



## Bheshaja Sevana Kala

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### Abstract

The specific time that patients take their medication is very important as it has significant impact on treatment success. The pharmacokinetics and pharmacodynamics of an Ayurvedic medication is directly affected by biological activities of the body. The effectiveness of many drugs depends on the dosage administration time.

In Ayurveda it has been told that rhythmic changes in the predominance of bodily Doshas occur. (*Ashtang Hridaya Sutrasthana 1/7-8*). *Bheshaja Sevana Kala* based on this concept of Doshas. *Aacharyas* have mentioned *Bheshaja Sevana Kala* in varying numbers. An attempt to correlate these *Kala* has been made. In the modern science this concept of timed dosage is known as chronotherapeutics.

It was seen that all the *Kalas* can be incorporated in only five *Kalas* told by *Sharangdhara*.

**Keywords:** Chronotherapeutics; Pharmacodynamics; Pharmacokinetics; *Bheshaja Sevana Kala*

### Introduction

Chronotherapeutics refers to a treatment method in which in vivo drug availability is timed to match rhythms of disease, in order to optimize therapeutic outcomes and minimize side effects. It is based on the observation that there is an interdependent relationship between peak-to-trough rhythmic activity in disease symptoms and risk factors, pharmacologic sensitivity, and pharmacokinetics of many drugs.

The pharmacokinetics and pharmacodynamics of an Ayurvedic medication is directly affected by biological activities of the body. The effectiveness of many drugs depends on the dosage administration time. In Ayurveda it has been mentioned that, the predictable variations in bodily functions during day, season and age alters the severity of disease symptoms, results of diagnostic tests and effects of drugs and other therapies [1].

*Bheshaja Sevana Kala* is meant for proper time of drug administration. Ancient texts of Ayurveda have described different types of *Bheshaja Sevana Kala*. We get references regarding *Bheshaja Sevana Kala* in classical texts like *Ashtanga Sangraha and Hridaya, Charaka, Sushruta and Sharangdhara Samhitas*. Classification from *Ashtanga Sangraha Sutrasthana 23/12-21* is considered in this study, as maximum number of *Kalas* is explained by *Acharya Vagbhata* [2].

Here an attempt is made to draw a parallel between the opinions of different *Acharyas* (Table 1)

The *Bheshaja Sevana Kala* is as follows-

### Niranna kala

*Bheshaja* is administered on empty stomach. *Hemadri* quotes that once the consumed food is digested, *Bheshaja* is given and after its digestion, food is given. According to *Indu* [3], it is mentioned *Bheshaja* is to be given on empty stomach, but two hours after sunrise. In this *kala*, *Amashaya* and *Strotasas* are devoid of *Kapha*.

### Action of Bheshaja

- Highly potent as there is no contact of *Bheshaja* with food.
- Interaction between *Agni* and *Bheshaja* is unhindered due to absence of food.

### Indications

- *Pradipta Agni Avastha*
- *Balavan Vyadhi*.
- In *Durbala Rugna*, *Bheshaja* is to be administered [4] after *Laghu* and *Pathyahara*, whereas in *balawan Rugna* it can be administered on empty stomach.
- Administered as *Rasayana*.

### Contra-Indications

- Children, Pregnancy, Female patient
- *Doshakshaya, Dhatukshaya*.

### Pragbhakta kala

*Bheshaja* is administered before meals. According to *Hemadri*, *Bheshaja* intake is immediately followed by food.

### Action of Bheshaja

- No *Balakhshaya* as the *Bheshaja* is followed by food; hence it becomes the first target of *Agni* and not the food.
- No regurgitation of *Bheshaja* occurs as it is followed by food.
- The *Bheshaja* directly acts on the *Amashaya* and the vitiated *Doshas* [5].

