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# A critical review on *Aushadh Sevan Kala* and its importance

Hanika Sharma<sup>1</sup>, Sharadha Shrinivas<sup>2</sup>

<sup>1</sup>First Year Post Graduate Scholar, Department of Kayachikitsa, Jammu Institute of Ayurveda and Research, Jammu, India.

<sup>2</sup>Principal & HOD, Department of Kayachikitsa, Jammu Institute of Ayurveda and Research, Jammu, India.

## ABSTRACT

*Aushadh Sevan Kala* is the type of *Avasthika Kala* meant for the proper time of drug administration. *Trisutra Ayurved* is of prime importance while treating a patient. *Hetu* (causative factors), *Linga* (signs and symptoms) and *Aushadh* (medicine) are considered as *Trisutra Ayurved*. According to *Acharya Charaka* medicines having opposite properties of *Desha* (habitat), *Matra* (dose) and *Kala* (time) are able to cure the diseases easily. *Acharya Charaka* have stated some more factors to be taken into consideration while treating a patient such as *Desha* (region), *Kala* (time), *Pramana* (dose), *Satmya* (wholesomeness), *Asatmya* (unwholesomeness), *Aahara* (diet) and *Aushadh* (medicine). According to *Acharya Charaka* medicines with opposite properties than *Dosha*, *Dushya* and *Nidan* (causative factor) gives better result when used as a treatment. *Agni*, being the supreme factor for maintaining *Dhatu Samya* all the therapies are directed to maintain and preserve the potency of *Agni*. *Aushadh Sevan Kala* will help in food and drug interaction which is helpful to attain a quick and sustainable relief to the patient. *Kala* (time) is an important factor which must be taken into consideration while treatment. Our *Acharyas* have explained the relationship of *Kaala* and *Dosha* while treating a disease. In present era this relationship is not taken into consideration while treating a patient.

**Key words:** *Aushadh Sevan Kala*, *Asatmya*, *unwholesomeness*, *Trisutra Ayurved*.

## INTRODUCTION

*Kala* can be thought of as a change, and it is just one among several for various presentations and calculations.<sup>[1]</sup> *Kala* is unique and specific causative factor of all type of effects, at the same time; it is unavoidable. That is why, *Ayurveda* being science of life, gives emphasis on the concept of *Kala*. *Kala* is categorized as *Niyat* or *Nityaga* (continuous) and *Aniyat* or *Awasthik Kaal*.<sup>[2]</sup> *Aushadha Sewan Kaal* is

taken into consideration under *Awasthik Kaal*. *Kala* for therapeutic management is considered as:<sup>[3]</sup>

1. *Shad Aveksha Kala* (six observatory aspects of time)
2. *Bheshaj Kala* (time for medicine administration).

***Shad Aveksha Kala:*** *Shad Aveksha Kala* are observed as:

- 1) *Dina* (day)
- 2) *Rogi* (patient)
- 3) *Aushadha* (medicine)
- 4) *Vyadhi* (disease)
- 5) *Jeerna Laxan* and
- 6) *Ritu* (seasons).

*Acharya Charak* says that *Aushadh* given at appropriate *Kala* is more efficacious than one given at inappropriate *Kala*.

### Address for correspondence:

Dr. Hanika Sharma

First Year Post Graduate Scholar, Department of Kayachikitsa, Jammu Institute of Ayurveda and Research, Jammu, India.

E-mail: sharmahanika25@gmail.com

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**Bhaishajya Kala**

Time of administration of medicine is known as *Bhaishajya Kala*.

**Synonyms of Bhaishajya Kala**

*Aushadha Kala, Aushadhaveshan Kala, Aushadha Avcharan Kala, Agad Kaala, Bhaishajya Kala, Bhaishajya Graham Kala.*

**Total number of Aushad Kaala**

SN	Acharya	Enumeration
1.	Charak, Shushruta, Ashtang Samgraha	10
2.	Ashtang Hrudhya	11
3.	Shangdhara Samhita	5

