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Review Article

DOSAGE FORMS IN AUSHADHI SEVANA KALA

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ABSTRACT

Ayurveda is a life science which explains about the different dosage forms which is the physical form of a medication intended for administration. The different dosage form can be prepared by the physician according to his yukti considering the samyoga, vishesha, kala and samskara. Bhaishajya kala is an important principle to be considered while treating a disease, still hardly a handful of physician are seen who account for this to highlight its imperial role in chikitsa. This is an immense necessity to analyze this concept, which is the need of the hour. Aushadha sevana kala is mainly explained in relation with Bala of Roga (strength of disease), Rogi (patient), particular Dosha, Dooshya and various other factors. The comprehensive understanding of this concept involves so many questions as why there is a difference in the number of Aushada sevana kala? The present paper focuses on the above points to find out the convincing answer.

Keywords: Bhaishajya Kala, Disease, Dosha, Dooshya.

INTRODUCTION

Ayurveda, the science of life has been formed upon Trisutra viz Hetu, Linga & Aushadha. Among this, Aushadha is responsible for the alleviation of disease, as well as promotion and maintenance of health. It is also placed second among the Pada Chatustaya after Bhishak as it is instrumental aid to the Physician in curing the diseases.

Our Science has always believed that there will be rhythmic changes in the predominance of bodily doshas with time. Hence when a medicine is given it is equally important to take into consideration Vaya, Agni Bala, Rogibala, Roga bala, Ritu etc. Apart from this the time of administration of medicine is equally important as the timed dosage is surely going to improve the treatment outcome. Different Aushada sevana kalas are mentioned by different Acharyas which are highlighted below

Table 1: Different Aushadhi Sevana Kala¹

Sevana kala	Sangraha	Hridaya	Charaka	Susruta	Sharangdhara
Abhakta	+	+	+	+	Suryodaya
Pragbhakta	+	+	D N	+	DB
Madhyabhakta	+	+	+	+	
Adhobhakta	+	+	D N	+	SB
Sabhakta	+	+	+	+	
Antarbhakta	+	-	-	+	
Samudhga	+	+	+	+	
Muhurmuhu	+	+	+	+	+
Sagrassa	+	+	+	+	
Grasantara	+	+	+	+	
Nishi	+	+	-	-	+
	11	10	10	10	5

DB = Divasa bhojana, SB = Sayam bhojana, PP = Poorvapara, D = Day, N = Night

Table 2: Aushadhi sevana kala according to Astanga samgraha²

Method of Administration	Indication
Abhakta (Without food)	Diseases of kapha origin, in severe ailments, in strong patient
Pragbhakta (Before food)	In vitiation of Apana Vayu
Madhyabhakta (In between the meal)	In Vitiation of Samana Vayu
Adhobhakta (After food)	In vitiation of Vyana Vayu (after breakfast), In vitiation of Udana Vayu (after supper)
Sabhakta (Blended with food)	In children, in Aruchi
Antarabhakta (In between two meals)	In vitiation of Samana Vayu
Samudga (Before and after food)	In Kampa (tremor), Aksepaka (convulsion) and Hidhma (hiccup)
Sagrasta (With each bolus of food)	In vitiation of Prana Vayu
Grasantara (Between each bolus of food)	In vitiation of Prana Vayu
Nisi	In ailments affecting head & neck

DOSAGE FORM: Dosage form is defined as Physical form of a chemical compound used as drug or medication intended for internal or external administration.

The medicine administered during the Aushadha sevana kala can be categorized based on forms viz. (a) Liquid dosage forms (b) Semisolid dosage forms (c) solid dosage forms

IMPORTANCE OF DOSAGE FORMS:

- It modifies the potency
- Makes it palatable
- Dose Fixation

Increases shelf life

Can be customized acc to Roga, Bala, Prakruthi, Sathmya etc Here an attempts is made to analyze the different dosage form that can be given in the different asuhadha sevana kala

AUSHADHI SEVANA KALA BASED ON FORMS

1. LIQUID DOSAGE FORM

1.1 SWARASA¹

The freshly extracted juice from the drug is known as Swarasa. Ex: Tulasi Swarasa

Dose:- Niragnisiddha- ½ pala , Sagnisiddha – 1 pala

Table 3: Aushadha Sevana Kala

Aushadhi Sevana Kala	Swarasa	Indication
Pragbhakta	Ardraka Swarasa	Aruchi
Muhurmuhuh	Vasa puta paka swarasa Durva Swarasa	Svasa Chardi or Trsna

1.2 KWATHA³

One part of coarsely powdered drug is boiled with 16 parts of water in an earthen pot and kept over fire till liquid is reduced to 1/8 part of original quantity. Ex: Triphala kwatha.

