

**Aushadha Sevan Kala – A Literary Review****Vd. Chetan Sonawane,**

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**Abstract**

The Aushadha and Kala relation is explored in various shades by the ancient Acharyas. Aushadhasevana Kala exemplifies the applicability of concept of Kala in the management of diseases. Kala fulfills the aim of administration of Bhesaja. In accordance, Acharya Caraka says that Aushadha given at appropriate Kala is more efficacious than one given at inappropriate Kala. The stalwarts of Ayurveda have designed the Aushadha sevana Kala, in which food is predominantly used as a vehicle to achieve the expected therapeutic results. The sequence of food- Aushadha, by the choice of appropriate Aushadha sevana Kala could be decided by a physician according to the Vyadi, vitiated dosha, sthana of dosha & Vyadhi samutthana etc.

**Introduction**

The successful existence of Ayurveda since time immemorial itself proves its scientific approach attributed to its unique principles that have remained unchanged till date. The validity of Basic Principles of Ayurveda has kept this immortal science existing till date. The concept of Kala has been accepted as a principle and it is an unique and specific causative factor of all types of effects or disorders in Ayurveda as well as in the other Indian philosophical classics. The Aushadha and Kala relation is explored in various shades by the ancient Acharyas. Aushadha sevana Kala exemplifies the applicability of concept of Kala in the management of diseases. Acharya Vagbhata has stated that, .....कालो भैषज्ययोगकृत् । अ.स.सू.१/४७ which means Kala fulfills the aim of administration of Bhesaja. In accordance, Acharya Caraka says that Aushadha given at appropriate Kala is more efficacious than one given at inappropriate

Kala. Ayurveda have stated the Aushadha sevana Kala, in which food is predominantly used as a vehicle to achieve the expected therapeutic results. The sequence of food- Aushadha, by the choice of appropriate Aushadha sevana Kala could be decided by a physician according to the Vyadi, vitiated dosha, sthana of dosha & Vyadhi samutthana etc.

**Aushadha sevan kala –**

The Aushadha sevan kala is considered under the 'Avasthik kala' which plays an important role while treating the diseases. It is the time of administration of medicine.

**पर्याय –** भैषज्यकाल (च.सं.) औषधकाल (सु.सं.), औषधावचरणकाल(अ.सं.), औषधकाल(अ.ह.), भैषज्यग्रहण काल(शा.सं) औषधोपक्रमकाल (का.सं.)

**Comparative study of Aushadha sevan kala in Samhitas:**

च. चि. ३० योनिव्यापच्चिकित्सा	सु.उ.६४ स्वस्थवृत्तमध्यायम	अ.स.सू.२३ भेषजावचारणीयाध्या य	अ.ह.सू.१३ दोषोपक्रमणीयाध्या य	का.स.खि.३ भेषज्याख्यानकाध्याय
भुक्तादौ – प्रातःनिरन्नम्	अभक्त	अभक्त	अन्नम्	पूर्वभक्त
भुक्तादौ – प्राग्भोजनम्	प्राग्भक्त	प्राग्भक्त	अन्नादौ	मध्यभक्त
भुक्तमध्ये	मध्यभक्त	मध्यभक्त	अन्नमध्ये	अधोभक्त
भुक्तपश्चात् – प्रातः	अधोभक्त	अधोभक्त	अन्नान्ते	सामुद्र
भुक्तपश्चात् – सायं	अन्तराभक्त	सभक्त	कवलान्तरे	मुहुर्मुहु
मुहुर्मुहु	मुहुर्मुहु	अन्तराभक्त	ग्रासेग्रासे	सभक्त
सामुद्र	सामुद्र	सामुद्र	मुहुर्मुहु	भक्तयोमध्ये
भक्तसंयुतम्	सभक्त	मुहुर्मुहु	सान्न	ग्रास
ग्रास	ग्रास	ग्रास	सामुद्र	ग्रासांतर
ग्रासान्तर	ग्रासान्तर	ग्रासान्तर	निशि	---
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**Description of Aushadha sevan kala –**