**Aushad Kaala according to Acharya Sharangdhara<sup>[5]</sup>**

*Suryaodhya, Divasabhojane, Sayante Bhojane, Muhurmu, Nisha*

**Name of Aushad Sevan Kala according to different Acharyas**

Charaka Sushruta	Ashtang Hridayam	Ashtang Sangraha
Abhakta	Ananna	Abhakta
Pragbhakta	Annadau	Pragbhakta
Adhobhakta	Ante	Adhobhakta
Madhyebhakta	Madhyanna	Madhyabhakta
Antarabhakta	-	Antarabhakta
Sabhakta	Saanna	Samabhakta
Samudga	Saamudga	Saamudga
Muhurmuhu	Muhurmuhu	Muhurmuhu
Grasa Bhakta	Grase	Sagraasa
Grasantara Bhakta	Kawalantare Nishi	Grasantar Nishi

**Indications of different Aushad Kaal<sup>[3]</sup>**

SN	Aushad Kaal	Indications
1.	Niranna (Abhakta)	<ol style="list-style-type: none"> <li>1. Diseased and disease with good strength.</li> <li>2. <i>Pancha Vidh Kashaya Kalpana</i> (five basic formulations): they are heavy to digest and need strong <i>Agni</i> to digest them.</li> </ol>

		<ol style="list-style-type: none"> <li>3. <i>Lekhanartha</i> (scrapping) and <i>Utklishta Kapha Pitta</i>.</li> <li>4. <i>Sukumara, Vriddha, Bala Kapha Udreka Avastha Gata Kala</i>.</li> <li>5. <i>Rasayanarth</i>.</li> </ol>
2.	Pragbhakta	<ol style="list-style-type: none"> <li>1. Vitiated <i>Apana Vaayu</i></li> <li>2. <i>Gudagata Vayu</i> (situated in anus).</li> <li>3. Aged person</li> <li>4. Children's</li> <li>5. <i>Bhiru</i> (panic)</li> <li>6. <i>Krishanga</i> (emaciated) or weak</li> <li>7. For strengthening lower parts of body</li> <li>8. Diseases of lower body</li> <li>9. Obesity</li> </ol>
3.	Madhyabhakta	<ol style="list-style-type: none"> <li>1. <i>Samana Vaya Vikruti</i></li> <li>2. <i>Koshtagat Vyadhis</i></li> <li>3. <i>Pittaja</i> diseases</li> <li>4. <i>Mandagni</i></li> </ol>
4.	Pashchatbhakta	<ol style="list-style-type: none"> <li>1. Vitiated <i>Vyana Vayu</i>.</li> <li>2. Strengthening upper body parts.</li> <li>3. Diseases of chest, throat and head.</li> <li>4. Diseases of upper half of body</li> </ol>
5.	Sayampashchat	<ol style="list-style-type: none"> <li>1. Vitiated <i>Udana Vayu</i></li> </ol>
6.	Antarabhakta	<ol style="list-style-type: none"> <li>1. <i>Hridya</i> (beneficial for heart)</li> <li>2. Deepak (increasing digestive fire)</li> <li>3. <i>Deeptagni Purush</i> suffering from vitiated <i>Vyana Vayu</i></li> <li>4. Vitiated <i>Udana Vayu</i></li> </ol>
7.	Sabhakta	<ol style="list-style-type: none"> <li>1. <i>Aruchi</i></li> <li>2. Childrens</li> <li>3. Weak</li> <li>4. Stree (ladies)</li> <li>5. <i>Vridha</i> (elderly)</li> <li>6. <i>Sukumara</i> (mild)</li> <li>7. <i>Ksheena</i>.</li> <li>8. One suffering with <i>Sarvangagata Vikaras</i></li> </ol>

		9. To protect <i>Bala</i>
8.	<i>Grasa Grasantarah</i>	1. Vitiated <i>Prana Vayu Dushti</i> 2. <i>Vajeekarnarth</i> (increasing vigor) 3. <i>Agni Sandeepnartha</i> . 4. <i>Grasa: Churna</i> (powder), <i>Vataka</i> (tablet), <i>Leha</i> (linctus) are advised to administer in this <i>Kaala</i> . 5. <i>Grasantara: Vamaniya Dhumpana</i> is administered in this <i>kaala</i>
9.	<i>Samudga</i>	1. <i>Hikka Roga</i> (hiccupps) 2. <i>Kampa</i> (tremors) 3. <i>Akshepa</i> (convulsion) 4. <i>Urdhva Kayagata Vikaras</i> 5. <i>Pravisruta</i> (spreaded), <i>Urdhwa</i> and <i>Adha Visruta Dosha</i> ,
10.	<i>Mahurmuhu</i>	1. <i>Shwasa</i> (dyspnoea) 2. <i>Kasa</i> (cough) 3. <i>Trishna</i> (thirst) 4. <i>Hikka</i> (hiccupps) 5. <i>Chardi</i> (vomiting) 6. <i>Visha</i> (poison) 7. <i>Swarabhanga</i> (hoarseness of voice).
11.	<i>Nishi</i>	1. <i>Urdhwajatrugat Vikara</i> (disease above the neck.)

