



Murli as a Resource for Healthy Lifestyle Education: A Modern Medicine Approach Aligned with the Biological Clock for Prevention and Regression of Lifestyle Diseases

Dr. Rajesh Arora*

Senior Professor, Value Education Department, Manipur International University and CARE, Brahma kumaris, Abu Road, India.

*Corresponding Author

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Abstract

The global surge in lifestyle diseases such as coronary artery disease, diabetes, and obesity calls for comprehensive, sustainable interventions beyond pharmaceutical dependence. Chronobiology has brought attention to the vital role of the biological clock in disease prevention and reversal. Simultaneously, spiritual frameworks like the daily Murli discourses of the Brahma Kumaris offer structured lifestyle education harmonizing spiritual, mental, emotional, and physical health. This paper explores Murli as a resource of modern medicine aligned with circadian rhythms for the prevention and regression of lifestyle disorders. Drawing upon recent findings, including the Mount Abu Open Heart Trial, this study positions Murli-centered living—encompassing early rising, Rajyoga meditation, a plant-based sattvic diet, and value-based living—as a powerful, evidence-backed lifestyle intervention.

Keywords: Murli, Healthy Life Style, Biological Clock, Amritvela, Lifestyle Diseases, Regression, Atherosclerosis.

1. Introduction

Lifestyle diseases are the leading cause of mortality worldwide, with cardiovascular disease (CVD) alone accounting for 17.9 million deaths annually (WHO, 2022). These diseases stem

primarily from behavioral and lifestyle factors: sedentary routines, poor diets, stress, and disrupted sleep. Modern medicine has begun acknowledging the role of the circadian clock in regulating physiological processes that prevent such diseases.

Simultaneously, spiritual systems rooted in ancient wisdom—particularly those like the Brahma Kumaris' *Murli*—offer structured routines that closely align with chrono-biological principles. This study aims to analyze *Murli* as a viable and effective form of healthy lifestyle education, supported by scientific evidence such as the Mount Abu Open Heart Trial (Gupta et al., 2011), which demonstrated the regression of coronary artery disease through lifestyle and spiritual interventions.

2. Literature Review

2.1 Lifestyle Diseases and Circadian Health

Lifestyle-related non-communicable diseases have a strong link to circadian disruption. Irregular sleep, late-night eating, and chronic stress contribute to metabolic dysregulation, inflammation, and insulin resistance (Cedernaes et al., 2019; Scheer et al., 2009). The emerging field of chrono-medicine shows that interventions aligned with the body's biological rhythms—such as time-restricted feeding, morning light exposure, and early sleep—can improve outcomes.

2.2 Spiritual Health Interventions and the Brahma Kumaris Murli

The word *Murli* (literally “flute”) symbolizes the divine music or wisdom flowing through the medium of Brahma Baba. There are two main categories:

- **SakarMurli:** Teachings spoken by Shiv baba through the medium of Brahma Baba before 1969.

- **AvyaktMurli:** Messages after 1969 believed to be channeled through the trance medium DadiGulzar by the combined form of Shiv Baba and Brahma Baba (*BapDada*).

. These discourses offer guidance on meditation, disciplined routine, ethical behavior, and healthy living. Gupta et al. (2015) observed significant health improvements in metabolic syndrome patients practicing Rajyoga meditation.

More compelling evidence comes from the **Mount Abu Open Heart Trial** (Gupta et al., 2011), which demonstrated that coronary artery disease patients following a Murli-centric lifestyle—including early morning Rajyoga meditation, plant-based diet, stress management, and spiritual study—showed **regression of atherosclerosis**, confirmed by repeat angiography. This holistic model directly supports the hypothesis that *Murli* teachings function as a preventive and therapeutic tool.

2.3 The Biological Clock and Traditional Practices

Many elements of Murli practice—such as waking before sunrise, fasting from negative thoughts, and maintaining silence—correspond with the activation of the parasympathetic nervous system and optimal cortisol rhythms. Koenig (2012) emphasized the medical relevance of spirituality, linking it to inflammation control, improved immunity, and lifestyle adherence.

3. Methodology

This study used a mixed-methods design:

- **Content Analysis:** Thematic study of Murli texts from 1999–2015 for health-related messages.

- **Health Outcome Comparison:** Secondary data analysis of participants from the Mount Abu Open Heart Trial published research paper.
- **Qualitative Interviews:** For this study, **qualitative interviews** were conducted with two distinct groups of participants. The first group consisted of **30 long-term Murli listeners**, defined as individuals with over five years of consistent Murli listening practice. The second group comprised **10 long-term listeners** who had participated in a **seven-day healthy lifestyle program** delivered at the CAD program. This program was designed to be similar to the interventions conducted during the Mount Abu Open Heart Trial. Interviews focused on understanding participants' daily routines, self-reported health status, and perceived lifestyle benefits

4. Results

4.1 Circadian Alignment in Murli-based Lifestyle

Murli teachings strongly reinforce early waking (*Amrit Vela* between 3.30 a.m.–4:45 a.m.), aligning with the biological clock's early cortisol peak. Meditation at this time reduces stress, enhances parasympathetic activity, and supports neuroendocrine balance. A plant-based *sattvic* diet supports metabolic health and aligns with chrono-nutritional science, which emphasizes daylight eating.

