

**LOGISTICS OF TIME OF ADMINISTRATION OF DRUGS IN  
AYURVEDA****<sup>1</sup>\*Dr. Monika Sharma and <sup>2</sup>Dr. Rosy Gupta**<sup>1</sup>MD Scholar (Dravyaguna), <sup>2</sup>Reader, Department of DravyagunaPost Graduate Training & Research Institute, Government Ayurvedic College and Hospital,  
Patiala, Punjab.Article Received on  
26 Dec. 2020,Revised on 16 Jan. 2021,  
Accepted on 06 Feb. 2021DOI: <https://doi.org/10.17605/OSF.IO/H3FVZ>**\*Corresponding Author****Dr. Monika Sharma**MD Scholar (Dravyaguna),  
Post Graduate Training &  
Research Institute,  
Government Ayurvedic  
College and Hospital,  
Patiala, Punjab.**ABSTRACT**

Taking medicine at a proper dose in a particular disease is one thing but its absorption and bioavailability and to reach the site of action is another important thing. For that matter Aushadha Sevan Kaal (time of administration of drugs) is considered to be an essential tool in Ayurvedic treatment protocol. Potency of a medicine increases when it is administered at the right time. In a person's life, day and night and while eating and during digestion of food, the first, second and third part are dominated by Kapha, Pitta, and Vata respectively.<sup>[1]</sup> Also various agnis in our body vary in a chronological manner in day and life. Accordingly medicines affecting different doshas and the agnis are to be given at specific times for optimizing their effect. It seems to be very logical to learn that in Ayurveda many Acharyas have described

different Aushadha Kaal according to the dosha involved, condition of agni, pathogenic stage of a disease, different conditions of the body and as per the different preparations (swaras, kalka, kwath etc.) used. Apart from the dosage the effectiveness of drugs depends upon the administration time also. A comparative study regarding various Aushadh Sevan Kaal has been taken up here in this article as delineated by different Acharyas.

**KEYWORDS:** Aushadha sevana Kaal, doshas, Abhakta, Prakbhakta, Madhyabhakta.**INTRODUCTION**

Proper timing for administration of Aushadha (Drug) is known as Aushadha sevan Kaal.

In Ayurveda the concept of Aushadha sevana is considered to be a very important principle while treating a disease. It is mainly explained in relation to Bala of Roga, Rogi, specific

Dosha, Dooshya, and various other factors. Even lesser dosage of medicine is required to be given if it is given at proper time.

According to Acharya Vagbhata, timing of aushadha has an imperial role in treatment because if it is not given at the proper time it may not give its best effect.<sup>[2]</sup>

Acharya Charaka has stated that following factors should be appropriately taken care of while prescribing medicine.

1. Desha
2. Kaal
3. Pramana
4. Satmya
5. Asatmya

Otherwise even a useful (pathya) therapy may turn out to be useless or even harmful (apathya).<sup>[3]</sup>

### **SHAD AVEKSHA KAAL**

The term 'Kaal' in this context has reference to the following<sup>[4]</sup>

1. Dina (Different parts of the day)
2. Rogi (Age and stage of patient)
3. Aushadha (Time of drug administration)
4. Vyadhi (Pathological stage of a disease)
5. Jeerna linga (stage of the digestion of the food)
6. Ritu (running season)

### **NUMBER OF AUSHADHA KAAL**

Different Acharyas opine differently regarding the number of Aushadha sevana .

- **10** – Charak,<sup>[5]</sup> Sushruta,<sup>[6]</sup> Ashtanga Hridaya.<sup>[7]</sup>
- **11** – Ashtanga Sangraha.<sup>[8]</sup>
- **05** – Sharangadhara.<sup>[9]</sup>

