

# The Science of Upanishads – Part 37: Vedic and Puranic Perception of Time-1. Definitions of Yuga, Kalpa, and Brahma's Day & Life

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**(Please Note:** *The title topic is too vast in nature and content to be described in a single article, and so, the present article is only a part of an extended series, and many such articles will follow on this subject in the upcoming Mandir bulletins).*

**The Vedas perceive time as cyclical in nature**, which means all things that exist, except the Brahman, are repeated and recycled forever. **This is in stark contrast to the theory of modern science, which advances the linear concept** in which the universe started with a big bang and the time goes forward in a straight line until the collapse of the big bang universe brings everything to a close.

It is to be noted, however, that most of our current understandings of the units of time governing the universe come from Puranas rather than Vedas. **The two most important Puranas that describe the units of time are Vishnu Purana and Shrimad Bhagavatam**, though there are other Puranas such as Suryasidhanta and Mahabharat, which also deal with the subject.

## **The Puranic Concept of Time:**

The time is divided into four Yugas as follows:

### **Satya Yuga (also called Krita Yuga)**

This first age is 1,728,000 (1 Million 728 Thousand) human years. Also known as the Golden Age or age of Truth. The qualities of this age are: virtue reigns supreme; human stature is 21 cubits (~30 ft height), lifespan is a lakh (1 Hundred Thousand) years, and death occurs only when desired.

### **Treta Yuga**

This second age is 1,296,000 (1 Million 296 Thousand) human years. Also known as the Silver Age. The qualities of this age are: three quarters virtue and one quarter sin; human stature is 14 cubits (~20 ft height), lifespan is 10,000 years.

### **Dvapara Yuga**

This third age is 864,000 human years. Also known as the Bronze Age. The qualities of this age are: one half virtue and one half sin; human stature is 10 cubits (~14 ft height), lifespan is 1,000 years.

### **Kali Yuga**

The fourth and last age is 432,000 human years. Also known as the Iron Age. This is the age in which we are presently living. The qualities of this age are: one quarter virtue and three quarters sin; human stature is 3.5 cubits (~5 ft ht), lifespan is 100-120 yrs.

**Total of 4 Yugas = 1 Maha Yuga = 1,728,000 + 1,296,000 + 864,000 + 432,000 = 4,320,000 = 4.32 Million Human Years**

**1000 Maha Yugas = 1 Kalpa = 4.32 Million x 1000 = 4.32 Billion Human Years**

**1 Kalpa = Half a Day of Brahma (Day Time Only) = 4.32 Billion Human Years**

**1 Full Day of Brahma (including Day + Night) = 2 Kalpas = 2 x 4.32 Billion Human Years**

**= 8.64 Billion Human Years**

**1 Brahma Year = 8.64 Billion x 360 Days = 3, 110,400,000 (3 Trillion 110 Billion 400 Million Human Years**

**The Life Time of Brahma = 100 Brahma Years = 100 x 3, 110,400,000 = 311,040,000,000,000 (311 Trillion 40 Billion) Human Years**

**(To Be Continued).....**

[Read Here for More on Definition of Yuga, Kalpa, Brahma's Day and Life](#)