

A Review on impact of *Brahma-muhurta* on attitude of Yoga in the life style disorder: Diabetes mellitus

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Abstract:

Ayurveda being the rational science of life designed the codes & conducts for the ideal leading of life for an individual. Human body is made up of *Dosha, Dhātu, Mala*. An individual is said to be apparently healthy when these tripods stays in equilibrium irrespective of time, season, place etc. So, our *Acharyas* has described the way of life which provides strength to the life span of an individual scientifically which starts with *Bramha muhurtha*(early wake up). Life style can be defined as the way of life or style of living that reflects the attitudes and values of an individuals. Now the life style has changed and people are becoming more prone to metabolic disorders because of wrong day to day activities such as irregular food habits, irregular sleep, and lack of physical activities. By this people are becoming prey to the diseases of longevity like Diabetes, stroke, Obesity etc.

This is the era of modernisation and busy luxurious life we are adopting the wrong lifestyle knowingly. At this point of time these steps looks to be sophisticated but results in diseased, decreased & depressed lifespan. In order to live disease free happy life one should provide health to the body to perform its *karma*. This is possible only through the sound mind in a sound body. To encompass sound mind one should acquire sound body and it is possible through *Yoga* which is nothing but *Chitta vrtti nirodha*. Through *Yoga* one can conquer the hold on body and mind .Here is an attempt to know the importance of *Bramha muhurtha* and *Yoga* to achieve health from the metabolic disorder – Diabetes.

Key words : *Bramha muhurtha*, *Yoga*, Diabetes.

Introduction:

Lifestyle denotes the way people live, reflecting the whole range of activities, attitudes of everyday from sunrise to sunset.¹ These activities are having considerable influence on the body and mind of an individual. The altered lifestyle invites to the life threatening diseases like Diabetes, Hypertension, Obesity, Stroke, and

Coronary heart failure, Atherosclerosis which are collectively designated as “Lifestyle disorder or Diseases of longevity” which are potentially preventable².

Ayurveda being the Indian system of medicine describes to restore the health in a healthy individual and treat the diseased one³. Earlier people followed health promoting lifestyle for the purpose of

Svastha palana. This includes *Dinacharya* starts with *Brahma muhurtha uttana*, *Danta dhavana*, *Nasya*, *Anjana*, *Abhyanga*, *Vyayama*, *Snana*^{4,5,6}. In the present era of hectic work and materialistic culture and because of adoption of altered life style the people usually become prey to the metabolic disorders and hardly reach the old age. One of the most common disease “Diabetes” poses fresh hurdles for the health sector. In order to prevent it potentially *Vyayama* being the part of *Dinacharya* plays an important role in the present scenario⁷.

Yoga is the science often called a way of life, more precisely it is a way of life based on certain view of life which aids in keeping oneself healthy⁸. Here, an attempt is made to explore the significance of *Brahma muhurtha* along with the Yoga in preventing and controlling the metabolic disease named Diabetes.

Methodology:

A thorough manual and electronic search was done on *Astanga Hrudaya*, *Sushruta Samhita* and the available commentary on it and the contents and references were analyzed and used for the study.

Ayurvedic perspective of Brahma muhurtha: The very first step in *Dinacharya* is *brahma muhurtha*. It is considered to be the apt time for waking up which is the fourteenth *Muhurtha* of Ratri⁹. 1 *muhurtha* is equal to 48 min. *Brahma muhurtha* { time of Brahma } is a period of one and half hour before sunrise or more precisely 1 hour 36 minutes i.e. 96 minutes = 2 *Muhurthas* or 4 *Ghatika*¹⁰. This time is recommended classically for *adhyana*, *Vyayama*, meditation, worship or any other religious practise.

Importance of Brahma muhurtha: During the pre-dawn period there will be availability of nascent oxygen in the

atmosphere which easily mixes with haemoglobin forming oxy-hemoglobin reaching to remote tissues and also boosts the immune system as oxygen deficient bodies are highly prone to diseases¹¹. This process is carried out by the synthesis of Melatonin by the Pineal gland which is having the governing effect over the Reproductive system, Thermoregulatory effect, metabolic rate, Antioxidant levels and effect on body immunity¹². The *yogis* believe that during pre-dawn period, the aspect of *Brahma* is prevalence in the atmosphere, as a result the entire atmosphere is changed with powerful electromagnetic intelligent carriers generator called spiritual vibrations that travel in North-South directions¹³.

Attitude of Yoga:

Yoga is a methodised effort towards self-perfection. The *yogic* attitude forms the necessary background and accompaniment of all *yogic* practices. The *Asanas* are the best known part of Yoga, literally means a Posture. There are more than 80 *asanas* which provide physical relaxation, exercise and mental peace. A typical session of *asanas* begin with warming up for few minutes followed by a relaxing asana probably *Shavasana*. *Shavasana* is repeated for a few minutes at a time between several *asanas*. The right attitude of Yoga is that the *asanas* should be performed depending upon the flexibility of an individual. The *yogic* practice possesses healing properties, several *asanas* are having role in treating several diseases¹⁴. Different groups of *asanas* which play an important role in case of Diabetes are *Naukasana*, *Bhujanangasana*, *Halasana*, *Vajrasana*, *Dhanurasana*¹⁵.