Dose: 2 palas

Table 4: Aushadha Sevana Kala

Aushadhi Sevana Kala	Kwatha	Indication
Pragbhakta	Varunadi kwatha	Mutrakricha
Adhobhakta	Nagaradi Kwatha	Mandagni
Muhurmuhuh	Dasomula kwatha	Svasa
Nisi	Pathyadi Shadanga Kashaya	Siro Sula

1.3 KSHEERAPAKA¹

The medicated milk prepared with 1 part of prescribed drug and 8 parts of milk and 32 parts of water is boiled on moderate heat until only milk part remains is known as ksheerapaka. Ex: Arjuna ksheerapaka

Table 5: AUSHADHA SEVANA KALA

Aushadhi Sevana Kala	Ksheerapaka	Indication
Pragbhakta	Lasuna Ksheerapaka	Ajcerna
Adhobhakta	Arjuna Ksheerapaka	Hridroga

1.4 HIMA¹

One part of coarsely powdered drug is put in 6 parts of cold water and kept overnight. Ex: Dhanyakadi hima

Dose:- 48 ml

Table 6: Aushadha Sevana Kala

Aushadhi Sevana Kala	Hima	Indication
Pragbhakta	Dhanyakadi Hima	Adho-Raktapitta
Abhakta	Dhanyaka Hima	Paittika vikara
Adhobhakta	Dhanyakadi Hima	Urdhwa-Raktapitta
Muhurmuhuh	Dhanyaka Hima	Trishna

1.5 PHANTA¹

A coarse powder of a drug is put in hot water and it is rubbed and filtered with a cloth. Ex: Panchakola phanta

Dose: 2 pala

Table 7: Aushadha Sevana Kala

Aushadhi Sevana Kala	Phanta	Indication
Abhakta	Yastimadhu Phanta	Vamana Karma
Pragbhakta	Panchakola Phanta	Shoola
Adhobhakta	Sudarsana Phanta	Jwara

1.6 ARKA KALPANA⁴

Arka is a liquid preparation obtained by distillation of certain liquid or of drugs soaked in water using Arka yantra. Ex: **Ajamoda arka**. Dose: 12-24 ml

Table 8: Aushadha Sevana Kala

Aushadhi Sevana Kala	Arka	Indication
Pragbhakta	Shunti Arka	Ajeerna
Muhurmuhuh	Shatpauspa Arka	Chardi
Adhobhakta	Shunti Arka	Shula

1.7 SHARKARA KALPANA¹

2 parts of sugar is added to 1 part of Kwatha / Swarasa / Hima and heated till it gets proper paka and after cooling it is filtered and used. Ex: Parushaka sharkara

Dose: ½ to 1 pala

Table 9: Aushadha Sevana Kala

Aushadhi Sevana Kala	Sharkara	Indication
Pragbhakta	Ajomodarka Sarkara	Ajeerna
Muhurmuhuh	Tulasi Arka Sarkara	Swasa, Pratishaya
Adhobhakta	Parushaka Sarkara	Grahani
Nisi	Vanapsa Sarkara	Sirosula

1.8 ASAVARISHTA³

Asava and Arista are medicinal preparation made by soaking the drug either in the powder form or in Kashaya form in a solution of sugar or jaggery for specific period of time for fermentation to generate alcohol, thus facilitating the extraction of active principles contained in the drug. The alcohol so generated also serves as a preservative. Ex: Dashamularishta, Kanakasava.