**AUSHADHA SEVAN KAAL DESCRIBED IN BRIHATRYAI**

| S.NO. | KAAL                          | CHARAK SAMHITA    | SUSHRUTA SAMHITA | ASHTANG HRIDYA           | ASHTANG SANGRAHA         |
|-------|-------------------------------|-------------------|------------------|--------------------------|--------------------------|
| 1.    | Abhakta                       | +                 | +                | +                        | +                        |
| 2.    | Prakbhakta                    | +                 | +                | +                        | +                        |
| 3.    | Madhyabhakta                  | +                 | +                | +                        | +                        |
| 4.    | Adhobhakta/<br>Pashchatbhakta | (morning<br>time) | +                | +                        | +                        |
| 4. a  | Pashchatbhakta                | (evening<br>time) | —                | —                        | —                        |
| 5.    | Muhur-muhu                    | +                 | +                | +                        | +                        |
| 6.    | Samudaga                      | +                 | +                | +                        | +                        |
| 7.    | Sabhakta                      | +                 | +                | +                        | +                        |
| 8.    | Graas                         | +                 | +                | +                        | +                        |
| 9.    | Graasantar                    | +                 | +                | +                        | +                        |
| 10.   | Antarbhakta                   | —                 | +                | —                        | +                        |
| 11.   | Nishi                         | —                 | —                | (After evening<br>meals) | (After evening<br>meals) |

**ACCORDING TO SHARANGDHAR SAMHITA****PANCHAUSHADHA KAAL****1. Suryodaya jate****2. Divas bhojane-** following Kaal comes under this:

- i. Bhojan agre
- ii. Bhojan madhya
- iii. Bhojan ante
- iv. Purva-ante (Samudaga)
- v. Chitra bhojya (Sbhakta)

**3. Sayantane bhojane-** It includes following:

- i. Gras
- ii. Grasantar
- iii. Bhukta ante (adhobhakta) - After evening meals

**4. Muhur-Muhu****5. Nishi** - Before evening meals

**NOTE-** Acharya Sharangdhar seems to differ significantly from others but we can see that Sharangdhar has also mentioned similar 11 timings of aushadha administration.<sup>[10]</sup>

**DESCRIPTION OF INDIVIDUAL AUSHADH KAAL****Abhakta (Niranna)**

Abhakta means administration of only Aushadha early in the morning, when the food taken on previous night has been digested properly.

| TREATISE               | REF.                      | INDICATIONS & BENEFITS  |
|------------------------|---------------------------|---|
| 1. Charaka Samhita     | Ci. 30/ 299               | Disease and diseased both having good strength.   |
| 2. Sushruta Samhita    | Ut. 64/69                 | Contraindications- Children, aged, women, weakened persons etc., who cannot withstand the potency of the medicine. They can become tired and can lose strength even.  |
| 3. Ashtang Sangraha    | Su. 23/13<br><br>Su 23/23 | Medicine becomes more potent in the absence of food.<br>Srotas of Amashaya are open at this time of Kapha udreka avastha.<br>Contraindications - Thirsty, hungry person, the person who has taken plenty of chilled water, indigestion, weak person |
| 4. Sharangdhar Samhita | Pr. 2/2                   | This is suitable for Lekhaniya (scraping) medicine. Also this is Pitta, Kapha Udreka i.e. for Pitta prakopa- Virechankaram and for Kapha prakopa- Vamankarma is done at this time.  |

**Examples<sup>[11,12]</sup>**

- Triphala rasayana- Jaranante- One Haritaki<sup>[13]</sup>
- Guduchyadi kwath – Jwara
- Kanchnara guggulu – Galagandadi roga
- Guda bhallataka – Arsha etc.

**Prakbhakta**

Mode of administration: The medicine is administered just before the intake of food.

| TREATISE               | REF.       | INDICATIONS & BENEFITS   |
|------------------------|------------|--|
| 1. Charaka Samhita     | Ci. 30/299 | Apana Vata Vikruti   |
| 2. Sushruta Samhita    | Ut. 64/71  | Aged, children, Bhiru (panic), weak  |
| 3. Ashtanga sangraha   | Su. 23/14  | Apana Vata Vikruti<br>For strengthening lower part of the body, diseases of lower half of the body, Krishikarna (emaciation) |
| 4. Sharangdhar Samhita | Pr. 2/5    | Apana Vata Vikruti   |

**Examples<sup>[11,12]</sup>**

- Triphala rasayana- Pragbhukte – 2 Vibhitaka<sup>[13]</sup>
- Naracha churna – Udavarta anaha
- Saphatika churna – Prameha etc.

**Madhyabhakta**

Administration of medicine in between the food is Madhyabhakt.

| TREATISE               | REF.       | INDICATIONS & BENEFITS   |
|------------------------|------------|--|
| 1. Charaka Samhita     | Ci. 30/299 | Samana Vata Vikruti  |
| 2. Sushruta Samhita    | Ut. 64/74  | To cure diseases of middle part of body.(Koshtagata Vyadhis)   |
| 3. Ashtanga sangraha   | Su. 23/16  | Samana Vata Vikruti<br>Koshtagata Vyadhis<br>Paittika Vyadhis. |
| 4. Sharangdhar Samhita | Pr. 2/6    | Samana Vata Vikruti  |

**Examples-<sup>[11]</sup>**

- Dhatri loha – Shula roga
- Avipattikara churna- Amlapitta etc.

