

Reference: Various 'Puranas'

## TIME CALCULATIONS AS PER HINDU SYSTEM

- 1 WINK OF THE EYE = 1 NIMESHA
- 15 WINKS OF THE EYE = 1 KASTHA.
- 30 KASTHAS = 1 KALA
- 30 KALAS = 1 MUHURTA
- 24 VIGHATIKA'S (= 24 seconds) = 1 GHATIKA (= 24 MINUTES)
- 2.5 GHATIKA = 1 HOUR
- 30 MUHURTAS = 1 DAY/NIGHT = AHORATRA
- 30 DAY AND NIGHTS = 1 MONTH.
- 6 MONTHS = 1 AYAN
- 2 AYAN = 12 MONTHS = 360 DAYS = 1 HUMAN YEAR
- 30 HUMAN DAYS = 1 PITRU / MANE DAY
- 15 HUMAN DAY BRIGHT HALF = SHUKLA PAKSHA = PITRU NIGHT TIME
- 15 HUMAN DAY DARK HALF = KRISHNA PAKSHA = PITRU DAY TIME
- 360 / 365 HUMAN DAYS = 1 DIVINE DAY
- UTTARAYAN = DIVINE DAY TIME
- DAKSHINAYAN = DIVINE NIGHT TIME
- 360 / 365 HUMAN YEARS = 1 DIVINE YEAR

## YUGA / AGES ARE FOUR IN NUMBER

- 1. SATYA / KIRTA YUGA = SANDHYA + YUGA + SANDHYANSA
- 2. TRETA YUGA = 400 + 4000 + 400 DIVINE YEARS
- 3. DWAPARA YUGA = 300 + 3000 + 300 DIVINE YEARS
- 4. KALI YUGA = 200 + 2000 + 200 DIVINE YEARS

- 1 CHATURYUGA (12000 DIVINE YEARS) = 360 / 365 X 12000
- = 4320000 / 4380000 HUMAN YEARS
- 71+++ CHATUR YUGA = 1 MANVANTARA
- 14 MANVANTARA = 1 KALPA
- 1 KALPA = 1000 CHATURYUGA
- (12 MILLION DIVINE YEARS) = 1 DAY OF BRAHMA.

1 KALPA BRAHMA RESTS FOR THE NIGHT

- 1000 KALPAS = 1 YEAR OF BRAHMA.
- 8000 BRAHMA YEARS = 1 BRAHMA YUGA
- 1000 BRAHMA YUGAS = 1 SAVANA
- 3000 SAVANA = BRAHMA'S LIFE TIME**
- CREATOR - BRAHMA'S LIFE TIME = 1 DAY OF VISHNU**
- 100 VISHNU YEARS = VISHNU'S LIFE TIME
- PRESERVER - VISHNU'S LIFE TIME = 1 DAY OF RUDRA**
- 100 RUDRA YEARS = RUDRA'S LIFE TIME
- DESTROYER - RUDRA'S LIFE TIME = 1 DAY OF SHIVA**

**SHIVA'S ONE CYCLE SEES – 504000 RUDRA'S – COME & GO**

**SHIVA IS ETERNAL THAT IS WHY HE IS ALSO CALLED – SADASHIVA  
(However, for all practical purposes – We consider Rudra & Shiva are one & same)**