4.2 Clinical Regression of Lifestyle Diseases

The **Mount Abu Open Heart Trial** (Gupta et al., 2011) found:

- **Regression of coronary artery blockages** confirmed by angiography in 91% of participants
- Significant reductions in blood pressure, cholesterol, body weight, and stress levels

- Improved compliance due to spiritual motivation and daily Murli study

4.3 Psychological Resilience , Emotional Regulation and Spiritual Happiness

Interviews revealed that regular Murli listeners experienced:

- Reduction in perceived stress among Murli practitioners. Many described a greater sense of calm, emotional control, and resilience in their daily lives compared to earlier stages of life.
- Greater adherence to sleep discipline and healthy diet
- Enhanced emotional regulation through affirmations and introspection
- Increased spiritual happiness level with 7 to 9 score on numerical scale.

5. Discussion

The Murli presents a framework for healthy living that matches modern evidence in chronomedicine, cardiology, and psychology. Its call for purity of thoughts, values-based choices, and daily reflection cultivates self-awareness and internal discipline—cornerstones of sustainable lifestyle change. The early-morning structure supports neurohormonal balance, while the spiritual diet reduces inflammatory burden. Furthermore, the Mount Abu Open Heart Trial provides unprecedented clinical backing, placing the Murli at the crossroads of spiritual philosophy and empirical science.

This positions *Murli*-based education not only as a cultural or religious practice but as a scalable, low-cost, and sustainable lifestyle intervention—potentially integrable into global models of preventive medicine and public health education.

6. Conclusion

Murli-centric lifestyle education offers an integrated model for the prevention and regression of lifestyle diseases by aligning daily routines with the biological clock, enhancing mental resilience, and instilling ethical discipline. Supported by rigorous clinical evidence such as the Mount Abu Open Heart Trial, *Murli* can be viewed as a form of modern medicine rooted in timeless wisdom.

Future research should explore its scalability in urban populations, integration into digital health platforms, and comparative effectiveness against other lifestyle interventions.

Table.1. Health-Related Themes in Murli Discourses (1999–2015)

Health Dimension	Murli Teachings & Themes (Translated)	Implications for Health
Mental Health	“Purity of thoughts is the foundation of peace of mind.” (Murli, 12 March 2002)	Encourages positive thinking, reduces anxiety
	“I am a soul, an embodiment of peace.” (Murli, 25 July 2007)	Builds inner peace and clarity
	“True happiness lies in staying free from vices.” (Murli, 3 September 2011)	Supports emotional regulation, contentment
Emotional	“Anger generates diseases in the body.”	Reinforces mind-body

Health	(Murli, 18 June 2005)	connection and emotional control
	“Look at every soul with love.” (Murli, 10 February 2006)	Encourages empathy, reduces interpersonal stress
Physical Health	“Sattvic food purifies both the mind and the body.” (Murli, 9 November 2008)	Reinforces sattvic diet for health and purity
	“Amrit Vela is the holiest time of the day.” (Murli, 4 January 2010)	Supports circadian alignment and meditation practice
Spiritual Health	“Shiv Baba is the ultimate healer of all diseases.” (Murli, 21 December 2013)	Promotes faith-based healing and trust in divine power
	“Understanding oneself as a soul is the key to true health.” (Murli, 6 May 2001)	Encourages soul-conscious living and identity health

Table.2.Murli-Based Daily Lifestyle Routine

Time	Activity	Purpose & Health Benefit
3:30–4:00 AM	Wake up (Amrit Vela)	Aligns with cortisol rhythm, prepares mind for meditation
4:00–4:45 AM	Rajyoga Meditation	Reduces stress, balances hormones, promotes neuroplasticity
5:00–6:00 AM	Murli Self Study	Mental clarity, spiritual anchoring, value re-alignment
6:00–7:00 AM	Bath Time	Refreshes and activates the body’s biological readiness
7:00–8:00	Murli Listening (Audio)	Reinforces values, emotional focus, prepares

AM		mindset
8:00–8:30 AM	Walk/Exercise	Activates metabolism, cardiovascular health
8:30–9:00 AM	Pure Vegetarian Breakfast	Supports gut health and sattvic energy
9:00–11:30 AM	Karma Yoga (Work with Awareness)	Active engagement with mindfulness
11:30–12:00 PM	Fruit Time	Natural energy replenishment, supports circadian digestion
1:00–2:00 PM	Lunch	Nutritional balance, restful digestion time
4:00–4:30 PM	Fruit/Light Snack	Maintains energy levels, prevents overeating
5:00–5:30 PM	Evening Walk	Enhances circulation, mental refreshment
6:00–6:30 PM	Dinner (Light)	Aids sleep preparation, reduces digestive load
7:00–7:30 PM	Rajyoga Meditation	Evening reflection, stress reduction
7:30–8:30 PM	Family Time	Emotional bonding and relationship nourishment
8:30–9:00 PM	Churning/Writing Letter to Baba	Inner introspection, spiritual connection
9:00 PM	Sleep	Circadian closure and cellular regeneration

Table.3. Verbatim Murli-Based Affirmations for Healing with Dates

Category	Murli Affirmation	Murli Date	Healing Relevance
Mental	“I am a pure soul.”	8 March 2004	Builds soul-conscious identity and purity
Emotional	“Anger takes me away from my goal.”	20 May 2009	Encourages anger management and emotional awareness
Physical	“This body is my vehicle; its care is my responsibility.”	17 August 2006	Fosters physical responsibility and holistic care
Spiritual	“Shiv Baba is always with me.”	1 January 2012	Builds trust and resilience in divine support

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