential for ensuring prosperity and harmony. The factors considered include the alignment of stars and planets as well as the Panchang, underscoring the importance of consulting and astrologer for auspious timings.

Spiritual Significance of Brahma Muhurta

Connection with Vishnu Avatars and Yugas

The concept of Brahma Muhurta is deeply intertwined with the cyclical epochs known as Yugas, and the avatars of Lord Vishnu that manifest within these periods.

In Satyug, the era of truth and righteousness, Lord Vishnu incarnated in forms such as Matsya, to rescue humanity and uphold Dharma. Each Yuga witnesses the descent of Vishnu's avatars, tailored to restore balance in times of cosmic imbalance**.**

The Kalki Avatar, prophesied to appear at the end current Kali Yuga, symbolizes the restoration of Dharma and the commencement of a new golden age. This anticipation of renewal during Brahma Muhurta inspires individuals to align their actions with righteousness.

While the Yugas provide a macrocosmic framework, our personal karma and choices remain pivotal. The knowledge of Vishnu's avatars encourages us to pursue personal growth and adhere to Dharma, irrespective of the era we inhabit.

Brahma Muhurta as a Time for Spiritual Practices

Brahma Muhurta is considered a profoundly auspicious time for spiritual practices. During this period, the mind is said to be at its peak of clarity and concentration, making it ideal for meditation, yoga, and other forms of spiritual exercises. The stillness of the early morning, combined with the energetic qualities of this time, creates a perfect environment for personal growth and enlightenment.

- Meditation and introspection
- Recitation of mantras
- Yoga and physical postures
- Study of spiritual texts

The serene ambiance of Brahma Muhurta is believed to enhance the spiritual experience, allowing for a deeper connection with the divine. Choosing an auspicious time for significant events, such as Griha Pravesh, is deeply rooted in Hindu culture. The principles guiding the selection of a Brahma Muhurta for spiritual practices are similar to those for choosing a Griha Pravesh Muhurta, emphasizing the importance of positive energy and blessings.

Chanting Mantras and Seeking Moksha[7]

The practice of chanting mantras during Brahma Muhurta is believed to have profound spiritual and physiological impacts. Mantras, when chanted correctly and regularly, can align the chakras, particularly those in the head and face, enhancing focus and learning abilities. The vibrations produced by these sacred utterances are

said to resonate with the cosmic energy, bringing about a sense of calm and well-being.

The repetition of mantras is more than a spiritual exercise; it is a journey towards self-realization and the pursuit of Moksha, or liberation. This process is deeply ingrained in the spiritual fabric of those seeking enlightenment. Mantras differ from shlokas in that they are not merely poetic verses but are imbued with powerful spiritual energy.

For instance, the mantra 'OM SRI KRISHNAY SHARANAM MAMAH' is a simple yet potent invocation for success, surrendering to Krishna and seeking his divine protection.[8]

Regular chanting of this mantra is said to dispel fears, alleviate sorrow, and foster inner strength. To cultivate the habit of mantra chanting, one can start at any age, with early adoption leading to long-term benefits. Here are some steps to encourage this practice

- Set a personal example by chanting mantras yourself.
- Provide proper guidance and repeated listening to help children learn.
- Utilize resources like children's books and activities to make learning engaging.

The table below summarizes the effects of mantra chanting on both spiritual and physiological aspects.

Table 1: Effect of Mantra Chanting.

Aspect	Effect of Mantra chanting
Spiritual	Aids in the pursuit of Moksha (liberation)
Physiological	Aligns chakras, improves focus and circulation
Psychological	Reduces stress, dispels negativity
Educational	Enhances learning and memorization capabilities

Embracing the practice of mantra chanting during Brahma Muhurta can thus be a transformative experience, leading to a harmonious balance between the mind, body, and spirit.

Health and Wellness Benefits

Ayurvedic Insights on Brahma Muhurta in Ayurveda, Brahma Muhurta is considered a time imbued with divine qualities that enhance health and well-being. It is believed to be the optimal time for rejuvenation and healing, both physically and mentally. During this period, the environment is calm and the mind is less prone to distractions, making it ideal for practices that promote balance and harmony within the body.

- The air is pure and rich in oxygen, aiding in detoxification.
- The silence and tranquillity support deep meditation and reflection.
- It is the best time for absorption of herbal medicines and treatments.

Ayurvedic tradition holds that the body's rhythms are in perfect alignment with nature during Brahma Muhurta, facilitating optimal functioning of the body systems. This period is also associated with the Vata time of day, which is linked to movement and activity. Waking up during Brahma Muhurta is said to help regulate the body's Vata and set a positive tone for the day ahead.

