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A Review on *Bhaishajya Kaal* mentioned in Astang Hridya

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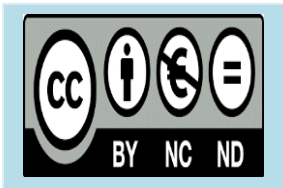
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ABSTRACT

Ayurveda being a life science emphasizes to maintain healthy life and cure of diseases. The effectiveness of Ayurveda drugs depends on the administration time (*Bhaishajya Kaal*) and it is described very well in Ayurveda classics. In Ayurveda there are many key factors which helps to fulfill its aim. Administering drug at proper time is also such unique concept in treating disease whom we can't neglect. In Ayurveda texts *Bhaishajya Kaal* is described in relation to food, they are intended for Shamana Chikitsa only and the root of administration to all Kaal is oral. An attempt is being made in this article to review and understand the way of enhancing therapeutic action of drug by *Bhaishajya Kaal* described in Astang Hridya.

Key words: *Ayurveda, Bhaishajya Kaal, Astang Hridya, Shamana Chikitsa.*



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INTRODUCTION

Ayurveda is an ancient science donated to humanity by Indian heritage for attaining the best of life in perspective of physical and mental health. In present scenario of holistic approach to health, *Ayurveda* being a holistic medical science documented and organized systematically from *Vedic* period to *Samhitas*, *Nighantus* and commentaries is being globalised and accepted at a large scale by the society.

Main aim of *Ayurveda* is to maintain health of healthy person and other one is to treat or cure a disease of *Atura* (patients). While treating a disease many factors have to be kept in mind such as- as *Prakriti* of patient, type of *Dosha-dushyasamurchhana*, physical and mental strength of the patient, and habitat of patient etc. Apart from all these factors mentioned above, administering drug on proper time is also necessary. Administering drug on perfect time may leads to better results.

Acharya Vagbhatta has stated that “*Kalo Bhaishajya Yoga Krutt*”¹ which means *Kaal* fulfils the aim of administration of *Bheshaja*.² It indicates importance of *Bhaishajya Kaal* in administrating drug for treating a disease.

Bhaishajya Kaal is decided as per vitiation of *Doshas*, pathology of disease, strength of the person (weak or strong).

Bhaishajya Kaal (Time of drug administration) is based on individual and can be explained as *Purusham Purusham Vikshya siddhanta* of *Acharya Charaka*.

According to this *Bhaishajya Kaal* should be decided after deciding condition of patient and many factors.³

In *Ayurveda Acharyas* has mentioned *Bhaishajya Kaal* according to the pathology of diseases. Vitiated *Doshas* are key factor to decide time of drug administration in specific disease.

Time of drug administration is mentioned in modern medical science also. In modern medicine it is focused on the pharmacokinetics of drug so time of drug administration is fixed as per drug not as per patient. While in *Ayurveda* it is decided according to nature of disease, *Doshas*, *Prakriti* and *Bala* of patient and action of drug.

The effectiveness of *Ayurveda* drugs depends on the administration time. So, in this study concept of *Bhaishajya Kaal* from *Astang Hridaya* is reviewed

MATERIAL AND METHODS:

In this literary study *Bhaishajya Kaal* mentioned in *Astanga Hridaya Sutra Sthana (Doshopkramaniya Adhyay)*⁴ was reviewed.

Concept of *Bhaishajya Kaal*:

Bhaishajya Kaal: Perfect or proper time to administer a drug is called time of drug administration.

'*Aushadha Kaalah – Aushadha Sevanasya Samaye*' - *Ausadha Kaal* or *Bhaishajya Kaal* is related to *Aushadh sevan*.⁵

In classical texts of *Ayurveda* it is clearly mentioned to administer a drug on a specific time for better results otherwise drug doesn't show its full effects. *Acharyas* had clearly stated that a drug administered before or after time is of no use. Drug administered at improper time never shows its full benefits.⁶

Bhaishajya Kaal mentioned in *Astanga Hridaya*:

Acharya Vagbhata has described *Bhaishajya Kaal* in *Astanga Hridaya Sutra Sthan* in *Doshopkramaniya Adhyay*⁷.

