

CONCEPT OF *AUSHAD SEVAN KAAL* AND ITS CORRELATION WITH DRUG
ACTIONS: AN AYURVEDA REVIEWDr. Rahul Sukhdev Bankar*¹ and Dr. Ranjit Maruti Solankar²¹Associate Professor, Department of Kriya Sharir, Shree Ram Ayurvedic Medical College and Hospital, Meerut, Uttar Pradesh, India.²Associate Professor, Shalyatantra Department, Shreeram Ayurvedic Medical College and Hospital, Meerut, India.

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ABSTRACT

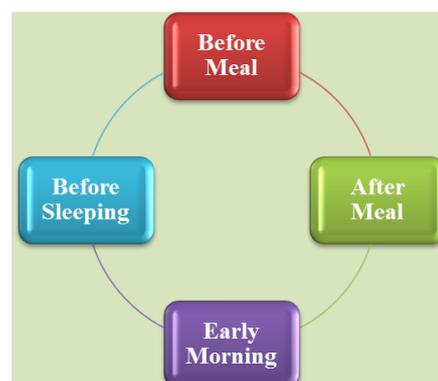
The treatment of diseases with medicine requires consideration of various factors such as; Desha, Kaala, Pramana, Satmya, Asatmya, Pathya & Apathy. Kaala is one of the concepts which can be elaborated as Aushadha Sevana Kala resembling time of drug administration. The administration of drug at proper time means consideration of concept of “Aushadha Sevana Kala” helps to acquire optimum health benefits of administered drugs. Drug should be administered as per the specific condition of Agni so Dhatu-samyata & balancing of Doshas not get affected. The concepts of Aushadha Sevana Kala help to prevent any adverse food & drug interaction. The consideration of Bhaishajya kaal (time of drug administration) is not only important for treating a disease but it minimizes chances of adverse drug reaction since drug administered at improper time can cause severe side effects. The purpose of present article is to explore concepts of Aushadha Sevana Kala & its relation with pharmacodynamic profile of medicine.

KEYWORDS: Ayurveda, Kaala, Aushadha Sevana Kala, Pharmacodynamic.

INTRODUCTION

The treatment of any disease requires good conduction of life style, avoidance of causative factors, Yoga, detoxification therapy and medicine. *Aushadha* (medicine) play key role towards the management of pathological conditions and it is very important to administered *Aushadha* in right time to acquire desired biological responses. The *Aushadha* can be given before or after meal or in between meals, early morning, at night and during afternoon period. The time of drug administration depends upon types of disease and types of medicine. **Figure 1** depicted some important times of drug administration as per modern science. Various Ayurveda *Acharyas* also described concept of *Aushadha Kala* as follows:

- ✚ *Acharya Vagbhata* mentioned terms “*Kalo Bhaisajya Yoga*” which means selection of proper time to administer drug helps to complete objective of medicine.
- ✚ *Acharya Charaka* mentioned that *Aushadha* (medicine) administered at proper time gives good results as compared to drug which administered at inappropriate time.

**Figure 1: Some common times of drug administration as per modern science.****Factors affecting *Aushadha Sevana Kala***

- ✚ The state of *Agni*
- ✚ Types and severity of diseases
- ✚ Patient internal constitution/*Prakriti*
- ✚ Age, sex and presence of other disease conditions
- ✚ Environmental factors/ *Desha*
- ✚ Different preparations like; *Swaras*, *Kalka*, *Kwath* and *Vati*, etc. can be administered at different times depending upon their potency.
- ✚ Psychological state of patients, etc.

