

Department :- Ayurved Samhita & Siddhant

Topic: Aushadha Sevana Kaal

INTRODUCTION

- Acharya Charaka mentions while treating any disease, one should consider Desha, kala pramana, satmya, asatmya and apply them in appropriate manner to get desired outcome of any treatment.

देशकालप्रमाणानां सात्म्यासात्म्यस्य चैव हि।
सम्यग्योगोऽन्यथा ह्येषां पथ्यमप्यन्यथा भवेत्॥

cha chi 30/293

- Among above mentioned factors, Kaala has been given 2nd place which reflects the importance of kaala (Bhaishajya kaala) in treatment.
- Aushadha sevaa kala / Bhaishajya kaala is one of the important principle to be considered while treating the diseases .

WHAT DO WE UNDERSTAND FROM THE TERM “AUSHADHA SEVAN KAAL”

- Aushadha –

ओषो वीर्य तदधारकत्वादौषधम् ।।

✓ Aushadha is so called as it possesses “osa” mean virya (potency) and who hold this potency known as AUSHASHA

✓ Aushadha is a synonym of Chikitsa (Treatment) defines as – USEFUL in any disease state.

औषधभिर्निष्पन्नं व्याधिहितं।

(गंगाधर)

- ✓ A medicine or Procedure that subsides one and develops another is not the best. Always we have to select such medicine or procedure which doesn't aggravate a diseases with suppressing the disease for which it is used.

प्रयोगः शमयेद्व्याधिं योऽन्यमन्यमदीरयेत्।
नासौ विशुद्धः, शुद्धस्तु शमयेद्यो नै कोपयेत्॥

(Ch.ni.8)

दोषदूष्यनिदानानां विपरीतं हितं ध्रुवम्।
उक्तानुक्तान् गदान् सर्वान् सम्यग्युक्तं नियच्छति॥

(Ch.ci 30/294)

- Acharya Charaka also mentioned that, the medicine which is opposite of *Dosha*, *Dooshya*, and *Nidan* (causative factor) or to all of the three will undoubtedly cure the disorder, irrespective of specific features either mentioned or not mentioned.

- Sevan - In simple words –
 1. To Intake
 2. To consume something
- Kaala – mean TIME OR specific time period

कालो हि नाम (भगवान्) स्वयम्भुरनादिमध्यनिधनोऽत्रः ।

(Su.su.6/4)

- Kaala is said to be bhagavan , svayambhu (self-originated) and its origin, existence and end are undefined.
- Kaala is considered as nimitta karana .
- According to Charaka, kaal have been divided into two - Nithyaka and Avasthika.
- Out of both, Avasthika tells us about different avasthas of vyadhi.
- And this AUSHADH SEVAN KAALa is consider under Avasthika kaala.

- Proper time for administration of *Aushadha* or The specific time mentioned for the intake of medicines depending on the dosha involved is known as *Bhaishajya* or *Aushadh sevan kala*.
- The Acharyas have designed the Bhaishajya kala, in which food is predominantly used as a vehicle to achieve the expected therapeutic results.
- Various Acharyas also described concept of Aushadha Sevan Kala as follows:
 - ❖ Acharya Vagbhata mentioned terms “Kalo Bhaishajya Yoga Krit” which means selection of proper time to administer drug helps to complete objective of medicine.

नह्यप्राप्तातीतकालमौषधं यौगिकं भवति।

(A.sa.su 23/12)

- ❖ According to Acharya Vagbhata, Any medicine/ Aushadh use before or after its appropriate time will not be useful or will not show its successive effects.

न ह्यतितकालमप्राप्तकालं वा भेषजमुपयुज्यमानं यौगिकं भवति;कालो हि भैषज्यप्रयोगपर्याप्तिर्माभिनिर्वर्तयति॥

(ch.ci.30)