1. *Ananna Kaal* –

Ananna Kaal means administration of drug alone or when eaten food has been digested properly.⁸

In *Astanga Hridaya Vagbhata* specified *Ananna Kaal* for *Kapha* aggravated condition and for people having strength and major diseases or

strength of *Roga* is more.

2. *Annadousa Kaal* –

Annadousa Kaal means medicine is administered before meal. And this *Kaal* is used for *Apaan Vayu Vikriti*.⁹

3. *Madhya Bhakta kaal* –

Administration of medicine in between the food is *Madhya Bhakta Kaal*. In this *Kaal* medicine is administered after intake of half meal and after medicine rest meal is ingested. This *Kaal* is used for *Saman Vaat* vitiation.¹⁰

4. *Ante (Adhobhaktam) Kaal* –

Medicine administered just after morning and evening meal pacifies *Vyan Vaayu* and *Udan Vayu* respectively.¹¹

5. *Sannam (Bhaktasayukta) Kaal* –

When Medicine is mixed with food or medicine is mixing while preparing food is called *Sannam Kaal* and it is useful in anorexia condition.¹²

6. *Muhurmuhu Kaal* –

In *Muhurmuhu Kaal* drug is repeatedly taken with or without food. This *Kaal* is used in case of poisonings, emesis, hiccough, thirst, cough and medicine is used repeatedly in this *Kaal* so that drug it cans its effect throughout.¹³

7. *Samudga kaal* –

In *Samudga Kaal* medicine is administered before and after food, food must be easy to digest and this *Kaal* is used in case of tremors, fits and hiccough.¹⁴

8. *Grasa /Sagrasa Kaal –*

In this *Kaal* medicine is mixed along with each bolus of food. In the vitiation of *Prana Vata*, medicine is administered with each bolus and drug can be used in form of *Churna*, *Avleha* and *Vataka*¹⁵.

9. *Grasantara / Kavalantare Kaal –*

When drug is administered between each bolus of food is called *Kavalantare*. It is used in vitiation of *Prana Vata*. This *Kaal* is used when one wants to administer the *Vamaneeya Dhumapana*.¹⁶

10. *Nishi Kaal –*

When medicine is administered at the time of sleep during night is called *Nishi Kaal*. Administering drug in this *Kaal* is useful in disease pertaining above clavicle region.¹⁷

Time of drug administration is mentioned in modern medical science also¹⁸. It is important as some medications need to reach a consistent level of drug in blood stream for effectiveness. Certain drugs need to administer within a specific short period of time i.e. before, after or with meal.

Modern medicine is focused on the pharmacokinetics of drug so time of drug administration is fixed as per drug not as per patient. While in *Ayurveda* it is decided according to nature of disease, *Doshas*, *Prakriti* and *Bala* of patient and action of drug. The pharmacokinetics and pharmacodynamics of an *Ayurvedic* medication is directly affected by biological activities of the body. The effectiveness of *Ayurveda* drugs depends on the administration time. In *Ayurveda* classics it has mentioned clearly that predictable variations in bodily functions during specific time such as age, day and season alters the severity of disease symptoms, results and effects of medicines.

DISCUSSION:

In present study it was aimed to collect references of *Bhaishajya Kaal* from *Astang Hridaya* and an attempt was made to find out logic behind deciding *Bhaishajya Kaal* in *Samhitas* and tried to find out effectiveness of *Ayurveda* concept *Bhaishajya Kaal* in treating disease.

In classical texts of *Ayurveda Acharyas* has mentioned *Bhaishajya Kaal* according to the

pathology of diseases. Vitiating *Doshas* and site of pathology are key factor to decide time of drug administration in specific disease.

In *Ayurveda Bhaishajya Kaal* is described in relation to food, they are intended for *Shamana Chikitsa* only and the route of administration to all *Kaal* is oral.

Time of drug administration is mentioned in

modern science also. But in modern medical science it is more emphasized to maintain drug level in body and time of drug administration is decided as per drug, while in *Ayurveda* it depends

on physical condition and *Prakriti* of patient, state of *Dosha*, pathology and nature of disease.

CONCLUSION

To achieve maximum results of any drug in specific disease, drug plays pivotal role in it. Along with drug administration time also creates a lot of difference. *Ayurveda* practice is much more oriented on time of administration of drug. The practice of *Bhaishajya Kaal* according to their indication can deliver much better results while treating a disease.

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