S.N.	Aushadha kala	Synonims	Indication
1.	अभक्त	भुक्तादौ, अभक्त, अन्नम्, सुर्योदय	The morning time when previously taken meal has digested and appetite has not developed again. At this time stomach is empty so mixing of Aushadha with food should be avoided so that Aushadha remain Veeryavaan and will act with all its strength. For Kapha dosha and for administration of Rasaayana Aushadhi and diseased and disease have more strength
2.	मध्यभक्त	भुक्तमध्ये भोजनमध्ये	The kala in the middle of meal. Aushadha gets covered by ahara from upwords and from downwords so that the Urdhva & Adho gati of Aushadha became stopped & it is forced to act on 'Madhyakaya' ultimately over koshtagata vyadhi. This kala is useful for Samaan vayu vikruti
3.	अधोभक्त	भुक्तपश्चात् अन्नान्ते	The kala immediately after meal is called as Adhobhakta Pratha Bhojanottar kala is acts on Vyan Vayu. Saayam Bhojanottar kala is acts on Udaan Vayu also useful for Mandagni.
4.	समभक्त	भक्तसंयुतम् सभक्त सान्न	Sambhakta means mixed with the food. Samabhakta aushadha sevan kala is useful in Sarvangagata Vyadhi, used in Aruchi, Weak and Ksheen rugna, For children, ladies, Sukumar rugna
5.	अन्तरभक्त	अन्तराभक्तम्	Drug is given after digestion of lunch this kala is appropriate for Deepan karema

		भक्तयोमध्ये	For Hrudyā & Manobalakār effect aushadhā is given in this kala.
6.	सामुद्ग	–	Aushadhā administered immediately before and after meals. This kala acts upon Apanā, Vyan, Udāna vāyu at a time. This kala is useful in Hikka, Kāmpa, Akshepak
7.	मुहुर्मुहु		This kala provides continuous administration of the drug at regular interval of time regardless of Bhukta-Abhukta avasthā This kala shows its effect on Praanvāyu, For the Praanarakshana in emergency Muhurmuhu aushadh sevan kala is most useful kala of the drug administration Shwas, kasa, Trishna, Hikka, Chardi, Visha, Swarsaad.
8.	सग्रास	ग्रास ग्रासेग्रासे	Aushadhā with each & every morsel. for Pranvāyu vikruti also for Agnideepan and to give Vajeekarana drugs.
9.	ग्रासांतर	कवलान्तर ग्रासयोग्रासयोमध्य	drug in between each & every bolus of food. Useful in Praanavāyu vikruti. Therefore in Hrudroga Grasantar Aushadhā sevan kala has been suggested. Also Vamak type of Dhuma administered in this kala. So that the ultimate vaman process becomes easy in vamaṇa.
10.	निशि	स्वप्नकाल	Time just before going to bed is Nishi kala for Aushadhā sevana for Udaana vāyu vikruti and ultimately on Urdhvajatrugata Vyadhī. The Sharangadharacharya also mentioned that for Lekhana karma in Doshavruddhavstha and the Brunhana karma in Doshakshayavastha drug should be given in Nishi kala.
11.	प्राग्भक्त		drug before meals indicated for Aushadh sevan in Apan vāyu vikruti act over Apansthana or Adhkaya this kala is advised for Vrudha, Shishu, Bhiru

**Conclusions**

- 1) Number of Bhaishajya Kala are ten as per Charaka, Sushruta, Astangahrdaya and Kasyapa, eleven are described in Astanga samgraha and Sarngdhara has condensed the Bhaishajya Kala into five. Majority of Bhaishajya Kala are described in relation to food.
- 2) From the conceptual study of Aushadhā sevan Kala, it is clear that any drug when administered at appropriate kala acts in two way viz. by action on gati of vata dosha and by action on Ashrayasthana of vyadhī which shows organ target action of particular kala.
- 3) An awareness and further research regarding Aushadhā sevan Kala could be applied to reduce the dose of Bhaishajya, quicken the activity of Aushadhā so as to obtain maximum relief within a short duration of medication.

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