



## CRITICAL ANALYSIS OF OUSHADHA KALA (TIME OF DRUG ADMINISTRATION)- LITERARY REVIEW

### Ayurveda

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### ABSTRACT

The concept of *oushadha kala* (Time of administration) is a widely applicable principle but rarely practised one. Now in contemporary science it has been proven that effect of medicine will be more when the medicine is given depending on the circadian rhythm. So the concept of *oushadha kala* has become more relevant. *Bhaishajya Kaala* is mainly explained in relation with *Bala* of *Roga*, *Rogi*, particular *Dosha*, *Dooshya*, and various other factors. In this article data from various samhitas has been gathered regarding *oushadha kala* and a brief analysis has been done regarding its clinical application.

### KEYWORDS

Bhaishajya kala, kala, oushadha sevana kala

#### INTRODUCTION:

As per Ayurveda classics medicinal intervention for a disease should be considered based on Ksana and vyadhyavastha. Ksana means kaala or time of drug administration such as poorvahna, madhyahna etc. and vyadhyavastha means the stage of disease such as sama, nirama, nava, purana etc<sup>1</sup>. Administration of medicine considering these aspects leads to better results.

As per Charakacharya kaala or time of drug administration is based on six aspects such as Dina, Rogi, Oushadha, Vyadhi, Jeerna Linga and Ritu kala, known as Shad aveksa kala (six observatory aspects)

**Dina:** it indicates part of the day, such as vama medicine can be given in poorvahna or morning,

**Rogi:** if patient is having good strength (balavan) medicine can be given in morning without food, or if patient is durbala or strength is less medicine is advised with food

**Oushadha:** Based on the Oushadha, ten Kaala have been told. They are Bhukthadau (before meals), Madhye (in the middle of the meals), Pratahaschat (after the morning meals), Sayampashchat (after the evening meals), Muhurmuhu (frequently), Samudga (both before and after meals), Bhakta Samyukta (mixed with food), Grasa (with each morsel), and Grasantara (between two morsels).

**Vyadhi (disease):** Based on the Vyadhi also the Kaala is classified. For example: In Jwara (fever) every 6<sup>th</sup> day the medicine has to be changed like Peya (liquids), Kashaya (decoctions), Ksheera (milk preparations), Sarpi (preparations of ghee), Virechana (purgation), respectively, depending on the condition.

Jeerna linga (stage of the digestion of the food): The Jeerna Lakshanas should be assessed before administering the medicine. Symptoms like hunger, appearance of Vega (natural urges), expulsion of Mala (waste products), clear belching etc., indicate Jeerna Lakshana.

Ritu (nature of the season): Based on the Ritu, Kaala should be assessed by Chaya (increase of Dosha), Prakopadi (excessive increase of Dosha) Lakshanas told for each Dosha<sup>2</sup>.

According to different acharyas the time of administration of drug (Oushadha kaala) is classified into different types they include

**Charakacharya** -10; Nirannam, pragbhaktam, madhyabhaktam, paschatbhaktam<sup>2</sup>, Samudgam, bhaktasamyutham, muhurmuhu, grasa, grasantaram, nisi,

**Susrutacharya**-10, Abhaktam, Pragbhaktam, madhyabhaktam, adhobhaktam, , muhurmuhu, Samudgam, sabhaktam, Antarabhaktam grasa, grasantaram<sup>3</sup>

**Sarngadhara**-5, Suryodaye jate, divasabhojane, sayam bhojane, nishi, muhurmuhu<sup>4</sup>

**Astanga sangraha** -11, Abhaktam, pragbhaktam, madhyabhaktam, adhobhaktam, Antarabhaktam, muhurmuhu, Samudgam, samabhaktam, sagra, grasantaram nisi<sup>5</sup>

**Astanga hrudaya**-10, Anannam, annadou, ante, madhyabhaktam, sannam, sagra, kavalaantaram, , muhurmuhu, Samudgam, nisi<sup>6</sup>

**Kasyapa**- 10 Para, poorvabhaktasya, madhyabhaktam, adha, bhaktayo madhye, muhurmuhu, Samudgam, sabhaktam , sagra, grasantaram<sup>7</sup>,

**Abhaktam/Anannam:** Oushadha (Medicine) is given alone, ie without food and due to this it will become more potent (Ativiryam) and given when amasaya is vimukta from kapha (kaphodreke gate) and should be taken by balavaan (having good strength) only and advised in morning time.

Contraindicated for children ,for stree, sukumaara (delicate) and aged (vrudha). If taken it leads to glani and balaksayam

Persons afflicted with excess thirst, who has taken cold water, with indigestion (ajeerni) who is having hunger and debilitated should avoid taking medicine in this oushadha kala

**Pragbhaktam** (before food): Medicine should be administered before meals. By giving medicine in this oushadha kala it will be easily absorbed as well as digested, as it is annavrutta it will not come out of mouth. It is advised for Vrudha, Sisu, bhiru Krisa and Angana.

