



Department :- Ayurved Samhita &
Siddhant

Topic: Kala

Kala

- **Synonym:** *Parinam*
- It is one of nine *Karana Dravya*. It is given appropriate importance in Ayurved in various aspects.
- *Amurta Karana Dravya*

Definition

- अतीतादि व्यवहारहेतुः कालः। स् चैको विभुर्नित्यश्च। त. सं.
Trikala (past, present, future) application is possible due to Kala. It is *Eka* (one), *Vibhu* (pervading) and *Nitya* (eternal).
- जन्यानां जनकः कालो जगतामाश्रयो मतः।
परापरत्वधीहेतुः क्षणादि स्यादुपाधितः ॥ कारिकावली
- अपरस्मिन्नपरं युगपच्चिरं क्षिप्रमिति काललिङ्गानि। वै. द.
It is responsible for the knowledge of *Para* (greater) and *Apara* (lesser), *Yugapada*, *Chira* (slow/ late) and *Kshipra* (fast/early).
- यदा कुर्वन्ति स कालः –Su.Su.41/5
- कालः पुनः परिणामः ॥ Ch.Vi.8
- *Parinama* or change in the creation is known as Kala.
- The Appropriate period in which drug is administered or therapy is administered to patient. Like *Vamana* in morning.

- Kala is continuously in motion like a wheel (*Jalpakaalpataru*).
- It joins the *Sukha* (happiness) & *Dukha* (misery) to living beings - *Dalhana*.
- It is the cause of production of living beings.
- It mobilizes the living being toward death.

Lakshana of Kala

- कालो हि नाम (भगवान्) स्वयम्भरनादिमध्यनिधनः ।
अत्र रसव्यापत्सम्पत्ती जीवितमरणौ च मनुष्याणामायत्ते
|Su.Su.6/3
- Kala is said Bhagvan, Swayambhu. Its origin, midpoint and end are obscure. It is the cause for Dravya Rasotpatti and Vikruti etc. and it commands the life and death of human.
- स सूक्ष्मामपि कलां न लीयत इति कालः |Su.Su.6/3
- It never stops even a moment. It continues all time.
- सङ्कलयति कालयति वा भूतानीति कालः | Su.Su.6/3
- It gives the knowledge of calculation from Nimesha to Sanvatsara.

Kala Guna

- Five in number. They are:
 - Sankhya
 - Parimana
 - Pruthakatva
 - Sanyoga
 - Vibhaga