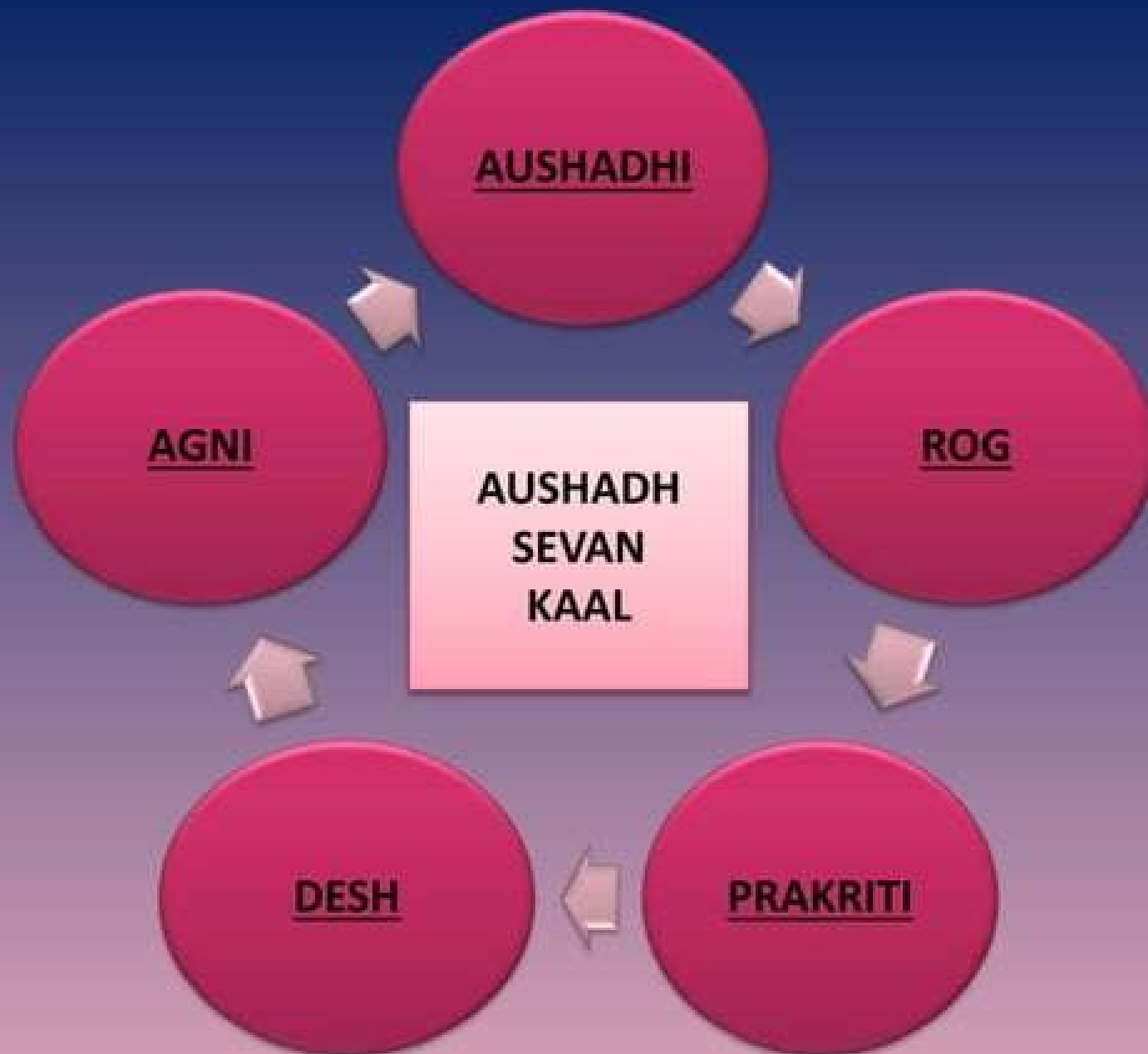
- ❖ Acharya Charaka mentioned that Aushadha (medicine) administered at proper time gives good results as compared to drug which administered at inappropriate time.

DIFFERENT SYNONYUM IN CLASSICAL TEXTS :

| Samhita | Synonyms |
|--------------------------------------|--------------------------|
| Charaka Samhita Sushruta Samhita | Bhaishajya Kaala |
| Ashtanga Hridaya Kashyapa Samhita | Aushadha Kaala |
| Ashtanga Sangraha | Aushadha Avacharan Kaala |
| Shaarangdhara Samhita | Bhaishajya Grahan Kaala |
| Harita Samhita | Bheshaja Upakrama Kaala |

FACTORS DECIDING AUSHADHA SEVANA KALA





- Out of above factors, “Agni” being the supreme factor for maintaining Dhatu-samyata (Dhatu Normalcy), so all the therapies are directed to maintain and preserve the healthy state of Agni (digestive fire).
- Optimum digestion and metabolism in a healthy individual is attributed to Agni (digestive fire). The hypo-activity of Agni (digestive fire) produces majority of disorders like Agnimandya, Jvara, Atisara and Grahani. So, the essence of all the therapeutic interventions is to re-establish, maintain and preserve the integrity of Agni (digestive fire).