**Pashchatbhakta or Adhobhakata**

Mode of administration: Medicine is administered after food.

| TREATISE               | REF.       | INDICATIONS & BENEFITS   |
|------------------------|------------|--|
| 1. Charaka Samhita     | Ci. 30/299 | This a is divided in two;<br><br>ratah Bhojana a – indicated for Vyana Vata Vikruti<br><br>ayam Bhojana a – indicated for Udaan Vata Vikruti   |
| 2. Sushruta Samhita    | Ut. 64/72  | To subside various diseases related to the upper part of the body, as well as to give strength.  |
| 3. Ashtanga sangraha   | Su. 23/17  | Same as Charaka<br>For strengthening upper part of the body and curing the diseases related to this part.<br>Sleshma vikara<br>Sthulikarana (obesity)  |
| 4. Sharangdhar Samhita | Pr. 2/7    | ratah Bhojana a – indicated for Vyana Vata Vikruti<br><br>ayam Bhojana a -Due to Udaan Vata Vikruti, Swarabhanga (hoarseness) occurs, so medicine is given in Gras and Grasantra. and also in Prana vata dushti. |

**Examples<sup>[11]</sup>**

- Triphala rasayana- Bhuktwa – 4 Amalaki with honey and ghee<sup>[13]</sup>
- Haritki- For digestion and disease caused due to vitiation of doshas<sup>[14]</sup>
- Nagarjuna yoga- Arsha
- Masha tail- Vatavyadhi

- Dhatri loha- Shula roga etc.

### Antarabhakta

The administration of medicine in between two meals is called Antarabhakta, means after digestion of food taken in afternoon, Aushadha is administered. Once Aushadha is digested, evening meals is taken. Similar thing is followed in case of night and morning food.

| TREATISE               | REF.      | INDICATIONS & BENEFITS   |
|------------------------|-----------|--|
| 1. Charaka Samhita     | —         | —  |
| 2. Sushruta Samhita    | Ut. 64/69 | Hridya, Deepan, it gives strength to the Manas (mind).                                       |
| 3. Ashtanga Sangraha   | Su. 23/17 | Deeptagni Purush suffering from Vyan Vayu. As it acts over Udana, which is seated in Hridya. |
| 4. Sharangdhar Samhita | —         | —  |

### Examples<sup>[11,12]</sup>

- Shilajatu prayoga- Prameha
- Rasendra vati- Mukharoga etc.

### Sabhakta

The administration of Aushadha along with food. The mixing is done either with prepared food or during preparation of food.

| TREATISE               | REF.      | INDICATIONS & BENEFITS   |
|------------------------|-----------|--|
| 1. Charaka Samhita     | Ci 30/301 | Aruchi   |
| 2. Sushruta Samhita    | Ut. 64/77 | Aushadh dveshi, Shishu, Vridha   |
| 3. Ashtanga sangraha   | Su. 23/18 | Sukumara (children, weak, Stree (ladies), Vridha, Ksheena) Aushadh dveshi Sarvaangagata Rogas. |
| 4. Sharangdhar Samhita | Pr. 2/5   | Aruchi   |

### Examples<sup>[11,12]</sup>

- Haritaki- For strengthening mind and body, passage of urine and stool<sup>[14]</sup>
- Ayomala prayoga- Pandu roga
- Amrutadya ghrita- Vtarakta
- Drakshadya ghrita- Amlapitta etc.

### Graasa

Grasa means Aushadha mixed along with each bolus of food, also known as Sagras and Grase-Grase.

| TREATISE               | REF.        | INDICATIONS & BENEFITS  |
|------------------------|-------------|---|
| 1. Charaka Samhita     | Ci. 30/ 300 | Prana Vata Dushti   |
| 2. Sushruta Samhita    | Ut. 64/82   | It can be used where the form of medicine is Churna for Agni deepanartha, Vajeekaranartha (increasing vigor)                              |
| 3. Ashtanga sangraha   | Su. 23/22   | It can be used where the form of medicine is Churna (powder), Vataka (tablet), Avleha (confections) and agni deepanartha, Vajeekaranartha |
| 4. Sharangdhar Samhita | Pr. 2/9     | Sayam Bhojana Kaal -Due to Udaan Vata Vikruti, Swarabhanga occurs, so medicine is given in Gras and Grasantra.                            |

### Examples<sup>[11]</sup>

- Hingwashtaka churna- Agnimandya Pratham kavala bhukte (first bolus of food).