## DISCUSSION

Description of *Aushadha Sevan Kaal* and Chrono therapeutics:

### 1. *Abhakta Kaal (Niranna)*

Mode of action of *Bhaishajya*

Due to the absence of food, *Agni* and *Bhaishajya* 's interaction is unfettered. *Acharya Sushruta* says medicine becomes very powerful in the absence of food and so cures diseases without any doubt.<sup>[6]</sup> As in *Abhakta Kaal* stomach is devoid of *Kapha* thus the digestive fire digests the medicine completely and one gets the maximum benefits of the medicine. Later, the *Vaidya* should assess the patient's and disease's

severity. If both are powerful (*Balwan*), this *Kaal* should be chosen.

### 2. *Pragbhakta Kala*

Mode of action of *Bhaishajya*

Medicine took in *Pragbhakta Kala*, will get digested without affecting the strength of a person. There is no *Balakshaya*, since the *Bhaishajya* is followed by food; therefore it becomes *Agni*'s initial target, rather than the food. No regurgitation of *Bhaishajya* occurs as it is covered over with the meal. The *Amashaya* and the vitiated *Doshas* are directly affected by *Bhaishajya*.<sup>[7]</sup> It will help to cure the diseases related to the stomach. It works on the vitiated *Doshas* situated in *Amashaya* (stomach)

### 3. *Madhya Bhakta Kala*

Mode of action of *Bhaishajya*

Food restricts the *Urdhwagati* and *Adhahgati* of *Bhaishajya*, forcing them to act locally, which aids in the treatment of *Sthanik Doshas*. Both *Samana Vayu* and *Pachaka Pitta* are located in the *Koshtha*. After the consumed food firstly activates the process of digestion, which in turn triggers *Samana Vayu* and *Pachaka Pitta*. As a result, *Saman Vayu* will act over the medicine taken and helps to give the estimated result. Food is then consumed, which covers the medicine and prevents it from being spit out. The medicine used during this *Kala* has a particularly strong effect on *Samana Vata*. *Agni* or *Pachaka Pitta* begins to function properly once this *Samana Vata* is improved. All *Pittas* are nourished by the *Pachaka Pitta*. All *Pittas* will function normally if *Pachaka Pitta* is corrected. This *Kala* utility is in the control of *Pittaja*, *Koshthagata Vyadhis*, and *Samanavayudushti*

### 4. *Adhobhakta Kaal*

Mode of action of *Bhaishajya*

*Bhaishajya* is advised to be administered in the *Pratah Bhojana Kala* because the site of *Vyana Vayu* is considered as *Hridaya* (heart). This *Bhaishajya* will reach *Hridaya* and will act properly on *Vyana Vayu*. After lunch, stimulation of *Vyana Vayu* after the digestion of food and formation of *Aahara Rasa*. After

that, the heart also gets languish after working for the whole day. So, the activity of *Vyana Vayu* also hangs down in the night. The activities of *Vyana* are then occupied over by *Udana Vayu*. Therefore, the administration helps to cure the diseases related to *Udana Vata*.

After dinner stimulation of *Udana Vayu* and *Udana Vayu* facilitates the *Urdhvagati* of *Bhaishajya*, it strengthens the upper part of the body, especially the sense organs

### 5. *Antarabhakta Kaal*

Mode of action of *Bhaishajya*

It demonstrates the *Hridya*, *Pathya*, *Deepana*, and *Manobalakara* effects. *Agni* is stimulated as a result of *Madhyanha*, i.e., *Pittakaal*. In this *Kaal*, *Bhaishajya* is properly metabolised.

### 6. *Sabhakta Kaal*

Mode of action of *Bhaishajya*

To potentiate *Agnibala*. *Aushadha* and *Ahara* will be digested, and *Rasa* will emerge, *Vyana Vata* will then circulate it throughout the body. In *Rasadhatu*, *Bhaishajya* along with food and spreads *Urdhva*, *Adhah*, and *Tiryak Gati* circulate throughout the body, assisting in *Sarvanga Samskrita Vyadhis*. Medicine consumed between two morsels is cordial, donates strength to the mind, kindles digestion, and is always suitable. When food is processed with *Aushadha*; *Teekshnata*, strong odour, and the bad taste of *Aushadha* are reduced, it is used for administration in women, children, the elderly, people with low strength (*Sukumara*), and those who despise *Aushadha*.

