

Conceptual Review Study of Bheshaja Kala W.S.R. to Bruhatrayee

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Abstract

The activity of a Bheshaja, anticipated by a physician is also detrimental in the choice of Bhaisajya Kala. For Rasayana purpose, the Agni - Bheshaja interaction should stimulate the Agni at all levels - Jatharagni, Bhutagni and Dhatvagni. So, Acharya have advocated the Pratah Niranna Kala. When Dipana Dravya is to be given in a patient of Agnimandya, augmentation of Jatharagni is achieved by the administration of Bheshaja at the MadhyabhaktaKala. Here localized Agni – Bheshaja interaction is also facilitated due to Samana vayu association. Kala and Agni, both have been accorded the status of Parinamakarabhava by the Acharyas. This example gives insight of thinking behind medication time in Ayurveda. Due to this, study of appropriate time for intake of medicine is very important prior to prescribing medicines. So present study is an attempt to study conceptually Bheshaja kala as per Bruhatrayee.

Keywords: Bheshaja, kala, Agni, Bruhatrayee

Introduction :

The Bheshaja and Kala relation is explored in various shades by the ancient Acharyas. Bhaisajya Kala exemplifies the applicability of concept of Kala in the management of diseases. Acharya Vagbhata has stated that Kalo Bhaisajya Yoga Krt, which means Kala fulfills the aim of administration of Bheshaja. In accordance, Acharya Charaka says that Bheshaja given at appropriate Kala is more efficacious than one given at inappropriate Kala. Optimum digestion and metabolism in a healthy individual is

attributed to Agni. The hypoactivity of Agni produces majority of disorders like Agnimandya, Jwara, Atisara and Grahani. So, the essence of all the therapeutic interventions is to re-establish, maintain and preserve the integrity of Agni. The Bheshaja is the means used by the physician to restore the transforming capacity of Agni. The rate of metabolism of Bheshaja by Agni is affected by factors - food, type of Bheshaja used, time of administration and Sariravastha. The stalwarts of Ayurveda have designed the Bhaisajya Kala, in which food is predominantly used as a vehicle to achieve the expected therapeutic results. The Panmahabhutas are in a latent state of activity in Anna and in Bheshaja, they could be conceived to be in the dynamic phase. The sequence of food-

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Bheshaja, by the choice of appropriate Bhaisajya Kala could be decided by a physician according to the Agni- Bheshaja interaction needed in a specific disease and diseased.

Ayurvedic system of medicine is unique due to its personalized approach in the patient management. Because subtle are the Vikalpas of Dosha and Dushya. The transforming moiety itself is in a state of flux and is highly prone to be affected by individual, diurnal and seasonal variability. The same Bheshaja may not be given in two patients afflicted with the similar disease. It can be explained by an example. In Medoroga, there is Medodhatvagnimandya. Stimulation of Medodhatvagni and Lekhana of the Dhatu is the target to be achieved by the physician. The Bhaisajya Kala, at this juncture offers a range of Agni -Bheshaja interaction to suit the disease and diseased. The Pratah Kala could be advocated in a patient who is physically and mentally strong to bear the rapid metabolic effects of the Bheshaja by Agni, due to unaltered potency of medicine used. If the patient is old, women, and anxious (Satvadurbala), the same Bheshaja can be given at the Pragbhakta Kala or Nisha Kala. The quick metabolic effects of Bheshaja are reduced to a great extent in Pragbhakta Kala, as food follows the Bheshaja intake and in Nisha Kala due to Kala Prabhava, which slows down all the metabolic

activities of the body. Thus, a thorough knowledge of Agni - Bheshaja interaction in the Bhaisajya Kala will help in the quick action, with reduced dose and for prolonged duration of the medication used.

Aims –

To study in detail Bheshaja Kala conceptually.

Objective:

1. To take various references related to Bheshaja kala from various Ayurvedic Samhitas.
2. To understand importance of Bheshaja kala.

Material and Methods:

1. Compilation of different reference form texts, dictionary and Samhita related to topic.
2. Explore and elaborate the concept of Lifestyle disorders by referring books, papers, samhita etc.
3. Exploring Bheshaja Kala.