- The proper knowledge of Agni (digestive fire) and Aushadha Sevana Kala (time) will help in food and drug interaction which is helpful to attain a quick and sustainable relief to the patient.
- The rate of metabolism of Aushadha by Agni is affected by factors - food, type of Aushadha used, time of administration and Shariravastha (physical state of body).

Number of different Aushadha sevana kaala by different Acharya

| S.NO | KALA | SAMHITA | REFERENCE |
|------|------|-----------------------|----------------------|
| 1. | 05 | Sharangadhara samhita | Purva.khanda 2/1-12 |
| 2. | 10 | Charaka Samhitha | Cha. chi 30/297 |
| | 10 | Sushruta Samhita | Sush. utt 64/65 |
| | 10 | Ashtanga Hridaya | Ash. sut 13/37 |
| | 10 | Kashyapa samhita | Ka. kila 3/34 |
| 3. | 11 | Ashtanga Sangraha | Ash. sang. sut 23/12 |

| Charaka | Sushruta | Ashtang hridayam | Sharangadhar | Ashtang Sangraha |
|---|-------------------|---------------------|----------------------------------|---------------------|
| Abhakta | Abhakta | Abhakta | Suryodaya | Abhakta |
| Prag-bhakta 1.Before lunch 2. Before dinner | Prag-bhakta | Prag-bhakta | Prag-bhakta (before lunch) | Prag-bhakta |
| Madhya- bhakta | Madhya- bhakta | Madhta-bhakta | - | Madhya-bhakta |
| Adhobhakta 1.After lunch 2.After dinner | Adhobhakta | Adhobhakta | Adhobhaka (after dinner) | Adhobhakta |
| Sabhakta | Sabhakta | Sabhakta | - | Sabhakta |
| - | Antarbhakta | - | - | Antarbhakta |
| Samudga | Samudga | Samudga | - | Samudga |
| Muhur-Muhu | Muhur-Muhu | Muhur-Muhu | Muhur-Muhu | Muhur-Muhu |
| Sagrasa | Sagrasa | Sagrasa | - | Sagrasa |
| Grasantara | Grasantara | Grasantara | - | Grasantara |
| - | | Nishi | Nishi | Nishi |
| 10 | 10 | 10 | 5 | 11 |

- Sharngdhara described 5 Types of Medicinal intake method-

- Suryodaya Kaala (Sun rise time)

- Divasa Bhojana Kaala (Day meal time)

1. Bhojana Agre
2. Bhojana Madhye
3. Bhojana Ante
4. Purvam Ante
5. Chitrya Bhojye

- Sayam Bhojana Kaala (Evening meal time)

1. Grasa
2. Grasantara
3. Bhuktasya Ante

- Muhurmuhu kaala (Repeated times)

- Nishi Kaala (Bed time)

- **Abhakta /Niranna**
(Empty stomach)

- Ananna, Nirbhukta, Suryodaye Jaate are the synonyms of the above Kaala.
- It is the specific Kala (time) in which Bhesaja is administered on empty stomach
- Chakrpaani - It should be given before meals in the morning.
- Hemadri – Aushadha is given after digestion of food.
- Indu - It should be given after one Yaama(three hours) after sunrise.



**EMPTY
STOMACH**

- **CONDITION :**

- Patient with good digestive fire (Pradipta Agni Avastha)
- Patients having a good strength (Balwan Rogi) and with Balavan Vyadhi.

- **Indications:**

- Kapha Vikaras (Kaphaja disease) or Pitta / Kapha Vruddhi and for intake of Vamana-Virechana Aushadhi.

- **Contra Indications:**

- Baala , Vriddha, Vanita, Mridu persons in order to avoid glani and bala kshaya .

- **Activity of Aushadha:**

- Highly potent due to No Contact of Aushadha with food.
- Amashaya and strotasas are rikta of Kapha
- Aushadha Virya - Unchanged.
- Agni & Aushadha - Interaction unobstructed due to absence of food.
- Agni, viz. Jatharagni, Bhutagni and Dhatvagni could be stimulated.
- Accomplishment of the Saptadhatu Prashastatva. So useful for the Rasayana Sevana.