Physical and Mental Health Advantages

The practice of waking up during Brahma Muhurta is not only spiritually enriching but also offers significant physical and mental health advantages. Engaging in activities such as meditation, yoga, and mantra chanting during this auspicious time can lead to a harmonious start of the day, setting a positive tone for the hours to come.

- Improves concentration by regulating brain wave patterns
- Removes stress and anxiety
- Brings in calmness and peace
- Helps in meditation and improves awareness
- Brings in positivity
- Helps in channelizing energy in various activities
- Boosts cognitive abilities
- Helps in anger management
- Boosts immunity
- Regulates blood pressure and cholesterol

Chanting mantras, in particular, has been shown to regulate the functioning of the lungs and the respiratory system, acting as a pain-reliever and aiding in the efficient functioning of the hypothalamus gland. This holistic approach to health can be a cornerstone for a fulfilling life, as suggested by the benefits associated with Hanuman Pooja, which offers blessings for overcoming obstacles and ensuring physical and mental well-being. Regular recitation of mantras helps align the various chakras of the face and head. This helps in better learning and improved focus. They keep negative energy away and regulate various physiological functions of our body. They also boost blood circulation in our bodies.

Aligning with Natural Circadian Rhythm:-The practice of waking up during Brahma Muhurta is deeply rooted in the principle of aligning with the body's natural circadian rhythms.

This alignment is believed to optimize physical and mental health, as it coincides with the time when the body is naturally preparing to wake up and when the mind is said to be at its most serene and receptive state. By rising *in Brahma Muhurta*, individuals may

experience enhanced cognitive function and emotional balance throughout the day.

This period is considered ideal for practices that require focus and calm, such as meditation and yoga. The benefits of aligning with these rhythms extend beyond spiritual practices, offering tangible health advantages:

- Improved concentration and focus.
- Reduction in stress and anxiety levels.
- Increased calmness and inner peace.
- Enhanced immunity and better regulation of vital physiological functions.

Incorporating the discipline of Brahma Muhurta into daily life can lead to a harmonious balance between the body's internal clock and the natural cycles of the environment, fostering overall well-being.

Cultural and Educational Impact[9]

Teaching Moral Values to Children In the cultural tapestry of Brahma Muhurta, teaching moral values to children holds a place of reverence. Engaging children in the stories and rituals of this auspicious time can instil a sense of discipline and spirituality**.** The tales of deities and the moral lessons they carry are not just stories but are a medium to impart ethical values and cultural heritage.

- Engage children in creative and educational activities during Navratri to deepen their connection to the festival.
- Conclude festivities with Vijayadashami celebrations and immersion of idols, symbolizing positivity and blessings.

The practice of waking up during Brahma Muhurta and participating in family rituals can help children understand the importance of routine and the value of time. It is a period where the mind is fresh and receptive, making it an ideal time for learning and reflection.

Influence on Literature and Mythology

Brahma Muhurta has left an indelible mark on the literary and mythological tapestry of Hindu culture.

Epic tales like the Ramayana and Mahabharata were set against the backdrop of different Yugas

each reflecting the moral and spiritual climate of the times. The Ramayana, a story of devotion and the triumph of good over evil, unfolds during the Treta Yuga, a period of slight decline in Dharma. Similarly, the Mahabharata's narrative of noble heroes and cunning villains takes place in the Dvapara Yuga, where righteousness further diminishes.

The profound impact of these epics extends beyond mere storytelling; they offer moral lessons and spiritual insights that continue to guide individuals today. The characters and their journeys are deeply intertwined with the concept of Dharma and the pursuit of righteousness, resonating with the essence of Brahma Muhurta. The Yugas and their associated avatars serve as a reminder that personal growth and adherence to Dharma are possible, even when external circumstances seem challenging. The following list highlights key avatars of Vishnu and their significance in the respective Yugas.

Treta Yuga

Matsya (The Fish): Saves humanity from a great flood. *Kurma* (The Tortoise): Aids in obtaining the elixir of immortality. *Varaha* (The Boar): Rescues Earth from a demonic threat.

Dvapara Yuga: *Rama* (The Ideal King): Exemplifies ideal leadership and devotion to Dharma.