Review of Literature:

Bheshaja Kala:

The Kala in consideration with the Bheshaja is Bheshaja Kala and they are ten in number prescribed by Acharyas in Samhitas. It is as follows:

Sr. No.	Acharya Charaka ¹	Acharya Sushruta ²	Acharya Vagbhata ³
1	Niranna	Abhakta	Anannam
2	Bhaktadou	Pragbhakta	Annadou
3	Bhaktamadhya	Madhyabhakta	Madhya
4	Pratahabhaktapaschat	Adhobhakta	Bhojanante
5	Sayam Bhaktapaschat	Antarabhakta	Kavalantare
6	Muhur muhu	Muhurmuhu	Muhur
7	Samudga	Samudra	Samudra
8	Bhaktasanyukta	Sabhakta	Sanna
9	Grase	Grasabhakta	Grase Grase

(1) Pratah Niranna Kala :

Bheshaja should be administered on empty stomach.

Activity of Bheshaja in this Kala: It becomes highly potent due to no contact of Bheshaja with food. Bheshaja Virya remains unaltered. Agni and Bheshaja interaction is initiated in this Kala. Thus the disease in which Abhakta Kala is mentioned, will definitely eradicate the disease concerned.

It is advocated in the following situations -

Type of patient: A strong person in whom Agni is in a stimulated condition can only tolerate the Bheshaja given at the Abhakta Kala. A debilitated person, whose Dhatu and Dosha status is weak, cannot bear the quick metabolic effect of the Bheshaja. They will experience immediate and severe Balakshya.

Physiology of the Sharira at this Kala: The Amashaya and Srotas are devoid of Kapha, at the Pratah Niranna Kala. Kapha is the entity of the body which can withstand and is responsible for the resistance of change. When the channels are devoid of Kapha, the Bheshaja has a direct interaction with Agni and produces quick and strong effects over the Sarira. The Agni at all levels Jatharagni, Bhutagni and Dhatvagni could be stimulated if given Bheshaja in this Kala.

Type of Disease: A strong disease expects a strong Bheshaja at the proper Kala i.e. Niranna Kala. This Kala provides quick and definite cure of the disease.

(2) Pragbhakta Kala :

Time before meals is the appropriate Kala for Bheshaja in take.

Activity of Bheshaja in this Kala: The Bheshaja intake is followed by food. Thus it is the first target of Agni and not the food. Thus it undergoes Ashu Paka (quick metabolism) at the same time, it does not produce Balakshaya, the reason being the food follows the Bheshaja, thus the Bheshaja

cannot produce severe metabolic effects on the body. The mechanical expulsion of the Bheshaja is avoided due to food intake; hence can be given in the debilitated patients. The Bheshaja admits elective affinity for Amashaya and eradicates Doshas indulged. The time before meals, is the Kala when Apana Vayu is in a state of activity. Thus the Kala is the appropriate for Apana Vayu vitiated conditions.

(3) Adhobhakta Kala :

Kala after meals is the Adhobhakta Kala, both after lunch and dinner.

It is useful in the following conditions:

- (1) Component of Vata vitiated is the determinant: After lunch, there is stimulation of Vyana Vayu and after dinner of Udana Vayu, there by they could be given in the respective disorders.
- (2) Purpose of administration of Bheshaja is the determinant : The Gati of Udanavayu which is active in this Kala facilitates the activity of Bheshaja to enhance the strength of the upper part of the body.
- (3) In Krusha patients for sthulikarana purpose.

(4) Madhyabhakta Kala:

Bheshaja is administered in between meals.

Activity of the Bheshaja in this Kala - is described by Acharya Kashyapa and Sushruta practically. Bheshaja is compressed by meals at the upper and lower ends, so it cannot spread and is forced to act locally and eradicates the Sthanika Doshas. Systemic action of the Bheshaja on the Sharira bhavas i.e. Dosha & Dhatu is delayed. In between meals, Samanavayu is stimulated. Samana Vayu and Agni association is known, thus the Paka of Bheshaja is enhanced. As Samana Vayu and Pachaka Pitta are both situated in the Kosta, Madhyabhakta Kala is indicated in Paittika and Kosthagatavyadhi and in Samana Vayu vitiated conditions. In persons who have a hypoactive agni

(Mandagni), this is the Kala to administer Agnidipaka Bheshaja.