- **Example** –

1. ICHABEDI RASA and ERANDA TAILA used for VIRECHANA purpose
2. GUDUCHYADI KWATH used in Jwara.
3. KANCHNAR GUGGULU used in Galagandadi roga
4. GUDA BHALLATAK used in Anaha.

- .

- **Pragbhakta/ Bhuktadau (Before Meal)**

- Prak Bhojana, Bhojana Agre, Poorva Bhaktashaya, are the synonyms.
- Pragbhakta means before meals.
- In this specific Aushadha kala, Hemadri suggests taking aushadhi immediately followed by food.



- **Activity of Aushadha:**

- Ashupaka of Aushadha
- No balakshaya, as the food follows the Aushadha.
- No mechanical expulsion of Aushadha, due to intake of food.(Urdhwagati Pratibandha).

- **Physiology of the Sharira**

- The Bheshaja intake is followed by food.
- Thus it is the first target of Agni & not the food.
- The Bheshaja directly acts on the Amashaya & eradicates the vitiated doshas.

- **Indications:**

- Apana vayu vikruti
 - Diseases of lower(Adha) body (Kaya Vikaras)
 - Mutravaha-Malavaha-Shukravaha
 - Pakvashayagata Vyadhi
 - Arsha, and Gudabhransha.
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- **Example** - VARUNADI KWATHA and SHWETA PARPATI used in MUTRAKRICHRA, PUSHYNUGA CHURNA used in PRADARA, CHITRAKADI VATI used in AJEERNA , SAPHATIKA CHURNA used in UDAVARTA.

• Madhyabhakta (In between meals)

- Madhye bhaktam, Madhya bhojanam, madhye are the synonyms.
- Bhesaja is administered in between meals.
- Chakrapani & Indu- 50% food intake → Bhesaja → remaining food intake.



MEDICINE INTAKE BETWEEN MEALS

- **Activity of Bhesaja**

- Bhesaja- acts locally & eradicates the Sthanik doshas.
- Stimulation of the Samana vayu and pachak pitta because consumed food initiates the process of digestion, which in turn activates samana vayu and pachak pitta. Thus saman vayu will act over the medicine taken and helps to give the expected result. Then again food is consumed, which covers the medicine and prevents the regurgitation of medicine..

- **Physiology of the Sharira**

- The Urdhwagati and Adhahgati of Bhesaja is restricted by food, so it cannot spread and is forced to act locally.
- The systemic action of the bhesaja on dosha & dhatu is of sustained release type.
- As Samana Vayu & Pachaka Pitta are both situated in the Koshtha, this Kala helps to control Paittika & koshthagata vyadhis and Samanavayudushti

- **Indications**

- Dosha- Samanavayu Vikruti, pitta
- Agni- Mandagni
- Disease- Kosthagatavyadhi, pakvashayagata vyadhi, shula, gulma, grahani.

- **Example**

- DHATRI LOHA used in Shula roga
- AVIPATTIKAR CHURNA used in Amlapitta.

- **Pashchadbhakta/**
Adhobhakta (after
Lunch & Dinner)

- Ante, Adhoha, Adhobhaktam, Pashchat are the synonyms.
 - Bhesaja is administered after meals (after lunch & dinner).
 - Hemadri & Indu- Bhesaja is to be administered immediately after meals.
1. Vyanavikruti- Bhesaja is administered after lunch.
 2. Udanavikruti- Bhesaja is administered after dinner.



- **Activity of Bhesaja**

- After lunch- stimulation of Vyana Vayu.
- The site of vyaana vayu is considered to be hrudaya (heart). Acharyas have stated that as every flower blooms in the morning everyday similarly every morning heart also blooms, activating vyaana vayu in it. Thus the medicine administered in the morning will reach hridaya and will act properly on vyaana vaayu. The medicine should be administered after meal, as the vyaana vaayu gets activated after the digestion of food and formation of aahara rasa. Thus the administered medicine is carried along with the vyaana vaayu and helps to cure the diseases related with vyaana vaayu.