**Adhobhakta:** Medicine should be administered immediately after food. Indicated in Poorvakaya baladhanartha ie diseases pertaining to poorvakaya (above nabhi or umbilicus)

In vyana vikara it is advised to take medicine immediately after taking food in morning and in udana vikara to be taken after taking food in the evening. In Kaphaja roga and for sthooleekarana (to make patient stout), adhobhakta oushadha kaala is preferred.

**Sabhaktam:** it is administration of medicine with food, which means medicine can be cooked with food as well as can be mixed with food. It is indicated in baala children, sukumara person, old aged, person who are having aversion to medicine, in aruchi and diseases pertaining to whole body (sarvanga gata rogam).

**Madhyabhakta:** Medicine is administered in the mid of the meal. Preferable in diseases related to kosta, samana vata vikara and pitta vikara.

**Antarabhaktam:** Medicine administered in between meals. Drug should be administered in madyahna after digestion of meals taken in poorvahna, next meal should be taken when medicine given in madyahna gets digested and then in night next dose of medicine can be taken. It can be given in persons whose agni is stronger (deeptagni) and vyana vikaara. It is also hrudya, manobalakara, deepana and pathya.

**Samudga:** Drug administration before the starting and end of meals. It is indicated in disease pertaining to upper and lower part of body. Pachana oushadha or medicine aids in digestion, avaleha and choorna form is preferred in this oushadha kala. Indicated in tremor, convulsion

and hiccup should be taken with light food and less amount of food.

**Muhurmuhu:** Drug administered frequently, independent of food, with or without food. In dyspnoea, cough, hiccup, vomiting and in poisoning, this is the preferred oushadha kala.

**Sagrasam & Grasantara** Administration of medicine with each morsel of food. Choorna leha vataka and agni deepana medicine and vajeekarana medicine are given in this oushadhakaala. Grasantara: In between morsels of food, indicated in hrudroga.

**Nishi:** In this kaala the medicine is given in night. It is indicated Urdhwajatrugata Vikara. Vamana, Dhumpna. Nisha Kala of medicine administration, is after digestion of food consumed; Indu specifies the exact Nisha Kala is the time after the evening meal has digested and 3 hours have been passed.

#### DISCUSSION:

Abhakta/ananna oushadhakala is preferred for acha snehapana<sup>8</sup>, if the food taken previous day is digested and without appetite utama matra sneha (maximum dose) can be given. According to Sarngadhara if time not specified for medicine intake, it can be given in prabhata (kaala anukte prabhatam). For purificatory therapies drugs can be administered as ananna/suryoaye jaate, such as emetic and purgative.

Pragbhakta (before food) In Diseases pertaining to Apana, such as pakswasayasaya roga, mootra (urinary complaints) and sukra dosha, Arsa (haemorrhoids), gudabhramsa (rectal prolapse) etc. and diseases pertaining to adhakaaya (lower body) and for kruseekarana (making lean). Samana snehapana can be given in this oushadha kaala in Madhyama maatra (medium dose).

**Adhobhaktakta:** In vyana vikara such as pumstwa bramsa (loss of libido)<sup>9</sup>, utsaha bramsa (lack of enthusiasm), bala bramsa (loss of strength), sarvanga sopha (oedema), chitotplava (mental instability), jwara (fever), Sarvanga roga (disease pertaining to whole body), nistoda (pricking type of pain), romaharsha (horripilation), Anga supti (numbness of whole body), diseases pertaining to skin such as kusta (skin disease), visarpa and diseases pertaining to whole body.

In diseases related to udana such as kantarodham (feeling of obstruction in throat), manobramsam, chardi (vomiting), Arochaka (tastelessness), peenasa (running nose), galaganda, and diseases related to urdhwajatru (above neck). In apabahuka (adhesive capsulitis) sneha can be given after food.

**Sabhakta:** Brumhana (to make body stout) sneha can be administered in this oushadha kaala with food and in alpa matra (less quantity)

**Madyabhakta:** The medicine administered in between meals is beneficial for abdominal colic (soola), gulma, grahani (irritable bowel syndrome) and pakwamasayagata (small intestinal and large intestinal disease), acid peptic disorders.

**Samudga:** In this kaala medicine is taken before as well as after food, and as per Dalhana it is entioned that medicine should take as paana (peeyate) and indicated in urdhwa and adha pravrisruta dosha (dosha has spreaded both upper and lower parts).

**Muhurmuhu:** Diseases such as hiccup, dyspnoea, poisoning, where bouts (vega) are there, frequent administration of medicine will be beneficial.

Grasantara and sagrasa indicated in prana vata vikara such as rhinitis (peenasa), bell's palsy, excess thirst, dyspnea, and diseases related to sense organs In reference of Astachoorma it has been mentioned that it has to be given with first morsel of food mixed with ghee for improving agni.

**Nishi:** For diseases above neck medicine can be given in this oushadha kala. For promoting strength of eyes triphala is indicated with honey and ghee in night as per Vagbhata.

#### CONCLUSION:

The action of drug will become more effective when given in proper time. So appropriate selection of time of administration (oushadha kala) is needed for yielding more result in therapeutics.

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