Resources for Learning:- Books and Activities

The pursuit of knowledge and the enrichment of cultural understanding can be significantly enhanced through a variety of resources. For those interested in delving deeper into the spiritual and cultural aspects of Brahma Muhurta, a wealth of books and activities are available. To facilitate learning and engagement, here is a curated list of educational materials and experiences

- Downloadable Worksheets and Educational Products
- Early Childhood Education Resources
- Spiritual and Cultural Education Books
- Family Activities and Events

These resources not only provide insights into the profound significance of Brahma Muhurta but also offer practical ways to integrate its teachings into daily life. For instance, educational products like downloadable worksheets can help children and adults alike to explore the concept in an interactive manner. Embracing the teachings of Brahma Muhurta can lead to a harmonious alignment with the rhythms of nature and the universe, fostering a sense of peace and well-being. Special offers, such as the 'EASTER FUN ACTIVITY BUNDLE' or the 'Ultimate Alphabet bundle', often provide an affordable way to access these valuable materials. Keep an eye out for deals that can enhance your journey of discovery and spiritual growth.

1 Circadian Rhythms[9]

Brahma Muhurta is thought to synchronize the body's circadian rhythms, the internal biological clock that regulates various physiological processes, including hormone secretion, body temperature, and metabolic activity. This alignment is significant because it corresponds with a particular phase in the circadian rhythm where the body is naturally preparing for activity, making us more receptive to meditation, yoga, reading, or other spiritual and self-development practices. This alignment is also thought to promote alertness and mental clarity by **minimizing sleep inertia**, which is the grogginess or inertia experienced upon waking, making the transition from sleep to wakefulness smoother. Saying this, **circadian rhythms and timings can differ**

among individuals, making synchronization somewhat contingent on the person in question.

2 Melatonin Levels

Often associated with promoting relaxation and a sense of calmness due to its primary role in regulating the sleep-wake cycle, melatonin is a hormone produced by the pineal gland in response to darkness. Melatonin levels typically deplete as environmental light becomes brighter, meaning the low-light conditions during Brahma Muhurta help to preserve our melatonin levels, **contributing to a sense of tranquillity and calmness.** This preservation is also thought to contribute to a smoother wake-up transition, enhance sleep quality, and create a conducive environment for spiritual and well-being practices. For example, this **auspicious ambiance is particularly beneficial for meditation,** as the mind is less likely to be distracted by external stimuli. Similarly, the maintained melatonin levels support a more focused and cantered experience during yoga.

3 Less Environmental Disturbance

Now this one might seem a little obvious, but it's an important point. As my fellow early risers will know, **the early morning hours offer a unique calmness and quietness,** with by lower levels of ambient noise, reduced air and light pollution, cooler temperatures, and more. This combination creates a really serene and tranquil atmosphere, promoting improved focus, relaxation, and a softer mood. This means that the absence of environmental disturbances during Brahma Muhurta can allow individuals to experience a sense of calmness, **aiding in focused contemplation, meditation, or other spiritual practices.** Brahma Muhurta Timings As mentioned, Brahma Muhurta is a period lasting 48 minutes that starts one hour and 36 minutes prior to sunrise and ends 48 minutes before sunrise, meaning that the time of sunrise determines the Brahma Muhurta. This means, for example, Brahma Muhurta time in USA **would begin at 3:24 a.m. and ends at 4:12 a.m., if sunrise is at 5 a.m. If sunrise is at 7 a.m., Brahma Muhurta begins at 5:24 a.m. and ends at 6:12 a.m.** This means that the exact timings of Brahma Muhurta can vary based on the location, time of year, and local sunrise time.

Sadh guru, Isha Foundation[10] Brahma Muhurta means the time of the creator. You can look at it this way: it is the time when you can create yourself. You become the Brahman in the morning, so you can make yourself the way you want yourself to be." Have you ever experienced the calm stillness of the early morning hours just before dawn? You're not alone – the auspicious and profound tranquillity of these early hours has long been recognized and revered for its sacred significance, known as "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 any other time of the day.

Steeped in ancient wisdom, this time, roughly one and a half hours before sunrise, holds profound significance for spiritual seekers. Rooted in Hinduism, yoga, and Ayurveda, Brahma Muhurta time is believed to offer unique benefits for mind, body, and spirit. In this article, we'll be delving into the mystique of this sacred hour, exploring its cross-cultural significance, ancient allure, and modern What is Brahma Muhurta?

Brahma Muhurta time, also known as the "Creator's Hour," is a period lasting 48 minutes that starts one hour and 36 minutes prior to sunrise and ends 48 minutes before sunrise. It's believed to be auspicious for spiritual practices and activities in Hinduism, Ayurveda, and Philosophy. Muhurta" is a Sanskrit term denoting a division of time – 1/30 of a day, or a period of 48 minutes. There are 15 Muhurtas in the day and 15 in the night, with Brahma Muhurta being the 14th (or second to last) 48-minute period of the night.