- After dinner- stimulation of Udana Vayu.
- Acharyas has stated that, as the flowers droop in the evening after blooming for the whole day, similarly the heart also gets languish after working for the whole day. Thus the activity of vyaana vaayu also droops in the night. The activities of vyaana are then taken over by udana vaayu. Thus the administered helps to cure the diseases related with udana vata

- **Physiology of the Sharira**

- After lunch- stimulation of Vyana vayu.
- After dinner- stimulation of Udana vayu.

- **Indications**

- Dosha- Vyanavayu Vikruti, Udanavayu Vikruti
- Disease-
- ✓ Vyanavayujanya- napunsakata, debility, shopha, jvara, depression, body ache, tingling, numbness, kushtha, visarpa.

✓ Udanavayujanya - throat-infections, depression, chhardi, aruchi, pinasa, galaganda, urdhvajatrugata vyadhi, Karshya, Ura Sthangata Kasa – Shwasagata Vyadhi.

- **EXAMPLE**

1. NAGARJUNA YOGA used in Arsha.
2. MAHASHANKA VATI used in Udar shula.
3. KUSHMANDA AVALEHA used in Raktapitta.
4. ASHWAGANDHARISHTA used in Deepana Pachana

- **Antarabhakta (after digestion of meal in noon)**

- Antarabhaktam, Bhaktayormadhye are the synonym.
- Previously consumed food is digested, Bheshaja consumed; after metabolism of Bheshaja, again food is taken in the evening.

- **Activity of Bheshaja**

- It shows Hrudya, Pathya & Manobalakara effect.

- **Physiology of the Sharira**

- Due to madhyanha i.e. Pittakala, Agni is in a stimulated condition. So Bheshaja is properly metabolized in this kala.

- **Indications**

- It is indicated in Diptagni Vikara (diseases) .
- In Vyana Vata Dosha Janya Vikara (disease).

- **Example**

1. SHILAJATU PRAYOG used in PRAMEHA.

- **Sabhakta Kala :**

- Aushadha is given mixed with food.
- Indu- Bhesaja is processed or cooked along with food or it is given with food.
- This kind of medication is given so as to mask the strong taste and smell of medicines.

- **Indications:**

1. Disease- Arochaka, aruchi, sarvanga gatt vyadhis
2. Patients- sukumara, vridha, baala, debilitated patients & those who exhibit unpalatability to medicines.

- **Activity of Aushadha:**

- To potentiate the Agni-Bala.

- **EXAMPLE**

1. AMRITADTA GHRITA used in Vatarakta
2. DRAKSHADYA GHRITA used in Amlapitta



- **Muhurmuhu (frequently administered)**

- Aushadha is repeatedly taken with or without food.
- Bheshaja is frequently administered irrespective of Bhukta or Abhuktavastha.

- **Indications:**

- Disease –

1. Pranavahastrogotata Vyadhi-- Shvasa, Kasa, Hikka
2. Udakavahastrogotata Vyadhi – Trishna
3. Annavahastrogotata Vyadhi -- Chardi, Visha

- **Activity of Aushadha:**

- Due to its frequent useage and high concentration of drug provides more bio-availability and help to maintain the effect throughout so that it can treats the vitiated doshas in their Sanchaya & Vegavastha.

- **Example –**

1. ABRAKA PARPATI used in SHWASA
2. RASONA KALKA used in CHARDI
3. BILWADI VATI used in VISHA
4. SHRINGADI CHURA used in SHWASA
5. KANAKASAVA used in KASA, SHWASA

- **Samudga (Before food and after food)**

- Samudga means before and after food. Food taken should be Laghu (light).
- Indu, Hemadri -Bheshaja should be consumed immediately in relation to food. Bheshaja acts as a Samudga (Box) for Ahara.
- **Indications:**
- Dosha- Vyana-Apana-Udanavayu
- Type of Dravya- Avaleha, Churna
- Disease- Hikka, Kampa, Akshepaka, Vataja Prameha, Shukradosha.
- Patients-a patient who consumes light food.

- **Activity of Aushadha:**

- Corrects gati of vikrut Vata dosha by promoting anulomana of Vata dosha
- Promotes Urdhva & Adhara Gati of the drug.

- **Example**

- PIPPALI CHURNA used in HIKKA.
- ARDRAKA AVALEHA used in HIKKA.