General considerations related to selection of Aushadha Sevana Kala

The food & Aushadha interaction can alter potency of drug and state of Agni facilitate transformation of drugs therefore Agni play vital role towards the selection of time of drug administration:

- Pratah niranna kala is good for Rasayana since these drugs stimulate Agni; Jatharagni, Bhutagni and Dhatvagni.
- Dipana Dravya drugs should be administered at Madhyabhakta kala to cure Agnimandya.
- The drugs which pacify Vayu should administer before meal or morning time
- Drugs induce physiological responses recommended to use at night before sleeping
- Drug pacify Pitta recommended around meal
- Drug pacifies Kapha should be administered before meal
- Laxatives/purgatives should be administered at night before sleeping or early morning.

Time Segment of Drug Administration as per Ayurveda (Aushadha Sevana Kala)

1. **Abhakt:** Time of drug administration when digestion of food takes places completely
2. **Poorvabhakt:** Administration of drug just before meal
3. **Madhyabhakt:** Administration of drug in between meal
4. **Sabhakt:** Administration of drug along with the food
5. **Paschadbhakt:** Administration of drug after meal
6. **Samudag:** Administration of drug before and after meal
7. **Sagraas:** Administration of drug with every bite of food stuffs
8. **Muhurmuh:** Administration of drug many times irrespective of meal time

The above mentioned time of drug administration greatly affects potency of Aushadha and Aushadha Sevana Kala can be correlated with pharmacodynamics profile (biological response) of medicine as mentioned in **Table 1**.

Table 1: Correlation between Aushadha Sevana Kala and pharmacodynamics profile of drugs.

Aushadh sevan kaal	Therapeutic Uses of Medicine administered in specific time (Aushadh sevan kaal)
Abhakta	➤ These drugs mainly indicated for Kapha Vikaras
Pragbhakta	➤ This time suit for Apana Vata Vikruti. ➤ Such medicine strengthening lower body part ➤ Cures obesity
Pratah-Pashchadbhakta	➤ Such drugs used for Vyana Vayu Vikara
Madhyabhakat	➤ This time suit for Samana Vata Vikruti ➤ Koshtagata & Paittika Vyadhis
Adhobhakta	➤ These drugs good for Vyana Vata Vikrut ➤ Strengthening upper body part ➤ Treat diseases of chest & throat
Sabhakta	➤ Administration of drug at this time cures Aruchi ➤ Boost Bala ➤ Treat Sarvaangagata Rogas
Antarbhakta	➤ This time kindling digestive fire ➤ Pacifies Vyan Vayu ➤ Strengthen mental status
SayanPashchadbhakta	➤ These drugs mainly used for Udana Vayu Vikruti
Muhurmuhu	➤ This means frequent administration of drugs for specific purposes like; Shwasa, Hikka, Chhardi, Pipasa and Vishbadha

Modern science also follows concept of “drug administration time” since diseases like rheumatic arthritis, hypertension, peptic ulcer and allergic rhinitis, etc. require medication early morning.

CONCLUSION

Pragbhakta Kala aushadhi prevent expulsion of food through vomiting. Madhyabhata Kala aushadhi acts on Samana Vayu and boosts Pitta. Adhobhakta Kala aushadhi helps in Vyanavayu vikruti if administered after lunch and these drugs helps in Udanavayu vikruti if consumed after dinner since these Aushadhi stimulates Vyana vayu at day time and Udanavayu at night. Drugs administered in Antarbhakta Kala metabolized properly.

Sabhakta Kala aushadhi potentiate Agni-Bala and helps in the management of Sarvangatvyadhi. Samudga Kala aushadhi acts as Samudga for Ahara and helps in Gativikruti of Vata Dosha. Muhurmuhu Kala aushadhi administered frequently to treats diseases requires frequent and immediate relief. Nisha Kala aushadhi helps in Urdhvajatrugata vikara.

The Aushadha synchronizes with Agni and exerted its effects depending on state of body (Sariravastha) therefore rate of metabolism of Aushadha depends upon time factor since potency of Agni varies during the various phases of day time. The Pancamahabhutas also alter potency of Aushadha depending upon the time

period/predominance of *Pancamahabhutas* therefore time of drug administration is very important to achieve desired therapeutic response of drug.

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