Dose- 1 pala

Table 10: Ausadha Sevana Kala

Aushadhi Sevana Kala	Asavarista	Indication
Adhobhakta	Aswaghandharista	Deepana, Pachana
Muhurmuhuh	Kanakasava	Kasa, Swasa

1.9 TAILA / GHRITA KALPANA¹

Taila / Ghrita are preparations in which Taila / Ghrita is boiled with a prescribed drava drava and Kalka of drugs according to formula. This process ensures absorption of active therapeutic principles of the ingredients used. Ex: Triphala ghrita.

Dose: one pala

Table 11: Ausadha Sevana Kala

Aushadhi Sevana Kala	Taila/Ghrita	Indication
Abhakta	Eranda Taila	Virechana
Pragbhakta	Agni Ghrita	Ajeerna
Muhurmuhuh	Manashiladi Ghrita	Hikka roga
Sagrasa	Triphala Ghrita	Netra roga
Adhobhakta	Pancha-gavya Ghrita	Udar roga
Nisi		Mala avorodha

2. SEMISOLID DOSAGE FORM

2.1 KALKA¹

Kalka is a soft paste of a wet or dry drug prepared by grinding wet drug without adding water and dry one with little water.

Ex: Nimba patra kalka.

Dose:- 1 karsa

Table 12: Ausadha Sevana Kala
Generally it is used for **Local Application**

Aushadhi Sevana Kalka	Kalka	Indication
Muhurmuhuh	Rasona Kalka	Chardi
Pragbhakta	Kalmegha	Krimi

2.2 AVALEHA KALPANA³

It is prepared by adding either jaggery, sugar, sugar candy and boiled with a prescribed kwatha or swarasa to get a semisolid preparation known as Avaleha kalpana. Ex. Chyavanaprasha

Dose: 1 pala

Table 13: Ausadha Sevana Kala

Aushadhi Sevana Kala	Avaleha	Indication
Abhakta	Trivrut avaleha	Virechana Karma
Pragbhakta	Cyavanaprasavaleha	Agnimandya
Adhobhakta	Kusmanda avaleha	Raktapitta
Grasantara	Kantakari avaleha	Kasa
Nisi	Dhanykavaleha	Netra roga
Samudga	Ardrakavaleha	Hikka
Muhurmuhu	Haridradileha	Swasa

3. SOLID DOSAGE FORM

3.1 CHURNA KALPANA³

Churna is the powder of single drug or a mixture of two or more drugs. The drugs are finely powdered and they are filtered through a cloth. Ex: Sitopaladi churna

Dose: 1 karsa (12 g)

Table 14: Aushadha Sevana Kala

Aushadhi Sevana Kala	Churna	Indication
Abhakta	Virechana churna	Virechana Karma
Pragbhakta	Pushyanuga churna	Pradara
Muhurmuhuh	Sringadi churna	Swasa
Nisi	Swadhista Virechana churna	Vibandha
Sagrasa	Hingwastaka	Agnideepana
Samudga	Pippali churna	Hikka
Adhobhakta	Vajrakshara churna	Udara roga

3.2 LAVANA KALPANA¹

Lavana kalpana are those in which the drugs like Arka, Narikela etc, are mixed with saindhava lavana and subjected to puta. Ex: Arka / Narikela lavana

Dose: 1-2 gram

Table 15: Aushadha Sevana Kala

Aushadhi Sevana Kala	Lavana	Indication
Adhobhakta	Narikela lavana	Shoola hara, Pachaka
Nisi	Arka lavana	Vibandha

3.3 KSHARA KALPANA¹

Ksharas are alkaline substances obtained by soaking the ash of drugs in water kept overnight, filtered for many times and heated to obtain solid material. Ex: Yava kshara. Dose: 2-8 Gunja

Table 16: Aushadha Sevana Kala

Aushadhi Sevana Kala	Kshara	Indication
Pragbhakta	Vasa Kshara	Aruchi, Asmari
Adhobhakta	Apamarga Kshara	Udara-sula
Muhurmuhuh	Kadali Kshara	Garavisa
Sagrasa	Bhallatakadi Kshara	Agnideepana

3.4 BHASMA³

Powder of a substance obtained by subjecting it to puta is called as bhasma. Ex . Tamra bhasma, Shankha bhasma.