### Indications

- *Apanavayu Vikruti*
- Diseases like debility, weakness of lower parts of body,

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| S. No. | Ashtanga Sanghrraha | Astanga Hridaya | Charak Samhita  | Sushruta Samhita | Sharangdhara Samhita |
|--------|---------------------|-----------------|-----------------|------------------|----------------------|
| 1      | Abhakta             | Ananna          | Bhaktadau-1     | Abhakta          | Suryodaya jatah      |
| 2      | Pragbhakta          | Annadau         | Bhaktadau-2     | Pragbhakta       |                      |
| 3      | Madhyebhakta        | Madhya          | Bhuktamadhye    | Adhobhakta       | Divasa Bhojane       |
| 4      | Adhobhakta          | Ante            | Bhuktapaschyat1 | Madhyebhakta     |                      |
| 5      | Sabhakta            | Kavalantara     | Bhuktapaschyat2 | Antarabhakta     | Saayam Bhojane       |
| 6      | Antarabhakta        | Grasa           | Muhurmuhu       | Sabhakta         |                      |
| 7      | Samudga             | Muhurmuhu       | Samudga         | Samudga          | Muhurmuhu            |
| 8      | Muhurmuhu           | Sa anna         | Bhaktasanyukta  | Muhurmuhu        | Nishi                |
| 9      | Grasa               | Samudga         | Sagrasa         | Grasa            |                      |
| 10     | Grasantara          | Nishi           | Grasantara      | Grasantara       |                      |
| 11     | Nishi               |                 |                 |                  |                      |

Table 1: *Bheshaja Sevan Kala* according to different authors has been shown in the above table.

*Mutravaha-Malavaha-Shukravaha Strotasas, Pakvashayagata Vyadhi, Arsha, and Gudabhransha.*

### Madhyabhakta kala

*Bheshaja* is administered in between the meal. According to *Chakrapani* and *Indu*, half portion of the food is taken initially, followed by *Bheshaja* administration, and again followed by remaining food.

#### Action of *Bheshaja*

- The *Urdhwagati* and *Adhahgati* of *Bheshaja* is restricted by food hence is forced to act locally and therefore helps to cure *Sthanik Doshas*.
- As *Samana Vayu* and *Pachaka Pitta* are both situated in the *Koshtha*, this *Kala* helps to control *Pittaja* and *koshthagata vyadhis*, *Samanavayudushti*.

#### Indications

- Samanavayu Vikruti*.
- Mandagni*
- Koshthagatavyadhi, Pakvashayagata Vyadhi, Shula, Gulma, Grahani*.

### Adhobhakta kala

In this *kala*, *Bheshaja* is administered after meals. According to *Hemadri* and *Indu*, *Bheshaja* is to be administered immediately after meals. In *Vyanavikruti*, *Bheshaja* is administered after lunch while in *Udanavikruti*, it is administered after dinner.

#### Action of *Bheshaja*

- After lunch- stimulation of *Vyana Vayu*.
- After dinner- stimulation of *Udana Vayu*. As *Udanavayu* facilitates the *Urdhvagati* of *Bheshaja*, it strengthens the upper part of body, especially the sense organs.

#### Indications

- Vyanavayu* and *Udanavayu Vikruti*.
- Vyanavayujanya- Napunsakata* (debility), *Shopha, Jvara, Udasinta* (depression), body ache, tingling, numbness, *Kushtha, Visarpa*.

*Udanavayujanya-Gala vikar, Chhardi, Aruchi, Pinasa, Galaganda, Urdhvajatrugata Vyadhi*

### Antarabhakta kala

As previously consumed food gets digested, *Bheshaja* is administered; after metabolism of *Bheshaja*, again food is taken in the evening.

#### Action of *Bheshaja*

- It shows *Hrudya, Pathya, Deepana* and *Manobalakara* effect.
- Due to *Madhyanha* i.e. *Pittakala*, *Agni* is in a stimulated condition. So *Bheshaja* is properly metabolized in this *kala*.

#### Indications

- Vyanavayu Vikruti*
- Vyanavayujanya- Napunsakata* (debility), *Shopha, Jvara, Udasinta* (depression), body ache, tingling, numbness, *Kushtha, Visarpa*.

### Sabhakta kala

*Bheshaja* is mixed with food. *Indu* also opines the same.

#### Action of *Bheshaja*

- To potentiate *Agnibala*.
- The drug mixes with *Rasadhatu* along with food and spreads all over the body through *Urdhva, Adhah* and *Tiryak Gati* and helps in *Sarvanga samshrita vyadhis*.

#### Indications

- Arochaka, Aruchi, Sarvanga samshrita Vyadhis* like *Kustha*.
- In weaker sections like women, old age, children, debilitated patients and those who reluctant to take medicines.

### Samudga kala

*Bheshaja* is administered just before and immediately after food. *Indu* and *Hemadri* also opine the same.

#### Action of *bheshaja*

- It helps in correcting the *Gati* (activity) *Vikruti* of *Vata Dosh* by promoting *Anulomana* of *Vata Dosh*. E.g.