Particularly *Dhanurasana* is very beneficial in relieving constipation, indigestion, defects of liver and helps to dissolve the fat and tones up the intestines¹⁶. This asana is

having significant role in case of Diabetes Mellitus

Diabetes Mellitus : Metabolic disorder

As per WHO, Diabetes Mellitus is defined as a heterogenous metabolic disorder characterised by common feature of chronic hyperglycaemia with disturbance of carbohydrate, fat and Protein metabolism. They are classified into two Type-I{insulin dependent} and Type-II{ Non Insulin dependent}.The pathogenesis depends upon etiology of Diabetes. Hyperglycaemia may result from the following factors:1. Reduced insulin secretion. 2. Decreased glucose utilisation by the body. and 3. Increased Glucose production.

The major causes of Diabetes Mellitus are the disturbed carbohydrate metabolism and there results the dysfunctioning of the endocrine gland Pancreas which becomes the risk factor and causes other metabolic disorder like Obesity, Hypertension etc¹⁷.In Classics, the **nidanas** mentioned by **Susruta** are day sleep, lack of exercise, sitting idle, cold, unctuous items, sweet, fatty, liquid food and drinks in excess gradually leads to occurrence of Diabetes¹⁸.Vagbhata describes in a nut-shell that whatever food and regimen promotive of *Kapha, Medas, mutra* are regarded as *Prameha hetu*¹⁹.These nidanas should not be practised and Yogasanas help in the supplying the rich blood supply and oxygen is rich in the blood, particularly *Dhanurasana* maintains the functions of Pancreas and reduces the blood glucose level in Diabetic patients.

Discussion

The concept of *Bramha muhurtha*, Yoga and Diabetes is considered to be the most vital factors to be paid utmost concentration. As it is said that “Well begun is half done” so, an individual begins the day by waking up in

the morning. Considering *Bramha muhurtha* as the most apt time for waking up as it comprises of *Jeeva amrutha* i.e. nascent oxygen which nourishes and rejuvenates each and every cell of the body.

As of now due to the adoption of wrong, modernised life style the people are commonly suffering with a metabolic disorder - Diabetes Mellitus and eventually decreasing their life span. Diabetes Mellitus being the endocrinal and metabolic disorder. It can be potentially preventable with the practise of Yoga. There are set of *asanas* which aids in preventing and controlling Diabetes.

Asanas play a significant role in maintaining and nourishing the body by providing rich supply of blood . Particular *asanas* do have the effect on a particular organ or part of the body. For example *Sheershana* has its role on Thyroid and Pituitary glands similarly the *Asanas* for Diabetes can effectively supports an individual by providing rich fresh nutrient blood supply to the organs of the abdomen which includes Pancreas also. *Dhanurasana* has its role in the proper functioning of Pancreas. Pancreas is having the functions of Insulin synthesis and secretion for Carbohydrate metabolism. *Dhanurasana* is one among the asanas which shows its actions on the abdominal muscles and organs. There are many references in Ayurvedic texts and websites about the role of *Dhanurasana* on abdominal organs, one of the proof for the effect of *Dhanurasana* on the Diabetic patients which supports the text is as follows: Diabetic patients- Fasting blood glucose before *Dhanurasana*-188.7mg/dl and after *Dhanurasana*-120.8mg/dl. Post prandial blood sugar level before *Dhanurasana*-322mg/dl and after practicing *Dhanurasana* Post prandial blood sugar level-194.8mg/dl(Net).Yoga, the *asanas* actively nourishes the body organs

effectively through rich blood supply and fresh nascent oxygen is available in the period of *Bramha muhurtha*. *Asanas* have considerable function on Pancreas and *Bramha muhurtha* for potentially preventing metabolic disorder Diabetes.

Conclusion:

To conclude, the following points are derived from the above discussion

1. *Bramha muhurtha uttana* is the apt time for performing any kind of activities by an individual as it possess the fruitfull results may be study, *Vyayama*, meditation.

2. The science of Yoga particularly *Dhanurasana* helps in preventing and controlling the metabolic disorder Diabetes Mellitus.

3. This asana restores the normal functioning of the the largest endocrine gland Pancreas by providing the rich nutrient blood supply.

4. *Bramha muhurtha* and Yoga in particular *Dhanurasana* are considered to be the best tool to lead a healthy life.

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Diabetes mellitus (DM) is plausibly one of the earliest diseases known diabetes are even fewer. to mankind. About 3000 years ago it was reported in Egyptian Yoga offers holistic solution to the management of type 2 diabetes manuscript [1]. In, The difference between type 1 and type 2 DM was mellitus and its complications.Â strong impact of psychological and social factors on the in the social environment that affect the practice of yoga, leading to progression from Insulin Resistance Syndrome to type 2 DM.Â In adult diabetic patients, yoga therapy has shown The Effects of Yoga on Markers of Insulin more beneficial effects and very few adverse effects [10]. PDF | Yoga is an ancient art or science, beneficial for the development of body, mind and spirit. Diabetes represents a spectrum of metabolic disorders, | Find, read and cite all the research you need on ResearchGate.Â Diabetes represents a spectrum of metabolic disorders, which has become a major health challenge worldwide. Various ancient books mentioned the usefulness of Yoga in the prevention and management of certain diseases. Now, it has become the subject of modern scientific evaluation of this ancient evidence.Â This review work confirmed the. useful role of yoga in the control of diabetes mellitus. Keywords: Asana, Diabetes mellitus, NIDDM, pranayama. *Author for Correspondence E-mail: prajapatishashikant79@gmail.com. INTRODUCTION. PDF | Background: Yoga is a popular adjunct therapy for eating disorders (EDs). A systematic review and synthesis of the yoga literature is needed to | Find, read and cite all the research you need on ResearchGate.Â vides a systematic review of the extant literature regarding yoga. in the context of EDs, with the intention of encouraging empir- ically rigorous research regarding the use of yoga interventions. for individuals with EDs. Yoga is increasingly recommended and implemented to.