In particular, we'll be looking at: he terms "Brahma" in Brahma Muhurta refers to Lord Brahma – a Hindu God, revered as the creator of the universe**.** Embodying the ultimate source of cosmic intelligence and creative energy, Brahma is believed to bring forth life and creation. Brahma Muhurta is a period of the morning when the universe is believed to be undergoing renewing and recreation – hence being named after Brahma**.** The subtle energies and prana supporting new beginnings and creation are most potent at this time, and it is thus believed that spiritual activities performed during Brahma Muhurta have a greater effect than in any other part of the day. Indeed, practicing spiritual activities during Brahma Muhurta is thought to bring numerous benefits, including mental clarity, increased focus, peacefulness, balanced mood, divine insight, and much more.

History & Origins

The exact origins of Brahma Muhurta are not clearly documented, however, there are references to the concept in ancient Indian scriptures, such as in the foundational texts of the *Vedas* and the Upanishads. These sacred texts, dating back thousands of years, contain numerous references to the significance of the morning hours.

For example: -Bhagavat Gita 2.69 "What all beings consider as day is the night of ignorance for the wise, and what all creatures see as night is the day for the introspective sage". Mundaka Upanishad 1.2.12: "In the early hours, when the world slumbers, the wise awaken to the timeless reality "Rig Veda 7.75.8: "May the dawn grant us insight, and may we find the strength to pursue wisdom"

What to Do and Not to Do During Brahma Muhurta: - To get the most out of Brahma Muhurta, there are certain activities that are encouraged and others that are advised against**.** These vary slightly between traditions, but here are some general guidelines on what to do and not to do during Brahma Muhurta.

Things to do

1 Spiritual Practices:- The predominant recommendation during Brahma Muhurta is to immerse yourself in spiritual activities like prayer, meditation, chanting, or yoga. This is a period when the mind is particularly receptive to such practices, so it should be used as a unique opportunity for maximizing the benefits of your spiritual engagement.

2 Self-Reflection: - Use this quiet time for introspection and self-reflection. Consider journaling, sitting in contemplation, or setting positive intentions for the day ahead and reflecting on your spiritual goals.

3 Scripture Study: - If you follow a specific spiritual or religious tradition, consider reading or studying scriptures or related texts during this time. It can deepen your understanding of spiritual principles and provide great inspiration for the day ahead.

4 Breathing Exercises (Pranayama):-During the early morning hours, the air is believed to be rich in prana**,** and practicing pranayama is believed to support the absorption of this energy from the atmosphere as well as promoting respiratory purification, improving lung health, and balancing mood.

5 Express Gratitude: -This is a personal favourite! Take time in these early morning moments to express gratitude for anything and everything that comes to mind and for the day and the opportunities it brings.

Things Not to Do

1 **Eating and Drinking**: -It's generally advised not to eat or drink during Brahma Muhurta as this can affect your prana balance at this time. For this reason, fasting until Brahma Muhurta ends is believed to enhance the benefits of spiritual and well-being practices.

2 **Admin Activities**: -Avoid engaging in mundane or admin activities, such as checking emails, watching TV, or engaging in intense physical work. These things are distractions, with this time best used to cultivate mental clarity, introspection, and spiritual pursuits.

3 **Negative Thoughts**: -Try to avoid negative thoughts or emotions during Brahma Muhurta. **Use this time to cultivate positivity and a peaceful state of mind.**

4 **Distractions**: -Minimize external distractions as these will negatively impact your ability to make the most of this special time. **Try to spend this time alone, turning off any electronic devices to create a quiet, sacred space for yourself and your spiritual practices**.

5 **Rushing**: - Allow yourself ample time during Brahma Muhurta. Rushing through spiritual practices defeats the purpose of this auspicious period, which is to foster presence, a calm, focused, and centred state of mind.

6 **Strenuous Exercise**: -Avoiding strenuous physical activities that raise the heart rate is encouraged to maintain a calm body and receptive state of mind. The emphasis should be on directing energy inward for spiritual practices, so engaging in light exercises or yoga is okay as long as its purpose is to prepare the body and mind for meditation.

Frequently Asked Questions

What is Brahma Muhurta and why is it significant? Brahma Muhurta is a period of time before sunrise considered highly auspicious for spiritual practices in Hindu philosophy. It is believed to be a time of high spiritual energy and tranquillity, making it ideal for meditation, yoga, and other forms of spiritual activities.

