

**CONCEPTUAL UNDERSTANDING OF AUSHADHA SEVANA KĀLA: A CLASSICAL  
AND CONTEMPORARY AYURVEDIC REVIEW**

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**ABSTRACT**

Aushadha Sevana Kāla (Bhaishajya Kāla) refers to the specific timing of drug administration, a core principle of Ayurvedic therapeutics. Classical Ayurvedic texts emphasize that the efficacy of a medicine depends not only on its formulation and dosage but also on its appropriate time of administration. This review presents a detailed conceptual understanding of Aushadha Sevana Kāla based on classical Samhitas including Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya, and Sharangadhara Samhita. Various classifications, textual references, clinical significance, and their correlation with modern chronotherapy are discussed to highlight the contemporary relevance of this principle.

**KEYWORDS:** Aushadha Sevana Kāla, Bhaishajya Kāla, Ayurveda, Chronotherapy, Samhita.**I. INTRODUCTION**

Ayurveda considers Kāla (time) as a fundamental determinant of health, disease manifestation, and therapeutic success. Among the various treatment-modifying factors described in classical texts, Aushadha Sevana Kāla occupies a significant position. Administration of medicine at an inappropriate time may lead to reduced efficacy or adverse effects, whereas proper timing enhances absorption, metabolism, and targeted drug action.

Classical Acharyas have emphasized that the same medicine administered at different times may produce different therapeutic outcomes depending upon Dosha predominance, Agni status, disease severity, and patient strength. Hence, understanding Bhaishajya Kāla is essential for rational Ayurvedic practice.

**II. METHODS AND MATERIAL**

The present study is a conceptual and narrative review based on classical Ayurvedic literature and contemporary research publications. Primary sources include Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya, and Sharangadhara Samhita along with their authoritative commentaries. Secondary sources include peer-reviewed

journals, review articles, and standard textbooks of Dravyaguna and Bhaishajya Kalpana.

**III. RESULTS AND DISCUSSION****A. Classical Concept of Aushadha Sevana Kāla**

Charaka Acharya highlights the importance of time in therapeutics through the following statement:

“कालेन युक्तं भैषज्यं रोगान् नाशयति ध्रुवम्।”

This verse indicates that medicine administered at the proper time निश्चित रूप से disease alleviation is achieved, emphasizing Kāla as a decisive therapeutic factor.

**B. Classification of Bhaishajya Kāla**

Classical Ayurvedic literature emphasizes the importance of Bhaishajya Kāla (time of drug administration) as a crucial determinant of therapeutic efficacy. The selection of appropriate Kāla is based on factors such as *Dosha predominance*, *Agni bala*, *disease chronicity*, and *Roga-Rogi bala*. Eleven distinct types of Bhaishajya Kāla are described in classical texts, each having specific clinical utility.

## 1. Abhakta Kāla

Administration of medicine on an empty stomach, generally in the early morning. This Kāla ensures rapid absorption and potent action of the drug. It is especially indicated in *Kapha-pradhāna* disorders and in patients with good digestive strength.

## 2. Prāgbhakta Kāla

Drug administration just before food intake. It is beneficial in disorders of *Apāna Vāta* and in conditions involving constipation, urinary disorders, and gynecological ailments.

## 3. Madhyabhakta Kāla

Medicine administered during meals. This Kāla helps in regulating *Samāna Vāta* and is useful in digestive disorders such as *Agnimāndya* and *Grahani*.

## 4. Adhobhakta Kāla

Drug given immediately after meals. It is particularly effective in disorders of *Vyāna Vāta* and systemic circulatory conditions.

## 5. Antarbhakta Kāla

Administration of medicine in between meals after digestion of previously consumed food. This Kāla is recommended in chronic diseases, *Rasavaha* and *Raktavaha Srotas* disorders.

## 6. Sabhakta Kāla

Medicine mixed with food. This method is useful for children, elderly patients, and individuals with poor compliance or weak digestion.

## 7. Samudga Kāla

Drug administered both before and after meals. It is indicated in severe and deep-seated disorders involving multiple Doṣhas.

## 8. Muhumu Kāla

Repeated administration of medicine at short intervals. This Kāla is beneficial in acute conditions such as *Śvāsa*, *Hikka*, and severe pain.

## 9. Grāsa Kāla

Medicine taken along with each morsel of food. It is indicated in disorders of *Prāna Vāta* and conditions affecting respiration and voice.

## 10. Grāsāntara Kāla

Administration of medicine between two morsels of food. This Kāla is effective in diseases of the throat, oral cavity, and voice.

## 11. Nīśā Kāla

Drug administered at night. It is particularly useful in *Ūrdhvajatrugata Vikāras* and *Kapha*-dominant conditions.

Thus, appropriate selection of Bhaishajya Kāla enhances drug bioavailability and ensures targeted therapeutic action, highlighting the scientific and clinical relevance of time-specific drug administration in Ayurveda.

## C. Clinical Significance

Appropriate application of Aushadha Sevana Kāla enhances drug bioavailability, minimizes adverse effects, and improves patient compliance. It also allows physicians to individualize treatment based on Dosha, Vyadhi, and Bala of the patient.

## D. Correlation with Modern Chronotherapy

Modern medicine recognizes chronotherapy, which involves administering drugs according to circadian rhythms to optimize efficacy and reduce toxicity. This concept closely parallels the Ayurvedic principle of Bhaishajya Kāla, thereby reinforcing the scientific relevance of classical Ayurvedic wisdom.

## IV. CONCLUSION

Aushadha Sevana Kāla is a fundamental yet often underutilized principle of Ayurvedic therapeutics. Classical texts provide detailed guidelines regarding the timing of drug administration, which can significantly enhance therapeutic outcomes when applied judiciously. Integration of these principles with modern clinical practice may promote evidence-based and integrative healthcare approaches.

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