- **Sagrasa (with each and every morsel of food)**

- Arunadatta, Hemadri—Bheshaja is to be mixed with each morsel of food.

- **Indications:**

1. Dosha- Pranavayu
2. Agni- To stimulate Agni
3. Disease- Pranavayuvikruti (Pinasa, Ardita, trusha, Shvasa)
4. Bheshaja- Vajikarana Bheshaja (Churna, Leha, Deepana Dravya, Vati, Guti)

- **Activity of Aushadha:**

- Sagrasa Bhesaja facilitates absorption of the bhesaja right from the buccal mucosa.
- High concentration of drug in systemic circulation offers rapid onset of action.

- **EXAMPLE –**

1. HINGWASHTAKA CHURNA used in Agnimandya
2. TRIPHALA GRITHA used in NETRA ROGA

- **Grasantara (in between two morsel of food)**

- Grasantara means administration of Bhaishaj in between each bolus of food

- **Indications:**

1. Dosha-Pranavayuvikruti
2. Type of Dravya- Leha
3. Disease- Pinasa, Ardita, Trisha, Shwasa, Hrudroga

- **Activity of Aushadha:**

- It helps in correcting the gati vikruti of Vata dosha by promoting anulomana of Vata dosha.

- **Nishi :**

- Synonyms : Swpnakale, Ratre.
- Administration of Aushadha at night after digestion of consumed food.
- Indu - Nishi Kala is the time after evening meal is digested and 3 hours have passed.
- Sharangadhara - Anannavastha

- **Indications:**

1. Dosha- Kapha
2. Type of Dravya- Pachana, Shamana, nidrajanak, vednashamak and drug acting on manovaha strota.
3. Disease- Urdhvajatrugata Vyadhi
4. Purpose- Lekhana, Brahmana



- **Activity of Aushadha:**

- Selective action of the Aushadha towards the urdhvajatrugata anga because the Adhara gati of drug is prevented by food

- **Example**

1. PATHYADI SHADANGA KASHAYA used in SHIRASHOOLA
2. SWADISHTA VIRECHANA CHURNA used in VIBHANDA
3. TRIVRITADI MODAKA used in MASTIKSHA ROGA.

- **Instruction for Particular vyadhi where Bhaishajyakala is not specifically mentioned-**

- Mentioned specifically for a few Vyadhis like Visha, Kasa, Pipasa (Muhurmuhu) & Kampa, Akshepaka (Samudga Kala).
- If Bhaishaja Kala is not clearly mentioned, it can be decided on the following basis.
- ✓ Dosha – Vatadosha is considered due to its Chalaguna, whereas Pitta & Kapha doshas are not given prime importance.

पित्तं पंगुं कफं पंगुं पंगवो मलं धातवः।
वायुना हि यत्र नियन्ते तत्र गच्छन्ति मेघवत्॥

(Sh.sa.purvamkand)

- ✓ Dosha sanchaya- in relation to food

वायु_____तु जीर्णेऽन्ने च प्रकुप्यति ॥

पित्त_____च जीर्यत्यन्ने च कुप्यति ॥

कफ_____च भुक्तमात्रे प्रकुप्यति ॥

(Su.su21/20,22,24)

- ✓ Kaala – when specific kaala is not mentioned, Prabhata kaala should be considered.

कालेऽनुक्ते प्रभात स्याद्_____॥ (Sh.purv.1/48)

- ✓ Vyadhi Sthana-e.g. Grahani- Madhyebhakta Kala
- ✓ Vyadhi- Atyayika avastha -e.g. Hikka, Shvasa- Muhurmuhu Kala
- ✓ Agni-Bala- e.g. Pradipta Agni- Niranna Kala.

• **Conculsion**

- ❑ The bhashajya kaala explained by acharyas seem to be based on the routine we follow in a day from morning to night along with predominance of dosha.
- ❑ As it is observed that, the first bhashajya kaala explained by all the acharya is abhakta which is observed in the morning and the last bhashajya kaala is observed as nishi, which is observed in the night.
- ❑ This Aushadha sevan kaala is not applicable when the medication is administered via a route other than oral route.
- ❑ Acharya hemadri have named this bhashajya kaala as “Shamana Aushadha kaala”, which implies that this aushadha sevan kaala should be considered while treating a patient with Shaman Aushadhi and is not applicable in case of Shodhana Chikitsa.

THANKYOU

