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Brahma muhurta is a period of two muhurtas , or about one and a half hours before dawn. Ayurveda and Yoga recommend waking every day before dawn, to align with oneself with earth's cycles, achieve good health & for spiritual awakening.. ++

Ashtanga Hridayam- "brahma muhurtam uttishthet swastho rakshartham Ayusha:tatra sarvartha shantyartham smareccha madhusudanam".

Translation: 'One should wake up in the brahma muhurta for sustaining perfect health and for achieving a long life span, as desired. ++

•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

•The pineal gland secretes maximum melatonin during Brahma Muhurta, which is known to stabilize the mood. So one should wake up during this time and practice meditation to make most use of it.

•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. ++

•Scientific research has determined that in brahmuhurat, the oxygen level in the atmosphere is most (41%) and lesser pollution. ++

•Studies prove that early risers generally have a lower BMI (body mass index) and consequently are less likely to suffer from obesity. According to the same study, the earlier you get up the less likely you are to develop diabetes, or suffer from depression or insomnia. ++

•Tuning our biological clock to the rising and setting of the sun, is the best way for reversing the aging process. Waking up during this brahma muhurta puts us in perfect synchronization to the natural clock ++

things to do- meditate, yog, read, chant mantra

don't do- eat or do stressful activity