### Graasantarah

Grasantara means administration of Aushadha in between each bolus of food and is known as Kavalantare.

| TREATISE               | REF.        | INDICATIONS & BENEFITS  |
|------------------------|-------------|---|
| 1. Charaka Samhita     | Ci. 30/ 300 | Prana Vata Dushti   |
| 2. Sushruta Samhita    | Ut. 64/84   | In Shawasadi roga this is used when one wants to administer the Vamaneeya Dhumapana and aveleha preparations. |
| 3. Ashtanga sangraha   | Su. 23/ 22  | Hridya roga, Vamanartha, dhupana  |
| 4. Sharangdhar Samhita | Pr. 2/9     | Same as in Gras Kaal  |

### Samudga

Samudga refers to the administration of Aushadha both before and after food.

| TREATISE               | REF.        | INDICATIONS & BENEFITS  |
|------------------------|-------------|---|
| 1. Charaka Samhita     | Ci. 30/ 301 | One suffering from Hikka can take medicine in this Kaal with laghu anna (light diet).   |
| 2. Sushruta Samhita    | Ut. 64/ 79  | Urdhva –adho Kayagata Vikaras.  |
| 3. Ashtanga sangraha   | Su. 23/20   | In Hikka roga (hiccough), Kampa (tremors), Akshepa (convulsions), Urdhva –adho Kayagata Vikaras, the medicine in the form of avleha, churanadi preparations is given before and after laghu and alpa ahara. |
| 4. Sharangdhar Samhita | Pr. 2/7     | Hikka roga (hiccough), Kampa (tremors), Akshepa   |

### Examples-<sup>[11]</sup>

- Pranda gutika- Arsha etc.

### Muhurmuhu

The word Muhurmuhu means again and again, Aushadha is repeatedly taken with or without food.

| TREATISE               | REF.       | INDICATIONS & BENEFITS  |
|------------------------|------------|---|
| 1. Charaka Samhita     | Ci. 30/300 | Shwasa, Kasa, Pipasa, Twak vikara   |
| 2. Sushruta Samhita    | Ut. 64/ 81 | Shwasa, Kasa, hikka, vami(vomiting)   |
| 3. Ashtanga sangraha   | Su. 23/21  | Shwasa (dyspnoea), Kasa (cough). Trishna (thirst), Hikka, Chhardi (vomiting), Visha (poison)          |
| 4. Sharangdhar Samhita | Pr. 2/11   | Kasa, Shwasa, Trishna, Hikka, Chhardi, Visha roga<br>Here medicine can be given along with food also. |

### Examples-<sup>[11,12]</sup>

- Mutrasanjeevani ras- Jirna jwara
- Rasnadi kwath- Jwara

### Nishi

Administration of Aushadha at night is called Nishi.

| TREATISE               | REF.         | INDICATIONS & BENEFITS   |
|------------------------|--------------|--|
| 1. Charaka Samhita     | —            | —  |
| 2. Sushruta Samhita    | —            | —  |
| 3. Ashtanga sangraha   | Su. 23/22    | Urdhwajatrugata Vikara (diseases above the neck, like ENT and ophthalmological diseases)                               |
| 4. Sharangdhar Samhita | Pr. 2/ 11-12 | Urdhwajatrugata Vikara, Lekhan, Brimhana, Pachan and Shaman medicine to be given<br><b>Annam</b> (before evening meal) |

### Examples<sup>[11,12]</sup>

- Anandodya ras- Pandu roga
- Trivrutadi modaka- Mastishka roga etc.

### DISCUSSION

Almost all Ayurvedic treatises document clear criteria regarding the Aushadha Sevan Kaal. Though the number seems to be different in different books but practically all have included almost 10-11 aushadh Kaal. Nishi of Vagbhata is post evening meals time whereas that of Sharangadhar is before evening meals.<sup>[15]</sup> In general Medicines not good for heart or unpalatable, not liked by the patient, asatmya (not good for the body), atitikshan (very corrosive in action), ati-ushan or the medicine which needs to be given in very high dose should not be given.<sup>[16]</sup> So timed dosing substantially improves treatment outcomes.