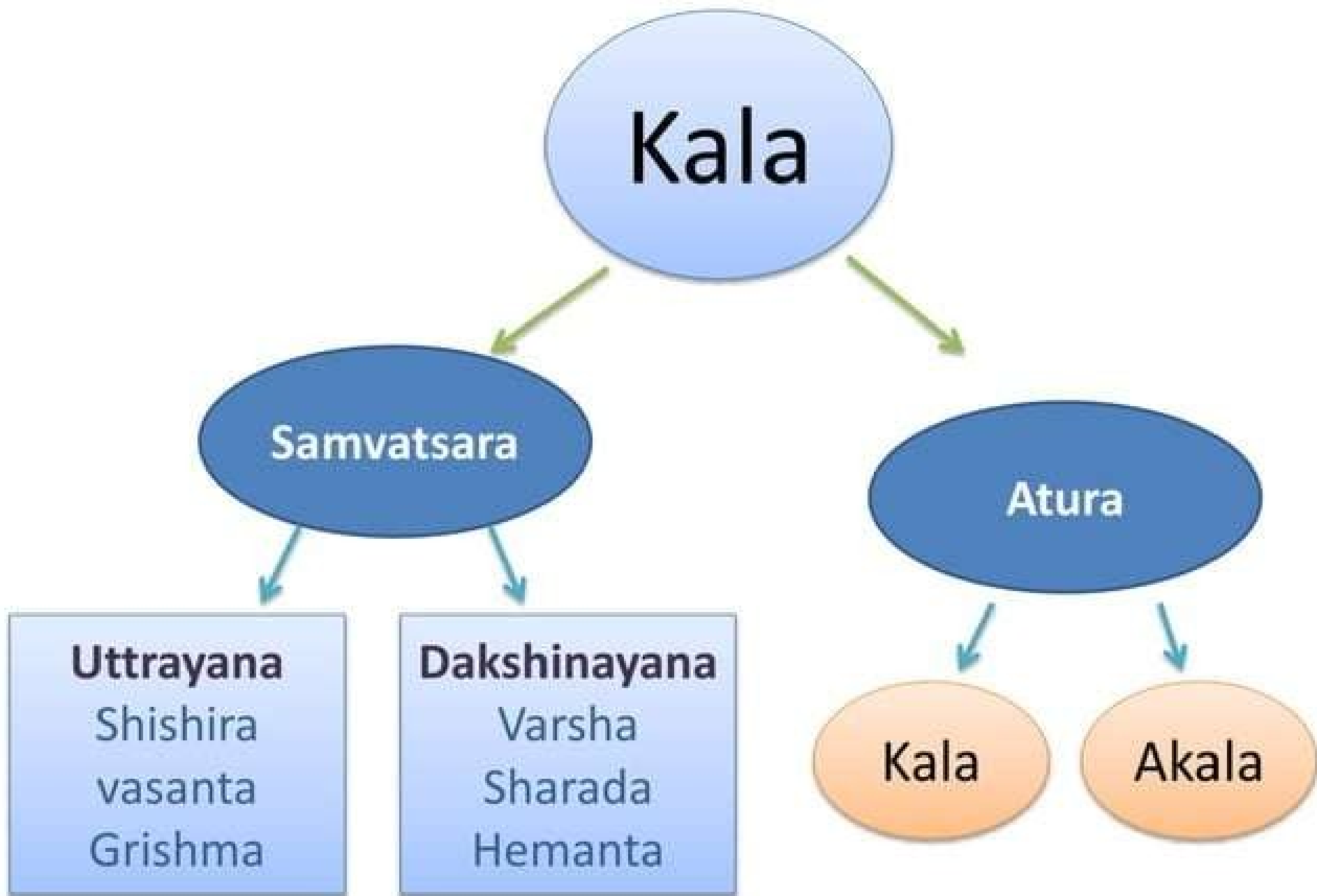
Kala Vibhajan

तस्य संवत्सरात्मनो भगवानादित्यो गति विशेषेणाक्षिनिमेष काष्ठा
कला मुहूर्ताहोरात्र पक्ष मासर्तव्यन संवत्सर युगप्रविभागं करोति ॥
Su.Su.6/4

कालः पुनः संवत्सरश्चातुरावस्था च । तत्र संवत्सरो द्विधा त्रिधा षोढा
द्वादशधा भूयश्चाप्यतः प्रविभज्यते तत्तत्कार्यमभिसमीक्ष्य ।
Ch.Vi.8/125

आतुरावस्थास्वपि तु कार्याकार्यं प्रति कालाकालसञ्ज्ञा; तद्यथा-
अस्यामवस्थायामस्य भेषजस्याकालः , कालः पुनरन्यस्येति;
एतदपि हि भवत्यवस्थाविशेषेण; तस्मादातुरावस्थास्वपि हि
कालाकालसञ्ज्ञा | Ch.Vi.8/128

- कालो हि नित्यगश्चावस्थिकश्च; तत्रावस्थिको विकारमपेक्षते, नित्यगस्तु ऋतुसात्म्यापेक्षः ।
Ch.Vi.1/22
- कालः पुनः संवत्सरश्चातुरावस्था च - Ch.Vi.8/84



Kala division

15 Akshi nimehsa = 1 Kashtha

30 Kashtha= 1 Kalaa

20 1/10 Kalaa = 1 Muhurta

30 Muhurta= 1 Ahoratra

15 Ahoratra= 1 Paksha

2 Paksha = 1 Masa

2 Masa= 1 Ritu

3 Ritu = 1 Ayana

2 Ayana = 1 Samvatsara

5 Samvatsara = 1 Yuga

Su.Su.6

Importance of *Kala*

For the following purpose, knowledge of *Kala* is must for Ayurved physician.

1. Shelf life of formulations:

Churna- 2 months; *Swarasa*, *Kwath*- 24 hrs

2. Collection of drug

Kshir, *Twak*, *Kanda*- *Sharad*

Sara- *Hemanta*

Madana- mid period of *Vasanta* & *Grishma*

Snuhi- End of *Shishira*; fruit & flower- as per season

3. Purification process/ Any treatment

Vamana- *Purvahna*

Anuvasana- *Sayam kala*;

Asthapana after *Virechan* or *Virechan* after *Asthapana*- 7 days gap

4. **Aushadha kala:** Charak, Sushruta, A.H.- 10; A.S.-11; Sharangdhara- 5
5. Month wise **fetal development** and pregnancy regimen.
6. Seasonal regimen shows importance Kala.
7. **Treatment:** R. Gulma- treated aft. 10 months; Kushtha- Nasya every 3 days, Vaman every 15 days etc.
8. **Sadhya Asadhyata:** Shleepada asadhya- after 1 yr, Ardita- Aft. 3yr, Unmada- aft. 13 yrs. After long time every disease become *Asadhya*.
9. काले चारभते कर्म यत्तत् साधयति ध्रुवम् || Ch.Su.10/7
Treatment if done at proper time, it will definitely cure the disease.
10. Diet on proper time is beneficial for health.
कालभोजनमारोग्यकराणां Ch.Su.25/40
11. **Dhatu maturation:** in male- 25 years, in female- 16 years.
12. **Ghee** older than 100 years is beneficial for *Vatakaphaja vyadhi*, *Balya*, *Chakshusya*, *Medhya*.
13. **Agnikarma** is contraindicated in *Grishma & Sharad Ritu*.
14. **As a Nidana:** Kala is one of three main causes of disease.

15. Kala is one of factor responsible for *Janapadodhwansa*.
Features of *Vikruta Kala* are also mentioned.
16. Drugs are collected in specific *Nakshatra* like *Mrugashira*,
Ashwini, *Pushya*.
17. *Swarnaprashana* is done in *Pushya Nakshatra*.
18. *Sanchaya, Prakopa & Prashama* of *Dosha* is described in
particular season.
Vata Prakopa: Varsha, Pitta Prakopa: Sharad, Kapha Prakopa:
Vasant.
19. *Dosha Shodhana: Vata- Pravrutta, Pitta- Sharad, Kapha-*
Vasanta

20. कालजस्त्वेव पुरुषः कालजास्तस्य चामयाः ।

जगत् कालवर्शं सर्वं कालः सर्वत्र कारणम् ॥ Ch.Su.25/25

Purusha is the product of *Kala* and so are his diseases. The entire universe is governed by time which is the universal cause.

21. Kala is one of the *Aharaparinamkara Bhava*.

22. **Dhatu formation:** *Rasa Dhatu* remains in each & every *Dhatu* for a duration 3015 Kala. In this way it takes one month for the *Rasa* to get converted into the *Shukra* in men *Artava* in female. So, 18090 *Kala* are required in all.

23. *Arishta* described in Ayurved is based upon Kala. Particular *Arishta* indicated that patient will die in that particular period.

Thanks