When does Brahma Muhurta occur? Brahma Muhurta occurs during the last phase or muhurta of the night, typically about 1 hour and 36 minutes before sunrise. The exact timing can vary based on geographic location and time of year.

How does waking up during Brahma Muhurta benefit my health? Waking up during Brahma Muhurta aligns with the natural circadian rhythms, which can lead to improved mental clarity, better digestion, and overall physical well-being. It is also a time when the mind is calm and refreshed, which can enhance focus and productivity throughout the day.

What are the Vishnu avatars associated with Brahma Muhurta? Significant Vishnu avatars like Vamana, Parashurama, Rama, Balarama, Krishna, and Kalki are revered for their roles in restoring balance and righteousness during different yugas. These avatars are often remembered and worshipped during Brahma Muhurta for spiritual merit.

Can Brahma Muhurta have an impact on children's moral education? Yes, Brahma Muhurta can be a valuable time for imparting moral education to children. The peaceful and sattvic (pure) qualities of this time are conducive to teaching and learning moral values, meditation, and shlokas, which can have a lasting positive impact on a child's character.

Are there any resources available for learning more about Brahma Muhurta? There are various resources such as books, activities, and worksheets available for those interested in learning more about Brahma Muhurta. These can provide insights into the spiritual practices, mantras, and the cultural significance of this auspicious time. Shing to be healthy throughout his life he has to be awakening early in the morning at Brahma Muhurta. Thus, a healthy person should adopt this regimen in order to protect his healthiness. And also, there one beneficial statement which means health is got from sun one should get up early in the morning before sunrise which supports with Brahm Muhurte Utisthet. Early morning Vata dosha dominating period. Vata dosha promoting body movements both internal and external thus help in evacuation of bowel. *Vyayama* or physical

exercise comprises usually of some yoga postures like Surya Namaskar sun salutation and breathing exercises like Nadi Sodhana Pranayama. But it can be anything including a walk or a swim. Early morning exercises remove stagnation in the body and mind, strengthen the digestive fire, reduce fat and give you an overall feeling of lightness and joy as it fills your body with good prana.

Modern concept.[11] at this time there is positive flow of energy and mental faculties are at their highest. By rising at this time, the body can synchronise with the rhythm of sun. Vitamin E and vitamin D are found in abundant quantity in early morning sun's ultraviolet rays. The circadian rhythm has been studied in vast details by biologists and physiologists and probably this period is associated with hormonal changes conductive to blossoming of mind. Liberation of nascent oxygen which easily mixes with haemoglobin forming ox haemoglobin and reaching to remote tissues.[10] Scientists have discovered that certain brain structures and chemicals produce the states of sleeping and waking. Understanding these control mechanisms helps doctors pinpoint what can go wrong and plan effective treatments. A pacemaker-like mechanism in the brain regulates the circadian rhythm of sleeping and waking. ("Circadian" means "about a day.") This internal clock, which gradually becomes established during the first months of life, controls the daily ups and downs of biological patterns, including body temperature, blood pressure, and the release of hormones. The classic phase markers for measuring the timing of a mammal's circadian rhythm are:

(1) Melatonin secretion by the pineal gland
(2) Core body temperature
(3) Plasma level of cortisol.

The average human adult's temperature reaches its minimum at about 05:00 (5 a.m.), about two hours before habitual wake time. Melatonin is absent from the system or undetectably low during daytime. It is secreted more in darkness. Its major metabolite can also be measured in morning urine. This hormone plays a little role in regulating the sexual functions in human being. A third marker of the human pacemaker is the timing of the maximum plasma cortisol level (life protecting hormone). It helps to with stand the stress and trauma in life. This is secreted from adrenal cortex under the influence of ACTH from hypothalamus. The rate of secretion of ACTH is high in the morning and low in the evening. Other physiological changes which occur according to a circadian rhythm include heart rate and production of red blood cells.

Importance of getting up in Brahm muhurta Early morning is vata dominating period. Vata dosha is helpful in promoting body movements both internal and external and thus helps in easy evacuation of bowel. Physical activities such as exercises are increase energy and happiness.