1) *Hikka- Kapha* and *Vata Doshas* are involved. *Kapha* is situated in the *Urdhvasharira* while *Vata* in the *Adhahsharira*. *Bheshaja* administered in the *Samudga Kala* pacifies *Doshas* from upper and lower parts of body.

2) *Akshepaka- Doshas* are localized in *Pani* and *Pada*. *Samudga Bheshaja* acts on both the extremities of the body.

- It promotes *Urdhva* and *Adhah Gati* of the drug.

#### Indications

- *Vyana-Apana-Udanavayu vikruti*.
- Type of *Dravya* used to administer are *Avaleha, Churna*.
- *Hikka, Kampa, Akshepaka, Vataja Prameha, Shukradosha*.

#### Muhurmuhu kala

*Bheshaja* is frequently administered irrespective of *Bhukta* or *Abhuktavastha*. It can be given for licking.

#### Action of *Bheshaja*

- Sublingual absorption provides faster relief. Therefore can be used in life threatening diseases.
- Treats the vitiated *doshas* in their *Sanchaya* and *Vegavastha*.

#### Indications

- *Pranavaha strotogata Vyadhi- Shvasa, Kasa, Hikka*.
- *Udakavaha strotogata Vyadhi - Trishna*.
- *Annavaha strotogata Vyadhi - Chhardi, Visha*.

#### Grasa kala

*Bheshaja* is administered with each and every bolus of food. According to *Arunadatta* and *Hemadri*, *Bheshaja* is to be mixed with each bolus of food. This is somewhat similar to *Samudga kala*.

#### Action of *Bheshaja*

- *Sagrassa Bheshaja* facilitates absorption of the *Bheshaja* right from the buccal mucosa.
- Direct absorption from buccal mucosa in systemic circulation offers rapid onset of action.
- *Grasa Kala Bheshaja* stimulates the *Pranavayu*. So the *Indriya* and *Chitta prasadana* take place. This enhances the *Prabhava* of *Vrishya Dravyas*.

#### Indications

- *Pranavayuvikruti* like *Pinasa, Ardita, Trusha, Shvasa*.

#### Grasantara kala

*Bheshaja* is administered between two bolus of food. One bolus is taken followed by *Bheshaja* followed by bolus again. Generally the *Bheshaja dravya* is for *Lehana*.

#### Action of *Bheshaja*

- It helps in correcting the *Gati* (activity) *Vikruti* of *Vata Dosha* by promoting *Anulomana* of *Vata Dosha*.

#### Indications

- *Pranavayu vikruti*
- *Pinasa, Ardita, Trusha, Shwasa, Hrudroga*.

#### *Nisha Kala*

*Nisha Kala* is the time after the evening meal is digested. *Indu* opines the same. While *Sharangadhara* has mentioned it is an *Anannavastha*. The purpose of this *kala* is for *Anulomana* and *Brimhana*.

#### Action of *Bheshaja*

- Selective action of the *Bheshaja* towards the *Urdhvajatrugata* parts.
- *Chiraparinamana* (long lasting action) of the *Shamana Aushadhi* is achieved as no food intake occurs until the next morning [6,7].

#### Indications

- *Kapha Dosha Vikruti*
- *Urdhvajatrugata Vyadhi*.

#### Discussion

The specific time that patients take their medication is very important as it has significant impact on treatment success. If symptoms of a disease display circadian variation, drug release should also vary over time. Since it seems that timing of drug administration in disease therapy has significant impact upon treatment success, chronotherapeutics remains an important area for continuing research. In Ayurveda *Bhaishajya Kalas* are described in relation to food, they are meant for *Shaman Chikitsa* only and the root of administration to all *Kala* is oral. Although the number of *Bheshaja Sevana Kala* told by *Aacharya Vagbhata* and *Charaka* are more, they can be incorporated in *Bheshaj Sevana Kala* told by *Aacharya Sharangdhara*. *Bhaktadau, Abhakta* and *Pragbhakta* can be included in *Suryodayahataha*. *Madhyabhakta, Adhobhakta* (after morning meal), *Antarabhakta, Samudga* (before and after morning meal) can be included in *Divasa Bhojane*. *Adhobhakta* (after evening meal), *Samudga* (before and after evening meal), *Grasa, Grasantara* can be included in *Saayam Bhojana*.

Hence, *Vaidya* with detailed and accurate knowledge about *Bheshaja Sevana Kala* can treat patient more effectively.

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