In *Ksheena Purusha* that *Aushad Sevan Kala* protects their *Bala*.

### 7. *Sagrassa Kaal*

Mode of Action of *Bhaishajya*

*Sagrassa Bhaishajya* supports the absorption of *Bhaishajya* from the buccal mucosa. Direct absorption from the buccal mucosa into the systemic circulation provides a quick onset of action. The *Pranavayu* is

stimulated by *Grasa Kaal Bhaishajya*. The *Indriya* and *Chitta Prasadanas* are thus performed.

This improves *Vrishya Dravyas' Prabhava*.

### 8. *Grasantara Kaal*

Mode of action of *Bhaishajya*

It advantages in the correction of the *Gati* (activity) *Vikruti* of *Vata Dosh* by promoting *Anulomana* of *Vata Dosh*. In this *Kal Aushad* is in the form of powders, which are to be given to persons of weak digestion to increase digestive power and which are aphrodisiac should be given mixed with each morsel.

### 9. *Samudga Kaal*

Mode of action of *Bhaishajya*

This *Kaal* is best to mitigate the *Doshas* which have spread in both ways. It boosts the drug's *Urdhva* and *Adhah Gati*. It promotes *Anulomana* of *Vata Dosh*, which helps to correct the *Gati* (activity) *Vikruti* of *Vata Dosh*. In circumstances where the disturbed body *Doshas* take both an upward and downward route; this method of administration is more effective.

- Hikka- Kapha and Vata Doshas* are implicated in *Hikka*. The *Urdhva Sharir* is home to *Kapha*, while the *Adhah Sharira* is home to *Vata*. As a result, *Bhaishajya* in the *Samudga Kaal* balances the *Doshas* in the upper and lower body.
- Akshepaka- Vata Doshas* is implicated in *Akshepaka*.

So *Samudga Bhaishajya* affects both of the body's extremities.

### 10. *Muhurmuhu Kaal*

Mode of Action of *Bhaishajya*

Treats the *Doshas* that has been vitiated in their *Sanchaya* and *Vegavastha*. This *Kaal* is indicated in *Shwasa*, *Kasa*, *Trishna*, *Hikka*, *Chhardi* and *Visha* where continuous *Vegas* are produced. *Aushadha* is given several times to ensure that it has a long-lasting impact. Faster alleviation comes from sublingual absorption. Therefore, in this *Kaal Aushadha* can be used in life-threatening diseases.

**11. Nishi Kaal****Mode of Action of Bhaishajya**

In this *Kaal* the *Bhaishajya* takes a selective approach to the *Urdhvajatrugata* section. The *Shamana Aushadhai* achieves *Chiraparinamana* (long-lasting action) since no food is consumed till the next morning. *Urdhwajatru (Murdha)* is the place of *Prana Vata*. As a result, medicine given in this *Kaal* affects *Prana Vata* as well.

**CONCLUSION**

Ayurvedic medicine is far more concerned with the timing of medicinal administration. Clinically, the significance of *Aushadha Sevana Kaal* is more cardinal, as without it all the medicine and food will be for naught. The *Bhaishajya Kaal* explained by *Acharyas* seems to be based on the routine we follow in a day from morning to night along with the predominance of *Dosha*. Oral administration is the cornerstone of all *Kaal*. However, it should not be used in an emergency. Medicines should be taken with fluctuations as per the biological clock of the body. Meanwhile, it looks like the timing of drug administration in disease therapy has a major impact on treatment success. But in Ayurveda, *Bhaishajya Sevan Kaal* is a more concerned subject while treating disease. *Bhaishajya Sevan Kaal* can also be helpful in the development of new methods for treating both traditional and modern lifestyle illnesses. In this study, in comparison with both sciences; we got both similarities and dissimilarities too in *Aushadha Prayoga Kaal*. Both sciences are standing on their principle, but the aim is to increase the treatment efficacy and to minimize drug toxicity. So, it is more important that we should take account of *Aushadha Prayoga Kaal* while drug administration. As a result, a *Vaidya* with a thorough understanding of

*Bhaishajya Sevan Kaal* can treat patients more effectively and achieve better disease outcomes.

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