Benefits[12]

(1) Nascent oxygen is singlet oxygen is exactly what body needs in order to neutralize toxic acids (gastrointestinal, respiratory and metabolic acids).
(2) It helps to maintain balance of blood pH
(3) Increases energy levels by providing critical nascent oxygen
(4) Disorganizes bacteria, and yeast by providing an oxygen rich environment thus supports immune system.
(5) Heightens concentration by providing nascent oxygen and ionic selenium to the brain, heart and kidneys.
(6) Relives pain, soreness and cramps, accelerates fatigue recovery by providing Acid creators such as ionic chlorite
(7) Enhances the absorption of vitamins, minerals, proteins and other important Nutrients by keeping the intestinal villi clean and alkaline. Improves circulation
(8) Improves concentration and memory by removing acidity
(9) Restores elasticity and permeability to cell membranes in all body tissues.
(10) Allows oxygen and nutrients into the cell because of its electrical charge.
(11) Ozone necessary for the body which is adequately present in atmosphere during *Brahmi Muhurta* period, *Brahmi Muhurta* is intermittant duration between respiration and photosynthesis of all plants. The activities of entire world and especially of living beings are yet to be started, so the pollution is at its minimum. This is the time when mind is calm and serene, and filled with satva gun. At this time the ozone which is required by body is sufficiently present in the atmosphere. As per Ayurveda, "Early to rise makes a Man healthy, wealthy and wise. "It has been proved that people, who wake up early in the morning become more successful in life.

Getting up early in the morning helps you to stay away from mental stress, anxiety and other mental illness like insomnia and depression.

Brahma Muhurat is really beneficial for the studies. One who practices to study at this time will enjoy with knowledge.

Meditation at this time improves mental performance thus helps in increasing satva guna and improve your focus on the positive thoughts and things in your life. Calming the mind and relaxing the body. If any person on a regular basis does dhyana (Meditation) during *Brahma Muhurat* it will definitely help him to get rid of 5 Moral Evils... *Kaam* (Lust), *Krodh*(Rage), *Lobh* (Greed), *Moha* (Attachment) & *Ahankara* (Ego).

Meditation concentrates the mind between the two eyebrows (*Agna chakra*) it's also known as third eye (Pineal gland). Closing your third eye in reverse such in

and dissolve the world. Meditations look out into the distance and suck everything into the third eye, send it down to the feet and merge it with the firmness and darkness of the earth.

DISCUSSION

All people complain being unable to accomplish everything, yet some people accomplish way more than others and it's not only because of talents, connections or money they have. Very often what makes the difference is how they manage their time. People who get up early are those virtuous ones who privilege of spending time liberally as they do possess more time in hand. We as Indians are well aware of merits of early awakening. Ayurveda preaches us about this virtue in its own unique way. The regimen *Brahmi Muhurta Uttishtet* is wonderful concept gifted by *Ayurveda* to the whole world under the concept of *Dinacharya*. The *Dinacharya* starts with getting up from sleep in *Brahmi Muhurta*. A man wishing to be healthy throughout his life, he has to be healthy everyday as well. Health depends on how one spends each day. Controlled and guided activities of body and mind are essential for maintaining sound health. If one should adopt the regimen of *Brahmi Muhurta Utteshtet* he can maintain his healthiness throughout the life and prevent the unhealthy conditions.

CONCLUSION

In the tapestry of time, the concept of Brahma Muhurta stands out as a testament to the profound wisdom of ancient Indian philosophy. As we have explored the significance and benefits of this auspicious time, it becomes clear that Brahma Muhurta is more than just a period for spiritual practices; it is a symbol of the potential for human consciousness to align with the cosmic rhythm. The teachings and stories from the Yugas, particularly the avatars of Vishnu, serve as reminders of the eternal principles of Dharma that guide us towards righteous living. Embracing the serenity of Brahma Muhurta can lead to enhanced mental clarity, improved health, and a deeper connection with the divine. As we navigate through the challenges of our current era, incorporating the discipline of waking up during Brahma Muhurta may well be the key to unlocking a more fulfilled and harmonious life.

1. Brahmi Muhurta is the best time for the maintenance of all types of physical, mental and spiritual activities of the body.
2. The time ranging from 1 hour to 11/2 hour before sun rise can be considered as Brahmi muhurta.
3. Information as per the modern science proves the importance of Brahmi muhurta in relation to maintaining normal physiological functions.
4. Concepts of Ayurveda are already proved by its own scientific reasons, but we need modern spectacles for better understand.
5. Each new day ushers in a cascade of new possibilities and a shower of second chances. "So, we realize the secret potential of Brahma Muhurta. Let us try to fully benefit from this early hours before dawn for healthy and productive life.

Sources of financial support, if any: No.

Conflict of interest- no any.

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