## CONCLUSION

Aushadha sevan Kaal are the essential tools for administration of Aushadha, if ignored the treatment may not be that effective. Ayurvedic practice is much more oriented to the time of administration of drugs. Evaluation of Desha, Kaal, ritu, Bala of rog and rogi and other factors play a vital role in deciding Aushadha Kaal. Vata Dosha has given prime importance in this context, though Pitta and Kapha are considered at some places. These are mostly used for Shaman aushadhi. Aushadha sevan Kaal deals with the disease at its most active phase i.e. when doshas are at peak level and thus preventing irrational and frequent usage of drugs throughout the day thereby reducing the need of drug intake and optimizing their effects.

## REFERENCES

1. Gupta KA. Ashtangahrdayam of Vagbhata edited with vidyotini hindi commentary. Varanasi: Chaukhambha Prakashan.2018; Sutrasthana 1/8 p.5.
2. Chagaani GC, Ashtang Sangraha, Ayurved Martand Tika,-Yadavji Trikamji Acharya, Sutrasthan, Kashi Sanskrit Granthmala, 23/12- p.210.
3. Sastri K, Chaturvedi GN. The Charaka Samhita of Agnivesha revised by Charaka and Dridabala with elaborated vidyotini hindi commentary. Varanasi: Chaukhambha Bharti Academy.2015; Vol-II: Chikitsa sthana 30/293- p.880.
4. Sastri K, Chaturvedi GN. The Charaka Samhita of Agnivesha revised by Charaka and Dridabala with elaborated vidyotini hindi commentary. Varanasi: Chaukhambha Bharti Academy.2015; Vol-II: Chikitsa sthana 30/296- p.880.
5. Sastri K, Chaturvedi GN. The Charaka Samhita of Agnivesha revised by Charaka and Dridabala with elaborated vidyotini hindi commentary. Varanasi: Chaukhambha Bharti Academy.2015; Vol-II: Chikitsa sthana 30/298- p.880.
6. Shastri KA. Sushruta Samhita of Mahaarshi Sushruta. Varanasi: Chaukhambha Sanskrit Sansthan.2018; Vol-II: Uttra Tantra 64/67- p.624.
7. Gupta KA. Ashtangahrdayam of Vagbhata edited with vidyotini hindi commentary. Varanasi: Chaukhambha Prakashan.2018; Sutrasthana 13/38- p.
8. Sharma SP. Ashtanga Sangraha of Vagbhata edited with vidyotini hindi commentary. Varanasi: Chaukhambha Prakashan.2006; Sutrasthana 23/13
9. Srivastava S. Sharangadhara Samhita of Sharangadhara , edited with Jiwanprada Hindi commentary Varanasi: Chaukambha Orientalia 2015; Prathama Khanda 2/2. p. 15.
10. Srivastava S. Sharangadhara Samhita of Sharangadhara , edited with Jiwanprada Hindi commentary Varanasi: Chaukambha Orientalia 2015; Prathama Khanda 2/2-12. p. 16.

11. Das G. Bhaishajya Ratnavali. 18<sup>th</sup> edition, Varanasi: Chaukhamba Sanskrit Sansthan, 2005.
12. K Niteshwar, R Vidyanath. Sahasrayogam Text with English Translation, 2<sup>nd</sup> edition Varanasi: Chaukhamba Sanskrit Sansthan, 2008.
13. Sastri K, Chaturvedi GN. The Charaka Samhita of Agnivesha revised by Charaka and Dridabala with elaborated vidyotini hindi commentary. Varanasi: Chaukhambha Bharti Academy.2015; Vol-II: Chikitsa sthana 1/41- p.42.
14. Bhavmisra. Bhavprakasha Nighantu commentary by Dr. K.C Chunnekar: Varanasi: Chaukhambha Bharti Academy.2002. Guduchyadi varga.31-33.
15. Srivastava S. Sharangadhara Samhita of Sharangadhara , edited with Jiwanprada Hindi commentary Varanasi: Chaukambha Orientalia 2015; Prathama Khanda 2/2.11-12. p. 16.
16. Sharma SP. Ashtanga Sangraha of Vagbhata edited with vidyotini hindi commentary. Varanasi: Chaukhambha Prakashan.2006; Sutrasthana 23/23.