Table 17: Aushadha Sevana Kala

Aushadhi Sevana Kala	Bhasma	Indication
Pragbhakta	Shankha bhasma	Ajeerna
Adhobhakta	Mukta bhasma	Swasa
Muhurmuhuh	Mayura pichha bhasma	Chardi

3.5 PISTHI³

Pishti is prepared by triturating the drug with the specified liquid either by exposing it to sun or moon light. Ex :Pravala pishti

Table 18: Aushada Sevana Kala

Aushadhi Sevana Kala	Pisthi	Indication
Pragbhakta	Trinakantamani pisti	Raktatisara
Adhobhakta	Praval pisti	Amlapitta

3.6 PARPATI³

Parpati is a preparation in which flakes of the compound are obtained by pressing the liquefied Kajjali in kadali patra kept over the base of gomaya. Ex. Rasa Parpati

Table 19: Aushada Sevana Kala

Aushadhi Sevana Kala	Parpati	Indication
Pragbhakta	Sweta Parpati	Mutrakrichha
Adhobhakta	Louha parpati	Sula
Muhurmuhuh	Abhraka parpati	Swasa

3.7 RASAKRIYA¹

Kwathadi are reheated to a thick consistency is known as Rasakriya. Ex: Daruharidra rasakriya

Dose- 1 pala (A/C to Sa. Sam.), 1 karsa (A/C to Y. Trikamji)

Table 20: AUSHADA SEVANA KALA

Aushadhi Sevana Kala	Rasakriya	Indication
Adhobhakta	Guduchi rasakriya	Jwara
Nisi	Triphala rasakriya	Vibandha
Pragbhakta	Udumbara rasakriya	Pradaha shamaka

3.8 VATI KALPANA³

Medicines prepared in the form of tablet or pills are known as Vati or Gutika etc. These are made of one or more drugs either of plant, animal or mineral origin or in combination. Ex: Chandraprabha vati

Dose:- 1 karsa

Table 21: Aushada Sevana Kala

Aushadi Sevana Kala	Vati	Indication
Abhakta	Ichhabhedi rasa	Virechana karma
Pragbhakta	Chitrakadi vati	Ajeerna
Adhobhakta	Mahashankha vati	Udar-shoola
Sagrasa	Hingwastaka vati	Agnideepana
Nisi	Triphala vati	Vibandha
Muhurmuhuh	Bilwadi vati	Visha

3.9 GUGGULU KALPANA³

The formulation which contains Guggulu as a main ingredient is known as Guggulu kalpana. It is mainly in pills form. Ex: Triphala guggulu, Yogaraja guggulu.

Dose- One Karsa

Table 22: Aushada Sevana Kala

Aushadhi Sevana Kala	Guggulu yoga	Indication
Pragbhakta	Gokshuradi guggulu	Mutrakrichha
Adhobhakta	Yogoraj guggulu	Vatavyadhi

DISCUSSION

Deepaniya Aushadhi is generally given before food and Pachaniya aushadi is given after food. For Antarika pachana medicine is given 1-2hr after food. In morning on empty stomach generally strong Rechaka Aushadi is given and Mridhu rechaka is given at night. In case of Nidrajanana aushadhi, it is given before ½ hr of bed time. Usually Churna, Leha and Vati are given for Agnideepana and Vajikarana purpose. In Hikka and Kampa roga Avaleha and Churna can be given as samudga. Louha and Shankha containing yoga can be given after food, and in parinama shoola aushadhi is given as Samudga. Khanija amla is given before food. Cod liver oil is given generally after food. Artava janana aushadhi is given one week before menstruation⁵.

CONCLUSION

The dosage form may vary according to disease, age agni etc factors. Single dosage form can be given in different aushadha sevana kala depending upon the disease condition, which lies on the yukti of the Bhishaka. In Aushadha sevana kala, vata is given more importance as it is considered dominant compared to other two doshas.

The modern science also having the concept regarding aushadha sevana kala, here dosage is given importance and is being introduced under the heading Chronotherapeutics. Chronotherapeutics may be defined as the synchronization of drug therapies with constantly changing body rhythms.

According to chronobiologist predictable variation in bodily function during the day, week, month and year, alters the severity of disease symptoms, results of diagnostic tests and effects of drugs and other therapies.

Hence to conclude we can say that the concepts mentioned in Ayurveda holds true even after thousands of years, which needs to be backed up by proper scientific studies.

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