(5) Muhurmuhu Kala :

Frequent administration of Bheshaja regardless of Bhukta or Abuktavastha is Muhurmuhu Kala.

Diseases in which it is indicated are -

Pranavahasrotogata Vyadhis-Shwasa, Kasa, Hikka, Udakavaha Srotogata Vyadhis and in Annavaha Srotogata Vyadhi -Chhardi and Visha (Vikara). It is worth noting, that all the conditions mentioned above demand quick and immediate therapeutic intervention. They could also be life threatening, unless proper treatment is done. In Shwasa, the vegavastha is the condition in which prompt medication is mandatory. In Kasa, when the patient is restless of coughing, there is severe Rasa kshya lakshana. Same is the case with Chhardi. In Vishavikara, the Visha shows quick effect, which is to be counter acted by the frequent administration of Vishaghna dravya. It seems that parenteral administration was less frequent in the older periods, thus Acharyas found Muhurmuhu Kala as a remedy to tackle these conditions. While all the commentators are of the view that Bheshaja should be given regardless of the meals in the Muhurmuhu Kala, it means the prakrut paka of Bheshaja when given in morning and in evening is slow. In Muhurmuhu Kala, in order to achieve immediate relief, the Bheshaja is given frequently, so its concentration is maintained as its paka is enhanced. The Kala provides an opportunity to administer large quantity of Bheshaja to pacify the aggravated Doshas.

It serves the following purposes -

1. To maintain the constant level of concentration of the drug and make it more bio available.
2. To provide more sublingual absorption of drug for faster action.

In Muhurmuhu Kala, time interval should be minimum in between consequently administered drug.

(6) Sabhakta Kala :

Bheshaja is given mixed with food in this Kala.

Conditions in which this Kala of administration is indicated -

- 1) Disease afflicted is the determinant: Sabhakta Kala is employed in Arochaka Aruchi and in Sarvangasamsrita vyadhi.
- 2) Type of patient involved is the determinant: In women, old, children, debilitated patients, delicate and patients who exhibit unpalatability to certain medicinal formulations are to be given Bheshaja at the Sabhakta Kala .
- 3) To maintain the integrity of Bala and Agni : The Sabhakta Kala is indicated.

(7) Grasa Kala:

Means with each and every morsel of food, Bheshaja is given. It is advocated in -

- 1) Prana Vayu vitiated conditions.
- 2) Formulations mean to stimulate Agni : Churna, vataka, Leha and Agni dipana yoga are to be given at the Grasa Kala..
- 3) Type of Bheshaja: Vajikarana Bheshaja are to be given at the Grasa Kala.

According to modern pharmacokinetics, it can be said that Bheshaja given at Sagra Kala facilitates absorption of the Bheshaja from the buccal mucosa and reaches systemic circulation and thus facilitates rapid onset of action.

(8) Grasantara Kala :

Means Kala in between two morsels, is meant for Bheshaja intake.

It is advocated in the following situations -

- 1) Component of Vata vitiated: In Prana Vayu vitiated conditions, Grasantara Kala is mentioned:
- 2) Aim of administration of Bheshaja : For Vamana purpose, the Grasantara Kala is indicated.

Sushruta mentions that is the Kasaghna Dhuma which is indicated at the Grasantara Kala in which kasa comes in bouts and so Grasantara in take of Dhuma provides symptomatic relief.⁴

3) Disease is the determinant: Grasantara Kala is indicated in Hrudroga.

(9) Nisha Kala :

Nisha Kala of Bheshaja administration, is after digestion of food consumed; in the evening after passage of 3 hours.

A brief account of the data suggested by Acharyas in which Bheshaja is given at the

Nisha Kala is -

1) Site of disease is the determinant -

Urdhvajatrugata vikara means the diseases occurring above the neck. Shira, Urah, and Kantha are the Kapha Sthanas situated in the area.⁵ Thus the Nisha Kala, in which there is Kapha vrddhi due to Kala Prabhava is an aid to the activity of Bheshaja used and Bheshaja admits elective affinity (Gamitva) towards the part, above the neck.

