

AUSHADH SEVAN KAL

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ABSTRACT

Ayurveda defines specific period for the consumption of medicines. Medicines should be correctly used for the patient as per parukruti, dhatusarta, dosh-dushya, samprati, etc. A good physician chooses correct medicine with correct anupan, And the medicine should be give at correct timings. According to samhitas medicine will be useful if it breaks the pathology of the disease. Timing can be decided as per vitiation of doshas and involved dushya stages of the disease, day and night timings, seasonal variations etc. Also diet and food timings are also important for deciding the medicine timings.

KEYWORDS: prakruti, dhatusarta, samprapti, anupan.

INTRODUCTION

1 Desh, kal, praman, satmya asatmya, all these things should be considered while deciding the treatment of the patient. Pathya apathya should be decided according to the proper usage of all these things.

Desh can be considered as the area in which patient is living, also the part of the body affected (sharir pradesh). amashay, pakvashay etc. Appropriate use of desh means for the treatment e.g. we should use nose as the way of administration of the drug for head, basti or gudmarg for administration of drug for the diseases of the pakvashay.

Also desh can be used bhumi Such as anup, jangal; sadharan.This can be used in the treatment.

For the kaph diseases we can advice the patient to live in the jangal desh.

Kal samyak yog

According to daily variations, rogi i.e. patient, medicine, disease (vyadhi), digestion of food (jirn laksan), seasonal variations.

AIMS AND OBJECTIVES

1. To study aushadh sevan kal in Samhita.
2. To study the need of aushadh sevan kal.

MATERIALS AND METHODS

Ayurvedic texts, Samhitas, Various journals in ayurveda.

Literature review

Charak samhita, various texts on samhita, sushrut samhita, ashtang sangrah, sharangdhar samhita.

In Charak samhita aushadh sevan kal metioned in Yonivyapat chikitsa adhyay. In Charak Samhita total 10 aushadh sevan kal has been mentioned.

1. (*Bhuktadou*) Before having food-a.-Empty stomach
- b. Before food
2. (*Madhye*)Between the food -Medicine should be prescribed after half the food is finished. And after the food remaining food should be finished.
3. (*Bhojan pashchat*) After food- 1.After lunch
2. After dinner.
4. (*Muhu muhu*) Frequently-Frequently or continuosly with the food
5. *Samudg*-Medicines given before and after food both the time
6. *Bhaktasanyukt* –Medicine given mixed with food
7. *Sgras*-Medicine given with every bite of food
8. *Grasantar*-Food advised after one bite and then food bite is taken.

According to Acharya Chakrapani tika some people *sgras* and *grasantar* as same. And they describe *atibhukta* or *antarbhukta* as separate *kal*.

7 Conditions at which the *aushadh kal* advised

1. Apan vayu dushti-Medicines should be advised just before food.
2. If the patient is having strong built he can take medicine early in the morning before food.

3. *Saman vayu dushti*-Medicines given in between the food
4. *Vyan vayu dushti*-Medicines given in the morning after food in the morning.
5. *Udan vayu dushti*- Medicines given in the evening after food.
6. *Pran vayu dushti*-Sagrass i.e. with every bite of food medicines are given e.g, diseases like Hikka, shwas, kas.
7. For the patient of hiccough (hikka) *samudg* i.e. medicines before and after food.
8. For the patients of Aruchi or anorexia medicines given with the food.

2 Sharangdhar samhita

1. Pratikal –suryodayajatah
2. Divas bhojane-
 - a. bhojan purva
 - b. sagrasa
 - c. Bhojan Madhya
 - d. Bhojan pashchat
3. Sayantane bhojane-
 - a. Grasantare/sgrasa
 - b. Bhojan pashchat
4. Muhurmuhu
5. Nishi

Indications of administration of medicine according to Sharangdhar

- a. In pitta kaphaj vitiation and also in vaman and virechan procedures it is advised in the pratikal.
- b. For pran vayu dushti medicines should be given after food, for diseases of udan vayu and diseases like aruchi i.e. anorexia sagras or with every bite of food, vyan vayu dushti after food, and for saman dushti in between food and for the apan vayu vikruti before food medicines should be given.

5 Ashtang Samgrah

Annann kal-Empty stomach i.e. after complete digestion of food there is empty stomach. Medicines are digested properly. Rasayan aushadhi, kaphakar vyadhi and patient having this strong built can be given medicines at this time.

Pragbhukta-Immediately before food. For apan disorders this is correct timing. Also for increasing digestive power medicines should be given this time.

Adhobhukata-After food immediately. Udan and vyan vayu dushti should be treated at this time. For udana after dinner and for vyan vayu after lunch.

6 Madhye bhukta- Medicines given between food. Saman vayu dushti can be cured giving medicines at this time. Anorexia, and diseases due to low digestive power like garahani, indigestion of firstseases due to pitta vitiation can be treated at this time.

Antarabhukta-Medicines given between two food means after digestion of first food. So this acts on the vyan vayu diseases.

Sabhukt- Medicines given with the food.e.g errand sneh mixed with food.

Samudg-Before and after food immediately.

Sagras-Food given with every bite of food.

Grasantar-Medicines given after every bite of the food.

Muhurmuhu-Not related with the food. Diseases of the pranvah strotas, maram shrit vyadhi.

Swapna kal –Medicines given in the night before sleep. Sleeping tab. and also purgatives and stool softner medicines given at this time.

³**Ashtang hriday** and ⁴**Sushrut samhita** gives the same classification. In both the samhitas same i.e. 10 timings are given for the prescription of medicines. These are the same as ashtang hriday. Only 11th kal or timing is Nishi is the extra mentioned.

CONCLUSION

Different timings are said as per the Samhitas .Also according to disease condition and vitiation, of doshas various timings are mentioned. These are the timings according to digeston of food and also the daily variations of the dashas.

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