2) Purpose of administration of Bheshaja :

Lekhana and Brunhana Bheshaja are indicated at the Nisha Kala by Sharngdhara. Sarangdhara also specifies Ananna condition for Bheshaja intake.

3) Type of Bheshaja is the determinant: Pachana and Samana Bheshaja should be given in this Kala.

(10) Antarabhakta Kala.

Appropriate Kala for Bheshaja intake is Madhyanha, when the previous food consumed is digested; and after Bheshaja is metabolised, again food is to be taken in the evening.

In this Kala the Agni is in a stimulated condition (Madhyanha) (Pitta Kala)

Acharyas advocates the Antarabhakta Kala in the following conditions:

1) The type of patient is the determinant: In a person who has Diptagni, the power of transformation is tremendous, and thus the

Bheshaja is metabolised when consumed in between the meals.

2) The component of vata vitiated is the determinant: In Vyana vitiated disorders, Antarabhakta Kala is advocated.

3) Activity of Bheshaja on the Sarira: It is mentioned by Acharya Sushruta, that Bheshaja given at this Kala shows Hrudya, Pathya, Dipana and Manobalakara effect.

(11) Samudga Kala :

Bheshaja is administered at the time immediate before and after meals. Bheshaja acts as a box for Ahara, so it is called as Samudga Kala.

It is advocated in the conditions:

(1) Vyadhi - Hikka, Kampa and Aksepaka. Main Doshas involved in the pathogenesis of Hikka are Kapha and Vata.⁶ As per Acharya vagbhata, Kapha is situated in the Urdhvasarira and Vata in the Adho Sharira.⁷ The simultaneous pacification of the Kapha and Vata (i.e. action on both the parts of body) Urdhvah and Adha Samsrita Dosh, is possible, when Bheshaja is given at the Samudga Kala. In Aksepaka, the Doshas are localized in Pani and Pada as per the Samprapi, so the action of Bheshaja is expected on both the extremities of the body is availed of by the administration of Bheshaja at the Samudga Kala. As Samudga Kala acts on Vyana, Apana and Udana Vayu, it could be advocated Bhaisajya Kala in Vataja Prameha and Shukradosa.⁸ In all the diseases, Hikka, Kampa and Aksepaka, there is an evident Gati Vikrti of Vata Dosa. Samudga Kala probably helps in the therapeutic activity of the Bheshaja in correcting the pathogenesis and establishing Anulomana of Vata Dosa.

(2) Status of Dosas in the Body:

When the vitiated dosas are localized in the both upper and lower parts of the body, Samudga Kala is indicated.

(3) Type of Patient:

A patient who consumes light food, should be given Bheshaja at Samudga Kala.

(4) Type of Dravya:

Pachana Dravya is advised to be given in this Kala.

Discussion and Conclusion:

- The inevitability of Kala in the production of any effect was first explored and utilized in therapeutics by the stalwarts of Ayurveda, and one of them is Bhaisajya Kala.
- Bhaisajyakala is the time of administration of Bheshaja (Karana). It is to be decided by the Karana (Bhisak) in an effort towards the establishment of Dhatu Samya.
- Number of Bhaisajya Kala are ten as per Acharya Charaka, Sushruta, Astangahrdaya and Kashyapa, eleven are described in Ashtanga Sangraha and Sharngdhara has condensed the Bhaisajya Kala into five.
- The rate of metabolism of Bheshaja by Agni is controlled by food with the aid of proper Bhaisajya Kala.
- Bhaisajya Parinamakara Bhavas could be Agni, Vayu, Kala and Samyoga.
- Concept of Kala in the management of diseases is now a day fathomed by the research workers in the form of chronotherapy.
- It can be said that, the schedule of drug administration while taking into account cyclic variations of Doshas also considers the interference by food in drug absorption, gastric irritation, drug induced vomiting and above all Agni Bheshaja interaction acts as a substratum for the choice of appropriate Bhaisajya Kala.
- As all the timings of drug administration are mentioned in relation to meals, this also highlights psychosocial aspect of treatment to achieve a higher level of patient compliance.

- An awareness and further research regarding Bhaisajyakala could be applied to reduce the dose of Bheshaja, quicken the activity of Bheshaja so as to obtain maximum relief within a short duration of medication

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